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BRINGIN' BACK THE BAVARIAN!

Oktoberfest special section

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(Photo courtesy McFarlane Promotions)

NEWS BRIEFS



Downtown Village blueprint sign (Courtesy photo)

FORUMS FOR LA MESA VILLAGE SIGN

The La Mesa Village Association (LMVA) is reaching out to the City of La Mesa business community and general public to discuss the Downtown La Mesa Village District sign project. The LMVA is hosting a series of community forums to get input regarding the location and proposed design.

SEE NEWS BRIEFS, Page 3

Dillard cites task force work, key endorsement in campaign

By JEFF CLEMETSON

Patricia Dillard made the decision to run for La Mesa City Council after she heard that Dr. Akilah Weber was willing to vacate her seat to run for State Assembly. With Weber's blessing and endorsement in the race, she believes she is the best candidate to replace her.

"I believe that when Dr. Weber was on City Council that she did an excellent job ... and she chose me because she trusts that I will continue to do the same for La Mesans," Dillard said. "I know that La Mesans care about having someone in office who cares about them and I've already demonstrated that and I'd like to continue working in that."

Dillard — a native San Diegan and "military brat" who considers herself "rooted right here in La Mesa" after moving to the city in 1996 — cites her recent

City Council candidate Patricia Dillard (Courtesy photo)

work on the Community Police Oversight Task Force as the main catalyst for her run for office.

"I've always volunteered my time for various things over the years while raising my children and just participating as

SEE DILLARD, Page 3

Stieringer highlights experience, expertise

By JEFF CLEMETSON

Jim Stieringer has both a long business career spanning several fields of work as well as a long career in public service spanning several areas of community governance. He is hoping that his unique level of experience and expertise will propel voters to elect him to La Mesa City Council in November — even if it is not a dire hope.

"If I weren't elected, it wouldn't be the end of the city. It looks like we have some pretty good candidates," he said. "I just feel that I would add more to the city and bring more to the table than they would. But no matter what happens in this election, I think the city will survive and thrive."

BUSINESS, PERSONAL BACKGROUND

Stieringer was born in San Diego and lived briefly in Pacific

City Council candidate Jim Stieringer (Courtesy photo)

Beach and then University Heights before moving to El Cajon where he attended El Cajon Valley Junior High and Grossmont High School. He attended California Western University where he earned a

SEE STIERINGER, Page 4

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Dillard

CONTINUED FROM Page 1

a resident here in La Mesa,” she added.

As part of the task force, Dillard helped write the city ordinance for police oversight that was eventually approved by City Council and lead to the formation of the Community Police Oversight Board of which she currently serves on as vice chair.

“I also was asked [to run for City Council] by several community members who noticed the work I had been doing on CPOB and also last year with the Community Oversight Task Force and thought that with all my background, my business background and being so well known in the community I could be a good match.”

Dillard, a sales and marketing professional who also runs a publishing company, said one of her priorities if she is elected will be to “help businesses get back on track post-COVID-19.”

“Our businesses are determined to move forward and be creative and do the best they can and I want to be supportive of that,” she said.

Alongside helping businesses, Dillard said her two main issues are criminal justice reform and homelessness.

“They are all intertwined and they cover a lot of different issues that La Mesa is facing right now,” she said, adding that during her campaigning, she found that homelessness is the “number one concern of La Mesans.”

Another area of concern of residents is housing and the pace of building in the city and its potential affect on traffic.

“I’ve been walking, knocking and talking to a lot of La Mesans and there have been people who have brought that up,” she said. “How are we going to have the ability to experience the La Mesa that we have all grown to know and love and we also have an issue with the fact that we have a growing population?”

La Mesa, she added, is an attractive city for people because of



Dillard in La Mesa (Courtesy photo)

its proximity to other cities and SDSU.

“When it comes to building, I think that it should be all within the consideration of all those factors, we can’t ignore it that we have growth,” she said. “But I do believe that building apartments on trolley lines is a good idea, especially to reduce emissions — to encourage people to own less cars or use the trolley more often that they would if they just jumped in their cars.”

Although Dillard said she recognizes that public transportation in the region is limited and “doesn’t go everywhere,” she is “behind continuing support for SANDAG in regards to environmental concerns” and is in favor of strong support for the city’s Climate Action Plan. “We have to start somewhere and building apartment complexes near trolley lines is the best way to help address our environmental issues and at the same time provide a place for people to live.”

Dillard also wants to provide the residents of La Mesa with a new library and believes that the approach to finding funding for the project needs to be changed.

“It’s not really about the money. It’s about the community seeing the true value in the library,” she said. “My approach is different in that I feel that if we create programs that are attractive for the community and that the community will want to utilize, it will

create far more value and then we won’t have to worry so much about the \$35 million [cost].”

Specifically, Dillard said she would highlight the programs of a modern library. “More of a futuristic type of library and not just thinking about a library that is just a place you go to check out books,” she said, adding that that approach will draw the needed funding.

When it comes to the city’s response to the COVID-19 pandemic and any mandates it might impose, Dillard said she would wait to “see what happens,” and pointed out that the city has already taken precautions with mask mandates indoors at public buildings, as well as the local business community taking its own precautions to minimize exposure to the virus.

“I think that there’s a lot of people I talk to that say, ‘We just need to get past this.’ Just want to get back to our normal lives,” she said. “It’s hard to talk about mandates. On a national level, I think that corporations and the Biden administration are really having to think of the big picture and they’re concerned that they need to protect their people. On a local level, I see the businesses doing the exact same thing.”

For more information about Patricia Dillard, visit patriciadillard.com.

—Reach editor Jeff Clemetson at jeff@sdnews.com.

News briefs

CONTINUED FROM Page 1

These community forums will be held as follows:

• Friday, Sept. 24, 5:30–7:30 p.m.: La Mesita Park, 8855 Dallas St., La Mesa

• Sunday, Sept. 26, 8–11a.m.: Mission Trails Regional Park Lake Murray, 5540 Kiowa Drive, La Mesa

• Saturday, Oct. 2, 5–8 p.m.: 8301 La Mesa Blvd. (Old Pharmacy Bldg.), La Mesa

• Wednesday, Oct. 6, 9:30–10:30 a.m.: Kroc Center, 6845 University Ave., San Diego

• Wednesday, Oct. 6, 4–6 p.m.: Kroc Center, 6845 University Ave., San Diego

• Thursday, Oct. 7, 6–7 p.m.: La Mesa Police Dept. Community

Room, 8085 University Ave., La Mesa

• Saturday, Nov. 6, 10 a.m.–1 p.m., La Mesa Appreciation Day: MacArthur Park, 4975 Memorial Drive, La Mesa

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Stieringer

CONTINUED FROM Page 1

BS in business before joining the Air Force and attending officer training school. Stieringer spent most of his four years in the Air Force constructing test sites for NASA at Cape Canaveral, where he met his wife, an Air Force nurse.

Stieringer started his civilian business career when he moved back to California, working for a plethora of companies including Ford Motors, a small construction company, the San Diego Regional Employment and Training Consortium and Teledyne Ryan Electronics before landing a contracts manager job at Brown & Root, which was later acquired by Halliburton.

