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Kate Morgan Chadwick as Jane in a scene from her short film "Oh, Baby!" (Courtesy image)

## La Mesa filmmaker explores single motherhood in award winning short film

By ELAINE ALFARO

During the seventh month of her pregnancy, La Mesa resident and filmmaker Kate Morgan Chadwick began a project that would make an impact not only on her career but also her personal life. Chadwick had been developing a short film with her long-time friend actor/director Brooke

Trantor, and at the peak of her pregnancy, the script transferred from paper into reality.

Chadwick's "Oh, Baby!" is now streaming at the 2021 San Diego International Film Festival.

While the 11-minute film begins as a comedic look into the unfiltered experiences of Jane, a single pregnant woman looking for one night of fun, it was also

written with the hopes of creating a discussion revolving around maternal, female and sexual empowerment, according to Chadwick.

Chadwick filled the roles of executive producer, writer and actor in "Oh, Baby!," leading as Jane. The film was prompted by Chadwick's personal

SEE OH BABY!, Page 8

## If elected, Brand promises to bring 'nuts and bolts' approach to council

By JEFF CLEMETSON

With a background in city government and a history of volunteering, La Mesa City Council candidate Kathleen Brand is campaigning on her "very practical approach" to decision making.

"My attitude is that I bring a lot of experience, a lot of city planning, public sector experience to the City Council that a lot of the other candidates don't have. I think I also bring very logical implementation strategies that I don't think a lot of the other candidates have. I'm kind of a nuts and

bolts kind of a person," she said. "It's not just about setting policy, its also about well how do we do it. I would say La Mesa is great at preparing master plans and planning documents but we have no way of implementing them and that's where my strength is."

### BACKGROUND

Brand grew up in Wisconsin where she attended University Wisconsin Madison and earned Bachelors degrees in Landscape Architecture and German

SEE BRAND, Page 8



Michelle Brand

## NEWS BRIEFS

### CITY, HOME START OFFER MORTGAGE ASSISTANCE

The City of La Mesa has partnered with Home Start to provide a Mortgage Assistance Program to help eligible households in La Mesa with past due mortgage balances that have been impacted financially due to the coronavirus pandemic. Home Start began accepting applications on Wednesday, October 13, 2021, and will continue until program funds are exhausted.

Program applications and eligibility information is available on Home Start's website at [home-start.org/city-of-la-mesa-mortgage-assistance/](http://home-start.org/city-of-la-mesa-mortgage-assistance/). The City has allocated \$338,000 in Coronavirus Aid Relief, and Economic Security Act (CARES Act) funding for the Mortgage Assistance Program. Eligible applications will be reviewed on a first come, first serve basis.

### HELIX FOOTBALL GAME FIRST TO BE FEATURED ON NEW COX CHANNEL

Cox Communications' YurView network has partnered with the California Interscholastic Federation this year to bring local high school sports, including football, basketball and volleyball, on Channel 4 in San Diego and Channel 118 in Orange County, as well as streaming on YurView.com.

The first game will be Helix High against Granite Hills High at Granite Hills on Oct. 29 at 7 p.m. and will air live on Channel 4 and streamed live at YurView.com. Sponsored by Team Mazda of El Cajon, the game will also be replayed on Nov. 2 at 7 p.m.

"We are so very excited to bring live local high school sports to our communities across the county and throughout Southern California," said

SEE NEWS BRIEFS, Page 7

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Tree planting event at Aztec Park



(l to r) Kyle Kennedy, CEO, Urban Corps of San Diego County; Tim Lacey, GIS Manager, Tree San Diego; Susan Richardson, Director of Community Services, City of La Mesa; Kurt Peacock, Arborist, Tree San Diego; Hilary Ego, Environmental Program Manager, City of La Mesa; and Abigail Srader, Urban Forester, Cal Fire

On Sept. 24, Urban Corps of San Diego County, the City of La Mesa and Tree San Diego hosted a tree-planting event at Aztec Park. The free event gave La Mesa residents and businesses an opportunity to plant trees and learn about proper care and maintenance.

The event was part of the \$1.253 million in Proposition 68 funding that Urban Corps received from CAL Fire's Urban and Community Forestry's

Urban Forest Expansion and Improvement grant to plant 2,000 trees throughout San Diego County. To date, Urban Corps has planted a total of 1,800 trees including 150 trees in La Mesa.

These efforts support the City's Climate Action Plan, which establishes a community-wide goal to cut greenhouse gas emissions in half and grow La Mesa's tree canopy 15 percent by 2035.



Volunteers plant a tree in Aztec Park. (Photos courtesy Urban Corps of San Diego)

Empty Nesters: FREE Special Report Reveals 9 Costly Mistakes to Avoid When Selling Your Home

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To help you understand the issues involved in making such a move, and how to avoid the 9 most common and costly mistakes most Empty Nesters make, a new report called "Empty Nester: How to Sell the Place You Call Home" has been prepared which identifies these issues, and shows you how to steer clear of the mistakes that could cost you literally thousands of dollars.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-270-1494 and enter 1013. You can call any time, 24 hours a day, 7 days a week.

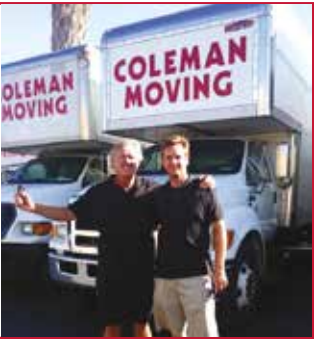
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- YES** on supporting La Mesa businesses to make their own decisions to survive in this struggling economy.
- YES** on the permanence of La Mesa restaurant and retail "parklets" (the popular and festive temporary outdoor structures on public spaces).
- YES** on beautifying and cleaning La Mesa's environment - remove all trash and graffiti.
- YES** on simplifying and easing the permit process for La Mesa homeowners and business owners.



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- YES** on a District Gateway sign in Downtown La Mesa.
- YES** on pickleball courts in La Mesa - enjoyed by all ages, reduces crime in parks and is an awesome use of Parks and Rec money.
- NO** on Homeless Hotels in La Mesa.
- NO** on La Mesa tax increases and SANDAG's mileage tax - we have a spending problem, not a revenue problem.
- NO** on high-density apartment buildings that devalue La Mesa neighborhoods and increase congestion.

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# DJ Shotgun Tom Kelly still calls the shots

By CYNTHIA G. ROBERTSON

American radio and TV personality “Shotgun Tom Kelly,” sporting his trademark ranger hat, was in La Mesa last month for an appearance at the La Mesa Lions Club.

The minute that I walked into the door to meet him in, his booming voice took me straight back to 1981 when I’d first moved to San Diego. I used to listen to him make announcements and make goodwill wishes for everyone listening to B-100, and I knew the day would go well.

He still has that effect today on people. Lions Club members and friends crowded around Kelly, who now DJs for Sirius XM Satellite Radio’s “60s on 6” station. Two of his high school buddies, Tom Rosenberg and Charlie Lewis, along with Lions Club member David Shaw, introduced me to Kelly, who shook my hand firmly but gently. He immediately began regaling me with stories.

