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GHS clubs have a rich history




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**Spring into annual photo contest**



Helix Water District recently launched its 13th annual Lake Jennings Spring Photo Contest and is awarding cash prizes up to \$150 to adults and kids for the best photos of the lake's recreational activities, scenery and wildlife. The contest seeks engaging photos highlighting the beauty and fun recreational activities available at Lake Jennings. Finalists and other entries are shared across the district's printed and digital materials and help promote Lake Jennings with the local community. Upload photos at [hwd.fyi/LJphoto](http://hwd.fyi/LJphoto) and complete the online form. Entries are due online by 11:59 p.m. on Wednesday, May 31. There is a limit of three photo submissions per photographer, and photos may not contain watermarks. The complete set of rules and entry and model release forms are available at [hwd.fyi/LJphoto](http://hwd.fyi/LJphoto). Helix Water District provides water treatment and distribution to over 277,000 people in the cities of La Mesa, El Cajon and Lemon Grove, the community of Spring Valley and areas of Lakeside — east of downtown San Diego. Helix also provides treated water to neighboring Padre Dam, Otay and Lakeside water districts. (Photo by John Wozny)

**Women's History Month is great time to honor local female business leaders**



By **DAVE THOMAS**

With all the women working at and running different businesses, organizations etc. in San Diego, March is a good time to highlight some of them during Women's History Month.

The National Women's Business Council noted in its annual report (2020) that 42 percent of all U.S. companies are owned by women. It is also stated that women are more likely to start a business than their male counterparts.

In celebrating this special month, there are plenty of area women who have stood out in their respective careers.

Take for example Grossmont High School Class of 1975 graduate and La Mesa native **Ellen Ochoa**.

The veteran astronaut, who is also a San Diego State University graduate (Class of 1980), applied to the astronaut corps as soon as she finished her Ph.D in engineering.

"I was inspired by the research that the (new at that time) space shuttle was capable of supporting, and of course by Sally Ride, the first American woman in space," Ochoa said. "Five years later, after working as a research engineer and supervisor, NASA selected me as part of the 13th group of astronauts."

For Ochoa, there were challenges being a woman in what

SEE **WOMEN'S HISTORY MONTH**, Page 2



Grossmont High School and SDSU grad Ellen Ochoa has soared to new heights over the decades. (Courtesy photo)

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## Marching to the tune of St. Patrick's Day



Grossmont High School's Royal Blue Regiment participated in the 2023 San Diego St. Patrick's Day Parade Saturday, March 11, along 5th, uphill on 6th and Laurel, and ending at Balboa Park. The band brought home a "wee bit o' gold"! The amazing RBR Color Guard took first place and the Marching Band came in second in a light-hearted competition geared to entertain judges and spectators alike. (Courtesy photo)

# BUNNY HOP TRAIL

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## Women's History Month

CONTINUED FROM Page 1

was once a male-dominated field.

"It wasn't common for women to study science and engineering, much less women of Hispanic background," Ochoa commented. "Some professors actively discouraged me or prevented women from entering the department, but fortunately there were others (professors, family, friends) who encouraged and supported me. When I first joined NASA as a research engineer, I noted that there were more women working there than I had seen in my previous job or grad school, though there weren't yet women in leadership positions. Fortunately, by the time I was selected as an astronaut, women had been in the astronaut corps for 12 years, so a lot of the barriers had already been addressed."

Ochoa is quick to encourage any young women looking to get into her profession by telling them definitely go for it.

"We need bright minds to be able to accomplish all the exciting challenges in human space exploration, and other STEM fields," Ochoa remarked. "There are great opportunities to apply curiosity and creativity, working in teams to solve challenges and make discoveries."

Having taking inspiration from Ride and other women in that

astronaut class of 1978 including Kathy Sullivan, Ochoa feels thankful. "I've been fortunate to get to know them and all but one of the other women in the class," Ochoa said. "They, along with the minority astronauts selected that year, made a huge impact in demonstrating that the astronaut career, and many other STEM careers, were now possible, even though bias still existed."

