

INSIDE  
THIS ISSUE

NEWS  
Our 'Heroes'



Local first responders honored at Chamber of Commerce event. Page 4

FOOD & DRINK  
Intuitive Italian



Antica Trattoria still serving a top notch dining experience after 18 years. Page 17

ART  
Student show



Foothills Art Association's new show features works by Helix High students. Page 21

ALSO INSIDE

Opinion	6
Politics	7
Education	11
Books	14
Classifieds	18
Village Voices	19
Theater	21

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Anthony Burkart has found success in competitive yoga. (Photo courtesy San Diego Yoga Center)

STRETCH TO SUCCESS

La Mesan goes from ultra-runner to California yoga champion

Margie M. Palmer

Yogis at the San Diego Yoga Center agree that its co-owner, Anthony Burkart, bends over backward to make sure students feel welcome, but his ability to twist and bend extends far beyond classroom greetings. It also landed him a first-place nod in the 50-year-old-

and-older division at the USA Yoga West Coast Regional Yoga Asana Championship. In addition to being named the California state champion, 51-year-old Burkart also received an award for receiving the highest points overall.

An unexpected love affair

Burkart was first introduced to yoga when he was in his

20s, when he was into running ultramarathons — a long-distance that at 50 kilometers is race that's well beyond that of the standard, 26.2-mile foot-race; the introductory session was a hot yoga class.

"One of my coworkers asked me if I wanted to go. He said it was going to be hot, and it was

See YOGA MAN page 15

Church stays positive after truck crash

Jeff Clemetson  
Editor

Not everyone greets a truck crashing into their building with humor and forgiveness. But that is exactly how the congregants of the San Diego Taiwanese Presbyterian Church treated a March 6 incident, where a city-contracted tree-trimming truck rolled down a hill on West Point Avenue, across Harbison Avenue and right into the church's Sunday school building.

"At least we can say this morning — certainly in La



A tree trimming truck crashed into the San Diego Taiwanese Presbyterian Church on March 6. (Photo by Jeff Clemetson)

See TRUCK CRASH page 2

City Council  
OKs ADU  
ordinances

Jeff Clemetson  
Editor

Accessory Dwelling Units (ADUs) — often referred to as granny-flats — are not new. But a new statewide mandate intended to streamline their construction as a means to add needed housing has forced city governments to develop new ADU ordinances that comply with the state rules.

On March 12, La Mesa City Council voted in the city's new ADU and JADU (junior accessory dwelling unit) rules at a meeting that pitted residents opposed to the ordinance — which they argued lacked restrictions — against pro-ADU residents, home builders, housing advocates and real estate professionals.

Before the vote, many residents spoke against the ordinance as it is written and requested several changes be made. Resident Stephanie Murphy said she was sad to see the state forcing a policy that "changes the fundamental character of a place as an unproven remedy for the housing crisis." Murphy added she was also concerned that the ADU ordinances did not have adequate resident involvement in the decision-making process, pointing out that discussion on the ordinances were held at a Planning Commission meeting three business days before Christmas.

Murphy, like many of the residents opposed to the ordinances, said the city should adopt some additional restrictions such

See ADUs page 22



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Holy Week Schedule



**Palm Sunday \***  
Sunday, April 14th at 10 am  
All Church Potluck immediately following  
service along with Art for Easter display.

**Maundy Thursday Service \***  
Thursday, April 18th at 6:30 pm



**Good Friday Service**  
Friday, April 19th at 12 pm

**Passover Dinner**  
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**Easter Sunday Service \***  
Sunday, April 21st at 10am

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► **Truck crash**, from page 1

Mesa, probably all of San Diego — we may have the only tree-trimming truck parked in a Sunday school classroom. At least we can get a good laugh out of it,” said John Miller who helps teach English Bible studies at the Taiwanese church at a special Sunday service following the incident.

The special service on March 10 was held outside and brought together a mix of neighbors and congregants past and present.

“It’s hard to say it is a celebration when something like this happens to the building but in reality we are celebrating life because nobody was hurt so we’re very grateful to be out here,” said Pastor Shuang Tsai through an interpreter.

Many of the speakers at the service praised the miracle that no one was seriously hurt in the accident. The truck crashed only a foot from gas and electrical lines and according to witnesses almost hit a neighboring home with four children inside.

John Miller shared that a postman saw the truck start to roll and opened the door to the home with children and warned them to get out because the truck was heading directly to the home but then a curb “deflected trajectory of the truck, so instead of going into that house it bounced back” and hit the church.

Most affected by the accident are the Sunday school children who could not use their normal classroom. But, as Pastor Tsai pointed out, they also took the inconvenience in stride.

“They didn’t complain,” he said. “They stepped up today and we’re very thankful for that.”



Members of the San Diego Taiwanese Presbyterian Church gathered March 10 to celebrate that no one was hurt in the truck accident. (Photo by Jeff Clemetson)

In addition to being thankful for the accident not hurting anyone, Pastor Tsai also expressed forgiveness and understanding for the workers in charge of the truck that crashed into the church.

“One prayer today is about this person who operated this vehicle,” he said. “And we really don’t know who it is, but we know how bad he feels and I think through our prayer we need to kind of ask God to comfort him and have mercy so he has that peace.”

Sunday school activities at San Diego Taiwanese Presbyterian Church will also need to find some peace in a different part of the church — at least for a little while.

“The truck is going to be here for several weeks because they have to get a permit to be able to raise the building and move the truck out,” said Jenelle Miller, wife of John Miller who also helps at the church.

But the church might not have to wait too long to remove

the truck and get fixed back up because of the help of some “good Samaritans”— a professional external designer, who happened to drive by and see the truck crashed into the church, has offered to help the church rebuild, and the city of La Mesa has already fast-tracked some permits to get the rebuild started, said church elder Winnie Davis.

In the meantime, the church members are staying upbeat and taking the situation in stride with some humor.

At the special service, Pastor Arturo Ayala, who runs a Spanish-speaking Pentacostal congregation that rents the church for Sunday afternoon services, likened the accident to Christ’s message of acceptance.

“Wow, he opened a big door now,” he said. “Thank you Lord, you sent a message to us to be open-hearted and receive all the community around because we are one church.”

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

**Spring Harp Fest XX**



11:00 Moneymen  
11:30 Karl Dring  
12:00 Dane w/ Plow  
12:30 Harmonica John  
1:00 Unknown Players  
1:30 145th Street  
2:15 Harry Harpoon  
3:00 Billy and Troy  
4:00 Chris Fast  
5:00 Rj Mischo  
6:00 last chance jam  
6:30 farewell

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**NEWS BRIEFS**



Former La Mesa Mayor George Bailey  
(Courtesy City of La Mesa)

**Former La Mesa mayor dies at 100**

George Bailey — who served La Mesa as a mayor, city councilmember, planning commissioner and parking commissioner — died on Monday, March 11. He was 100 years old.

In addition to serving the city, starting on the Parking Commission in 1957, Bailey also served on the San Diego County Board of Supervisors from 1984 to 1992.

Current Board of Supervisors chair Dianne Jacob too to Twitter to offer

remembrance for the longtime public servant.

“Sad news about a big loss,” she wrote. “But George Bailey’s decades of public service in East County and beyond will continue to inspire many of us. R.I.P., George.”

At the March 12 La Mesa City Council meeting, Mayor Mark Arapostathis also honored Bailey.

“Yesterday, we lost one of our former mayors, George Bailey,” he said. “He was 100 years old. I had the opportunity to go to his birthday party four weeks ago and he was still living in La Mesa, still attending his church and still a vibrant member of the community so we wish his family our deepest sympathy on their loss.”

Services for Bailey are tentatively scheduled for April 27 at Vista La Mesa Christian Church.

**More Best of La Mesa ballot raffle winners!**

Balloting for the 2019 Best of La Mesa is finished! Winners will be announced in our special Best of La Mesa issue on May 24.

Until then, we are drawing the names of readers who voted

for their favorite businesses and by doing so entered into our prize drawing, featuring prizes from our Best of La Mesa sponsors — **Fitness 101, D’Amato’s Pizza, Konichiwa Sushi, Lamplighters Theatre, Uneeke Boutique, Centifonti’s, Yum Yum Donuts, and Little Roma** — who generously donated gifts for us to award voters.

We’d like to congratulate our second round of winners! Amanda Ford won a free class at **Fitness 101**; Kimberly Creekmore won a \$25 gift card to **Centifonti’s**; and Tyla Rodriguez won a \$25 at **Albert’s Fresh Mexican Food**. Thanks to all those who participated in the 2019 Best of La Mesa and helped recognize some of the local businesses that make this America’s Finest City.

**Committee on homelessness seeks volunteers**

The City of La Mesa is currently looking for five to seven volunteers to serve on the newly formed Ad Hoc Citizen Committee on Homelessness.

See **NEWS BRIEFS** page 3 —————>







# ‘Heroes’ honored at Chamber event

Jeff Clemetson  
Editor

La Mesa Chamber of Commerce held its annual The Salute to Local Heroes on March 14 at the Town & Country Resort in Mission Valley. The annual event honors local police fire and paramedic personnel who stand out in their respective departments.

This year’s winners from American Medical Response (AMR) were paramedics Christian Grote and Aaron Thomas, who were chosen for their empathetic demeanor while dealing with emergencies on the job. In introducing the pair, AMR manager Joe Hunt described their kindness to the people they serve.

“It is always difficult for a paramedic to learn how to have the natural ability to bring calm to a frightening situation or ease the mind of a confused and scared patient,” he said. “Christian and Aaron make it look easy. They are exceptional and compassionate caregivers and that’s what sets them apart from the rest.”

This year’s hero from Heartland Fire & Rescue, Engineer Dean Sergeant, was honored for his community service on and off the job.

“Dean at work is the epitome of what we are looking for

in our members. I wish I had 60 more just like him,” Heartland Chief Steve Swaney said. “But it is what Dean does off duty is what makes him special — him giving back.”

Sergeant runs the operations of Heartland’s Fire Explorer program where young adults, age 14 to 20, get hands-on experience riding fire engines and participating in station activities to explore careers as first responders. Sergeant also recently organized Heartland’s first Explorer Academy and will travel to Northern California in April be an advisor to the regional Explorer Academy.

Sergeant is also a member of Heartland’s PEER Support Team that makes contact with members and families when they experience life challenges.

La Mesa Police Department Crime Analyst Erin Jones was the first four LMPD officers to be recognized.

“Over the last year, officers and detectives made a



(l to r) The 2019 Salute to Local Heroes honorees: LMPD Det. Ryan Gremillion, Heartland Fire & Rescue engineer Dean Sergeant, RSVP officer Johnny Florez, LMPD crime analyst Erin Jones, RSVP officer Mike Sparks, AMR paramedic Aaron Thomas and AMR paramedic Christian Grote (Photo by Sandra Small Photography)

lot of great arrests, but it was not possible without Erin’s help,” said LMPD Chief Walt Vasquez.

As a crime analyst, Jones updates the department on crime trends and monitors all the BOLs (be on the look outs) that keep officers and citizens aware of criminal activity.

“She is in constant contact with other crime analysts and often provides them with suspect information for crimes that occurred in their jurisdictions,” Vasquez said.