Kelly said that just when he was ready to retire after a 22-year run as host of the afternoon slot on K-EARTH 101, he was invited to work with Sirius XM for five hours a day, five days a week. But he’d had it in mind to start traveling to see places in America like Mount Rushmore and even the big train yard in Nebraska (he’s a big fan of trains) so he initially turned the offer down.

“Then my wife sat me down and pointed her finger at me and said, ‘Listen, you need to get busy doing something. So take the job,’” Kelly said, laughing with us at his story. “Honestly, it’s the best thing I could have done because working with Sirius XM has helped me become nationally known.”

When the Lions Club meeting came to order, member Beth Morgante got up and read a little history of how Kelly got the “broadcasting bug” when he was just 10 years old. She invited him to come up and tell his story.

He walked to the podium, looked around at everyone, bent his head, then looked around again and said, “Hello, I’m Tom and I’m an alcoholic,” to uproarious laughter in the room. It was classic Shotgun Tom Kelly. He grinned and waited for the chuckles to die down.

“Seriously, though, Beth was right. When I was 10 years old,

my mother took me to a DJ doing a radio show in a Lemon Grove shopping center. That DJ was Frank Thompson on KOGO-Am. When Thompson saw me looking through the window, he put me on the air. He gave me tickets to the LA T-Birds in Westgate Park,” he said.

Kelly’s fascination with broadcasting prompted him to set up a mock radio studio in his bedroom. He ran extension speakers to his friends Rosenberg and Lewis across the street. Another friend of his made a 25-watt transmitter that reached out to La Mesa and Lemon Grove.

“And I was in complete violation of FCC,” Kelly admitted in his low, booming voice.

While in study hall at Mt. Miguel High School, he secretly listened to different stations, including his own, on his radio. When the FCC came to his house, his dad went out and smashed the transmitter.

“That was the end of my illegal run,” Kelly said.

From there, he took the straight and narrow and headed to the William B. Ogden Radio Operational Engineering School. Graduating in 1969 with his FCC First Class radio license, Shotgun Tom went to work at a radio station in Merced, California.

Over the next 35 years, Kelly worked in both radio and TV, including hosting the kids’ TV game show “Words-A-Poppin” that aired on KGTV Channel 10 in San Diego, and syndicated to other cities. Shotgun Tom won an Emmy for the show in 1978. That same year, he was invited to host the “Jerry Lewis MDA Telethon,” serving as host for more than 30 years.

Someone in the Lions Club audience asked “Shotgun Tom” how he earned his nickname. Kelly laughed and said, “Do you want to hear the lie which is more interesting, or the truth which is boring?”

To the audience’s reply of “both,” Kelly said he’d start with the fake story of his name creation.

“I used to fill in for weatherman ‘Captain’ Mike Ambrose when he needed to take a vacation. Well, one day someone in the News 10 studio asked me where I picked up the name ‘Shotgun.’ So I said, ‘Well, I always ride in the front of the car with people, never wanting to sit in the back, so I say I always go shotgun.’ And then I went right into the forecast: ‘A high pressure system is working its way across California,’” Kelly said.

The real story of Kelly’s name change began at KACY in 1970, when he was using the name “Bobby McAllister,” even though his true name is Thomas Irwin. He met DJ Dave Conley who named him Bobby. Less than a year later, both Kelly



Known for his booming voice and own brand of humor, Shotgun Tom Kelly also talks with his hands, pictured here at the La Mesa Lions meeting

and Conley moved to KAFY in Bakersfield. Kelly wanted to use his real name, but the general manager did not like the name Irwin.

“He said it sounded too Jewish. Well, I am Jewish,” Kelly said, laughing.

Conley suggested the name “Shotgun” from “Bobby Shotgun McAllister,” and that’s what they all went with.

“That’s show business for you,” Kelly said.

“What’s the story about the hat?,” I asked Kelly.

“Well, when I was a kid, every summer our family would go to the Redwoods National Forest. I always admired the forest rangers, and in 1970 I bought my first ranger hats. I now have a couple black and blue hats along with a green one for St. Patrick’s Day,” he said.

That hat ended up leading him straight to the President of the United States. In November 1987, Rep. Duncan Hunter invited Kelly to the White House. While visiting with President Ronald Reagan, Kelly presented him with one of his ranger hats. Kelly had an unforgettable Kodak moment when the president put the hat on and posed with Kelly.

Another great encounter for Kelly occurred six years ago at Bravado’s in Beverly Hills. There he saw Clint Eastwood with Tom Dreesen, who was Frank Sinatra’s comedic announcer.

“I went up to Mr. Eastwood, told him how much I admire his work — after all, he often plays a major character in the movies he directs — and I introduced myself. And he said, ‘Oh, yes, hi, I know who you are. I hear you on the radio,’ and he shook hands with me.

“That made my day,” Kelly quipped.

Nowadays, Kelly likes making everyone’s day by playing great oldies on Sirius XM 60’s on 6. He also appreciates emails from his listeners as he mans the studio. Email him your requests for songs and include a little note about yourself and what’s going on in your life at shotguntomkelly.com@60son6.

—Cynthia G. Robertson is a freelance journalist and photographer and author of “Where You See Forever.” She also authors a blog at shutterbug-angel.blogspot.com. For more information, visit cynthiarobertson.com.



Shotgun Tom Kelly chats with his friends Tom Rosenberg and Charlie Lewis before the start of the La Mesa Lions Club meeting (Photos by Cynthia G. Robertson)

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## Guest Editorial

# Great American Smokeout: Quit one day for a smoke-free life

By DANA J. STEVENS

Quitting smoking isn't easy.

About 32.4 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths in the United States every year, or about one in five deaths. More than 16 million Americans live with a smoking-related disease.

And while the adult smoking rate in San Diego County is lower than the national median (11.1% compared to 14% respectively), the prevalence of smoking is still too high. People of low social economic status and less educated populations — particularly Asian Pacific Islanders, Latino and African American populations — still struggle with high rates of nicotine addiction.

But there is good news for those still struggling with nicotine addiction. The Great American Smokeout on Nov. 18 offers smokers a chance to join thousands of people across the country to commit to quitting for one day. And quitting for one day can help smokers break the addiction for good and start down the path to a healthier life.

Community Action Service Advocacy (CASA) will hold a kickoff event on Monday, Nov. 15 at UCSD to begin a countdown to the Smokeout on Nov. 18. On the day of the event, CASA and our public health partners will be at locations throughout the county providing smokers with quit kits and asking them to make a pledge to quit for one day. Quitting for one day can be Day One of a smoke-free life. Giving up nicotine is a journey, and it can be hard, but smokers can increase their chances of success with a good plan and support.