When he retired from Halliburton, Stieringer served on the board of directors of the Grossmont Healthcare District (GHD).

"It was probably the highlight of my life," he said. "I managed to, after a while, gain enough seniority to affect their decisions."

One of those decisions he affected was to sue SHARP Healthcare over a bad lease deal it had for Grossmont Hospital. Eventually the courts ruled in favor of the GHD, agreeing that there was a conflict of interest in the \$1-a-year lease because the healthcare district had the same attorney as SHARP.

"At that point we settled with SHARP Healthcare, they paid us \$5 million and we allowed the 30-year lease to continue," he said, and added that GHD used the money to build the Bill Herrick Healthcare Library.

"Realistically — and I'm patting myself on the back here — there wouldn't be a Grossmont Healthcare District if it weren't for me," he said. "So I can make a difference. But you don't make a difference right away."

PUBLIC SERVICE

Stieringer retired from the GHD board after 18 years, and set his sights on public service. He was elected as La Mesa City Treasurer and also elected to the Grossmont Union High School District board.

"That was kind of an eye opener itself," he said. "I was an incumbent member of that board, registered Republican, I think I had been endorsed by the Republican Party but they decided to run somebody against me. Interestingly, we both lost."

He ran again in 2020 to regain the seat but lost and admitted it "did not do very well."

"I've since discovered, there is no such thing as a non-partisan race. For example, in the current race [for City Council] I'm a registered Republican, I donate some sums of money to the Republican Party and I did not get their endorsement," he said, adding that Carl DeMaio called and "plead"

him to drop out of the race. "I declined to do it because I think I have a pretty reasonable chance to win. Consequently, I'm probably the only person in there that hasn't drank the Kool-Aid of either party."

PUBLIC HEALTH

One issue Stieringer said he wants to emphasize is public health.

"I don't see how any reasonable person could forgo the therapeutic benefit of the COVID vaccine," he said, adding that he doesn't like the politicization of public health on both the national and local level.

In his 2020 race for the GUSH board, that politicization of health was front and center in his platform as an opponent to school closures.

"I stand by that statement. I think we would have been better off had the children gone back into school, even though the people who said follow the science — which is not a bad idea — all agreed that children didn't seem especially vulnerable to the illness," he explained. "Probably, had the schools reopened, we'd be in little a better position today, we might have achieved some herd immunity. Who knows?"

Stieringer said schools closed because teachers did not want to go back to work, either for health concerns or "they enjoyed staying home and being paid to work on their computer screens." He said

his ultimately position was a moot point because even if he had been reelected, he wouldn't have had a majority on the board to reopen the schools.

POLICE

Stieringer describes himself as an "enthusiastic" supporter of police and fire departments. "I don't see how anybody could be opposed to them. But I do see some folks who want to defund police departments," he said. He also doesn't see any problems with La Mesa Police Department or its response to the May 30, 2020 "arson and violence" in the city. "There's no way they could have known that was going to happen. Overall, I think they did the best they could."

He added that he currently does not oppose the Community Police Oversight Board and only "time will tell" if the board is supportive or antagonistic of police.

HOUSING

Stieringer said La Mesa is under pressure by the state to increase the number of affordable units and that following through with SB 9 would be a "pretty bad error" to tear down single-family homes and replace with fourplexes. He pointed to the history of the Huffman fourplexes that replaced single-family bungalows in University Heights between El Cajon Boulevard and Polk Avenue where there are "tremendous parking problems" now.

"It's actually sort of a ghetto, although it's an expensive ghetto with the price of housing going up. Even those units are selling well," he said. "I don't want the people in the 2080s or whatever to come along in future years and look back and say 'Jim Stieringer and city council really screwed up.' Right now they're on a path to screwing up."

An example of screwing up, Stieringer said, is the plan to transform trolley station parking lots into housing because it will create bad housing and also discourage people from using the trolley, which he described as "still the long-range solution to a lot of transportation problems in San Diego."

Stieringer does support building ADUs in the neighborhoods, as long as they conform to standards.

"I really encourage ADUs but I don't think exactly what the city has in mind," he said. "They should be small ... I think 800 square feet is about right."

ENERGY PROGRAM

Another issue Stieringer sees as a wrong path for Las Mesa is the city's adoption of the San Diego Community Power plan. He said it will only save residents about 1% on their energy bills.

"I hate what they've done to the California deserts. I hate the thousands of acres of photovoltaic devices laying on the desert floor."

SEE STIERINGER, Page 7



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For breaking news and investigative story ideas contact the editor by phone or email.

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Republican Women prep for fashion event, recall efforts



By LAURA CRIVELLO

The members of Republican Women of California – Navajo Canyon have been very busy of late. We have some exciting stuff coming up that you won't want to miss.

As mentioned in my last article, Oct. 12 is our annual biggest fundraiser of the year. We are excited for this year's

"Roaring thru the 20s" themed fashion show, which will take place at the Bali Hai. Please go to our website, rwcnavajocanyon.org for information and to purchase tickets.

We have chosen Saved in America as this year's recipient of our proceeds from our fundraiser. Saved in America is a nonprofit organization. Volunteers include law-enforcement, military, and private investigators. Since it's inception,

SEE RWCNC, Page 7

Keeping children safe online

DA Notes

By SUMMER STEPHAN



Given the young age at which kids are accessing the Internet and the huge role technology is bound to play in their lives going forward, speaking with them about online safety early is the best strategy to keep them safe from online predators and scammers.

Not a day goes by that we don't see a news story involving a company getting hacked, personal data being leaked or a threat of infrastructure failing due to malicious actors. The same is true for predators hacking into children's lives.

Strangers approach children online daily through social media or games, for example. It's important to be aware of ways predators can access your children, to set limits on what your child can access online and to set time limits.

Here are some tips to help you keep kids protected.

- Place your computer in a common area of the house.
- Do not allow smart phones to charge in your child's bedroom overnight.
- Encourage children to report bullying or tell you if they have posted something they now regret.
- Make reasonable rules and set time and use limits. Also enforce them.
- Do not allow children to go into private chat rooms, especially when you are not present.
- Talk to children about how the internet is not private, ever.
- Never allow your children to arrange a face-to-face meeting with someone they met online without your permission.
- Do not let your child give out any personal information of any kind on the internet.

- Be sensitive to changes in your child's behaviors that may indicate they are being victimized.

- Be alert to a teenager or adult who is paying an unusual amount of attention to your children or giving them gifts.

- Utilize your Internet service provider's parental controls and commercial blocking and filtering software tools.

- Monitor your child's cell phone and social media accounts.

- If you allow your child to have a cell phone or participate in social media websites, ensure you have the password to their phone as well as their password to every social media app.

- Have privacy settings but remember even friends can share your child's private posts by taking a screenshot.

- Remember, it's common for kids to have more than one account on a social media site.

- Don't ignore online bullying. Mean comments on social media hurt and harm a child as much as if it were done in person.