Jones is also president of the San Diego Crime and Intelligence Analysts Association; serves as chair of Automated Regional Justice Information System Business Working Group; and is also a guest lecturer at San Diego State University on the topic of criminal justice theory.

Det. Ryan Gremillion was honored for his work investigating cold case homicides. This year, he solved the case of victim Scott Martinez, who was murdered in 2006. Gremillion re-opened the case in 2016 and using blood evidence from the scene and a new DNA technique called familial genealogy, he was able to determine

a suspect and coordinate his arrest. The suspect is currently awaiting trial on murder charges.

“Recently I read a report that said you have about a 4 percent chance of solving a murder case that’s 10 years old or older. Pretty amazing,” said Chief Vasquez. “This case would not have been solved had it not been for Det. Gremillion’s hard work and dedication, not only to this case, but to the department and Mr. Martinez’s family.”

Retired Senior Volunteer Patrol (RSVP) officers Johnny Florez and Mike Sparks were also honored for their work with LMPD.

Florez has been a volunteer for over four years and has contributed over 2,200 hours of service. In addition to patrol duties, he also manages the RSVP fleet of vehicles.

This year’s Local Heroes award will be Sparks’ second. He has served the department for four years with over 2,300 hours of service.

Sparks is the RSVP training officer and this last December, he headed up a Holiday Special Detail that reduced crime at Grossmont Center.

## A new ‘Hero’

In addition to the usual awards given to first responders, there was a surprise award given that was kept off the evening’s program. After the swearing-in ceremony for the chamber’s new officers, chamber board member Laurel Cruz bestowed upon chamber president and CEO Mary England the first ever Mary England Community Service Award.

The new award recognizes people from the community who give back to the community through events or organizations. England was honored for her chamber events like the Seniors Holiday Project that gathers food and other essentials for homebound seniors during the holidays, as well as the Military Families Toy Drive that supplies toys for local families of service members.

“We wanted to make sure to recognize your efforts and created this award in your honor,” Cruz said.

For more information about La Mesa Chamber of Commerce events and activities, visit lamesachamber.com.

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

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# Debt-free at 33

## La Mesa resident to speak at San Diego Women’s Week

Cassidy Klein

La Mesa resident Guen Garrido set a goal to pay off \$68,000 in student loans by the time she was 33 — and she did, in just three years. March 30 is the one year celebration of her being debt-free, and she will be speaking about her journey at San Diego Women’s Week, taking place on April 1-5.

“It’s been kind of a whirlwind of a year,” Garrido said. “It’s cool that all this is still affecting me and that I’m able to continue to spread the message.”



North San Diego Business Chamber president and CEO Debra Rosen

Debra Rosen, also a La Mesa resident, is the president and CEO of the North San Diego Business Chamber, which produces San Diego Women’s Week. Rosen said the chamber chose Garrido to speak at the conference because “many of us can relate to paying off college loans and credit card bills, and it can be one of the greatest challenges many of us face.”

“Being in control of our financial destiny is important as we get older,” said Rosen via email. “Almost all of us have debt, and we wanted a speaker that was debt-free to share their story. We did not know Guen but did a search for someone that fit this topic, and we reached out immediately knowing that she would be perfect. Her story is real, inspiring and empowering. If a millennial can pay off her debt with a plan, anyone can do it with the right tools.”

San Diego Women’s Week is in its 10th year. The theme of this year’s event, which will be held at Mission Valley’s Town and Country Resort & Convention Center, is “leadership and unity.”

“This year’s lineup of speakers will be one of the best with diverse leadership stories and journeys,” Rosen said. “Every one of the speakers will leave us feeling empowered and inspired to go out and achieve what we want.”

After Garrido paid off her loans, she was invited to attend a conference in New York City with SoFi, an online personal finance company. While there, she and her now-husband won a trip to Iceland with National Geographic as part of a SoFi partnership. She has been interviewed by CNBC and has a strong social media presence as an inspirational figure.

“After everything that’s happened this year, I kind of wanted to step back and focus on my wedding so I kind of went quiet for a while,” Garrido said. “Then Debra contacted me and I was kind of hesitant, but my husband was like, you have to do this [speak at the conference]! So I’m glad I am, and I’m excited.”

Garrido hopes people learn from her that anyone can pay off their debt.

“It’s important to educate yourself about money,” Garrido said. “Be efficient, be educated. I feel more blessings have come to me because of my hard work.”

Rosen said the San Diego Women’s Conference exists to promote women in leadership and “teach our young daughters early that they can reach for the moon and get there.”

“Women’s equality in leadership has become extremely visible,” she said. “We need to teach [young women] to be bold,



Guen Garrido will share how she became debt-free in three years as a keynote speaker at San Diego Womens Week. (Photos courtesy North San Diego Business Chamber)

not perfect. The many lessons learned during Women’s Week makes it easier to share stories of women that have been able to get there, and know it wasn’t without struggles.”

Garrido said she is thankful for La Mesa and the opportunities she’s been given in her hometown.

“I feel so spoiled by La Mesa,” she said. “I love how calm it is, yet you can still go downtown easily. I get to live the best of both worlds right at my fingertips.”

Garrido can be found on Instagram at @money.and.gratitude. For more information about Women’s Week or for tickets, visit [sdwomensweek.com](http://sdwomensweek.com).

—Cassidy Klein is the social media editor at SDCNN, parent company of La Mesa Courier. Reach her at [web@sdcdn.com](mailto:web@sdcdn.com). ■

### ► News Briefs, from page 3

County. As the publisher of the East County Herald for more than 20 years and a leader in the business community, she worked hard to create opportunities for all East County citizens to prosper,” Jones commented after the ceremony. “Dee has also battled multiple sclerosis with an indomitable spirit, and she has used her experience to educate the public and inspire others facing similar battles. It was an honor to recognize Dee with this award,” Jones added.

Dean has also helped build up local community organizations such as St. Madeleine Sophie’s Center and Stoney’s Kids Legacy.

As part of Women’s History Month, the Women of the Year were recognized by the senators themselves during a ceremony that took place on the Senate floor during an official session.

### County to develop community choice energy program

On Feb. 26, the Board of Supervisors voted to develop a community choice energy program, opening the door to a more sustainable environment and competition in the local utility market.

At the urging of Chairwoman Dianne Jacob and Supervisor Nathan

See NEWS BRIEFS page 9 —>

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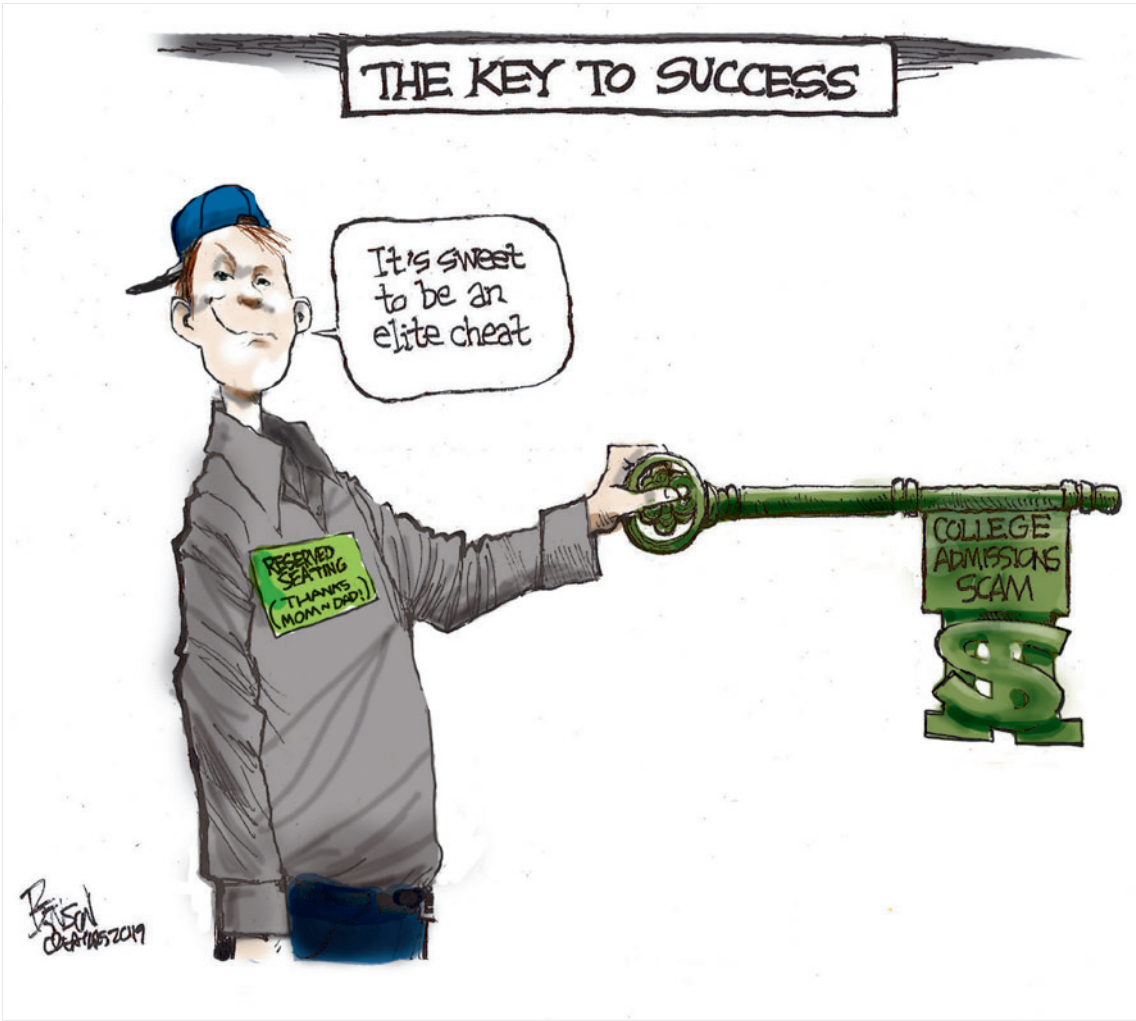
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## Guest Editorial

# Congress has the power to lower drug prices for low-income seniors

*Tell your member of Congress to support the Medicare Negotiation and Competitive Licensing Act to lower drug prices for the people who need help the most.*

**Paul Downey**

More and more senior citizens are living in poverty, stretched to the limit by medical costs. Serving Seniors, which serves more than 600,000 meals per year to low-income senior citizens, and operates multiple affordable senior housing units, aims to alleviate this pressure — but we can't lower the drug prices that are driving so many of our clients to our doors in the first place.

You know who can? Congress.

Americans pay the highest prices in the world for prescription drugs — over 40 percent more than Canadians and often three times more than the residents of many European countries — and patients on Medicare aren't immune to these skyrocketing costs.

That's why many so many seniors like our client John are often forced to choose between food and their medications. John is 72 years old and currently homeless due to some unfortunate events in his life. He's had two knee replacement surgeries, as well as a hip replacement. However, he is still in constant pain, and can't afford his medication due to soaring drug prices. Even with his Medicare benefits, he can only afford to take half of his

prescribed pain medication — he often takes it once a day and skips the next.