Quitting improves health both immediately and over the long term. Within minutes of quitting smoking, your body begins to recover. Your heart rate and blood pressure drop. Two years after quitting,

your risk of heart attack drops dramatically. Your risk of lung cancer is about half that of a person who is still smoking after 10 to 15 years. Quitting smoking can also add as much as 10 years to your life compared to if you continued to smoke. Quitting while you're younger can reduce your health risks more, but quitting at any age can give back years of life that would be lost by continued nicotine use.

Protecting your lungs and respiratory system has never been more important with the added health risks of the COVID-19 virus. Smoking and vaping lower the lungs' immune response to infection. COVID-19 attacks the lungs, and people who smoke are at higher risk of developing lung infections along with older adults over the age of 65, individuals with compromised immune systems and individuals who have underlying medical conditions such as hypertension, heart disease, diabetes or lung disease are also at high risk.

Tobacco is the only legal consumer product that kills up to half of its users when used exactly as intended by the manufacturer. This is why Big Tobacco companies spend more than \$8 billion (on average) on marketing and advertising. They specifically target youth, people of color, rural and LBGTQ communities in attempts to create more addicted consumers who can face a lifetime of addiction. This is why CASA and our Tobacco Control Coalition partners work diligently to stop the proliferation of tobacco sales and use in San Diego County.

Join us on Nov. 18 and make a commitment to quit smoking. The journey may be challenging, but with support you can kick the habit. You will live longer and your lungs will thank you for it.

Ready to quit? Visit [kick-it.ca.org](http://kick-it.ca.org).

—Dana J. Stevens, MPA  
is executive director of CASA, Community Action Service Advocacy for safe and healthy neighborhoods.

# Americans indifferent as we slouch toward 'second coming'



By SEAN QUINTAL

In 1919, one of the English language's greatest poets, William Butler Yeats, took notice of the calamity that had befallen the globe during World War I; he also felt a gathering energy of dread and foreboding, sensing (correctly) that even greater horrors were to come. This inspired him to pen one of his master works, "The Second Coming." Yeats uses biblical imagery, much drawn from the New Testament's Book of Revelations, to intimate that a "second coming" is at hand, one that promises not redemption, but chaos and destruction.

The poem begins:

*"Turning and turning in the widening gyre*

*The falcon cannot hear the falconer;*  
*Things fall apart; the centre cannot hold;*"

The first stanza ends with:

*"The best lack all conviction,*  
*while the worst are full of passionate intensity."*

The poem concludes:

*"And what rough beast, its hour come round at last,*  
*Slouches toward Bethlehem."*

When considering the many assaults on democracy occurring today throughout the world, Yeats' words resonate now with an ominous intensity. China under Xi has transformed what was a nascent, partially democratic economy into a fully authoritarian, repressive, state-controlled economic system, which is brutally intolerant of any dissent or contrary thought. Moreover, China is investing massively in infrastructure and other sectors in many developing countries. Its aim is to offer the world a different sort of superpower for the 21st Century, an authoritarian quasi-capitalism alternative to the liberal democracy order, which has predominated since World War II.

Consider also the many putatively democratic nations, ruled by populist right-wing demagogues, that are devolving into functional autocracies. Andrzej Duda in Poland

is transforming the first democracy of the former Soviet Union into a clenched political system where a journalist is currently on trial for insulting Duda. Viktor Orban in Hungary is systematically dismantling all democratic institutions in that country, replacing them with organs that function as a rubber stamp for himself. In Brazil, Jair Bolsonaro is threatening the Supreme Court which is overseeing investigations into his conduct, and is using baseless claims of fraud as a basis to cancel of contest next year's election.

Sound familiar? It should, because the Republican Party in the U.S. is using the same playbook to undermine American democracy. The other examples, aside from Xi, are all elected officials. They are men who exploited populist sentiment to be elected the first time, then once in office, misused constitutional means to intentionally subvert their respective nation's democratic institutions. The conservative, American historian Robert Kagan wrote recently, "Trump and his Republican allies are actively preparing to ensure his victory (in 2024) by whatever means necessary ... establishing a predicate to challenge ... results that do not go his way." Kagan continues, "(In 2024) Trump and his supporters will have the control over state and local election officials that they lacked in 2020."

In Yeats' beautiful language, "the widening gyre" may be understood as the ricocheting chaos in which democracy the world over now finds itself. And things do "fall apart;" witness the failure of the American people to unite in solidarity with one another against a deadly pestilence that threatens each and every one of us. "(T)he centre cannot hold," when some Americans willfully risk their own lives, and the lives of others, by defying basic public health sense, all to declare allegiance to an ideology or its ideologue.

At some point, these right-wing populist movements become more than their individual progenitor. "The falcon cannot hear the falconer." Neither can true believers listen

SEE LMFC, Page 7

## Clarification

City Council candidate Laura Lothian pointed out to us that in our August issue profile on her campaign headlined "Lothian sticks to pro-business message," the article contained accurate but somewhat misleading numbers about her previous run for City Council.

The article stated that Lothian received just below 19% of the vote in the 2020 race — which is true. However, the article should have

noted that races for La Mesa City Council are determined by which-ever candidate or candidates receive a plurality of votes depending on the number of open seats.

In context, the 2020 election had two open seats and the top two candidates — Colin Parent and Jack Shu — each received 24% and 23% respectively.

To read an updated version of the Lothian profile, visit [bit.ly/3vwkZyL](http://bit.ly/3vwkZyL).



# DA Stephan to speak at Republican Women meeting



By LAUARA CRIVELLO

We are so excited to announce our guest speaker for our November luncheon will be our fabulous District Attorney Summer Stephan. Please go to our website, [rwcnavajocanyon.org](http://rwcnavajocanyon.org), for information and to purchase tickets. Reserve your spot early, as it will surely be a sell out.

Now that Californians have rejected ousting the worst governor in California history, I would like to ask liberals in this state what they think about his policies and ask why you want this for our state. How does the planned release of 63,000 convicted felons into society make our street safer? Nearly 20,000 of them are serving life sentences! At the same time, California cities are defunding police.

Why is it okay to give people entering our country illegally stimulus checks? \$600 paid for by California taxpayers, not to mention “free” healthcare, while the citizens pay through the nose? Doesn’t this make you angry?

Why is it okay to tax by the

miles you travel. This has not yet been passed, but we all know it’s coming. We are already paying huge gas taxes for “road maintenance” that for some reason gets appropriated to everything but our roads. Do you know who doesn’t pay gas tax? Drivers of electric cars. Why not tax them for miles driven and leave the rest of us alone?

Let’s discuss COVID-related mandates. Shouldn’t parents be allowed to make those decisions for their children? At this point, we don’t know what the long term effects will be for these young people. We should not be experimenting on our children.

How about workers in all walks of life losing their jobs because they choose not to be part of an experiment? Is that okay? Not in my opinion. If you are vaccinated, why worry about anyone else’s choice? What happened to “my body, my choice?” That only applies when you want to commit murder. Yes, abortion is murder.

I’ll have more burning questions for you next month, to be continued ...

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

## News briefs

CONTINUED FROM Page 1

Gary Seideman, Market Manager, Yurview Network. “We will be announcing the full line up of games in the next few weeks.”