Make sure your children are comfortable speaking to you about cyber bullying or other incidents that make them uncomfortable. If any incidents happen that you believe may be criminal in nature, report it to local law enforcement as quickly as possible.

As your District Attorney, I'm committed to increasing communication and accessibility between the DA's Office and the public. I hope these consumer and public safety tips have been helpful.

—District Attorney Summer Stephan has dedicated more than 29 years to serving justice and victims of crime as prosecutor. Visit sdca.org/office/contact/ to contact her.

Newsom earns an extra reelection



By SEAN QUINTAL

Republicans, who haven't won a statewide election in California for 15 years, got themselves all excited over their opportunistic shot at the recall of a popular (53% approval) Democratic governor. How did that work out for them? Well, let's look at some numbers:

As of Sept. 17, Gov. Newsom could count 31 of California's 58 counties in his column, to include every one of the state's major population centers. What looks to be Newsom's 64% to 36% victory will be even more convincing than his win in 2018 over John Cox, which was the most lopsided in state history. Further, Newsom significantly improved on his winning percentage in a number of counties he won three years ago, to include Orange County. Even in Fresno County, the most populous county to vote for the recall, as of this writing, Newsom is trailing by only 679 votes.

So, once again, the California Republican Party was slapped silly by the state's voters. To understand why, it's important to take note of the astounding success the state has enjoyed during Newsom's tenure. Here are some basic facts to consider about how California is thriving under Newsom's gubernatorial leadership.

UNDER NEWSOM, CALIFORNIA IS A ROARING ECONOMIC SUCCESS

Gavin Newsom is the governor of a state that is the envy not just of the U.S., but of the globe. As Matthew Winkler wrote for Bloomberg this summer:

"...California has no peers among developed economies for expanding GDP, creating jobs, raising household income, manufacturing growth, investment in innovation, producing clean energy and (generating) unprecedented wealth through stocks and bonds."

Moreover, consider the following facts:

- California is the world's fifth largest economy. Under Newsom's governance, over the last five years, California's economic growth has outperformed the economies of the United States, Japan and Germany, surpassed only by China.

- Gavin Newsom this year disbursed to Californians the biggest state tax rebate in American history.

- The budget surplus under Newsom stands at a record \$80 billion.

- 1.3 million Californians were added to payrolls this year, far surpassing the jobs created in the next two states, Texas and New York.

- Household income in California increased \$164 billion, as much as the increases in Texas, Florida and Pennsylvania combined.

- California's GDP the last five years increased 21%; compare that to the number two state New York (14%), and the number three state Texas (12%).

NEWSOM AND THE DEMOCRATIC STATE LEGISLATURE HAVE MADE ENORMOUS PROGRESS TO IMPROVE THE LIVES OF CALIFORNIANS

- Newsom and the legislature have doubled the size of both California's Earned Income Tax Credit, and the Young Child Tax Credit.

- The Governor has accomplished expanding paid family leave from six weeks to 12 weeks. Further, Newsom and the Democrats have added 200,000 childcare slots, and have spent \$250 million to retrofit and improve childcare centers

- Gov. Newsom successfully reduced childhood hunger, because now all public school students in the state may receive two free meals a day. Additionally, Newsom and the Democrats have funded summer- and after-school for 2 million kids. And, by 2025, the State will have in place a full year of transitional kindergarten for all four-year-olds.

- Newsom has invested \$12 billion over two years in permanent residences and mental health care for the unhoused in California.

CALIFORNIA HAS MANAGED THE PANDEMIC MORE SUCCESSFULLY THAN ANY LARGE STATE

- As of Sept. 1, 2021, California reports a total of 167 deaths per 100,000 residents. Compare that figure to those of the next two largest states, which both have Republican governors: 207 deaths per 100,000 in Florida, and 196 per every 100,000 people in Texas. While those differences might not appear significant, they prove that 10,000 more Californians would be dead if the state had the same rate as Texas.

- The sharp contrasts in California's favor are attributable, in large part, to Gov. Newsom's leadership. California has urged all residents, even those fully vaccinated, to wear masks in indoor public spaces. In California, masks are required in all K-12 schools.

SEE LMFD, Page 7

LMFDC
CONTINUED FROM Page 6

Florida and Texas, on the other hand, are suffering under Republican governors who have largely banned schools and municipal governments from establishing mask mandates. Consequently, Florida is in the grips of its deadliest wave of the pandemic yet, while its governor threatens to withhold funding from schools that require masks. Texas' governor vows to punish local governments and school districts that defy his mask ban, even as he begs other states for medical personnel, because Texas' hospital emergency rooms are having to turn away patients due to over-capacity.

Voters in California recognized all this and turned out to vote in numbers that exceeded

many forecasts. The fact that the leading GOP candidate on the ballot was Trumpian blowhard Larry Elder tells us all we need to know about the current state of California's Republican Party. In its current iteration, the state GOP is a withered shell of its former self, and now functions largely as nihilistic doomsday cult, animated by misinformation and lies, conspiracy theorizing and white grievance.

Californians chose to keep moving forward with optimism, and not backslide into bitter anger and recrimination. Given the decisive and sweeping nature of Newsom's electoral victory, he looks poised to be reelected (again) next year, in a similarly dominant fashion.

—Sean Quintal writes on behalf of the La Mesa Foothills Democratic Club.

RWCNC
CONTINUED FROM Page 6

over 250 children have been recovered nationwide. We are proud of the work that they do and are happy to be able to help this worthy cause.

We are looking for new members! Join in the month of September and receive a discounted membership for the remainder of 2021 and all of 2022 is free. Refer a new member who joins and you will receive lunch

on us in November as a thank you. Contact Laura Landegent at membership@rwcnc@gmail.com.

We are a few days away from the bipartisan effort to recall Gov. Gavin Newsom. Our members have been burning up the phone lines, campaigning for "yes" voted. Please help us save California by voting "yes" on Sept. 14. Let's make California the Golden State again.

—Laura Crivello writes on behalf of the Republican Women of California – Navajo Canyon.

Stieringer
CONTINUED FROM Page 4

I dislike the windmills. It's kind of an unusual situation where you have so-called environmentalists ruining the environment," he said.

PROGRAMS TO IMPLEMENT

If elected, Stieringer said he would like to see La Mesa spend more on capital improvement projects, such as a new library.

"I think that would be a great addition to the city," he said, adding that another long-awaited wishlist item — a performing arts center — could be added to the library project. He also said he would push to create a tree promenade along Allison Avenue.

"The city is in a pretty good position to do it right now," he said of the capital investments. "As I look at their numbers, it wouldn't be wrong to say the city is awash in money. They've got pretty good reserves and also the federal legislation ... will be giving them five or six million dollars this year.

"So, the city can do this. Now, will it be done? I don't know," he added. "A lot depends on the mayor and the other three council members, but I'm all for capital improvement. You do it one time and they last a long time."

—Reach editor Jeff Clemetson at jeff@sdnews.com.



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Award Winner



Grossmont celebrates 101, inductees to Hall of Honor



Foothiller Footsteps

By CONNIE AND LYNN BAER

The Grossmont History Museum invites you to join us in October for Grossmont High School's 101st Anniversary Celebration. The cornerstone of the celebration is the recognition of our 2020 Hall of Honor on Saturday, Oct. 16.