It doesn't have to be this way, but it currently is because Medicare doesn't have the power to negotiate drug prices with pharmaceutical companies on behalf of its beneficiaries. This is due to a hidden provision in the (ironically named) Medicare Modernization Act. Among other things, this legislation places corporate middlemen called Pharmacy Benefit Managers (PBMs) in charge of negotiating drug prices through Medicare's "Part D" plan. PBMs are for-profit companies, and they have to take their cut — often at the expense of low-income seniors.

Here's where Congress comes in. Members from Texas, Maryland and Vermont have put forward a bill in the U.S. House of Representatives that could change all that: the Medicare Negotiation and Competitive Licensing Act. It would put Medicare directly back in charge of demanding the lowest drug prices for Americans in need. Medicare has the biggest buying power of any health care coverage provider; so it doesn't make sense that they can't negotiate drug prices directly for citizens on fixed budgets who have spent their working lives contributing to Social Security and Medicare.

Serving Seniors supports this bill because of people like John. No person should have to choose between basic necessities like food and medicine. Our government needs to act on seniors' behalf.

Although some might say that free market competition encourages drug companies to provide low prices, in reality the pharmaceutical industry is protected by complex patent laws, and drug makers often successfully block out competition from low-cost generic alternatives. Drug companies can lock in some of the highest profits of any industry, all at the expense of consumers, especially seniors.

The Medicare Negotiation and Competitive Licensing Act is a win-win for both senior citizens and the government. It gives Medicare the power to negotiate reasonable prescription drug prices on behalf of millions of Americans, lowering tax dollars to pay for care, and lowering copays for older, vulnerable Americans on fixed incomes.

Our request to you: find out who represents you in Congress, and contact their office. Tell them to support the Medicare Negotiation and Competitive Licensing Act.

If you are a senior in need of assistance, would like more information for a loved one, or are interested in donating to Serving Seniors, please call us at 619-487-0608 or visit [servingseniors.org](http://servingseniors.org).

—For more than two decades, Paul Downey has been a national advocate for low-income seniors. He is president and CEO of Serving Seniors, a nonprofit agency dedicated for nearly 50 years to increasing the quality of life for San Diego seniors living in poverty.■

## Letters

**No 'mystery' in gas taxes**  
Re: "Don't investigate mystery charge, investigate gas taxes instead" [Volume 9, Issue 2 or [bit.ly/2TdzCm4](http://bit.ly/2TdzCm4)]

Sen. Jones,

I will keep this simple, so that your diminutive intellect can understand: No citizen wishes to spend money unnecessarily. Every time I go to the gas pump, I see the amount of my purchase that is tax, and I am fine with it.

Do you know why there are underground storage tank fees? It's because of the cost of cleanup we citizens have had to bear from old, leaking fuel tanks poisoning our ground water supplies. Do you prefer poisoning our future generations to keep your wallet fat?

Cap and trade? I grew up here in SoCal in the '60s, when visibility was no greater than 10 miles due to smog. Again, until we emplaced measures to mitigate them, these gasses and emissions were poisoning our children's lungs, causing cancer. Who knows what other lethal health impacts we will soon face?

Your editorial was all about mystery. Let's explore the "mystery" of SB 1074 that you failed to illuminate. Every fuel station within a certain distance of interstates would be required to establish a toll-free number for complaints to be registered to with a \$250 fine per complaint. Vehicle air and water would be required to be provided free of charge. Finally, there is also a requirement for providing restroom facilities for men and women. California recognizes non-binary genders, yet SB 1074 seeks to codify only facilities for males and females. It smells like someone took a big stinky "Knight" in there (ref: Prop 22, circa 2000).

To bring an argument about homelessness into your rant is absolutely without merit. I suppose your solution to homelessness is to give them all jobs building oil rigs in El Cajon.

Your whole tirade was about "Democrats this, and Democrats that." Let me remind you that we live in a democracy, and "the Democrats" are there because voters put them there to take care of our precious state and its resources. Republicans' aversion to the whole truth is nauseating.

You are not a Californian — you are an immigrant to my state. You like to point fingers. Fine, I'll play your game, and my finger is pointing to Texas, where you're welcome to move back to. In fact, so you don't have to deal with the pain of the fuel taxes, I'll buy your first tank of gas.

—Clifford Krapf, La Mesa.■



Guest Editorial

Migrant children deserve basic medical care

Offering basic medical care in Border Patrol facilities can help avoid complications of illnesses and their associated costs.

Sejal Parekh

[Editor’s note: This op-ed first ran on the Voice of San Diego website on March 14. View it here at bit.ly/2UFuYi2.]

As national attention shifts to the southern border again, more funds should be allocated toward medical care. Border Patrol facilities need to offer basic medical care for migrant children in custody to avoid deaths, costs of medical complications and disease outbreaks.

The avoidable deaths of two migrant children — Jakelin Caal and Felipe Gomez Alonzo — while in Border Patrol custody prompted outcry from the nation’s pediatricians. Jakelin died of septic shock in Texas, NBC reported. Sepsis is the presence of a serious infection, and can lead to septic shock — the state of an infection overwhelming the body. Organs shut down, one by one, until the heart can no longer pump blood at a pressure that sustains life. The most protective factor against septic shock is early recognition of sepsis. The

untrained eye may even not be able to identify sick children, much less administer life-saving interventions.

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Offering basic medical care in Border Patrol facilities can help avoid complications of illnesses and their associated costs. I have seen numerous examples of this firsthand while

volunteering in a San Diego migrant shelter.

For example, I examined a toddler with a cold who was having trouble breathing. He had traveled from Guatemala with his family, and caught a cold while waiting to cross the U.S.-Mexico border. The cold triggered his underlying asthma. His mother bought albuterol in Mexico and was administering it regularly while they waited to cross the border. The toddler responded well to the albuterol in Mexico. But the mother reported that their belongings were locked up and that she was denied access to the albuterol when they were taken into ICE custody. The toddler worsened over the next two days, struggling to breathe, eat and sleep. By the time I saw him in the shelter, he was wheezing heavily and dehydrated. He needed emergency medical attention. We loaded him into an ambulance and directed him to the children’s emergency room.

Had Border Patrol evaluated this child and allowed his mother to administer the albuterol, he would likely not have needed to go to the emergency room.

There is a compelling economic argument for avoiding complications. With a coupon, a canister of albuterol costs

about \$30 at Walmart. This is at least 100 times cheaper than the alternative. A visit to Rady Children’s Hospital emergency room for this level of illness costs about \$975, with an additional \$539 for chest X-rays and \$239 for inhaled medication treatments. These costs were published voluntarily by Rady Children’s Hospital in 2018 in accordance with AB 1045. Plus, the ambulance itself costs a base rate of \$1,631, according to a 2017 KPBS article.

Migrants rarely can pay these exorbitant costs, so the public is left footing the bill. Some migrant children in custody will be sick — it is inevitable. The medical complications from these illnesses, however, are avoidable. Officials should consider the financial impact of not treating basic medical conditions.

Medical staff is needed in Border Patrol facilities to screen and treat migrants for contagious disease. Ideally, migrants applying for asylum status should have had medical clearance months prior to arrival. This is impractical, though, given that many migrants are seeking asylum from immediate threats of violence at home.


If medical exams are not conducted prior to arrival, current regulations state they

should be conducted within 30 days of arrival. But the 30-day timeframe is too long. The physical stress of migrating from Central America can decrease the effectiveness of a child’s immune system. After an exhausting, multi-month journey, a migrant child is most likely to fall victim to the flu, like Felipe did.

As migrant children resettle across the country, they can introduce a different strain of the flu to new communities. If doctors in Border Patrol Facilities could test for the flu using a non-invasive, rapid flu test, they could prescribe antiviral medications that reduce the amount of time that migrant children with the flu are contagious. Ultimately, screening and treating migrant children early protects their future American neighbors.

In the coming months, the southern border will undoubtedly remain in the national spotlight. I urge our policy-makers to prioritize offering basic medical care for migrant children in custody. Basic care will help us avoid deaths, exorbitant costs of complications and disease outbreaks. We owe this to our new neighbors and ourselves.

—Sejal Parekh is a pediatrician. She lives in San Diego.■





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# News and notes from your County Supervisor



**DIANNE'S CORNER**  
Dianne Jacob

**Keeping communities safe:** The Board of Supervisors recently gave the green light to prepare for the next wave of rural fire prevention and protection improvements.

Supervisor Jim Desmond and I got board approval to ask county staff to flesh out several proposals, including the development of a grant program to encourage homeowners in high-risk areas to install fire-resistant materials.

We're also looking at ways to strengthen the fire code for construction and create a regional plan for controlled burns and other preventative measures.

The county continues to work overtime with Cal Fire and others to address the on-going threat of catastrophic wildfire. Since 2003, the county has invested more than a half-billion dollars on fire prevention and emergency medical service

improvements across our backcountry.

**Housing:** The county's growing efforts to encourage the development of granny flats and other accessory homes are generating a lot of interest.

In my recent State of the County speech, I talked a lot about the need for such housing to help address the region's affordable housing crisis. For more information, call 858-495-5382.

**Parks and rec:** A recent Board of Supervisors vote cleared the way for a much-deserved, long-awaited park in Alpine.

The board agreed to buy 98 acres near South Grade and Tavern roads and to work closely with the community to turn it into a park and public open space.

A big win for the region!

—Dianne Jacob is chair of the San Diego County Board of Supervisors and represents 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).

# Winterble to headline Republican Women dinner event



Pat Boerner

Navajo Canyon Republican Women of California (RWCNC) are having a politically educational dinner event at St. Dunstan's Church, 6556 Park Ridge Blvd. in San Diego, on Tuesday, April 9, from 5 to 8 p.m. Guest speaker will be Brett Winterble, a 20-year veteran of radio and television. Funny, insightful and high energy are all attributes that describe Winterble. You can listen to him on KFMB 760AM weekdays from 3 to 7 p.m. and see him on NewsMax TV. Please join us at this event to learn what is happening, and what we can expect to see in the future of the Republican Party.

Doors open at 5 p.m. and a taco dinner will be served at

6 p.m. followed by our speaker at 7 p.m. Navajo ladies are offering all this for only \$15 because we want people to attend, be informed and get energized! There will be a chance to win \$100 cash, visit vendors displaying items for sale and bid on surprise items at a live auction.

Please make your reservations early by calling 858-273-2500 or email [RSVPrcwnc@gmail.com](mailto:RSVPrcwnc@gmail.com). Make your checks payable to RWCNC and mail to 2295 Needham Road, #4, El Cajon, CA 92020. We expect a large turnout for this event so please reserve your spot early. We will not be accepting credit cards.

Former state Senator Joel Anderson was the speaker at our March meeting held at the Brigantine La Mesa, and he did a great job of informing us on the details of the winning strategy for Republicans in 2020. Jessica Patterson, the newly elected chairperson of the

California Republican Party, is making registering Republican voters one of her highest priorities. There is a lot we can do as individuals to help her with that objective. This is the time to get involved and donate time and effort to put Republicans back in charge in Sacramento.

If you are not thrilled with the idea of an unprotected border and single payer health care, then you can't afford to sit idly at home just complaining at what the majority party is doing. Get involved, and one good way is to become a member of RWCNC. Please join us for dinner in April at St. Dunstan's at 5 p.m. and learn more about us. If you can't make that date, our next meeting will be 11 a.m. on May 9 at the Brigantine in La Mesa when Susan Shelby from the Howard Jarvis Tax Association will be our speaker.