### VIRTUAL REALITY TOUR OF AWP PROGRAM

Oct. 4, the East County Advanced Water Purification (East County AWP) Program unveiled a 360-degree virtual reality tour video. Viewers are greeted by the Program’s “Big Deal” animated mascot and are then immersed into a guided tour of water facilities where they can look all around by simply moving their computer mouse or phones to anywhere in the video they want to see. Locations include the Ray Stoyer Water Recycling Facility, the East County AWP Demonstration Facility and Lake Jennings.

Viewers who have a virtual reality headset for cell phones can take engagement one step further by “stepping into” the video. Program representatives will also begin scheduling opportunities for community groups, schools and scouts to view the video using Program-provided virtual reality goggles starting in October.

“Prior to the COVID-19 pandemic, we averaged more than 1,000 people annually touring our facility, many of whom were eager students wanting to learn about this important water

resource,” said Kyle Swanson, director of the East County AWP. “This virtual tour helps to refill the learning need and will also be helpful while the East County AWP progresses towards the construction phase,” said Swanson.

Scheduled to be complete in 2025, the Program will use four advanced water purification steps to produce water that is near-distilled in quality. After the advanced water purification process, the purified water will be blended with water in Lake Jennings and treated again at the R.M. Levy Water Treatment Plant before being distributed as drinking water.

In addition to providing a new local water supply, the Program will eliminate the need to send most of East County’s wastewater to the City of San Diego’s Point Loma Wastewater Treatment Plant, where it is currently treated and then discharged into the ocean.

To watch the 360-degree virtual reality video and learn more about the Program, visit [eastcountyawp.com/177/Videos](http://eastcountyawp.com/177/Videos).

### MTS LAUNCHES PRONTO FARE SYSTEM

Transit riders now have a new way to pay for fares after the San Diego Metropolitan Transit System (MTS) and North County Transit District (NCTD) officially rolled out the PRONTO collection system on Oct. 1.

The month-long Ride Free with PRONTO promotion ended

Sept. 30. Riders will now need to add money to their PRONTO card or app to ride public transit. The transit agencies distributed more than 120,000 PRONTO cards and 100,000 app downloads for free between August and September to prepare riders for the transition.

“Offering a month of free rides and issuing free PRONTO cards helped riders convert to PRONTO and learn about the new system,” said Nathan Fletcher, MTS Board Chair and Chair, San Diego County Board of Supervisors.

PRONTO cards include features such as fare capping, instant account reloads and free transfers for up to two hours on one-way fares.

“Equitable access and flexibility are two pillars that really distinguish PRONTO,” said Tony Kranz, NCTD Board Chair and Deputy Mayor of Encinitas. “The system is accessible across most mobile devices, online, at stations, the MTS Transit Store, NCTD Customer Service Centers and at retail locations.”

Some of the best features of PRONTO include:

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SEE NEWS BRIEFS, Page 12

## LMFDC

CONTINUED FROM Page 6

to reason, or even the words of their beloved demagogue; rational thought gives way to a religious-like zeal, when even basic political choices seem redolent of societal collapse.

Yet most Americans seem blithely indifferent to the rapacious pests gnawing at the very frame of our country’s democracy. Most of us can manage but a desultory shrug when confronted with the clear and present danger to our right to free and fair elections; a danger that menaces more with the passing of each day. And if “the best of (us) lack all conviction,” it is horrifyingly obvious that these would-be usurpers of democracy “are full of passionate intensity.”

And we have seen our “rough beast.” His clown-colored makeup, his crayon-hued hair, his sagging belly, all suggest a caricature, a figure of fun. But our Beast’s “hour (will) come round” again. As he “slouches” back toward Washington, will we feel shudders of Yeats’ early-20th Century alarm, or will we be passive and resigned, as that second coming threatens to destroy what America means?

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

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## Brand

CONTINUED FROM Page 1

Literature. She moved to Northern California in 1989 where she got married and had a son before moving to Missouri for a few years for her husband's job. The family moved to San Diego in 1999 and bought a house in La Mesa in 2000.

Professionally, Brand has worked in business for herself as a landscape architect; was employed by environmental planning firm Helix Environmental; worked as a horticultural therapist with foster youth in Chula Vista; and worked for Civic San Diego, the former redevelopment agency for the City of San Diego. Brand now works for the City of San Diego in the Development Services Department Urban Division.

"Our role is land and permits and implementing the Downtown Community Plan for San Diego," she said.

Brand also has volunteered for various school and city organizations in La Mesa. For the past three years, she has served as a Community Services Commissioner.

"We oversee the improvements on parks and trying to implement the Park Master Plan. We've been looking at the plans for MacArthur Park recently, but we also promote the different opportunities in La Mesa and events that are happening through the city," she said "Prior to that I have volunteered extensively with the city and the school districts."

Brand lists her accomplishments as a volunteer to include expanding the school garden and garden curriculum at Lemon Avenue Elementary; developing the library garden at LMAC; and volunteering at local high schools as needed.

For the city, Brand said that along with her husband she worked on La Mesa's sidewalk improvement plan, bicycle master plan and parks master plans.

"I've been out there volunteering and participating for the 20 plus years that we've lived here," she said.

### CAMPAIGN PLATFORM

In addition to promising a practical approach to governing the city, Brand is also running on a three-part platform of: equity, infrastructure and transparency.

To achieve equity, Brand said she will "view La Mesa comprehensively."

"We have some great neighborhoods in the city but I think we can develop our neighborhoods throughout the community even more," she added. "We have a great, vibrant Village. We have a successful mall, but I would like to see our University Avenue, El Cajon Boulevard, Lake Murray Boulevard, I'd like to see those neighborhoods so that they become our Fern Streets, our Adams Avenues. We need to create a city that is comprehensive for all residents. It brings business and opportunities for all residents."

Viewing the city through a lens of equity will also help the city meet its Climate Action Plan by making all neighborhoods within walking distance to shops and restaurants, Brand said. Equity also ties into implementation of Parks Master Plan.

"I've been incredibly adamant about not focusing on one or two single parks in La Mesa, but that we need to be doing work in all of our parks," she said, adding that all parks in the city could use some improvement that is "way beyond overdue."

Brand's strategy to implement her equity plan is through the land use code.

"With the mixed-use neighborhoods, we have these specific plans for different areas in the city, but in our land use code we are not enforcing. It is not codified to make sure the bottom floor of these new housing units is actually set aside for retail or commercial," she said. "This is my experience working with City of San Diego, this is exactly what I have experience in. We need to make sure our land use code says 'Yes, you must implement this. It is not a suggestion. It is part of the design guidelines, part of the municipal code that you actually have to implement that.'"

Brand added that La Mesa needs housing developments with bottom floor businesses "not to just invigorate the neighborhoods but also to bring revenue into the city."

In order to implement improving La Mesa's infrastructure, Brand pointed out that the city doesn't have enough revenue. Her plan is to raise developer fees in the city.