These 12 remarkable people join the 39 members of the GHS Hall of Honor. The Hall of Honor

recognizes notable alumni and dedicated faculty/staff/community members. All of these honorees have distinguished themselves by excelling in their fields and/or through their years of dedication to Grossmont.

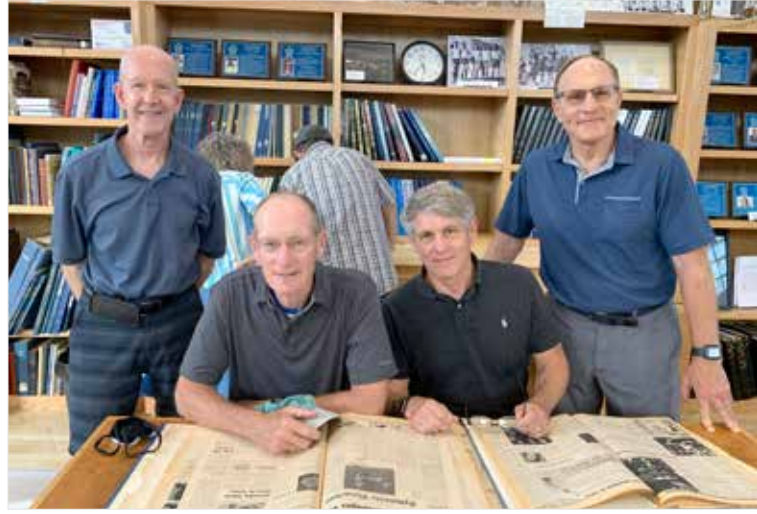
2020 GHS HALL OF HONOR

Four GHS Educators:

- **Ethel Prosser** – GHS Pioneer Educator 1920-1952
- **Carl Quicksall** – GHS Pioneer Educator 1920-1944
- **Eva McCarthy Quicksall**, GHS Pioneer Educator, 1921-1962
- **Gloria Jones** – Legendary History Teacher 1962-2000 and ASB Advisor 1967-2000

Eight GHS Alumni:

- **Gene Chubb** – Class of 1948, GHS Campus Benefactor



Enjoying the Foothill Echoes before the Sweetwater Football game on August 19, 2021 Barry Dingle, Class of 1968, Carl Funke, Class of 1966, Andy Funke, Class of 1974, and Bill Funke, Class of 1969. (Photo courtesy Grossmont High School Museum)

- **John Lawrence Colonghi** – Class of 1965, Financial and Public Affairs Consultant to American Indian Tribes and Chief Fundraiser for the Smithsonian Institution's National Museum of the American Indian (NMAI)
- **Scott Lippman, M.D.** – Class of 1973, Director of Moores Cancer Center at UC San Diego Health, Professor of Medicine, Senior Associate Dean and Associate Vice Chancellor for Cancer Research and Care, Chugai Pharmaceutical Chair in Cancer
- **James P. Zumwalt** – Class of 1974, Member of the State Department beginning in 1981; Ambassador to the Republic

of Senegal and the Republic of Guinea Bissau from 2015-2017

- **Lora Cicalo** – Class of 1979, Journalist; Managing Editor of The San Diego Union Tribune
- **Darcy Arreola Lange** – Class of 1986, NCAA Four-Time Track and Cross Country Champion
- **Paul Wright** – Class of 1987, MLS Player and Legendary San Diego Soccers Indoor Soccer Player
- **Kristin Danielson Rhodes** – Class of 1993, Eight-Time winner of the America's Strongest Woman Title and a Three-Time Strongest Woman World Champion.

SEE GROSSMONT HIGH, Page 19

101st ANNIVERSARY TENTATIVE SCHEDULE

FRIDAY, OCT. 15

- 4-6:30 p.m. – GHS Museum Open
- 5 p.m. – New GHS Museum Dedication
- 6:55 p.m. – Honorary Coin Toss by Hall of Honor Athletes on the Field
- Halftime – 2020 and previous Hall of Honor inductees recognized from the Science Porch before the Marching Band's performance
- 11:30 a.m. – History of GHS presentation in Theater
- 9:30 a.m.-1 p.m. – East County Historical Society displays outside the Theater
- 11 a.m.-2 p.m. – GHS Museum open
- 10 a.m.-2 p.m. – Car Show on Upper Quad
- 11 a.m.-1 p.m. – Food trucks
- 11:30 a.m.-1 p.m. – Cheer and Performing Arts performances on the Upper Quad Blue Stage
- Noon and 12:30 p.m. – Campus tours (Meet at the Museum)

SATURDAY, OCT. 16

- 10 a.m. – 2020 Hall of Honor Ceremony in Theater

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Performing arts return to Helix High



Helix Highlights

By JENNIFER OSBORN

After more than a year of “virtual this” and “Zoom meeting that,” Helix is beginning to come back to life, offering in-person, on-site events for the fall semester. While everyone has had to adapt in order for school to continue during the most trying times of the pandemic, the Performing Arts Department arguably faced some of the biggest challenges, going from live stage performances to on line performances.



While creativity and perseverance allowed students to continue to perform in new and different ways for much of 2020 and 2021, students and instructors alike are excited to welcome limited audiences back while they showcase their talents.

The department proudly presents these upcoming performances. (There is limited seating and masks are required. Other restrictions may apply, as required by state and local guidance.)

Helix Dance presents “Dancing Under the Stars” on Saturday, Sept. 25, 7:30 p.m. on the lower field. This is a movie event, featuring Helix dancers. Admission is free. Bring a blanket and chairs for a picnic. Food will be available for purchase. Visit helixdancers.com for more information and for news on future performances.

Helix Instrumental Music presents “Coffee and Classics Series Orchestra Night” on Thursday, Oct 7. Show time is 7 p.m.. Tickets are \$10. Visit ticketleap.com and search “Helix Instrumental Music.”

The Highland Players present William Shakespeare's romantic comedy “Twelfth Night” Oct. 20-23. Show time is 7 pm. Tickets are \$10. Visit helixdrama.weebly.com for more information.

Helix Vocal Music presents “Haunted Highland Holidays” on

SEE HELIX HIGH, Page 19

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YEAR

1973

in the
VILLAGE

2021

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Oktoberfest returns to the Village



People enjoying Oktoberfest (Photos courtesy MacFarlane Productions)

By ELAINE ALFARO

Most La Mesa citizens know once September rolls around, there is one weekend to look forward to. Characterized by the tantalizing smells of bratwurst sausage and the loud echoes of the yodeling contest, Oktoberfest will be celebrating its 48th year this Oct. 1-3.

Last year due to COVID-19, the event entered the online world much like the rest of the event industry. However, McFarlane Promotions, the company planning and coordinating the festival, is getting the Oktoberfest back in person this year because according to Laurel McFarlane, president of McFarlane Promotions: "It's just not the same. You can imagine how many people aren't benefiting from [online]. Some people did really good with events online and a lot didn't."