Reservations are required and the cost is \$25 for the full course lunch. Cash and checks



(Courtesy RWCNC)

are accepted, but no credit cards. For more information on our activities, please visit our website [rwcnavajocanyon.org](http://rwcnavajocanyon.org) and check us out on Facebook at Republican Women of California-Navajo Canyon. Other questions, please call or text Marjie at 619-990-2791.

—Pat Boerner writes on behalf of the Navajo Canyon Republican Women of California.■

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# Law professor updates club on Trump legal jeopardy



La Mesa – Foothills  
Democratic Club

Tina Rynberg and  
Jeff Benesch

Some two long years ago, just before the inauguration of Donald Trump as our 45th president, we were privileged to have Professor Marjorie Cohn make her observations and predictions of a Trump presidency. As it turns out, she was not only accurate in her dire prognosis, but may have fallen short of the actual damage to our political system, our international standing, the environment and our moral and ethical standards and norms.

Professor Cohn will be returning to La Mesa Foothills Democratic Club on Wednesday night, April 3, to give us her latest view of the legal jeopardy facing the many facets of the Trump empire: The presidency, the Trump Organization, Trump Foundation, the Inaugural Committee, various family entanglements, and other related aspects of the president's self-aggrandizing conduct in the White House.

Now that Congressional Democrats are committed to exposing the Trump presidency for the criminal enterprise that it has become, they'll be joining the 17-plus ongoing

investigations by various federal districts and state attorneys general and will soon be sharing the spotlight with the yet-to-be-delivered Mueller report. Congress will surely follow up with the many leads suggested by the testimony of Michael Cohen, the president's long-time personal lawyer and hatchet man. He claims he was directed by Trump to "take care" of legal and ethical entanglements as many as 500 times in the decade he was employed. He famously called Trump a racist, a con man, and a cheat.

Professor Cohn will go in depth into the potential legal dangers facing the president and his family in the coming weeks and months. Also under discussion will be potential liabilities for abuse of power, violating the emoluments clause, obstruction of justice, conspiracy to defraud the IRS and the government for a host of financial misdeeds, money laundering, and of course, the Russia investigation and the prospect that the Trump campaign willingly cooperated with a foreign government to alter the outcome of the 2016



Professor Marjorie Cohn will be the featured speaker at the April 3 La Mesa Foothills Democratic Club meeting. (Courtesy LMFDCC)

election. There have already been multiple indictments and sentences for several dozen people including the Trump campaign chair and his deputy, the President's personal lawyer, the National Security Advisor, other Trump advisors and associates, and at least a couple dozen Russian nationals — most of the latter working in cyber warfare for Russian intelligence and the Kremlin.

Marjorie Cohn is professor emerita at Thomas Jefferson

School of Law, former president of the National Lawyers Guild, deputy secretary general of the International Association of Democratic Lawyers and a member of the advisory board of Veterans for Peace. A prolific author, her most recent book is "Drones and Targeted Killing: Legal, Moral, and Geopolitical Issues." Cohn is also a regular contributor to the daily *emag Truthout*. Her latest article is a synopsis of the recent Michael Cohen congressional testimony titled "Cohen Knows What Trump Is Capable Of. His Testimony Should Terrify Us."

The April 3 meeting begins at 6:30 p.m. at La Mesa Community Center, 4975 Memorial Drive, La Mesa. All are welcome to attend, and annual memberships begin at \$30. Check out our calendar of events on our website at [lamesafoothillsdemocraticclub.com](http://lamesafoothillsdemocraticclub.com) and like us on Facebook.

—Tina Rynberg is president and Jeff Benesch is vice president of programming of La Mesa Foothills Democratic Club.■

► **News Briefs**, from page 5

Fletcher, the board unanimously agreed to craft an energy initiative that could offer an alternative to SDG&E. It could also cut greenhouse gas emissions and promote solar and other types of renewable power.

Studies show that SDG&E ratepayers have been saddled with some of the highest electricity rates in the nation.

"Residents, business owners and others are tired of getting ripped off by SDG&E and are saying enough is enough," said Jacob in a press release. "Today's action opens the door to bring real competition to the energy market and aims to provide ratepayers with the freedom of choice."

The board agreed to launch discussions with other local governments on a possible joint community choice energy program. Eight local cities are looking at developing choice initiatives.

"San Diego County today took a significant step toward a more sustainable future. This forward-leaning decision by the board delivers on our responsibility to leave the county and our environment in better shape than we found it," said Fletcher. "Community choice energy provides greater local control, leverages renewable energy, and reduces greenhouse gas emissions. I am looking forward to working with staff over the next few months to demonstrate why implementation of

See NEWS BRIEFS page 20 —>

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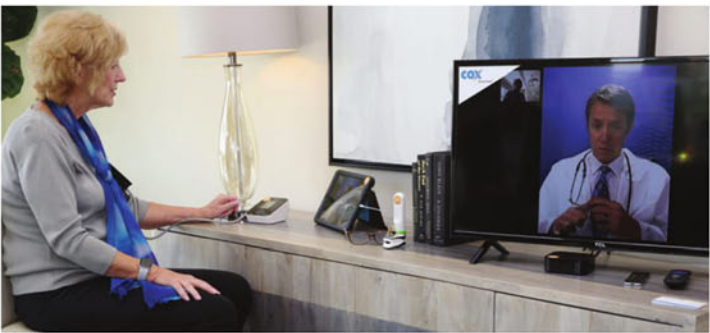
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## 6 SMART HOME ESSENTIALS

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



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

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

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

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

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

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

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





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# A string of successes at Helix High



Jennifer Osborn

## Math Engineering Science Achievement success

Helix science students recently participated in San Diego State University's Math Engineering Science Achievement (MESA) day competition, with impressive results. The Helix team swept all places for ninth- and 11th-grade in math testing, took first and second in 12th-grade math and the only Helix 10th-grader took third place. Additional results include:

- **Arduino team:** second place, designing an automated turn-off for stoves that could benefit the elderly and the disabled.
  - **Prosthetic Arm Competition:** Ninth- and 10th-grade team, first place; 11th- and 12th-grade team, first place.
  - **Rube Goldberg Machine team:** 11th- and 12th-grade team, first place; ninth-grade team, second place.
- All first-place competitors will move on to the regional competition on April 13 at UC Riverside.

## Speech and Debate Team achieves

The Helix Speech and Debate team recently competed in the San Diego Imperial Valley Speech League State Qualifier tournament, to determine which students



Helix students at the Math Engineering Science Achievement competition (Photos courtesy Helix Charter High School)

would move on to compete at the California High School Speech Association State Championships in May. Twenty-one high schools competed, and Helix took first place in individual events (speech events), and placed second overall.

Four-year team member Luke Babbitt won the League Competitor of the Year, as well as the top competitor award for the state qualifier tournament. In addition, the following 26 students qualified to compete at the state championships:

- **Dramatic Interpretation:** Lucas Osborn, Ashley Simmons, Danika Zikas
- **Duo Interpretation:** Will Harris/Shane Robles, Eva Anderson/Blake Tannehill
- **Expository:** JD Hopper, Nathan Nguyen
- **Humorous Interpretation:** Luke Babbitt, Jackie Hammack, Rachael Sharp
- **Impromptu:** Madeleine Denison
- **National Extemporaneous:** Russell Baxt, Chase Osborn

- **Oratorical Interpretation:** Eileen Diaz, Jonah Leota, Jasper Monteith
- **Original Oratory:** Mahamed Abdulahi, Sophia Rogers, Roy Rojas
- **Original Prose Poetry:** Kyra Payton
- **Public Forum Debate:** Ricardo Sandoval/Marissa Garcia
- **Program Oral Interpretation:** Elaine Alfaro, Owen Dahlkamp

## Helix show choirs sweep

The vocal music department continues to impress, as they took on a new challenge. In this year's San Diego Sings competition, Director Michelle Tolvo-Chan raised the bar, placing the groups in a higher division than in the past. HLX (advanced show choir) took first place in their division, as did HD (girls show choir). In the concert choir division, Mixed Voices received an Excellent rating, and The Highland Singers earned a Superior rating.

Choir member Jeremiah Zumaya is also taking on a new challenge as a contestant on this season of "American Idol."



Helix Entrepreneur students at the Junior Achievement Stock Market Challenge

He can't say how far he advances, but we know he got his golden ticket and made it to the next round in Hollywood! We look forward to following his journey and rooting him on.

## Entrepreneur class shows big gains

Members of the Helix Entrepreneur class competed in the Junior Achievement Stock Market Challenge and flexed their financial muscles, increasing their stock value by 33 percent and taking first place overall.

The Stock Market Challenge is a Wall Street simulation where teams of students start with \$500,000 to invest and trade in the market. Throughout the competition, they trade stocks using the same techniques and strategies as those trading on Wall Street. They constantly analyze data about different companies and market trends in order to make the best decisions on their trades. More than 30 teams from 10 area schools participated in the competition at the Qualcomm offices.

## A space for mindful moments

Through a collaborative effort of the Helix administration, GoFundMe donors, the Facilities staff, students from the Helix chapter of the National Alliance on Mental Illness, the Muslim club and the Jesus club, there is now a dedicated space on campus for students to pray, reflect, and meditate during lunch time. The Mindful Moment Room is a part of the Wellness Center, which supports students' social-emotional health on the Helix campus. As part of the design of the room, the word "peace" is written in the 20 different languages spoken by Helix students in their homes.

## Judges needed for Senior Boards

Community members are invited to participate as judges for upcoming Senior Boards. All Helix seniors must complete a Senior Project, which entails creating a product, coordinating an event, planning a performance, or providing an actual service that has been designed by them.

The final phase of the Senior Project is Senior Boards, which provide an opportunity for our students to shine and to feel a sense of accomplishment as they demonstrate their knowledge and skills to their community.

Senior Boards will take place on Tuesday, May 28, and Wednesday, May 29, from noon-4 p.m. Community members are welcome to participate in either or both dates. Please contact me at [josborn@helix-charter.net](mailto:josborn@helix-charter.net) to confirm your participation.

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

## Excellence in Education

If you are interested in finding out more about Helix Charter High School, please attend one of our Excellence in Education tours, held twice monthly. Upcoming tours are April 4 at 5:30 p.m. and April 18 at 8:10 a.m. Reserve your spot using our website, [helix-charter.net](http://helix-charter.net).

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

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



Speech and debate team following the awards ceremony at the state qualifier tournament

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# Grossmont High School's 'distinguished' history



## Foothiller Footsteps

Connie and Lynn Baer

For 98 years, Grossmont High School had taken pride in its outstanding academic and athletic programs and its

nurturing of students' well-being. Over the past 10 years, Grossmont has been frequently recognized by the California Department of Education for its efforts to improve all aspects of school life.

In 2009, Grossmont High School was first selected as a California Distinguished School. Additionally, two programs within the school were also honored as California Distinguished Programs: the Career Technical Education Program and the Visual and Performing Arts Program, which was the first in San

Diego County to receive this award.