When it comes to the best thing about being in the profession she has, Ochoa was quick to point out, "Working with a team to accomplish goals that are bigger than myself and which benefit humanity."

### MORE FEMALE LEADERSHIP IN THE CLASSROOM AT GROSSMONT HIGH SCHOOL

Another successful woman with ties to Grossmont High School is **Stephanie LaBerge-Luhnow**, the school's science department chair.

When asked how she got involved in the education field, LaBerge-Luhnow, noted, "A neighbor of mine taught at the Grossmont Health Occupations Center and she invited me to come and assist with one of her classes. That turned into an official job working with the adult students at the school. Being there, helping the students and the teachers helped me realize that teaching was something that I could apply my degree to. The teachers at the GHOC supported me in so many ways, but the best thing they did



Stephanie LaBerge-Luhnow (Courtesy photo)

was to be examples of what great teachers do."

In looking at the teaching world, LaBerge-Luhnow said the profession is unique since it is still a female-dominated profession.

"I think you still have to be vocal and strong to get ahead," she remarked. "I worked hard designing lessons, setting up labs and activities, volunteering at all sorts of school events, and I went to school every weekend for my first two years teaching. I don't think I had to work harder than the men but I put in the hours."

When it comes to offering advice for any young women out there looking to enter the teaching world, LaBerge-Luhnow stated never be intimidated or think that you do not know enough.

"Make connections with your peers and create a support network," she said. "Sometimes you

SEE WOMEN'S HISTORY MONTH, Page 3

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# Women’s History Month

CONTINUED FROM Page 2

just need one person who understands the challenges of teaching that you can talk to about anything. Make time to observe teachers of all subjects. I have learned so much about the art of teaching from observing all kinds of teachers.”

In thinking of any women who’ve inspired her over the years, LaBerge-Luhnow said a pair come to mind.

“There are two main teachers who inspire me; my mom – Maureen LaBerge, who teaches quilting and is my first teacher. Helen Laskaris, who was my neighbor who invited me to her class to assist. Both of these women are strong, confident, and will teach anyone who comes to their classroom. I would not be the teacher I am today without having them in my life.”

In her 24th year of teaching, LaBerge-Luhnow said each day is different.

“A student recently asked me if I am tired of teaching the same classes for so long,” LaBerge-Luhnow stated. “My response was that I change things up every year so every year has been different. I am not just a teacher. I am a counselor, advisor, confidante, a parent, and a trusted adult. You never know exactly what to expect and teacher is never boring.”

Fellow Grossmont High School English for Business teacher **Nicole Thren** received her teaching credential in Connecticut in 1988 and immediately got married and moved to New Jersey. It was there that she began teaching adult school at night while working various office jobs.

After a stint in Baltimore, Thren moved to California and ultimately wound up at GHS, a move she said was the best she ever could have made.

“I was lucky enough to work for people that gave me a lot of responsibility and always believed in my knowledge, experience, and ability,” Thren commented. “I am very confident in my abilities and have always been proactive in my career. I have always been surrounded by co-workers, supervisors, and company owners that respect me and appreciate my work ethic.”

Asked about any advice for young women looking to enter the teaching profession, Thren said give 100 percent effort in all that you do.

“A strong work ethic is the key to success in any industry,” Thren remarked. “I would also tell them to know when to say no. Women tend to feel guilty when they are asked to do additional tasks. They feel that they must always say yes. It is very easy to get buried. When you take on too much, everything suffers including your own mental health. Life is about balance. Time management is definitely a necessary skill.”



Nicole Thren (Courtesy photo)

According to Thren, her mother was her role model.

“She was a business teacher and then social science teacher at a continuation school,” Thren stated. “she worked with students that were dealing with many challenges and trauma. She was respected by her co-workers and principal, and the effect she had on her students was amazing. I try to emulate her every day.”

In looking at the best thing about being a teacher, Thren said is that things change almost daily.