"Right now they pay \$1,100 a unit for park fund fees or park in lieu fees for all this new development. Last year we brought in \$200,000 with all the development going on. That's it. It is

a tiny amount of money. In the City of San Diego that fee would be \$5,000 a unit, and the City of San Diego is thriving right now with development," she said.

Brand added that she doesn't see increased fees hindering development or having any impact on cost of rental units.

"If they can charge market rate for these units, they can pay a little bit more because we need a funding source," she said. "It can't all come from the residents and bond measures and increasing our taxes. It's got to be an equal distribution."

Brand said going after other funding sources, such as grants or though public-private partnerships like the new housing project on old police station property, is important, but will not be enough to meet the city's needs.

"We can't implement our sidewalk improvement plan, or build ADA ramps at all our intersections, or implement our bicycle master plan unless we have funds and there's just not enough SANDAG grants out there to make that happen," she said.

In her final campaign plank, Brand wants to bring more transparency to La Mesa government.

"I think the city started a great project in the Police Oversight Board, but I believe that level of transparency has to be seen at all levels of our city government," she said.

For an example, Brand said she recently made a public records request to find out whom the city selected to develop the old police station site and also why they were selected. She said she received the RFPs (request for proposals) from different developers and who was short-listed and interviewed.

"But the city did not write down any type of analysis as to why they selected that developer," she added. "They did all the deliberations verbally and the previous City Manager and the City Attorney were part of that team reviewing that and doing that so they knew exactly what they were doing. There is no accountability to the community when they do that. There is none whatsoever. That has to stop. We need to have accountability because when you work in public sector you work for the citizens."

For more information about Kathleen Brand, visit [brandforla-mesa.com](http://brandforla-mesa.com).

—Reach editor Jeff Clemetson at [jeff@sdnews.com](mailto:jeff@sdnews.com).

## 'Oh, Baby!'

CONTINUED FROM Page 1

experiences trying to balance career and family life within the film industry.

"In Hollywood when you're a pregnant woman, you're told to excuse yourself for a while, go have your baby and come back once you're rested," she said. "I just don't ascribe to that. I wanted to keep working as an artist while

I was pregnant and not just sit and twiddle my thumbs."

Film writing was a more recent artistic discovery during her pregnancy, but Chadwick always had a love of acting and theater. Growing up on Mount Helix, she discovered theater as an alternative to outdoor sports, and, in her words, "it stuck."

"I found that I felt very at home on stage, even at a young age," she said. "I felt permission to create, and play, and tell stories."

From that point on, acting remained an influential force within her life as she attended Francis Parker High School and participated in San Diego Junior Theater at Balboa Park.

"Life is just such a series of choices," Chadwick said. "It's funny when people ask you questions like, 'How did you get into it?' It's just little steps in front of each other."



‘Oh, Baby!’

CONTINUED FROM Page 8

After receiving a bachelor’s degree in theater from Fordham University, touring the country with the Broadway cast of “Grease,” and doing film/television work in Los Angeles, writing ended up being the next “step” in her career, but it wasn’t the easiest. “There’s a lot of red tape around writing,” Chadwick said. “I think

a lot of people are writers and don’t even know it. I think sometimes you’re scared to tell some stories. But really, you can be brave and scared at the same time. That’s what we’re doing in life.”

As Chadwick and Trantor began brainstorming “Oh, Baby!” during Chadwick’s pregnancy, both felt drawn to show the collective, authentic and real experiences of women.

“In films or television shows that focus on a pregnant woman, Brooke and I have discovered a lot of that is from the male perspective — the male lens,” Chadwick said. “We wanted to create a character and scenario where [there is] this woman who is pregnant and having this baby on her own.”

Completed at the end of 2019, “Oh, Baby!” was set to hit the festival circuit, but much like the rest of the theater and film industry, everything came to a standstill in 2020.

However, “Oh, Baby!” still managed to make its mark, even in the online world, receiving an Audience Choice Award from Blackbird Film Festival, Best Comedy from



Kate Morgan Chadwick (Photo by Sean Black)

the Indie Film Festival, Best Short Film at the Dances with Films Festival, and official selection from the Florida Film Festival. But for Chadwick, this film is much more than the awards it has received.

“It’s really a labor of love,” she said. “When you make a short film it’s not like you’re doing it to make money or anything; you’re doing it because you have something to say and you want to make something beautiful. I want people to laugh. I want people to question their own ideas about women’s roles in our society. We

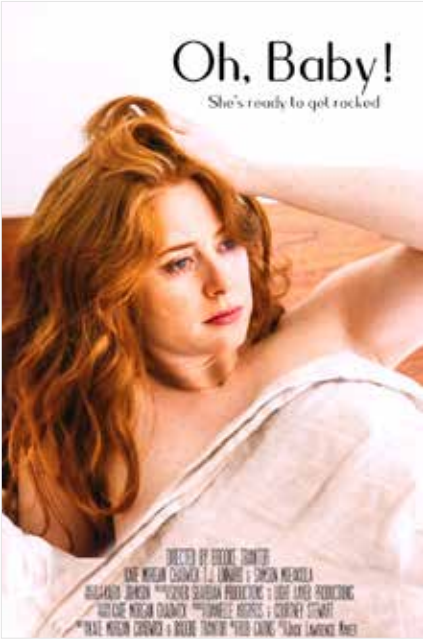


Chadwick and “Oh, Baby!” director Brooke Trantor at the Dances with Films Festival (Photo by Eugene Powers)

put a lot of pressure on pregnant women. We put a lot of expectation on motherhood. Sometimes the way we view single motherhood is layered and perhaps somewhat negative. I want people to check those when they see this film.” “Oh, Baby!” is streaming at the San Diego International Film

Festival which is running from Oct. 14-24. Head to [sdfilmfest.com](http://sdfilmfest.com) for more information.

—Elaine Alfaro is a former San Diego Community Newspaper Group intern and a journalism and international studies student at Point Loma Nazarene University. Check out more of her work on Muck Rack.



(Poster by Danielle Argyros and Jamie Goto)



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## News briefs

CONTINUED FROM Page 7

month regardless of how many trips/taps they make. (Fare capping does not apply to COASTER.)

**No Advance Purchase Necessary:** Riders will not need to buy a month pass in advance.

Riders can earn-as-they-go by adding money to their PRONTO account during the month. Every time someone taps to board a vehicle, the appropriate one-way fare is deducted from the balance. But they will never be charged more than the value of Month Pass no matter how many times they ride.

**Real Time Tracking:** Riders will be able to track their progress toward a Day or Month Pass on the PRONTO app or online account.

**Back to Basics:** Riders will still have the option to buy a Month Pass in advance for all buses, Trolley and SPRINTER. COASTER will require up-front payment for a Day or Month Pass,

and the SPRINTER/BREEZE monthly pass is on sale now.

The PRONTO app can be downloaded for free from the App Store and Google Play, and enables riders to quickly add money and purchase one-way fares and day and monthly passes. The PRONTO card is available at participating Vons and Albertsons and more than 70 other retail outlets as well as the Transit Store, Customer Service Centers, and ticket vending machines.