In 2013, Grossmont High School was again recognized as a California Distinguished School, this time for its strong commitment and innovative approaches to improving student academic achievement. That same year in June, Grossmont was also honored by the California Department of Education as a winner of an Exemplary Award, which recognized schools that, in addition to high academic achievement indicated by their Distinguished School qualifications, have committed time and resources to broad-based arts education programs that strengthen students' creativity and encourage their personal interests.

In 2017, GHS received the Gold Ribbon School Award for the excellence of its student academic and emotional school-wide support programs, including GHS PRIDE (Prepared, Respectful, Involved, Disciplined, Empathetic), GRC (Grossmont Resource Center), Mentors, G-Crew (student support leaders), ASB (Associated Student Body), and for providing unlimited opportunities in and out of the classroom for students to reach their full potential.

Recently, in February of 2019, Principal Dan Barnes told the staff, "Congratulations on being recognized for the third time as a California Distinguished School! We



Foothiller celebration at the Alarm Clock Pep Rally (Photo courtesy Grossmont High School Museum)

qualified to apply due to our success in all five areas of the California School Dashboard rating of its schools: suspension rate, graduation rate, college and career placement, ELA testing, and math testing.

We are the only school in our district to be recognized this year, and Helix was the only other school eligible to apply. We were one of only four schools highlighted at the top of the state superintendent's list. In our application, we focused on our program of social and emotional learning and support through PRIDE and the GRC. It's very exciting to be a standout!"

In State Superintendent Tony Thurmond's announcement of this year's awards, he said, "Grossmont High School implemented a social and emotional learning program to support the needs of students through leadership, celebrations, rituals, traditions, and emotional learning. To better support social and emotional learning, the school established behavioral interventions such as a time-out reflection room that provides an immediate consequence combined with a reflection on problem behaviors. As an alternative intervention to detention or a referral, students can be sent to this room by a teacher to reflect on their behavior.

"Once a week, the school also teaches emotional intelligence, dealing with how to recognize, understand, label, express, and regulate emotions — with the goal of gaining confidence that will cross over to their academics, which will then result in overall student improvement.

"Grossmont High School's recent results from the California Healthy Kids Survey's School Climate Report Card show that these efforts are making a difference on campus. The school climate index has increased over the past three years with a score of 343 in 2017, 332 in 2018, and 356 in 2019. Scores on this survey also showed a lowering of violence, substance abuse, harassment, and bullying. Intervention referrals received by staff and counselors have also increased over time, as well as those connected to therapeutic services and participation in support groups."

As Principal Dan Barnes told the staff, "Keep up the great work that you all take part in every day. You make our community very proud!"

To learn more about Foothillers past and present, visit the Museum noon–3:30 p.m. April 3 or by appointment. Contact Information: ghsmuseum@guhsd.net or 619-668-6140. Website: foothillermuseum.com

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

## Upcoming Grossmont High School class reunions

- **Class of 1959 60th Reunion:** Weekend of Sept. 21; contact Joyce Schwartz Camiel at joycecamiel@gmail.com or 619-806-7914 or co-chair Carmen Colonghi Gaerin at cgaerin@gmail.com or 619-992-8823.

- **Class of 1964 55th Reunion:** Oct. 19; For information, email ghs64@cox.net. Location, menu, and reservation detail will be provided in a June email.

- **Class of 1969 50th Reunion:** June 29. Email Monica Taylor Erickson at monica.erickson51@yahoo.com.

- **Class of 1970 50th Reunion:** Date to be determined. For information,

email Julia Yale Salinas at jsal2752@yahoo.com.

- **Class of 1974 45th Reunion:** Sept. 19 at 6 p.m. alongside the pond at Anthony's Fish Grotto in La Mesa. Website: bit.ly/2JjkdAO.

- **Class of 1989's 30th Reunion:** July 27 at the Doubletree San Diego Downtown. Visit our visit bit.ly/2F6IEfy.

- Or call 760-721-0525 or email Wendy Hodgetts Shortley at wendyshortley72@gmail.com or call 858-414-7319.

- **Class of 1999 20th Reunion:** June 29 at the Marriott Bayfront. Visit bit.ly/2XX4U4d.

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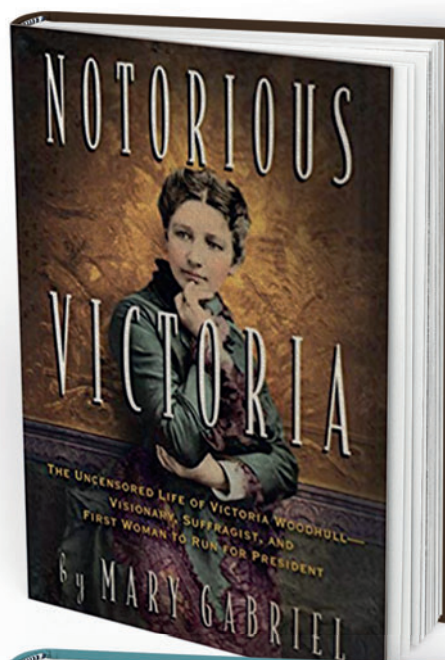
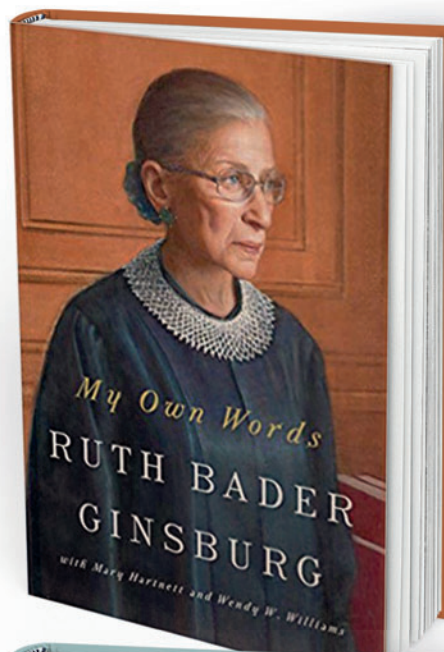
# Books about U.S. women every citizen should read



Jake Sexton

I am currently teaching a citizenship class at the library, a combination of basic civics and American history. While there are plenty of male presidents, Founding Fathers, and generals, there is only one woman from U.S. history that aspiring citizens must remember for their naturalization exam — Susan B. Anthony. Since March is Women's History Month, some books on this topic would be a good supplement for this curriculum.

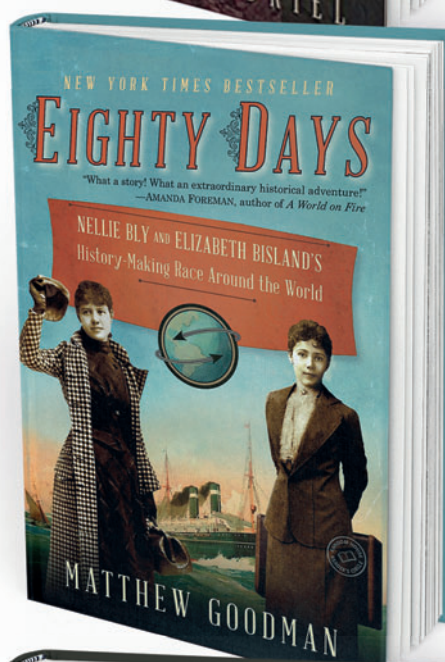
After decades of serving on the Supreme Court, Justice Ruth Bader Ginsberg has somehow become a pop icon in recent years. Lovingly dubbed "Notorious RBG," the 85-year-old has developed a reputation for stubborn, female badassery. Now you can read some of Ginsberg's essays and transcribed speeches in her book, "My Own Words." The topics of her writings include gender inequality, tributes to legal figures of the past, the inner workings of the Supreme Court, and the connections between law and opera.



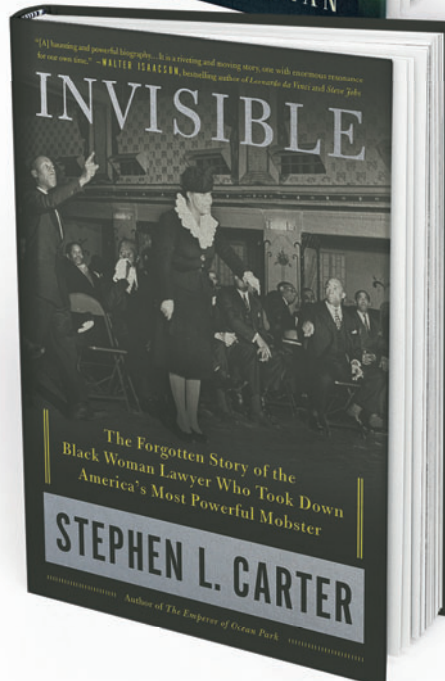
Another "notorious" story comes in Mary Gabriel's "Notorious Victoria: The Uncensored Life of Victoria Woodhull — Visionary, Suffragist, and First Woman to Run for President." I was surprised to run across this book, because you'd think that the first woman to run for the U.S. presidency would be a well-known figure. Her 1872 candidacy was only one aspect of her rambunctious and passionate life. Woodhull was a spiritualist, stockbroker, newspaper editor, political radical, and advocate of "free love" during an extremely conservative time.



Novelist Stephen L. Carter turned to his own family history for his latest, "Invisible: The Forgotten Story of the Black Woman Lawyer Who Took Down America's Most Powerful Mobster." Carter's grandmother, Eunice Hunton Carter, led an amazing life, weaving through the legal and political circles of 1930s New York City, despite the sexism and racism of the day. The book's title refers to Carter's integral position on the task force which investigated and eventually arrested famed gangster Charles "Lucky" Luciano.



Historian Matthew Goodman's "Eighty Days: Nellie Bly and Elizabeth Bisland's History-Making Race Around the World" almost tells its whole tale in the title. In 1889, famed reporter Nellie Bly was tasked with a publicity stunt of trying to circumnav-



igate the globe (like in Jules Verne's popular book). Bly headed across the Atlantic by boat. That same day, journalist Elizabeth Bisland was assigned with the same task, but instead headed west by train. Who would win this great race?

And finally, one of the most popular books at our library right now is Michelle Obama's autobiography "Becoming." She tells her story of growing up in Chicago, life in college and law school, marriage, family life, and of course, eight years as first lady of the United States. If you are reluctant to read this book because you don't like politics, then you have something in common with the author: Obama focuses more on the human side of her experiences rather than espousing policy or discussing power struggles in government.

In library news, enjoy an afternoon of laughter and language with Richard Lederer on Saturday, April 6, at 1 p.m. We also have one of our biggest events of the year coming up on April 12 at 10:30 a.m. — an indoor egg hunt to celebrate Día de los Niños/Children's Day, with lots of activities for kids and families.

—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).





Crane pose



Head to knee



Upward stretching

► Yoga man, from page 1

smoking hot,” he said. “I haven’t stopped since.”

Yoga came with a number of unexpected benefits. In addition to helping him focus on relaxation and breathing, it helped his race performance.

“It helped a lot with races, and it helped prevent a lot of injuries,” he said. “I’d be running for 24-26 hours straight. I was always rolling my ankle. [Yoga] gave me more endurance and ... it also made me a lot stronger.”

Another upside, Burkart noted, related to post-race recovery.

“I found that I could run a 100-mile race and once the race was over, I could get back into my regular routine. I could go home and go to sleep and go to work the next day with lots of

energy, no injuries and feeling great,” he said.”