“There are so many positive aspects to being in education, but there are also many difficult times. Dealing with the students that are going through so much at home and trying to get them to focus on your curriculum and care about what you are teaching can be very draining, but when they get it, that’s one of the best things. As a teacher, we often forget the impact we have on the young lives we deal with every day. I actually

SEE WOMEN’S HISTORY MONTH, Page 8

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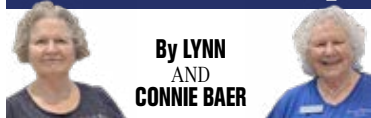
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# GHS club life has a long and proud tradition on campus

## Foothiller Footsteps



In the 1926 El Recuerdo, GHS's yearbook, the first two service clubs are highlighted: Girls' League in its second year and Boys' Federation in its inaugural year. Earlier in the decade, some classes on campus were called clubs, such as the Girls Glee Club, but it wasn't until the late 1920s that clubs began to blossom in response to student interests and needs.

Today's Foothillers have a choice of 40 clubs. Each daily bulletin announces the clubs, meeting dates, and locations. Really, there is "something for everyone".

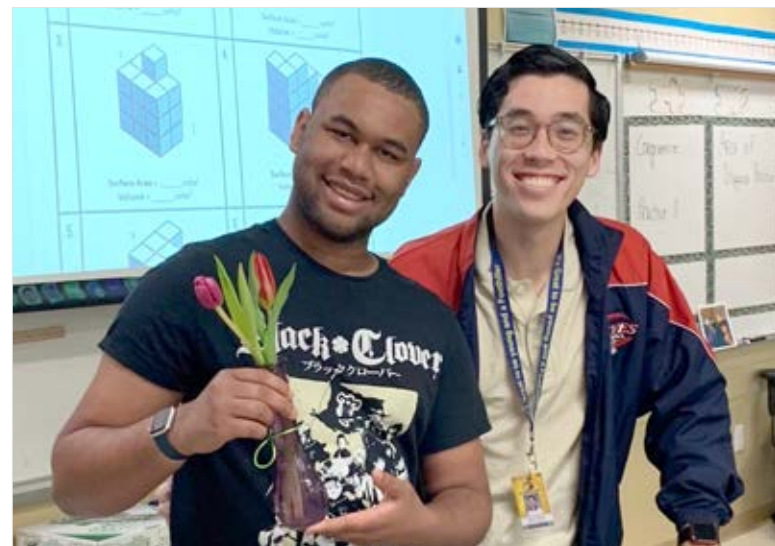
## FLOWER POWER

Karen Schreiner, a Transition Special Education teacher and club advisor shares, "Weekly, we put together 71 standing orders for vases with flowers and deliver them throughout the campus to the GHS staff and the GUHSD staff.

My students participate in the entire process. They cut the flowers to fit the vases; they arrange them to make them look good in the vase.

They deliver the vases with a greeting, "Here are your flowers" with a smile and a thank you.

The students always get the reply, "O, how beautiful and thank you; you make me so happy". It



**Andrew Rowe delivers flowers to math teacher Daniel Valoria (GHS Class of 2016). (Courtesy photo)**

really takes away the Monday blues for everyone that gets them. Everyone is so happy when they receive their flowers."

The recipients are delighted as well. Math teacher and GHS alumnus, Class of 2016, Daniel Valoria declares, "Every Monday, the Flower Power Club brightens my day with a fresh vase of flowers! The flowers make my classroom a more welcoming, comforting place for me and my students."

Math and calculus teacher Kristen LoPrell shares, "I love getting fresh flowers each Monday! They brighten my classroom, and it is so lovely to get to know the sweet students who deliver to us. The flowers remind me to take a deep breath and look for the beauty in each student on my most stressful days.

English teacher and department chairman Heidi Schultz agrees. "It brightens our day to have fresh flowers brought to our classroom. It's a nice way to start the week. I love seeing the arrangements the students create. Every week is different. I'm grateful for Karen Schreiner and all she does for our students."

## INSTRUMENTAL MUSIC CLUBS

James Villegas, Instrumental Music Director, shares that "I'd like to highlight three clubs we have running right now in the instrumental music department."

## WINTER GUARD

"The first is our Winter Guard, a collection of 12 young ladies from across the campus who meet twice weekly to practice what we in the biz call, "The Sport of the Arts". Winter Guard is a combination of dance, gymnastics, and spinning (more often tossing and catching) 6' flags, rifle stocks and even sabers in routines set to music. The group is set to do this in several competitions this winter."