Public Relations and Marketing Associate Estefania Cerda added, "We can't see our attendees enjoy these events and festivals which kind of sucks because as an event planner, after working tirelessly on it and for so many hours and seeing all the crowds, that's how you get the satisfaction. We missed out on that this [past] year."

La Mesa Village Association Chair and owner of Amethyst Moon, Teri Favro, saw first hand how missing out on the in-person event last year impacted her fellow vendors and merchants.

"I know a lot of vendors in the Oktoberfest have gone out of business or are struggling to build their inventory because they haven't had any income coming in," said Favro.

However, it appears the event will be back to its usual glory, complete with three biergartens, the largest ferris wheel they've had in five years and over 100 vendor booths featuring food and shopping.

In addition to the usual festivities, there will be some new attractions making an appearance this year. The craft beer and spirits garden will be adding seltzer to the alcohol options and in the main Hofbrauhaus Biergarten, there will be a touchless POS system to order drinks for pick up at the bar.

Also, on Third Avenue and La Mesa Boulevard, strong man games will be taking place and darting in and out of the crowds you might look up and see some stilt walkers.

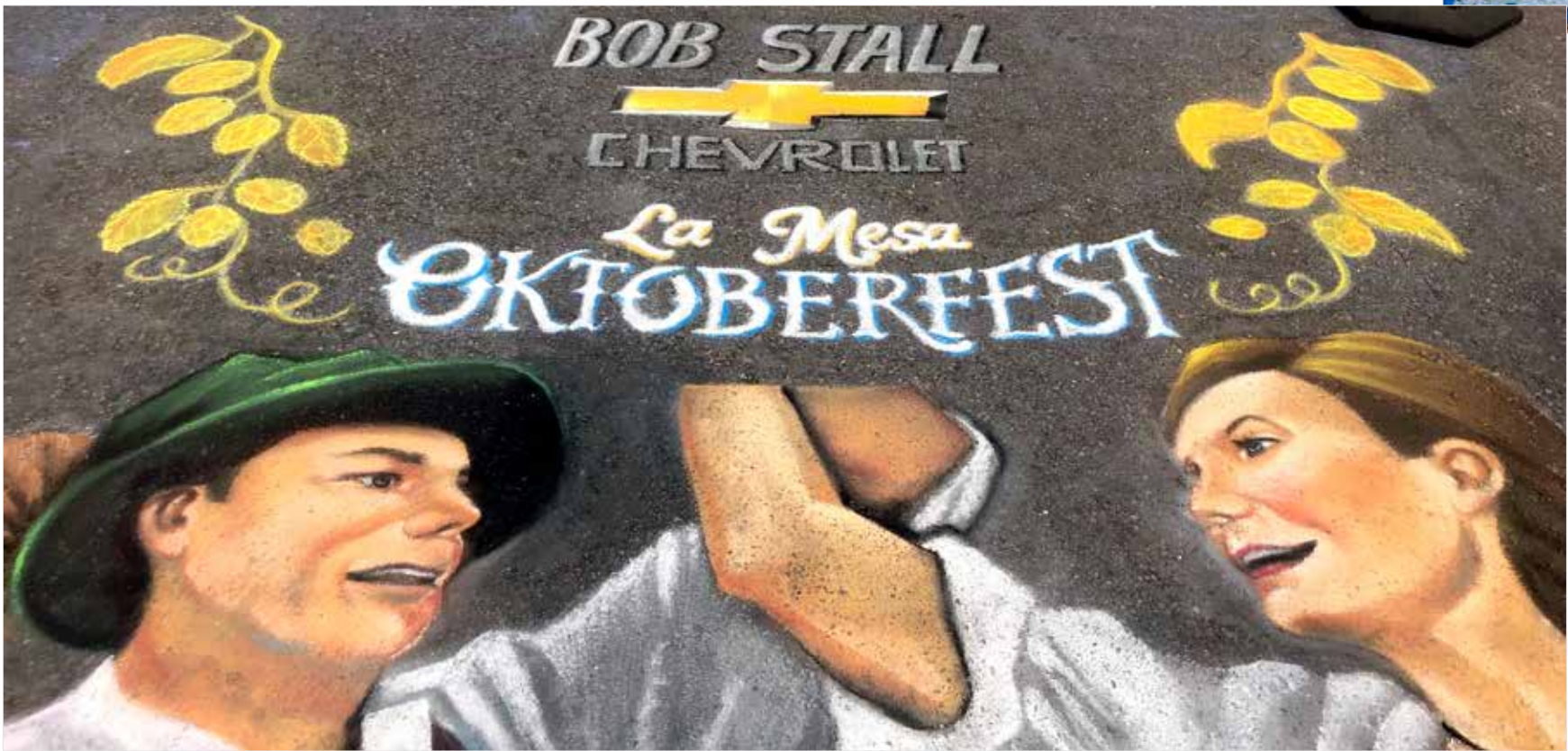
"We like to have things that are different," Favro said.

"[McFarlane] is very particular about where to place people and we like to have a lot of local artists: more arts and crafts things instead of big commercial. We like to keep it a hometown feel."

These new additions along with the traditional attractions are meant to bring the community of La Mesa and newcomers alike together.

"I know that in order for an event to work, you need to make sure the community is involved and has a say," McFarlane said.

SEE OKTOBERFEST, Page 12



More fun activities!

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DER DEUTSCHE DANCE SQUARE

Step outside of your comfort zone and into the Der Deutsche Dance Square sponsored by Grahovac Construction and hosted by Flavor Company Dance Entertainment (FCDE), to tap into diverse dance cultures that you have

yet to explore! FCDE "is a cultural fusion dance entertainment group" who "draw on the cultural dances of the world to inform [their] musical and dance elements choices, presenting a unique fusion feel that keeps audiences and participants engaged and excited." – Flavor Company Dance Entertainment website.

WILL POWER COMMUNITY FITNESS OKTOBERFEST GAMES

Gather up your brute and brawn and head to La Mesa Boulevard and 3rd Avenue to feed your playful side in a variety of spirited, competitive games, brought to you by Will Power Community Fitness. Games include: kids obstacle course,

strong man contest, strong woman contest, head-to-head competition and more!

GERMAN KINDER KARNEVAL

La Mesa Oktoberfest isn't just your typical food and drink celebration, it's an elevated experience for all ages. Find authentic homemade treasures and explore authentic art and German-style craft pieces from over 30 local artisans! Bring the whole family out for a weekend of family-friendly activities at the German Kinder Karneval, featuring a towering Ferris wheel sponsored by Amethyst Moon, rock-climbing wall, massive inflatable slides, interactive art, brat-eating competitions, and more!

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The Hofbrauhaus Biergarten Stage schedule

The Hofbrauhaus Biergarten is the largest biergarten at Oktoberfest with brews, bites, games and more! Groove to bands of all genres from tribute to oompa in this large and diverse garden!