Moving to competition

His decision to begin competing in yoga competitions was a natural progression.

“I practiced for between five and six years before I became an instructor, and once that happened, I started to go a little deeper with my own practice. I began teaching, and then I got involved in competition,” Burkhart said. “At that point I moved from San Diego to Hawaii and I represented Hawaii twice in the nationals.”

He returned to San Diego in 2008 to buy the San Diego Yoga Center (SDYC), and although he continued to do well in competitions, he ultimately decided to take some time off.

It wasn’t until a few students at the SDYC decided to enter

the statewide competition that Burkhart decided to give it another go.

“I said I’d enter with them, we all went and competed, and I placed first,” he said. “Not just for California, but also for the southwest region.”

Now, he’ll advance to the national championship in Lynchburg, Virginia, in early August.

A message to future yogi competitors

Although Burkhart admits that competition isn’t for everyone, his message to would-be competitors is simple.

“I would tell them that you don’t actually have to be perfect with anything. Competition isn’t about winning, it’s about demonstrating aspects of the yoga that you’re being graded on,” he said. “It’s good to test yourself, and I do recommend

it. Competition brings out the best in all of us. It’s about bringing out the best in everyone and raising that level to a high quality. That’s what yoga people do.”

—Freelance writer Margie M. Palmer has been rack-ing up bylines in a myriad of publications for over a decade. Reach her at [margiep@alumni.pitt.edu](mailto:margiep@alumni.pitt.edu).■



The Guillotine (Photos courtesy San Diego Yoga Center)

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# Still stellar after 18 years

**Restaurant Review**  
Frank Sabatini Jr.

If intuition is key for instilling that elusive, magical quality into Italian food, Francesco Basile has the technique mastered.

Since opening Antica Trattoria almost two decades ago, the Sicilian-born chef is known for his keen knack in allowing ingredients to spring forth equally in the dishes he sends out to an often-packed dining room. His flavors are multi-dimensional, but they're never in conflict. And he shatters our assumption that Italian food is based on copious amounts of garlic. As any true Paesano knows, it isn't.

Basile's passion-kissed meals are savored within an atmosphere flaunting large frescoes, exposed wine shelving and a cozy bar. Single bottles of vino are set on every table. And pendant lighting hangs from high ceilings, which feature rows of burlap coffee sacks hiding soundproof panels.

Located within a small plaza and fronted by ample parking, you've unmistakably entered

into an established Italian restaurant that comes with a tinge of formality when passing through its threshold.

The lunch and dinner menus offer the same options. Although you'll save a couple bucks on entrees when dining in the afternoons, which might seem too early for such main courses as fettuccine with smoked salmon and shrimp in brandy cream sauce — or veal saltimbocca with prosciutto and sage browned butter. But the portions are elegantly portioned; they're neither overwhelming or stingy.



Bruschetta with goat cheese

Just as I remembered when visiting twice some years ago, meals begin with warm house-made table bread and a dish of olive oil with balsamic. This time, instead of proceeding to my usual caprese appetizer, my lunch companion and I vouched for bruschetta that was amped up with roasted eggplant, grape tomatoes, goat cheese, basil and a hint of garlic.

Like all of the dishes I've tried here, every forkful offers differing flavors and textures — always clearly Italian, but with more intriguing nuances compared to the fare at other trattorias.

In another starter, for example, a quintet of small meatballs were served in marinara



House-made tiramisu

spiked lovingly with red wine. The sauce also gave way to pleasant bursts of saltiness from olives, which really do go well with cooked-down tomatoes. Moments of creaminess arose from a dollop of whipped ricotta on top.

My friend's house salad brought together slices of local avocados, organic spinach, and hearts of palm. It escaped coming off as "totally California" thanks to shaved Parmesan and herby balsamic vinaigrette. As for my Caesar salad, it was your everyday variety, which was exactly what I wanted.

Basile makes nearly all of the pasta in-house except for penne and angel hair (capellini) cuts. But he does wonders with those, as we discovered in our entree choices.

The penne was tossed with porcini mushrooms, roasted eggplant and fresh tomatoes. Depending where our forks wandered within the dish, we alternately hit upon earthiness from the mushrooms, sweetness from the caramelized eggplant, and faint garlicky spots from lurking pesto.

Equally exquisite was the capellini pasta strewn with white shrimp and wild mushrooms. The harmonious interplay of oceanic and earthy flavors was almost sedating. Served in thin lobster broth accented by chardonnay wine, the dish is almost French in nature except for the lack of cream. Even when eating the leftovers at home a few hours later, there was enough liquid in the dish to keep everything juicy.

Basile changes the menu seasonally, sometimes making



Chef-owner Francesco Basile (Photos by Frank Sabatini Jr.)

only subtle changes to existing dishes. But the two untouchables, he noted, are the calamari steak with shrimp and lemon-butter sauce, and the boneless Angus short ribs (brasato), which he serves in robust cabernet sauce with fresh vegetables and mashed potatoes.

From a small selection of house-made desserts, we vouched for a boozy version of tiramisu as well as a puck of warm, comforting chocolate lava cake. Both of the semi-sweet confections, along with everything else I've ever eaten here, brim reliably with heart and soul.

—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. You can reach him at [fsabatini@san.rr.com](mailto:fsabatini@san.rr.com).■



(l to r) Penne pasta with mushrooms, eggplant and burrata cheese; Capellini pasta with shrimp in lobster broth

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**Julie White**

## SPRING COOKIE BASKETS

Crunchy cookie baskets are a fun dessert idea for Easter or Passover lunch or a delicious finishing touch to a special occasion. Serve with a scoop of ice cream or whipped cream and top with fresh fruit!

**Ingredients:**

- 1/2 cup butter (1 stick)
- 7 tablespoons all purpose flour
- 1/2 cup firmly packed brown sugar
- 1/2 cup light corn syrup
- 2 tablespoons good vanilla extract

- Vanilla ice cream or sweetened whipped cream for filling finished baskets
- 5 cups of fresh fruit (strawberries, grapes, blueberries or raspberries)

**Directions:**

Preheat oven to 325 degrees. Butter and flour a baking or cookie sheet.

In a heavy two- or three-quart saucepan, melt the butter over a low heat. Add the corn syrup and brown sugar. Cook over a medium heat until mixture is boiling. Remove from heat and mix in the flour and vanilla.

On the baking sheet, place 3 tablespoons of the batter (limit yourself to 2 scoops of batter per sheet). The mixture will spread out quite a bit. Bake for 12 minutes or until golden brown. Let cool for a few minutes and remove carefully while still warm and drape over a drinking glass to form the cookie basket. Remove when cool and firm.

Can be made up to 24 hours before serving. Before serving, place on a plate and fill with ice cream or whipped cream and fresh fruit.

*"To plant a garden is to believe in tomorrow."—Audrey Hepburn.■*

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San Diego Community News Network



# Grossmont food court a savior for parents dining out

Gen-X in a  
millennial world

Genevieve  
Suzuki



One of my saving graces at Grossmont Center is its food court. With its kid-friendly fare and open space, I know I can eat without getting the stink eye from fellow diners.

By the time my husband, Derek, and I finally had our daughter, we were eight years into our marriage. We had been to great restaurants and had fine dining experiences. Perhaps most important is we knew what it was like to relax during a meal.

One of my favorite memories is walking to Café Chloe in downtown San Diego for Sunday brunch and sipping my mocha while we watched the passersby's.

It was indulgent and over as soon as they said, "Congratulations! You have a baby girl!"

After we had Quinn, we tried a few times to go out to upscale restaurants only to realize how impossible it was for both of us to enjoy a warm meal. If Quinn wasn't getting squirrely and needing to be taken outside, she was letting me know she had to go to the potty, which was at least a 10-minute ordeal. Conveniently, she only wanted to go to the potty after our dinners had arrived.

Eventually, however, Quinn got old enough to understand her parents wanted to eat the food when it came and adjusted her bathroom practices accordingly. Again, we were able to go to a reasonably nice restaurant and enjoy unique dishes prepared by skilled chefs.

And then we had Deacon.

Three-year-old Deacon is a different animal when it comes to dining out. As soon as he sits at the table, he takes out the crayons — if a restaurant offers them to kids — and creates either a red, blue or green blob before saying, "Blargh!" and pushing them away from his area.

Once the meal comes, one of his favorite things to do is try everything on his plate and, unless it's a cookie, chicken nuggets or French fries, spit it out onto his plate in full view of everyone around him.

Deacon also likes to grab the electronic distract-your-child gadget — a.k.a. our iPhones — and blast "Finger Family" for neighboring patrons who never knew their meals were missing the perfect toddler soundtrack.

Finally, after spitting out several bites and blasting "Chicka Chicka Boom Boom" for anyone within a two-table radius, Deacon will fidget and announce, "I'm done, I'm done, I'm done! Let's go! I wanna go! I'm do-o-o-o-ne." He will repeat this every few minutes until



Deacon Suzuki with a bowl of egg flower soup from Tasty Inn Express in the Grossmont Center food court. (Photo by Genevieve Suzuki)

we defeatedly box up our food to go.

Because of this, Derek and I try to take turns sitting with Deacon when we go out. We know one of us will have to sacrifice any culinary enjoyment to ensure we don't become "that family" to the restaurant.

Thankfully, many restaurants in La Mesa are Deacon-friendly. Other families have shared empathetic looks as we beg our kids to "please, just take one more bite" so we won't feel like we just flushed eight bucks down the toilet.

One of Deacon's go-to hot spots is the food court at Grossmont Center. Although he likes the fries at BFF's and the smoothies from the always happy Pholicious, his No. 1 pick is Tasty Inn Express.

Owner Winnie Mui is always smiling when we see her. She knows Deacon pretty well by now and is fully aware he is among her biggest fans when it comes to the egg flower soup.

Deacon's reverence for this soup is almost funny. When it first comes, he begs for me to cool each spoonful. Once it's easier to eat, he practically pushes me aside to spoon

and slurp it up himself. He's even eaten two bowls at one sitting, which is a huge feat for a kid whose attention span is usually limited to five-minute intervals.

The food court's high ceilings allow for any random Deacon noises to disappear amid other sounds, which means no one is giving me the eye because "I am a Pizza" is playing for the fourth time in a row.

The best thing about this magical egg flower soup is it allows me to enjoy my own favorite, Beef Chow Fun.

As Deacon gets older, I've noticed I'm getting to take a little longer with my meals. The other day I was even able to eat lobster ravioli without having to wolf down each bite without chewing.

Someday I'm sure I will be able to once again indulge in a nice sit-down dinner with Deacon and Quinn. Ironically, it's also likely I will miss these days, when my little son wanted me by his side while playing his toddler tunes.

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



Have an article or announcement you want to share with the community?