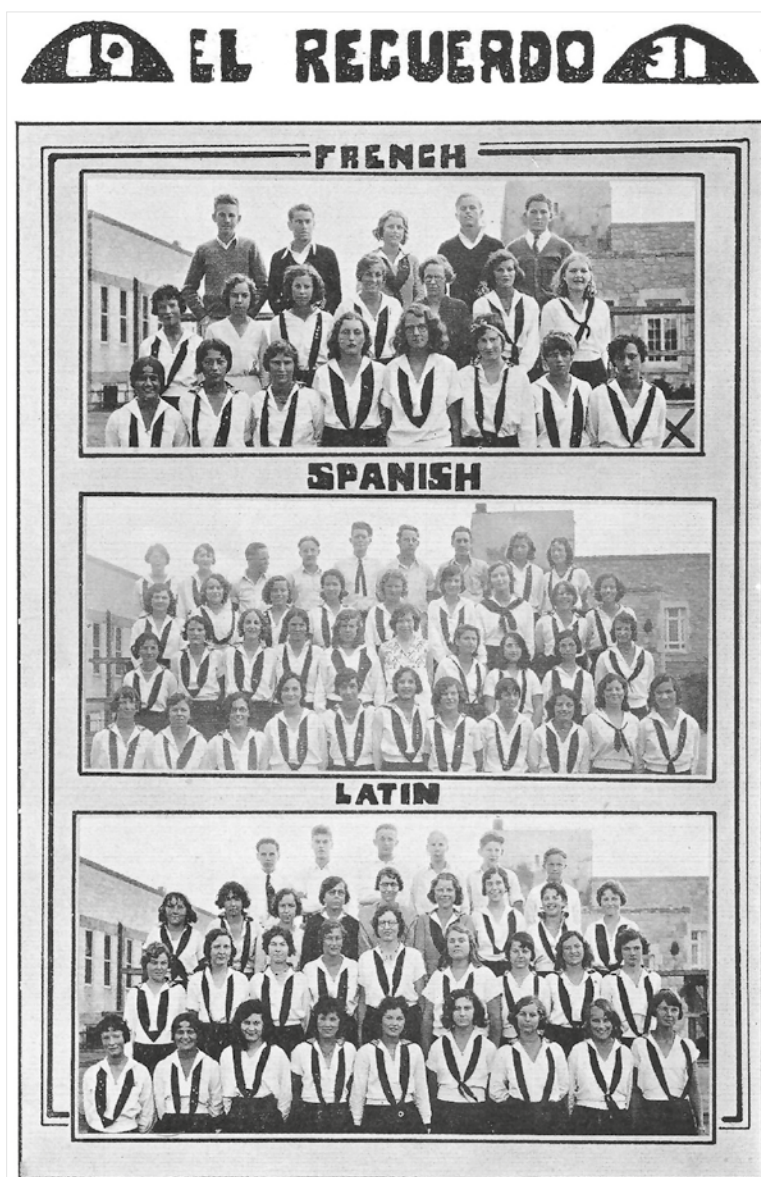
## WINTER LINE

"Our second feature is our indoor drumline, referred to as Winter Line. Similar to the color guard, this group is made up of 14 students from across the campus who create a gymnastic filled music routine while playing various percussion instruments, including mallet instruments such as the marimba. The ensemble meets in the evening twice a week and is set to perform at several competitions this winter."

## JAZZ CLUB

Our newest club is the Grossmont Jazz club! This group of students includes members from choir and piano, even ROTC, who get together once per week to bring life back to some of the greatest jazz standards, a bit of New Orleans style and even some bop.

Whether as a trio or a complete ensemble, the students have



**The 1931 language clubs at Grossmont High School. (Courtesy photo)**



# We care about the whole child

By **TAMMIE BABBITT**

A whole child approach to education is critical to equitably preparing each student to reach their full potential.