The Ride PRONTO website will allow people to register cards and purchase fares, review order history, add payment methods, set up a customized dashboard, and more.

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## Helix throws it back for homecoming



### Helix Highlights

By JENNIFER OSBORN

Helix High School turned back the clock for Homecoming 2021, incorporating the theme "Throwback to Homecoming." Homecoming week featured activities related to different decades, including dress up days and lunch time festivities.

The Homecoming game was a match up between Helix and the Steele Canyon Cougars. Historically, this has been a competitive meeting, so it was no surprise that the score was tight throughout. At halftime, the Homecoming court was recognized and Xavier Hunt and Amya Matthewson were crowned King and Queen. The game ended with a Helix victory, pulling it out 27-22. All in attendance were treated to a fireworks display that could be seen even miles away.

The next day was the Homecoming dance, which was

held on the Helix campus, outdoors in the Science Quad. It was a very well attended event, and the students were excited to have some semblance of normalcy after so much time with activities being restricted.

### 2022-23 ENROLLMENT

While the current school year is hardly under way, families are already looking ahead to high school enrollment for 2022-23. At Helix, all new student enrollment is done through a lottery, and the process will begin in January. Detailed information will be posted on the school website by December.

### ATHLETIC ACHIEVEMENT

The Helix Girls' Varsity Tennis team won the Grossmont Valley League title, going undefeated in League play, and an overall record of 11-6. They will begin play in the CIF playoffs on Oct. 25.

### VOCAL MUSIC SHOWCASE

Helix Vocal Music presents "Haunted Highland Holidays" on Thursday, Nov 18. Show time is 7 p.m.

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



Homecoming Kind and Queen Xavier Hunt and Amya Matthewson (Courtesy photo)



New museum highlight of anniversary celebration



Foothiller Footsteps

By CONNIE AND LYNN BAER

Grossmont High School's 101st Anniversary Celebration was a time for Foothillers to gather, reminisce, and share their Foothiller pride. 101 years ago, the school's founding board members, principal, teachers, staff, and its community could not have imagined the Grossmont of today, a school that treasures its past and embraces its future.

This identity is shown throughout the campus with the preservation of historic buildings, with the additional of modern buildings whose appearance echo the school's origins, as well as the many bronze plaques and benches celebrating its past donated by alumni and retirees. More than once, museum visitors have told us that Grossmont looks more like a college campus than a high school.

Friday's events began with the dedication of the new GHS Museum. GHS former principal and current district superintendent Theresa Kemper recalled to

the audience that 14 years ago, Connie came to her to ask if she and Lynn could start a museum on campus upon their retirement in 2007 and then recalling that the original museum was in a "broom closet." Needless to say, our current location is not a broom closet.

What is amazing is how engrossed GHS Museum visitors are from the minute they enter our new space. As retired teacher Rob Ridgway shared with us, "Wow! What a space you have created. I enjoyed watching the people more than the displays (which are spectacular). Every person, couple or group I saw were totally mesmerized... including me."

After the museum dedication, the football game began with a ceremonial coin toss by two of the 2020 Hall of Honorees, Professional Soccer Player Paul Wright and four-time ime NCAA Champion Runner Darcy Arreola Lange.

Before the Royal Blue Regiment's performance at halftime, the Hall of Honorees in attendance were introduced from the Science Porch seating area overlooking the field. The Zumwalt family including three 1970s graduates as well as Sue Sharpe, Class of 1954 and a retired PE teacher, enjoyed spurring the team on by singing GHS's 1970s fight song.

The celebration continued Saturday with the La Mesa



(l to r) New GHS Museum Dedication: ASB student Chris Falcon, Dan Barnes, Connie and Lynn Baer, Theresa Kemper, GUHSD Board Members Robert Shield and Chris Fite, ASB student Laila Aleman (Photos by Carolyn Jungman)

Historical Society's displays of local history outside the theater along with a performance by the Royal Blue Regiment Marching Band. After the Hall of Honor ceremony, performances on the theater plaza by dance students and by the NJROTC entertained guests.

At the beginning of the ceremony, Principal Dan Barnes said, "For a century, our graduates have not only made an indelible mark on San Diego's East County, but also on the county, state, and nation." This year's honorees certainly confirm that.

Dan continued with the introduction of three former principals in attendance: Bill Ashman, Brad Lichtman, and Theresa Kemper, followed by the celebration of a remarkable group of eight alumni

and four former teachers. In their comments after accepting their plaques, several of them acknowledged the impact Grossmont High School had on their lives and thanked influential individuals who had impacted their lives, several of whom were in attendance.

Anita Hensley, the great niece of two of the four educational pioneers, accepted the plaques for Eva McCarthy Quicksall, Carl Quicksall, and family friend Ethel Prosser. Carl and Ethel began at GHS in 1920 and Eva 1921. Their impact on Grossmont was profound.

After the ceremony, Anita shared with us, "A giant thank you to both of you for a wonderful weekend! Being presented with three plaques was a thrill beyond belief. So very proud of my great

aunt and uncle. The museum is beautiful."

Visit the museum to see the plaques honoring these 12 remarkable individuals as well as memorabilia documenting 101 years of Foothiller and East County history.

The GHS Museum will be open 10 a.m.-1 p.m. on Saturday, Nov. 6 and on Wednesday, Nov. 17. You may visit other Wednesdays, by appointment only. For more information, visit our website at [foothillermuseum.com](http://foothillermuseum.com) or contact us at [ghsmuseum@guhsd.net](mailto:ghsmuseum@guhsd.net) or 619-668-6140. Masks are required indoors on campus when students are present and always indoors for the unvaccinated.

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



(l to r) 2020 GHS Hall of Honor: Jim Zumwalt, Fran Zumwalt accepting for Gloria Jones, Paul Wright, Darcy Arreola Lange, Anita Hensley accepting for Eva and Carl Quicksall and Ethel Prosser, Lora Cicalo, Carmen Colognhi Gaerin accepting for John Colognhi, Gene Chubb, Dr. Scott Lippman, Connie and Andy Danielson accepting for Kristin Danielson Rhodes.



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# A ‘Murder’ plot at Lamplighters

By MICKEY ZEICHICK

Lamplighters Community Theatre at 5915 Severin Drive in La Mesa, has jumped right in both feet first in its production of Frederick Knott’s “Dial M for Murder.” This classic crime mystery thriller was made a movie first in 1954 with Ray Milland, Grace Kelly and Robert Cummings, and then again in 1981 with Christopher Plummer, Angie Dickinson and Ron Moody.

It is very easy to fall back and compare a live theatre production with the movie production but the audience should remember this is live theatre is and a movie is on film with many takes. With a live production, many things can happen in the moment that just doesn’t happen on film. And so it is with the stage production by Lamplighters, which is why this



Pete Zanko as Tony Wendice and Nick Asaro as Captain Lesgate (Photo by Kevin Phan)

play may draw more audience involvement than the movie.