Weddings • Anniversaries • Births • Sports  
School News • Church Events • Business  
Obituaries • Politics • Crime

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

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## PUZZLES ANSWERS ON PAGE 13

**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.

	5			7	3			
3		4		5			9	
6	2	7		4				
7								4
1		3	5		9	7		6
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1	2	3	4		5	6	7	8	9		10	11	12	13
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65						66						67		

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2 Hence  
3 Opinion  
4 Film script  
5 Domingo, for one  
6 Composer Joplin  
7 Hilo hello  
8 Bring down the house, in Soho  
9 Mulligan or Irish  
10 Chaplain

**ACROSS**  
19 Auto mishap  
20 To the very end  
23 Main line  
24 Court separators  
26 Lost Horizon direc-  
tor  
29 Pouch  
31 Pollution-control gr.  
33 Jai \_\_\_\_  
34 Archimedes' utter-  
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**DOWN**  
11 Taste enhancers  
12 Newhart establish-  
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13 JFK arrival  
21 Shelley's \_\_\_\_  
22 Like Machu Picchu  
25 Meager  
26 Prepared for a  
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27 Secondary school  
exam, in Britain

**ACROSS**  
37 Forty winks  
38 Backup squad  
41 First lady  
42 Trouser feature  
43 Gaelic  
44 Party on the Hill:  
abbr.  
45 Sailor  
46 Sits  
47 Hideaway  
49 Kennedy widow

**DOWN**  
28 Heart helpers  
29 Evening, in Roma  
30 Actor Tamiroff  
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34 St. Vincent Millay  
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48 Bungling  
49 Composition

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58 Out of the wind  
60 Accustom  
61 Disasters of War  
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62 Twist  
63 Che's compatriot  
64 "\_\_\_\_ no kick..."  
65 Roster  
66 Foils  
67 Cipher

**DOWN**  
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51 Cads  
53 Spouse  
54 Cut  
55 Walt Kelly's  
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56 Gave the once  
over  
57 Pall  
58 Leatherworker's  
tool  
59 Chou En-\_\_\_\_



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# Kids Bike Safety Rodeo

Grades 1-6

When: Saturday, April 6, 2019

Time: 9:00 – 3:00

Where: Bonita Valley Community Church  
4744 Bonita Road, Bonita 91902

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All children must be accompanied by a parent or guardian. Children need to already know how to ride a bike, or the bike must have training wheels. A release of liability must be signed before participation in the event.

## ► News Briefs, from page 9

a community choice energy program and collaborating with other cities in the region is good for the county."

Also known as community choice aggregation, choice programs allow municipalities to band together to buy and sell electricity at competitive, if not lower, rates compared to the large investor-owned utilities.

County supervisors will be briefed on the development of a choice plan over the next few months, with a detailed proposal expected to reach them in October.

Unlike San Diego residents and businesses, the county is already allowed to shop the energy market, an option that saved taxpayers \$3.4 million last year.

There are now 19 choice programs in California, serving 8 million people.

## Butterfly Festival returns to Cuyamaca

Butterfly releases, thousands of landscape and garden plants for sale, museum tours and more are on tap when the Spring Garden & Butterfly Festival returns to the Cuyamaca College campus for its 26th year on April 27.

Several thousand visitors from throughout the region and beyond are expected to visit the college, which houses The Water Conservation Garden and the Heritage of the Americas Museum, and all three have planned an array of family-friendly events. Old Town Trolley Tours of San Diego will provide free, narrated rides to and from the garden, the museum and the college, and the Cuyamaca College

Ornamental Horticulture Department will hold its largest plant sale of the year.

Making this year's festival especially noteworthy: Cuyamaca College is celebrating its 40th anniversary and The Water Conservation is celebrating its 20th. Both will be hosting displays recalling their histories.

The popular festival has its roots in the annual Spring Garden Festival plant sale benefiting the ornamental horticulture program. It combined forces with the annual Butterfly Festival at The Water Conservation Garden in 2017.

The Spring Garden & Butterfly Festival is from 9 a.m. to 3 p.m. Parking and admission is free. Cuyamaca College is at 900 Rancho San Diego Parkway, 92019. For more information, contact the Ornamental Horticulture Department at 619-660-4262, or The Water Conservation Garden at 619-660-0614 (ext. 14), or visit the festival website at SpringGardenFestival.com. ■



(Courtesy GCCCD)



## 5th Annual "Spring Fling" Business Expo 2019

The Chamber invites you to a fun-filled evening to meet local businesses & have the opportunity to win **FREE** door prizes. The evening will be filled with raffles, great samplings of delicious food from local restaurants and more!

Thursday, April 25, 2019 from 5:00 p.m. – 8:00 p.m.  
La Mesa Community Center – 4975 Memorial Drive, La Mesa

Tickets purchased by April 10th – \$15 per person  
Tickets purchased after April 10th – \$20 per person  
All "At Door" attendees – \$25 per person

Beer & wine: \$5/glass | Soda & water: \$1/each



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# Helix High art students featured at the Foothills Gallery



Each month, the Foothills Art Association features the artwork of a member artist at its gallery in historic Porter Hall in La Mesa. Now, for the first time, Foothills will feature the artwork of students from the art department at Helix High Charter School.

For many years, Foothills, in accord with its mission "... to promote the advancement of fine arts in the community," has provided an annual monetary donation to the Helix High art department. This year, Foothills decided to invite the art students of Helix High to be featured artists at the gallery. Their artwork will be on display from April 5 through May 1.

"We are a charter school that has a lottery so that kids can come from all over San Diego," said Tina Colera, director of the Helix High art department. "We recently moved into remodeled rooms and love it! We usually participate in a district show at

Parkway Plaza every year and are really looking forward to showing our work at the Foothills Gallery. Our art club will be participating as well and they have joined the task of working on the La Mesa Dale [Elementary] mural, which we hope to begin over spring break."

The course work for the students in the Helix High art program includes the elements of design and its application to art creation, art history, and theory. Students explore multiple art media and learn to plan, propose, produce, and critique artwork from stills, models, and from their imagination. They evaluate art media and critique other artists and fellow students' works. They build their portfolio and investigate possible art college options.

Colera has taught at Helix for 19 years and is a member of Foothills Art Association. She has expressed appreciation for the support that Foothills has offered to the Helix High program. She says that she has found collaboration in the



(Courtesy Foothills Art Association)

community to be extremely rewarding for her students and she looks forward to "art adventures" with Foothills.

The Foothills Gallery, located at 4910 Memorial Drive in La Mesa, is open Tuesdays-Saturdays from 11 a.m.-4 p.m. The exhibits are free and open to the public. For more information, call 619-464-7167.

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

# Peter Pan Jr. Theater gets 'Crazy'

Alex Owens

It's been 20 years since Peter Pan Junior Theater (PPJT) performed "Crazy For You," the 1990s-era Broadway musical based on several classic Gershwin songs, but La Mesans who saw the show went, er, "crazy" for it.

Now this noteworthy show is coming back for five performances April 10-13 at the Joan B. Kroc Salvation Army Theater.

PPJT director Dr. Mark Arapostathis understands the reasons people have sung the play's praises — and it comes down to the tunes.

"The appeal of the show is based on music," Dr. Arapostathis, who is also La Mesa's mayor, said. "People left the production saying that was the best show and they've brought that up in the two decades since then. I think it's because of the music. It's Gershwin and people have some familiarity with it."

The actual play, "Crazy For You," is an adapted version of a 1920s-era musical "Girl Crazy" with a new book written for modern audiences.

Arapostathis wants each show PPJT puts on to be educational for the 90-plus performers in the show. This time around, he wanted to make them familiar

with songwriters George and Ira Gershwin, whose work still resonates with people nearly a hundred years later.

"Crazy For You" includes dancing girls, fighting cowboys, mistaken identities and, a challenge for the young actors — kissing scenes.

"For that, we'll do stage kissing where they'll conceal the kiss so you can't actually see it," Arapostathis said.

Many of the young actors preferred the fight scenes, which use special bottles designed to break safely on stage.

"I made 45 bottles — two hours for each one," Arapostathis said. "The

challenge has been getting the kids to stay in character and not look like they're anticipating the battle. They're getting better at it."

Another challenge: Building a whole new set as well as props for the show. Typically, PPJT tries to recycle 85 percent of previous sets and costumes into each new production, but the previous sets for "Crazy For You" were rented and currently unavailable.

That means parent volunteers have spent weekends creating the new sets and costumes since September.

Performances for "Crazy For You" begin at 7 p.m. for the evening shows, 1 p.m. for Saturday's matinee. In addition, Thursday night is "Alumni Night," where former PPJT cast members are encouraged to attend. All performances take place at the Ray and Joan Kroc Salvation Army Performing Arts Center, 6611 University Ave., San Diego.

This year, the company is also inviting people who want to support the program but can't make a show to purchase tickets that will be donated to families who might not otherwise be able to see the show.

For more information, visit ppjt.org.

—Alex Owens is a La Mesa-based freelance writer.■



Dr. Mark Arapostathis directs "Crazy For You" cast members in rehearsal. (Courtesy Peter Pan Junior Theater)

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## ► ADUs, from page 1

as parking requirements and to add more space to setbacks for new ADUs. The ordinances put the setbacks for new ADU buildings at five feet from the curb. Other restrictions residents requested included an owner occupancy requirement to prevent “mini-apartment complexes in the city,” as well as a minimum rental term of 30 days to prevent proliferation of short-term rentals.

Wellesley Street resident Marcie Graph was concerned about how the no parking requirements for ADUs would affect residents in her neighborhood. Wellesley Street has a parking district and parking is already severely impacted, Graph said. Councilmember Kristine Alessio said that the state law prevented cities from carving out exemptions for neighborhoods, even those with parking districts.

Other concerns raised by residents included impacts on safety from overcrowding the streets with parked cars, ADUs turned into “mini-dorms” in the west side of the city to service an expanded SDSU student population, and unsightly structures designed to hold more people and not match the aesthetics of the neighborhood.

Overall, the speakers opposed to the ordinances said they supported ADUs but wanted the city to hold off on approving the new rules in order to allow for more rigorous debate to their details.

“I am not against ADUs. I am against forcing them into spots that are too small and too tight,” said resident Courtney Schmitz.

Schmitz also railed against the process that created the ordinances, pointing to a lack of input from the fire department about how more density would affect response times as well as condemning a meeting schedule that favored public input from building industry professionals who were more aware of the upcoming vote than residents were.

“I’m so agitated I’m almost furious about this the way it went down,” she said. “The complete lack of transparency.”

Not all residents opposed the ADUs. Jerry Jones said he supported the ordinance as is as a “step in the right direction to keep the community together keep families together.”

“I’m really happy seeing La Mesa playing a part in trying to address the California housing needs,” he said. “I think that it acknowledges that we have legal obligations to the state but also a duty to the rest of the people in the community that aren’t homeowners.”

Lynn O’Shaunesy said she is “strongly in favor” of the ADU ordinances without restrictions, citing her own life story about how she found herself financially stressed after a divorce. She said building an ADU on her property could be a path toward financial stability.

“If you think you know how your life will play out, you really don’t know,” she said. “The idea of a granny-flat appealed to me because after the initial cost, I could potentially rent it out, or I could rent out my beautiful house on Hillcrest Avenue and live in my granny flat.”

Also speaking in favor of passing the ordinances without restrictions were representatives from building and real estate trade groups, local realtors and local contractors.

Caitlin Bigelow, founder of Maxable, a company that specializes in helping homeowners build ADUs, insisted that fear of mass building of ADUs in La Mesa is unfounded because “granny-flats will never be a mass market solution.”

“People love their privacy and their backyards far too much,” she said. “But we have a real opportunity to empower homeowners to find their own solutions to the housing crisis.”