At La Mesa Dale Elementary we teach academics, however we also strive to teach our students to be better human beings who are able to navigate the world long after they leave our halls. Post COVID pandemic, social and emotional learning is increasingly critical in schools.

Today's educators are facing the reality that students have greater social needs than in the past. This starts by creating environments of belonging and connection where students and teachers alike can engage and thrive, as well as removing barriers to education.

According to research, SEL increases prosocial behavior in children such as sharing, empathy and kindness, as well as increasing academic achievement through a positive attitude towards education. Sometimes though, everyone needs a break.

Thanks to a generous donation from LaMesa Community Welfare Association LMD staff have created a sensory room equipped with soft lights and various equipment aimed at providing students individualized sensory experiences needed to self-regulate.



A whole child approach to education is always in focus at La Mesa Dale Elementary School. (Courtesy photo)

This calming space allows students to refocus and be better prepared for learning and interacting within the classroom. Students can attempt a balance beam, swing calmly, bounce on a small trampoline or hug a fuzzy pillow all in a safe space. Many of LMD's teachers offer a smaller scale calming corner in their individual classrooms where students can take a moment before reengaging.

Encouraging students to gain self-awareness, self management, social awareness, decision making and relationship building skills is a task guided by both the classroom teacher and our wonderful

full-time social worker Bethany Young. Ms. Young, through the Second-Step curriculum and the 5 core competencies, Sanford Harmony activities as well as professional experience with mental health services guides our educational stakeholders to best support our students.

We are proud to offer our students a safe and supportive environment that incorporates a broader view of the skills all students must develop for long term success in life.

—Tammie Babbitt is principal at La Mesa Dale Elementary School.

# Mount Miguel High School's new athletic facilities now operational

Mount Miguel High School's new athletics facilities – the latest project made possible by the Grossmont Union High School District's \$545 million Measure BB and Proposition U bond construction program – are officially open after an early March dedication ceremony and ribbon-cutting celebration held in the redesigned gymnasium.



Improvements at Mount Miguel High School have made for a better look and feel. (Courtesy photo)

## GHS club life

CONTINUED FROM Page 4

performed here on campus as well as in the community. They love improvising and playing for fun and the group is becoming known; the local community has reached out several times now to tap their unique and special talent."

**YOUNG LIFE**

Stella Gardner, Young Life President, shares, "We meet on Thursdays at lunch and Monday nights at 7:29 p.m. Young Life is a Christian club that welcomes everyone to come and enjoy pizza, raffles, and games while learning

about Jesus and his extraordinary love for us.

Young Life is a mission devoted to introducing adolescents to Jesus Christ and helping them grow in their faith. We provide fun, adventurous, life-changing and skill-building experiences by inviting kids to personally respond to the Good News and walking in friendship with them regardless of their response."

According to Principal Dan Barnes, "Student clubs at Grossmont High School have been a long-honored tradition, but just as importantly, they are a way for students to connect to one another and to our school. Research shows the more that students interact with each other and involve

themselves in school activities and clubs the more successful they are in the classroom. We are very thankful to our staff club advisors and the student leaders in each of the clubs for providing this valued opportunity for our Foothillers."

For information about Foothiller history and the GHS Museum, email Connie and Lynn at ghsmuseum@guhsd.net or leave a message at (619) 668-6140. Learn more about Foothillers, past and present, on our website at foothillermuseum.com and our Facebook page at Grossmont High School Museum and Alumni.

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



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## EDITOR

Dave Thomas x130  
dave@sdnews.com

## CONTRIBUTING EDITORS

Kendra Sitton x136  
Tom Melville x131  
Dave Schwab x132

## WEB & SOCIAL MEDIA

Dave Thomas x130  
dave@sdnews.com

## CONTRIBUTORS

Tammie Babbitt  
Connie and Lynn Baer  
Robin Dohrn-Simpson  
Jessica Mills  
Sara Nielsen  
Marva Smith

## PRODUCTION MANAGER

Chris Baker x107  
chris@sdnews.com

## ACCOUNTING

Heather Humble x 120  
accounting@sdnews.com

## ADVERTISING CONSULTANT

Heather Fine x 118  
(951) 296-7794  
hfine@sdnews.com

## BUSINESS CONSULTANT

David Mannis

## PUBLISHER

Julie Main, x106  
(858) 270-3103  
julie@sdnews.com



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# Reduce...reuse...recycle needs to be emphasized

## In the community

By HALEY KAY

Reduce... reuse... recycle. It's a phrase used in children's school songs teaching sustainability to young and impressionable minds, but has since been deserted in the school system.