Friday, Oct. 4	Saturday, Oct. 5	Sunday, Oct. 6
4-4:45 p.m. – Polka Party (Oompah Band) 5-5:45 p.m. – The Shambles (Band) 6-6:45 p.m. – Polka Party/Interactive Games 7-8:15 p.m. – Cheap Trick (Cover Band) 8:30-10 p.m. – Bayside High 90s Band (Cover Band) - Headliner	10:30 a.m.-12:15 p.m. – Polka Party/Interactive Oktoberfest Games 12:30-1:15 p.m. – Rio Pelegroso (Band) 1:30-2:15 p.m. – Polka Party/Interactive Games 2:30-3:15 p.m. – Captain J & the Jove Crew 3:30-4:15 p.m. – Polka Party/Interactive Games 4:30 – 5:15 p.m. – Cousin Oliver’s Cavalcade of Hits 5:30-6:15 p.m. – Polka Party/Interactive Games 6:30-7:30 p.m. – Grand Sonic Theory (90sCover Band) 7:45-8:15 p.m. – Polka Party/Interactive Games 8:30-10 p.m. – The Young Guns (80s Cover Band) – Headliner	Noon-1 p.m. – Starts On the Water (Cover Band) 1:15-2 p.m. – Polka Party (Oompah Band) & Beer Brunch 2:15-3 p.m. – Ron Houston & the Berry Pickers (Cover Band) 3:15-4 p.m. – Polka Party/Interactive Games 4:15-5 p.m. – The Nineteen 90s (90s Cover Band) 5:15-6 p.m. – Polka Party/Interactive Games 6:15-8 p.m. – Journeymen (Cover/Tribute Band) - Headliner

The Craft Bier & Seltzer Garten schedule

Experience the German inspired theme served California Style with craft brews and seltzers! Vibe to local San Diego DJ beats all weekend long within this unique garden & relax as you enjoy the perfect day in La Mesa.

Friday, Oct. 4	Saturday, Oct. 5	Sunday, Oct. 6
4-6 p.m. – Raul Rios 6-8 p.m. – Lotus 8-10 p.m. – Parradox - Headliner	10 a.m.-Noon – Darchon Noon-2 p.m. – Eddie Abarca 2-4 p.m. – Jenny Pocket 4-6 p.m. – Yodah 6-8 p.m. – Ayla Simone 8-10 p.m. – Sassy Seth - Headliner	Noon-2 p.m. – Jirafa 2-4 p.m. – Wolfgang Alexander 4-6 p.m. – Yodah 6-8 p.m. – Dida - Headliner

DACHSHUND VILLAGE
HOFBRAUHAUS BIERGARTEN
CRAFT BIER & SELTZER GARTEN
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Palm Ave. Bier Hall

STAGE
SPATEN Hofbrauhaus Biergarten

VENDORS

AMETHYST MOON

WILL POWER COMMUNITY FITNESS

CURBSIDE
Craft Bier & Seltzer Garten

3RD ST.

VENDORS

CURBSIDE

VENDORS
STAGE
DACKELDORF DACHSHUND VILLAGE

AMR CRAFT STATION

FOOD COURT
SEATING AREA

4TH ST.

VENDORS
FERRIS WHEEL
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BOB STALL
CHEVROLET
FIND NEW ROADS
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4PM-10PM
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NOON-8PM

Oktoberfest

CONTINUED FROM Page 10

"We're always thinking, How can we benefit that community?"

As far as safety protocols and COVID-19 concerns, all staff and vendors will go through a screening process; unvaccinated staff will be wearing masks; there will be hand sanitizer stations; as well

as a cleaning team designated for cleaning surfaces on a regular basis.

Ultimately, the Oktoberfest is meant to be a time to find and reconnect with the community, according to McFarlane.

"Honestly, just seeing people and their smiles again, that's why you do it," McFarlane said. "We do this to create the best nights or the best times and memories.

We realize we are part of people's [memories] like 'remember when we entered our dog in the dachshund contest.' That's why I do it. We all have so much stress in our lives. What's so great about events is, for that moment or brief time, you're just having a good time and you're not thinking of all your problems."

Plus, it's an opportunity for businesses to get back on their

feet after this past tumultuous year.

"All the business owners, we're kind of like a big family," said Favro. "A lot of us are the La Mesa Village Association and we're just getting more and more excited about it.

The big thing that I look forward to are all the people that are coming down to have that comradery, community and also we get so many new customers that never have seen our store before so they end up coming back after the Oktoberfest to do their holiday shopping. That really is like the start of the momentum of holiday shopping."

The influences of traditional German culture as well as California style will be infused into this three-day weekend and so far, according to Cerda, ticket sales are up (nearly triple what they were in 2019).

VIP tickets for the biergartens can be purchased online or in person at the event. More information can be found at lamesa-oktoberfest.org.



Many German foods and drinks will be available to purchase. (Photos courtesy MacFarlane Productions)



Whether you take part in arts and crafts, compete in a keg relay, watch live performances at the Der Deutsche Dance Square, or enter your furry friend in the Dackeldorf extravaganza, this free event has something for everyone.

"I look forward to walking around and meeting the different vendors," Favro said. "Sometimes I end up with some of the vendors having their stuff in my stores, so that's good for the contacts. It's the community event where you never know who you might meet and how they can be involved in your life."

—Elaine Alfaro is a former San Diego Community Newspaper Group intern and a current journalism student at Point Loma Nazarene University.



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FREE EVENT!

Featured Artist: Jami Wright



Since graduating with a degree in art education from Oregon State University, Jami Wright has maintained her love of watercolor painting. Born in Bend, Oregon, but raised a Navy dependent who married a career marine, Wright had a unique opportunity to travel, see and appreciate the many landscapes, people and animals of the United States and many foreign countries.

While traveling and raising a family, she taught art for many years in public schools across the country and overseas. Most recently Wright taught art and English to 7th and 8th graders for SDUSD. She does miss her quirky middle schoolers, but now loves teaching adults — especially the Beginner Basics class and the Beginner Landscape class for San Diego Watercolor Society — no need to write referrals to the vice principal’s office or countless bathroom passes!

Being retired from full-time teaching, Wright now spends more time pursuing her love of watercolor and plein air

painting. She does offers watercolor lessons at her home studio when time allows and when not playing tennis, her second love! She also has published her first e book for Amazon entitled, “How To Paint A Lighthouse In Watercolor.”



One of Jami Wright’s works (Courtesy photo)

Wright calls her style “impressionistic realism” and has been influenced by workshops with Joe Garcia, Tom Fong, Frank Francese, Thomas Schaller, Sterling Edwards, Charles Reid and Eric Weigardt. Working quickly and fairly loose, she advocates focusing on values especially lights and darks, working from big to small shapes and keeping brushstrokes to a minimum. Don’t overstroke if possible.

—Bonnie Owen writes on behalf of the Foothills Art Association.

News briefs

CONTINUED FROM Page 3

“This decision to opt-up to Power100 will go a long way towards helping the city achieve our ambitious greenhouse gas (GHG) reduction goals,” said La Mesa City Council member and SDCP Board member Bill Baber. The city climate action plan calls for community-wide GHG emission reductions of 53% by 2035.