Bigelow said that her company’s surveys of people with or wanting to build ADUs on their property show that the “number one reason people state they want to build granny flats is not for long-term rentals; it’s not for Airbnbs — it’s for family.”

After public comments, the City Council answered questions and addressed concerns raised by residents.

“Even if we adopt the ordinances as it is today, it doesn’t mean [property owners] can just go out and build an ADU,” Vice Mayor Colin Parent said. “They have to submit plans. They have to get approved. There are fees associated with it. There is a review process to ensure that anything built conforms to the rules.”

La Mesa director of Community Development Kerry Kusiak offered up some rough numbers on the potential amount of ADUs that could be built in the city. Of the 13,000 single family homes in La Mesa, he estimated only a few thousand would be able to build ADUs because many properties would not meet setback requirements, or they have a slope issue or other constraint that would prevent approval of a new building on the property.

Kristine Alessio raised the concern that resisting passing a housing ordinance runs the risk of lost funding for the city.

“I heard a lot of concern about parking and I hope everyone understands, that is direct from the state,” she said. “The Governor indicated that SB1 money can be lost if you don’t have a compliant housing element.”

Councilmember Akilah Weber lamented the city’s public outreach effort informing the residents about this issue.

“We should have done a much better job in informing people about this. I was even surprised when I saw it on the agenda for our last meeting,” she said. “I think we really need to listen to the residents of La Mesa and the fact that we may not have been as transparent as we should have and there may need to be more education for the community as a whole.”

Mayor Mark Arapostathis raised concerns about the 1,200-square-foot maximum size of ADUs allowed in the ordinances.

“I was under the impression that it was half the size of your home. I found out that it’s not,” he said. “I found it odd to me if I own a 600-square-foot house that I can have an ADU that is twice that size.”

Arapostathis also wanted to add a minimum lease time for ADU rentals of at least 30 days to make sure any new housing is rented to long-term renters and an owner occupancy provision that would prevent developers from snatching up properties to turn into mini-apartment complexes.

“If we’re really looking for this to be for the use that it’s intended, that should be something that’s added,” he continued. “Also, owner occupancy; I don’t think it should be for the totality of the life of the ADU, but if there’s a way to put a time limit — maybe four years.”

After discussion, Parent motioned to pass the ordinances as is. The motion was seconded by Alessio. The motion passed 3–2 with Arapostathis and Weber voting against the measure.

To view a video of the entire meeting, visit [bit.ly/2Jvobqc](http://bit.ly/2Jvobqc).

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

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# LA MESA COURIER

## COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

### ONGOING EVENTS



**Spring Awakening**  
Through March 23  
This Tony Award-winning musical opens at Grossmont University's Stagehouse Theatre for eight shows over two weekends. Winner of the Best Musical category, "Spring Awakening" explores the transition to adulthood through a fusion of morality, sexuality, and rock and roll. Tickets \$15. 8800 Grossmont College Drive, El Cajon. Purchase tickets online at [bit.ly/2J5H038](http://bit.ly/2J5H038).



**'10 out of 12'**  
Through March 31  
Playwright Anne Washburn's newest, most adventurous

work embarks on a remarkable trip into the backstage world of a technical rehearsal. Don a private headset and you'll hear a near-perfect recreation of what goes on behind the scenes, complete with backstage chatter, opening-night jitters, potential crises looming large, and human stories unfolding. \$22. 5915 Severin Drive, La Mesa. Tickets and showtimes available at [bit.ly/2SYGOGA](http://bit.ly/2SYGOGA).



**'Hookman'**  
Through March 24  
The SDSU School of Theatre, Television, and Film — in association with MOXIE Theatre — presents a new take on the slasher genre with "Hookman." Billed as an "existential comedy," the production promises laughs and gore with a twist ending. Hosted at SDSU's Experimental Theatre. Tickets \$20. 5500 Campanile Drive. Tickets and showtimes at [bit.ly/2ISbaXr](http://bit.ly/2ISbaXr).

Hall, 311 Highland Ave., El Cajon. 7 a.m.-noon.



**Bill Marshall at The Table**  
From the hauntingly melancholic "If I Can't Love Her" from "Beauty and The Beast" to the impassioned spirituality of Vaughn-Williams "Five Mystical Songs," noted baritone Bill Marshall sings it all! Think the exuberant "They Call the Wind Maria" from "Paint Your Wagon" and Theodore Roethke's disturbing tale, "My Papa's Waltz." All these songs and more will be showcased by Marshall, accompanied by Jim Tompkins-MacLaine as part of the Valerie Victor Concert Series at The Table United Church of Christ of La Mesa, 5940 Kelton Ave. A free-will offering will be taken for the show, which begins at 2 p.m. For more information, visit [tableucc.com](http://tableucc.com).



**Blood Drive**  
San Diego Blood Bank is hosting a blood drive at Journey Community Church, 8363 Center Drive. 8 a.m.-1 p.m. Must be 17 years or older and weigh at least 114 pounds and be in good health. To schedule an appointment or for more information, visit [sandiegobloodbank.org](http://sandiegobloodbank.org) or call 800-469-7322.



**Spring Break Camp**  
The Junior Achievement of San Diego County will hold its first-ever Spring Break Camp in March. Designed for elementary and middle school students, campers will enjoy an exciting week that will jump start their entrepreneurship spirit and help them plan for career and financial success. Through daily lessons, hands-on activities and

games, campers will use critical-thinking skills as they learn how to get a job, start a business, manage personal finances and explore career paths. Registration is open for a single or multiple days, as well as the full week. \$50 per day or \$255 for the full week. Register online at [bit.ly/2ISb81x](http://bit.ly/2ISb81x).



**'Positive Psychology and Happiness'**  
The Dr. William C. Herrick Community Health Care Library will host "Positive Psychology and Happiness" featuring Dr. William Brock, Ph.D., Psychologist, Sharp Grossmont Hospital Outpatient Behavioral Health. Brock will discuss the myths we tell ourselves about happiness and what the research actually shows. The event was inspired by the United Nations International Day of Happiness, which is observed a few days prior to this presentation. 10-11 a.m. at the Herrick Library, 9001 W. Karusa St., La Mesa. For more information, visit [herricklibrary.org](http://herricklibrary.org).

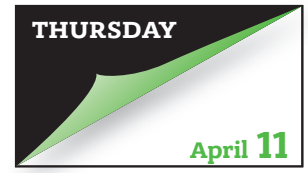


**Looks Better on Me**  
Join Looks Better on Me consignment as they celebrate their five-year anniversary at their shop. Festivities will include live music, drinks, and raffle prizes. 2-6 p.m. Free. 6940 Alvarado Road.



**Nature's Impressions**  
The Mission Trails Regional Park Foundation (MTRP) will

present a fine art exhibition featuring award-winning watercolor artists Thomas Franco, Ralph Kingery and Catie Somers. They invite the public to a reception honoring the artists held on April 7 from 2-4 p.m. The exhibit will be on display from March 30 to May 10. 1 Father Junipero Serra Trail.



**La Mesa Chamber of Commerce 'Mega Mixer'**  
La Mesa Chamber of Commerce and the Alpine, Lakeside and Santee chambers are hosting a "Mega Mixer." All guests will receive two complimentary drink tickets, along with an opportunity to participate and have a chance to win a raffle item. Appetizers will be served. 5:30-7:30 p.m. at Lantern Crest Senior Living, 400 Lantern Crest Way, Santee. This event is free to chamber members and \$10 per person for all guests. Due to space, no "at door" attendees will be allowed. RSVP now to: [rsvp@lamesachamber.com](mailto:rsvp@lamesachamber.com); or call 619-465-7700 or visit [lamesachamber.com](http://lamesachamber.com).



**Hilarity For Charity**  
La Mesa Rotary is hosting an evening of comedic hypnotism where the audience members are the stars of the show! Master hypnotist Marsha Starr has performed in Las Vegas, on Broadway and at top comedy clubs like the Comedy Store and Comedy Palace. Proceeds from the evening's event will fund local Rotary projects. 7 p.m. at La Mesa Community Center, 4975 Memorial Drive. \$25 tickets are available at [laughlamesa.org](http://laughlamesa.org).



**2019 Warbird Expo**  
Warbirds, classic aircraft, classic cars and WWII memorabilia all come together for a fun-filled day for the entire family! WWII memorabilia swap meet will offer a unique opportunity to purchase artifacts and collectables. Tickets for a ride in real WWII aircraft can be purchased online or at the event. Admission tickets are: \$5 adults; \$3 youth ages 10-17; kids under 10 free. 8 a.m.-2 p.m. at Gillespie Field, 2111 North Marshall Ave., El Cajon. Visit [ag1caf.org](http://ag1caf.org) for more information.

### RECURRING EVENTS

**Mondays Note Catchers**  
Calif. Note Catchers, four-part harmony chorus, invite ladies of all ages to their rehearsals 7-9 p.m. Performances throughout SD. Located in Social Hall of La Mesa First United Methodist Church. 4690 Palm Ave. 619-575-6165.

**Thursday Movie Matinee**  
The La Mesa Adult Enrichment Center hosts a series of modern and classic film viewings every Thursday at 1 p.m. in the center's main hall. Cost is \$2 per ticket. For movie listings, visit [bit.ly/2FVrOSQ](http://bit.ly/2FVrOSQ).

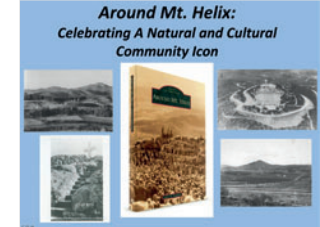
**Fridays La Mesa Farmers Market**  
La Mesa's Farmers Market offers fresh local produce, florals, pastries, live music, and arts & crafts each Friday. 3-7 p.m. along La Mesa Boulevard. Free. [lamesavillageassociation.org](http://lamesavillageassociation.org).

**Sundays Traveling Stories**  
Visit Grossmont Center each Sunday for an interactive story time for kids. Kids visit the StoryTent, pick out a book that interests them, and then read it out loud to a volunteer. The volunteer asks engaging questions that help the child build reading comprehension and critical thinking skills all while earning book bucks to trade for cool prizes. Free. 5500 Grossmont Center Drive, La Mesa.

### FEATURED EVENTS



**1000 Lights**  
The 1000 Lights Water Lantern Festival returns this year at Santee Lakes recreational preserve, where thousands of attendees are expected to decorate and sail their own water lanterns. Festival activities include live music, food trucks and local vendors, bingo with prizes, field games, and more. Event will run from 4-8 p.m. Tickets \$25. 9310 Fanita Parkway, Santee. Tickets available at [bit.ly/2Tng82v](http://bit.ly/2Tng82v).



**La Mesa Historical Society History Roundtable**  
La Mesa Historical Society's History Roundtable series provides an encore presentation, as author James Newland's presentation will provide an overview of the history of the Mt. Helix area as well as the significance of the mountain top nature theater and park to the region. 10 a.m.-noon at Grossmont Healthcare District Auditorium, 9005 W. Karusa Drive. Free for Society members, \$5 suggested donation for non-members. Visit [lamesahistory.com](http://lamesahistory.com).

**Rummage Sale**  
Church rummage sale at El Cajon Unity Church's Hammonds

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