Beyond the sixth grade, recycling is often nonexistent despite the efforts sung in elementary schools. With the estimated 560,000 tons of waste generated in California schools per year, it is imperative that middle and high schools put a larger emphasis on campus recycling.

We do it at home, why not at school?

In the past 15 years, recycling has transformed into a simple lifestyle choice rather than a sacrifice. Every front yard has black, blue, and green cans. Kids know how to recycle. They've grown up separating their bottles and cans from the trash, so implementing this in schools shouldn't be a question of HOW we're going to teach

students, but instead WHEN we can start.

If the prospect of reducing waste in our increasing neglected world isn't convincing enough, the law should be. In January 2022, two California laws designed to reduce waste in the commercial sector were set to be enforced. The first of the pair, AB 341 requires all businesses to have a system for mixed recycling, while SB 1383 requires the addition of an organics recycling system. All public and private schools fall under California's definition of a 'business'.

Therefore, with the help of local jurisdiction, schools should legally have a full-fledged recycling program— including typical recycled materials such as aluminum and plastic, as well as organic materials like paper products, bio-waste, and wood. In San Diego County, only a handful of schools actually have a functioning recycling system, despite over a year of these laws in place.

Determined to make a change, Helix High School and our Environmental Club have taken



significant steps towards campus wide recycling, as well as educating students on making smart, sustainable decisions.

Through school-wide events like habitat and community restorations, clothing drives, and lobbying meetings, Helix students have learned to take action in their community. The importance of reducing (waste on our sidewalks), reusing (lightly used clothes), and recycling (our plastics) is put into practice in Helix Charter High School, thanks to the compassion of both staff and students.

Bringing these sustainable education events to life was not without its struggles, however. A single Environmental club can only do so much to plan and execute a perfect event. As we've learned through much trial and error, it takes the effort of the student body and the staff to make an event successful. After leading as a part of the Helix Environmental club for two years, by biggest takeaway is that it takes a village to make a change.

To make a difference in our school, city, or county, we can't act alone. Every step towards a sustainable future should be done step by step, hand in hand. School-wide recycling is a first step that we can all take, and it is one that is proven to be effective and possible.

So, this Earth Day, let's start here. Let's reduce, reuse, recycle; together.

—Haley Kay is a student at Helix Charter High School and president of the school's Environmental Club.

# GHS Green Club active part of community environmentalism

## In the community

By SOPHIA MARTINEZ

At Grossmont High School, the Green Club is an active part of community environmentalism, both in school and out.

Our club centers around local action, and what students can take part in to make a difference. We give presentations weekly on issues we feel are important for our members to be familiar with, such as the environmental harms of fast fashion, how to help local insects, and ways to get outside and enjoy nature.



We host our own events in the community, picking up trash at school and in areas such as

the local beaches. We also participate in community service and charity projects, hosted by such organizations as I Love a Clean San Diego and the Lung Association.

Helping the planet and giving back is critical, both for the benefit of people, as well as the benefit of wildlife and plants. From human health and wellness to conserving the natural world for the generations to come, there are so many reasons for getting out there and becoming involved.

And it doesn't have to be massive- everyday actions can

help, such as carpooling more or taking transit, using reusable grocery bags, buying sustainably sourced products, or giving some of your time to the many local environmental organizations that are working every-day to make the planet a better place.

There are so many things that we can do to lessen our impact on the environment, and it will take action by all of us to really make a difference.

—Sophia Martinez is a student at Grossmont High School and president of the school's Green Club.

# April brings a lot of reasons to celebrate including the Earth



By SARA NIELSEN



April brings us a lot of reasons to celebrate, including El día de los niños, Earth Month, National Poetry Month, and National Library Week.