The story is about Tony Wendice (Pete Zanko), a former tennis pro, who wants to have his wealthy wife Margot (Anna Poteet) murdered so he can get his hands on her inheritance. When he discovers her affair with Max Halliday (Eddy Lukovic), he comes up with the perfect plan to kill her. The fool-proof scheme can’t fail. Or can it?

The play is not a whodunit in the Agatha Christie mold, although there are similarly spiraling twists of logic and deduction, said director Calvin Manson. “Dial M For Murder” moves more along the lines of television’s detective series “Columbo,” in that we know who did it (or who wants to do it) and why — the questions

SEE DIAL M, Page 18

# Gothic tales perfect for the season



By DENISE SMITH

The horror genre is the focus of many book recommendations this time of year. Instead of providing you with titles from authors similar to Stephen King or Dean Koontz, I am providing new books with a modern, gothic feel for this autumnal season. While horror tends to give readers details about gore and monsters, gothic fiction is more about setting the mood of impending terror.

“Postscript Murders” by Elly Griffiths brings us to England just after the death of a 90-year-old with a heart condition. Why is such an unsuspecting event assigned to Detective Sergeant Kaur? We soon discover that the many crime novels on the shelves of the deceased were dedicated to her, and the authors of those novels are soon turning up dead. Kaur is on the case, heading to Scotland and into Europe, wondering how these authors can think up such lifelike crimes. Fans of Agatha Christie will enjoy this novel with a diverse group of characters.

Nothing gives a novel a more gothic feel than when a character has to abandon their broken-down car in the middle of nowhere and encounters a big, dilapidated house. That’s what happens to John in Sarah Perry’s “After Me Comes the Flood.” But

the house isn’t empty — it is full of other people who all seem to have been waiting for John to arrive. What does this fragile household want from John? Literary fiction fans will relish this psychologically complex tale of honesty and deceit.



In Rivers Solomon’s third novel “Sorrowland,” Vern, a 15-year-old Black, intersex albino who is pregnant and desperate to escape the compound of the religious cult she was raised in, finds shelter in the surrounding woods. She successfully gives birth to twins, but something from the compound is after this small family. Vern must escape the woods by confronting her past and her future, all while her body transforms in unexpected ways. This is a dark, near-future

tale that explores multiple social topics.

Rose is the new classics teacher at a prestigious, progressive, castle-like boarding school for girls high up on the cliffs in Phoebe Wynne’s debut, “Madam.” She hopes to inspire her students through the heroines of myths and histories. However, the school is not what it seems. Rose finds that the school is steeped in traditional values and control of power is strict. Soon, she begins to wonder why, and how, her predecessor left so suddenly and what the school has in store for her. This debut novel by Phoebe Wynne is perfect for fans of Margaret Atwood or Donna Tartt.

For these titles and all upcoming news about the library, visit sdcl.org.

### LIBRARY EVENTS

If you haven’t been able to stop by the La Mesa Branch Library in the last few months, you can also find us at MacArthur Park on Saturday, Nov. 6, from 10 a.m. to 1 p.m. during the Parks Appreciation Day, and meet our new Youth Services Librarian, Sara.

We’ve also restarted our weekly Drop-In Tech Help program, Tuesdays, 2–3 p.m. A staff member will be on hand to answer basic computer questions and help with downloading library eBooks.

—Denise Smith is a librarian at the La Mesa branch of the San Diego County Library.

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# La Mesa baker gets called into the spotlight

By FRANK SABATINI JR.

It was a stroke of luck that many small-business owners could only dream about.

Out of the blue earlier this year, Dani L. Hannah of Choice Confections received a call from the casting director of "Baker's

Dozen," a streaming television series that debuted Oct. 7 on Hulu. "It was a complete shock," Hannah recalls. "The casting director said I was recommended by someone, but she wouldn't say who. I didn't really care because I was so excited. And I still never found out who it was."

Hannah launched Choice Confections in 2014, a baking business she runs from her La Mesa apartment. She specializes in custom-made cookies and cupcakes that are available for pickup as well as delivery to most areas of East County and metro neighborhoods of San Diego.

The goodies are all made with butter rather than oil or lard, and she takes particular pride in her decorating skills.

"Some customers come to me with photographs they want replicated. Or I can run with a theme. The sky is the limit. And I can create any color," she said.

Hannah participated in "Baker's Dozen" as a contestant for Episode 6. The format starts



Dani L. Hannah with brioche cinnamon roll: Hannah in round three of Baker's Dozen with her brioche cinnamon roll (Photo courtesy Cory Osborne/Hulu)



Dani L. Hannah California rainbow cookies: California rainbow sugar cookies (Choice Confections)



Dani L. Hannah flower theme cupcakes: A bouquet of cupcakes (Choice Confections)

out with 13 amateur and professional bakers tasked with conjuring up confections based on certain themes. Filmed on a posh ranch in the Los Angeles area, the

victor of the show's three elimination rounds goes home with \$5,000 and a golden rolling pin.

SEE BAKER, Page 17



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Baker

CONTINUED FROM Page 16

“The winner wasn’t me. But I made it to the final round when there were only three of us left,” she cheerfully noted. Hannah proved her baking prowess throughout the entire episode nonetheless.

In the first round she decorated a giant pre-made donut with a “beautiful diva” sporting big curls, gold lips, hoop earrings, and a flower in hair. The image was meant to resemble jazz legend Billie Holiday.

For round two, the contestants were asked to produce 13 identical desserts of any kind. Now as one of only five competitors remaining, Hannah cranked out cacao cupcakes filled with bourbon-chantilly cream and topped with spiced-pecan brittle.

The final showdown called for a breakfast-theme dessert. Hannah gave it her all with a four-layer cinnamon-roll cake made with brioche and sided with chocolate-covered bacon. On top was a Thai confection known as thong yip, which looks like an egg yolk. Hannah set the delicately crafted orb into a cloud of meringue.

But a trio of judges gave the win to a “self-taught professional baker” named Nicole, who created a French toast

casserole layered with peanut butter cream and raspberries. Hannah was hardly discouraged, and she is grateful for the national publicity.

“It hasn’t trickled into massive orders yet, but it’s given my business a boost on social media so far,” she said, noting that all eight episodes of the show are available for the long run on Hulu.

In addition, she has achieved local name recognition through Grossmont College, where she teaches for its culinary arts program on Saturdays. She holds an Associate’s Degree in Culinary Arts from Grossmont, and a Bachelor’s in theater, art and dance from California State at Los Angeles.

Her baking history dates back to when she made sweet potato pies and hot-water corn bread with her grandmother when growing up in Bakersfield, California.

“Baked goods just make me happy. It’s the smell and nostalgia of them. Something as simple as chocolate chip cookies can bring back a lot of good memories.”

That love of sweets, she recalls, is what drove her into starting Choice Confections — not to mention the urging of friends and family members who raved about her desserts along the way. So with only a small KitchenAid mixer and humble packaging supplies

from Michaels Arts & Craft store, she went into business. Today she fulfills a steady stream of customized orders for weddings, birthdays, gender-reveal parties, and more.