SDCP began enrolling municipal customers on March 1, 2021, and commercial and industrial account holders on June 1, 2021. SDCP is now providing clean energy for nearly 72,000 commercial and industrial accounts representing nearly 60% of the forecast energy load. Residential service will begin to roll out in early 2022.

La Mesa residential customers will receive additional information before the launch via direct mail. When service launches, customers will continue to get the same single bill from SDG&E with a line item for electricity generation from SDCP, which replaces what SDG&E would have provided. SDG&E will continue to deliver power, customer service and provide ongoing system maintenance.

SDCP is a not-for-profit Community Choice Aggregator (CCA) that offers the following:

SEE NEWS BRIEFS, Page 15

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'One Book, One San Diego' 2021 titles



By JAKE SEXTON

This year the One Book, One San Diego program celebrates its 15th year of bringing people together through literature. Libraries and other organizations work with KPBS on promoting this program and the community at large selects a book that can be read by all. In the process they build connections "through the shared experience of reading and discussing the same book."

Each year, libraries plan events, discussions and interactions with authors to talk about the books and the themes they cover. Past titles have included Sonia Nazario's "Enrique's Journey," Carlos Ruiz Zafón's "The Shadow of the Wind," and Congressman John Lewis' "March." This past August, the 2021 titles for the adult, teen and children's age groups were announced. We'll talk about them here.

For adults, this year's book is "Being Heumann: An Unrepentant Memoir of a Disability Rights Activist" by

Judith Heumann. The author contracted polio at a very young age and has used a wheelchair for most of her life. She faced grave discrimination in her attempts to receive an education as a child, and as an adult while teaching students in public schools. Her struggles against injustice led to her life of activism for the rights of people with disabilities, through legal challenges, political protests, and civil disobedience. Her groundbreaking work has led to significant civil rights legislation and regulation across the country. Heumann will be part of a virtual online discussion for One Book, One San Diego on Sept. 23; an archived video will be available for at least two weeks after the live event.

For teens, this year's selection is the graphic novel "When Stars Are Scattered" by Victoria Jamieson, Omar Mohamed and Iman Geddy. The book is the story of young Omar and his brother Hassan who fled war in their home of Somalia and grew up in a Kenyan refugee camp. Omar decides the only way to improve their situation is to take the opportunity to get an education. But if he does so, he'll have



to leave his non-verbal younger brother alone. It's a story of tragedy and hope, with beautiful artwork.

The children's selection this year is the picture book "All the Way to the Top: How One Girl's Fight for Americans with Disabilities Changed Everything" by Annette Bay Pimentel and Nabi H. Ali. It is the biography of Jennifer Keelan-Chaffins, a disability rights activist from a young age, who participated in protests to fight for the Americans with Disabilities Act. The book dramatizes the Capitol Crawl, a protest in which many activists set aside their wheelchairs and mobility aids and dragged their bodies up the steps of the U.S.

Capitol building, to demonstrate the difficulties faced by people with disabilities.

You can download a copy of any of these titles from the San Diego County Library at sdcl.org with no wait. You can also get copies of these books from your local library branch. In addition, the La Mesa Library will be hosting a "Being Heumann" book discussion on Wednesday, Oct. 20 at 10:30 a.m. For more information about these books, and upcoming One Book, One San Diego activities in the area, visit kpbs.org/one-book.

—Jake Sexton is a librarian at the La Mesa Branch of the San Diego County Library.

News briefs

CONTINUED FROM Page 13

Customer-Driven Choice: CCAs were created to advocate for ratepayers by providing end-user choice and shifting control of local energy decisions into the hands of residents and businesses.

Future-Focused: SDCP offers tiered programs that provide cleaner energy for competitive rates, helping reach climate action goals and supporting healthier communities today and for the future.

Saving Money and the Environment: There are currently 23 successful CCAs operating in 200 communities around California. As the second largest in the state, SDCP provides the same reliable energy service as the local investor-owned utility but with cleaner, most sustainable energy.

Local Management, Investment, and Jobs: As a locally controlled not-for-profit energy provider, SDCP supports economic vitality by investing in local renewable energy projects.



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Where intelligence ‘meats’ the grill at IQ BBQ

By ROBIN DOHRN-SIMPSON

What's in a name? At IQ BBQ, it has to do with all employees and partners are former teachers, parents of students and students of Horizon Christian School. Pit Master and co-owner Tyrone Hopkins, former Dean of Students and Head Men's Basketball Coach at Horizon Christian School, put away his basketball and returned to his roots, smoking and catering barbeque.

The youngest of 11 children, Hopkins' favorite pastime (besides sports) was cooking overnight with his father.

"This was a great way for father/son bonding. In Atlanta,



IQ BBQ offers a delicious range of meat fresh off the grill. (Photos courtesy IQ BBQ)

where I grew up, barbeque is only pulled pork," he said.

Although Hopkins is a barbeque purist, he also smokes brisket, ribs and chicken. He cooks at

night pulling many all-nighters at the restaurant. His brisket takes about 10 hours.

Hopkins' wife Porscha and daughter Kameelah focus on side dishes.

"We put just as much effort in our side dishes as my dad does in his meat," Kameelah said. Side dishes include coleslaw, which has a sweeter base using mayonnaise

and sugar; baked beans in which you won't find meat; collard greens cooked with turkey instead

SEE IQ BBQ, Page 17

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San Diego Restaurant Week returns

The air is starting to smell delectable as restaurants prepare to serve up their most delicious items to hungry locals and visitors for San Diego Restaurant Week (SDRW). This fall, as the leaves paint the sidewalks orange and yellow, enjoy an eight-day edible extravaganza from Sunday, Sept. 26 through Sunday, Oct. 3, featuring over 100 restaurants offering variations of prix fixe menus at affordable prices.

San Diego Restaurant Week encourages “Restaurant Week Your Way” by creating dynamic meal options and flexibility for the diner. Create your perfect palate with personalized menu options from your

favorite participating San Diego eateries. Choose between your combinations of Entrée, Appetizer, Drink, and/or Dessert to create your own customized, one-of-a-kind Restaurant Week experience.

Spanning across San Diego County, participating restaurants will offer three-course prix-fixe dinner menus for \$20, \$30, \$40, \$50 or \$60 per person and/or two-course prix-fixe lunch menus for \$10, \$15, \$20 or \$25 per person. Restaurants bursting with innovation will showcase their menus through traditional in-house dining, expanded outdoor spaces as well as to go accommodations.

Both veteran favorites and newly established eateries that have carved out their places in San Diego’s culinary bedrock will participate in this foodie favored week operating under the most current guidelines from public officials. Participating restaurants in the La Mesa area include Farmer’s Table, Giardino Neighborhood Cucina, Pioneer BBQ and Smokey & The Brisket.

Tickets are not necessary for this delectable week of discounted dining, but reservations are recommended. Visit SanDiegoRestaurantWeek.com for more information.

IQ BBQ

CONTINUED FROM Page 16

of traditional pork; and a stellar mac ‘n cheese that sells out every day.

To pay homage to Porshca’s California roots, IQ BBQ periodically features a Savory Saturday where they offer brisket tacos and brisket burritos.