“I now have more cupcake tins than clothes. And I have bigger Kitchen Aid mixer now.”

As for baking again on television under bright lights and time clocks, she quipped: “Ideally I’d like to someday get

my own show — somewhere, somehow.”

Hanna can be reached through her web site at: choice-confections.com

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

ROASTED BUTTERNUT SQUASH HUMMUS



By JULIE WHITE

Perfect fall appetizer! Great served warm or cold on crackers or with cut up vegetables.

INGREDIENTS

- 1 pound box of butternut squash, pre-cut
- 1 15 ounce can chickpeas, drained

- 1/4 cup Tahini
- Juice of a lemon
- Salt and pepper to taste
- 1/4 cup extra virgin olive oil (extra for roasting)

DIRECTIONS

Heat oven to 400. Spread out squash on a cookie sheet drizzle with a bit of oil. Salt and pepper Roast for 45 minutes.

Place cooked squash and remaining ingredients in a blender and process until smooth.

Serve with crudities or crackers.

“Nothing is more honorable than a grateful heart” —Seneca

Demonstrating artist: Mona Ray



On Nov. 4 at 4:30 p.m., Mona Ray will be demonstrating how to “Make Small Studies on Paper, Refine your style, and Increase Sales!” at The Foothills Artist Association Gallery in Porter Hall, located at 4975 Memorial Drive in La Mesa.

Best known for her gestural and atmospheric landscapes, Mona Ray moved to San Diego in 1995 and has worked as a professional artist for the last 19 years. Her paintings have been exhibited in galleries in Colorado, New Mexico, and California. FINE Magazine featured an extensive interview about her work, and Sundance Studio’s Studiovox called her one of “Five Artists You Should Know.”

Mona lives and works in La Jolla. She is represented by Walker Fine Art in Denver, Emerald C Gallery in Coronado and Perry Gallery in La Jolla.

SEE ART, Page 18



“Canyon in Blues” by Mona Ray (Courtesy photo)

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## Art

CONTINUED FROM Page 17

Starting with brief sketches in the landscape, the remainder of her process is studio based, where explorations and interpretations of her initial observations develop gradually through layers of charcoal, acrylic, and oil. The final paintings preserve the evidence of this spontaneous and intuitive approach, a journey in marks and paint.

With the landscape as her ever-present muse, these paintings weave together elements of observation and memory, seeking a moment of transcendence in a time of uncertainty. While ethereal skies remain a focus in this series, trees share the stage in much of my recent work: beckoning, sheltering, gesturing toward the evanescent light.

Mona's journey into a painting begins with charcoal or ink, or acrylic, sometimes collage, beginning with a loosely held subject and an openness to the process. Her approach is intuitive and spontaneous.

"With brushes, palette knives, and plenty of paint, I gradually build up colors and textures in the work, drawing in and scraping through with various tools. After the first several layers are dry, I return to the piece with layers of oil paint, at each stage considering if the conversation in the piece is coming to a close or if there is more yet to say," she says. "Throughout this process, the painting ebbs and flows between chaos and clarity, destruction and creation, until the dialogue slows and the painting begins to say something that feels true. The piece opens up at this point and becomes three things at once: a landscape, a tangible record of my thoughts and struggles as I created it, and something larger, something I cannot entirely claim as my own — a whole greater than the sum of its parts."

To learn more about Mona's art, visit bit.ly/3p96vUB.

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

## Dial M

CONTINUED FROM Page 15

is whether or not he's going to get away with it.

The play's set on the Lamplighters' stage is convincing and clever and is punctuated by a picture on the wall that has diametrically opposing lines and colors, which seems to this viewer as a metaphor for the juxtapositions that happen throughout the play. Things and explanations seem to work — and then, do they?

The cast and crew have come with a great depth of knowledge and experience in the theatrical world and

each is dedicated to making this production top notch, especially directors Calvin Manson and Tina Machele Brown.

Lamplighters Theatre adheres to all COVID protocols and the audience members are appreciative and feel confident in attending the productions at there. It was an enjoyable evening and led to some discussions as to why this or that which, after all, lets the production live on after the curtain has come down.

—Mickey Zeichick is president of the Associated Community Theatres. Reach her at [mrzeichick@gmail.com](mailto:mrzeichick@gmail.com).



(l to r) Pete Zanko as Tony Wendice, Richard Cajka as Detective Hubbard and Anna Poteet as Mago Wendice (Photo by Kevin Phan)





# Avoid Medicare scams during enrollment

By RICK BEAVIN

The annual Medicare Advantage and Medicare Prescription Drug Plan enrollment period is approaching. From Oct. 15 to Dec. 7, millions of people eligible for Medicare can sign up, switch or leave a health care plan to fit their coverage needs for 2022.

Due to the ongoing COVID-19 pandemic, Medicare information and resources are available to help you choose the plan that's right for you while staying safe. Websites, online educational events and one-on-one meetings with sales agents are all great ways to learn about your Medicare plan options. At the same time, it's important to access Medicare resources online while protecting your personal information and avoiding fake offers and other scams.

Here are some tips for how to prepare for the Medicare annual enrollment period:

• **Use an online tool**

Go to the Medicare Plan Finder on Medicare.gov to compare plans, benefits and get an estimated cost for each plan based on an average member. If you are interested in Medicare Part D, which helps cover the cost of prescription medications, you can also enter the names of prescription medications you take to ensure those medications are covered by the plan you are considering.

On Medicare.gov, you can also learn about and enroll in Medicare Advantage plans, sometimes called Part C or MA Plans, and visit an insurance company's website to understand more about what they offer. Insurance companies that offer Medicare Advantage plans can provide detailed information about their plans and services, plus prescription pricing information and other benefits. You can also check whether your primary care physician or other providers are in-network with the Medicare Advantage plan.

• **Connect with experts**

Many insurance companies are offering online workshops to review 2022 Medicare Advantage plan options. Also, check to see if you can schedule a one-on-one meeting with an insurance company sales agent in-person or by phone or video chat. Before you attend an education event or meeting, it's a good idea to prepare a list of questions so that you can ensure you get the information you need. Does the plan include vision, hearing and dental coverage? Will telehealth services be covered? Is transportation to your medical appointments included?

• **Protect yourself against Medicare scams**

The federal Medicare agency has warned that scammers may try to use the pandemic to steal Medicare beneficiaries' Medicare numbers, banking information or

other personal data. Scammers may try to reach out to you by phone, email, text message, social media or by visiting your home. Only give your Medicare number to your doctor, pharmacist, hospital, health insurer or other trusted health care provider. Do not click links in text messages and emails from unknown sources, and hang up on unsolicited phone calls.

If you are not comfortable accessing plan information online, you will have the option to meet in-person with an agent this year. Or Medicare.gov has an option for setting up a phone call. To learn more, go to Medicare.gov or call 1-800-MEDICARE (800-633-4227).

—Rick Beavin is Desert Pacific Medicare President at Humana.

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