“Sometimes we have Blinky Bread: a Panamanian bread with brisket, brisket burnt ends, coleslaw, pickled onions and bbq sauce,” Kameelah said. They call it “Southern flare with California style.”

Additional meats include hot links, chicken drummies and chicken. For some Southern hospitality



Mac n Cheese (Photo courtesy IQ BBQ)

try the grilled cheese, and add either brisket burnt ends or a piece of brisket. The Dirty Mac is a bowl of their delicious mac ‘n cheese topped with a choice of meat and sauce — definitely comfort food.

Plan your weekends accordingly, because IQ BBQ is only open Thursday, Friday and Saturday from 11 a.m. until 7 p.m. or when they are sold out.

IQ also caters small and large events. They will cater your meals

for holidays and they will even stay and serve, for an additional fee.

If you are wondering what to do for your Thanksgiving meal, you can get a meal from IQ that includes a full smoked turkey and two side dishes to be determined (last year it was mac ‘n cheese and collard greens) and dinner rolls. Just order one week in advance and pick up Thanksgiving morning.

IQ BBQ is ocated at 8733 Broadway, at the end of Spring Street and the intersection of Highway 125 and 94 in La Mesa. You can order online at iqbbqsd.com.

—Robin Dohrn-Simpson is a local food and travel writer. Reach her at dohrnsimpson@hotmail.com.

ROASTED TOMATO TOASTS



The finished toasts (Photo by Julie White)

DIRECTIONS:

Preheat oven to 450 degrees.

Place the tomatoes on a baking sheet. Drizzle with olive oil, the salt and pepper and the Thyme

Roast for 20 to 25 minutes or until they are a bit browned.

While the roasting is going on, combine the ricotta cheese, lemon and peel and pinch of salt and pepper.

Place the toasts on a platter and put a tablespoon of the Ricotta mixture on each toast.

When the tomatoes are finished roasting, cool a few minutes then place on top of each ricotta covered toast.

Serve warm if possible. A small sprinkle of Basil can be added as a garnish.

“There is a time in the last days of summer when the cool ripeness of Autumn fills the air.”
—Anaya

INGREDIENTS:

- 1 carton of cherry tomatoes
- 3 tablespoons olive oil
- Salt and pepper
- Large pinch of dried thyme
- 1 15-ounce carton ricotta cheese
- 1 10-ounce package of garlic and cheese or Italian seasoned toasts (a sliced baguette toasted can be used)
- Grated rind of 1 large lemon plus squeeze of juice of 1/2 of that lemon

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Senior Living



Senior Living

Tips for seniors during fall prevention week

By SIMONA VALANCIUTE

Many things can cause a fall – tripping over a rug, slipping on water, vertigo, muscle weakness, and certain medications to name a few. One in four older adults fall annually according to the National Council on Aging, and falls can result in hip fractures, broken bones, and even head injuries. Additionally, CDC data shows three million seniors annually are treated in emergency

departments for a fall injury – making the avoidance of falls a significant priority year round.

From taking care of personal health to seeking physical therapy or conducting a simple home safety check – there are several proven ways to avoid a serious slip or tumble. This Fall Prevention Awareness Week, Sept. 20 to 24, consider the following tips that can help keep seniors steady as they go about daily routines.

Create a Safe Living Space:

Removing clutter in hallways, near doors and essential living areas is the start of a safe home. Conducting a home safety check and addressing additional trip hazards like visible extension cords or floorboards that stick up can also help seniors navigate without fear of falling. Consider resources such as this Safety Checklist from the CDC to find and fix hazards in the home.

Nonslip Products Make All the Difference: How many times has someone gone down because of a slippery rug or sleek porcelain tub? What about on wet floors or because of an icy outdoor step? Regardless of age, these hazards have been the cause of many falls. Nonslip mats, skid-proof rug backings, nonslip treads for outdoor steps, and even nonslip socks can help provide stability.

Shine Bright: Adequate lighting, particularly in hallways, stairwells and bedrooms can help those with weaker or strained eyesight find their way. Consider

adding reflective tape to stair steps or calling an electrician to move light switches within reach for extra ease.

Physical Activity for Added Stability: Continued movement helps reduce the risk of falling. Exercises like walking, swimming, tai chi, and more can give seniors added flexibility, strength, and balance. For those unsure of where or how to start, a physical therapist can assist with custom programs and monitor progress.

Chat with Doctors and Caregivers: Address concerns or fears with trusted advisers. Seek the council of doctors to discuss changing medications that may cause dizziness, get properly assessed for custom footwear or report health care issues that may affect your balance. Caregivers may be able to assess the need for handrails in bathrooms or share the benefits of assistive devices such as walkers or personal emergency response systems.

Falls are not a normal part of aging. For the older adult interested in staying strong and independent, there may be senior-related organizations in the local area that can help provide resources or guidance essential to fall prevention. The National Council on Aging offers resources like the Falls Free CheckUp Tool, which are chockfull of additional tips and insight. San Diego Oasis, for instance, also offers low-cost fall prevention classes such as *Bone Building Fitness, Tai Chi for Beginners and Progressive Strength, Balance and Flexible Training* to help seniors imagine and realize a safer tomorrow. As we recognize Fall Prevention Week, please share these tips with the older adults in your life the help keep them safe.

—Simona Valanciute is the President and CEO of San Diego Oasis. Learn more at www.sandiegoasis.org.

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Helix High

CONTINUED FROM Page 8

Thursday, Nov. 18. Show time is 7 p.m.

Homecoming 2021 will take place on Friday, Oct 15. The theme is "Throwback to Homecoming" and students are ready for a retro-filled week of safe activities celebrating Helix through the decades.

All the fun leads up to the big game, where Homecoming royalty will be crowned at halftime, with fireworks following the game. The fun will continue with the Homecoming Dance on Saturday, Oct. 16. The dance will take place outdoors and is open only to Helix students.

Alumni are welcome to come back to Helix and cheer on the football team, and catch up with old friends. Tickets are available before the game at gofan.com. To limit contact, there are no cash sales at the gate.

Grossmont High

CONTINUED FROM Page 8

Since the GHS Museum reopened in May 2021, we have welcomed hundreds of Foothillers, past and present, to enjoy a "trip down memory lane." Listening to alumni share their experiences and watching the students' amazement at the history of their school reinforces what we have known since 1956, when our father began teaching at

Grossmont. Foothillers' love and pride in their school are remarkable.

Come and join us as we celebrate that heritage!

For the most current information about our 101st Anniversary Celebration, visit our website at foothillermuseum.com or contact us at ghsmuseum@guhsd.net or 619-668-6140. Masks are required indoors on campus.

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



The Baranowski Family Mark Baranowski, Class of 1967 GUS, Claudia, Class of 1975, and Fred Baranowski, Class of 1970 GUS, A Two GUS Family Visit June 2021. (Photo courtesy Grossmont High School Museum)

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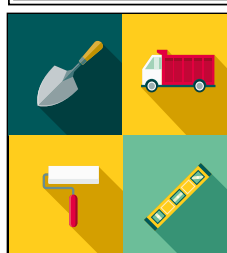
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