El día de los niños, is traditionally celebrated on April 30 throughout Mexico. El día De Los Niños, El Día de los Libros, or "Día," is celebrated by San Diego County Library throughout April.

SDCL will install self-guided "Story Trails" at parks throughout the County. In partnership with the City of La Mesa Community Services department, La Mesa will be home to two different "Story Trails," one each at MacArthur Park, and Harry Griffen Park.

On April 11, at 4:30 p.m. in celebration of "Día," the La Mesa Branch will host an all-ages performance of Story Box Theater, featuring storytelling in the Japanese Kamishibai style. All children in attendance will receive a free book, while supplies last.

You can also celebrate "Día" at home by checking out a book to read yourself, or with your family. If you have preschoolers, I recommend introducing them to Pete the Cat in either Pete the Cat: I Love my White Shoes, or Pete the Cat and his Four Groovy Buttons, written by Eric Litwin, and illustrated by James Dean.

Also in April, we celebrate Earth Month.

You can try small changes in your everyday life that can make a big impact in our world with the book, Sustainability Made

Simple by Rosaly Byrd. Or you might be interested in growing some of your own food with The Beginner's Guide to Starting a Garden by Sally Roth.

The La Mesa Branch will also soon be home to a Seed Library, as part of the San Diego County Library's Seeds & Sustainability Project. The coming Seed Library is made possible in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

One more celebration in April is National Poetry Month.

Why not check out one of the collections of poems by Amanda Gorman who took the world by storm with her moving poem read at the 2021 Presidential Inauguration?

You can find The Hill We Climb and Call Us What We Carry in the San Diego County Library's physical and digital collections. As for new poetry, in Promises of Gold, José Olivarez has compiled a collection of poems about love, life and all the complications of both. The collection features the poems in Spanish, as well as their English translations. Speakers of both languages may enjoy comparing the nuances of each version.

And last, but certainly not least, National Library Week will take place this year April 23-29.

This is a perfect time to check out the book This is What a Librarian Looks Like by Kyle Cassidy.



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## Women's History Month

CONTINUED FROM Page 3

just heard from some students that graduated six years ago. They wanted to let me know how much of an impact I had on their lives. That is the best thing about being a teacher. What I do does matter."

### WOMEN TURNING UP THE SUCCESS AT HELIX CHARTER HIGH SCHOOL

Helix Charter High School has its share of women who've made a difference in the La Mesa area too.

Among them is the school's community relations & engagement coordinator **Lauren Knuth**.

Knuth got started in her profession by working her way through college at Dish Network doing



Lauren Knuth (Courtesy photo)

tech support in a call center. She then landed a job at corporate headquarters after graduating. "I worked in the fields of marketing, customer communication, PR and event planning, and the job I am in now combines all of these fields into one perfect job," Knuth remarked.

Asked of any challenges she faced in her line of work as a woman, Knuth noted, "I took a break from my professional career after having my second child. I left the corporate world and my professional career I had worked for 15 years to build. Getting back into the workforce was challenging. I lost confidence and didn't know where to start. I assumed I would have to start back at the bottom and I did. I began working at Helix doing COVID contact tracing on a part-time basis. Luckily, within a few months, a position opened that was perfectly suited for me. It was serendipitous."

As Knuth pointed out, not all women get so lucky.

"I hope employers understand that women coming back into the workforce after raising kids are some of the most efficient, productive and hardest workers you can get," Knuth commented.

When it comes to some advice for any young women looking to get into her profession, Knuth stated, "You don't have to land your dream job right away and you probably won't even know what your dream job is until you've done a few other things. Put yourself out there and say yes

whenever possible to start getting experience so you have a better idea of what you like to do."

As for women who Knuth has looked up to along her journey, she noted, "I look up to what I call 'Community Heroes,' women who serve on the PTA, the Little League board, Girl Scout troop leaders, coaches, club advisers, etc. The women who are always volunteering their time and strengthening the community for us all. Names that come to mind are Heather Melone, Sheridan Brownell, Mireya Gill, Judy Kirk, and my mom, Becky Becker."

With the profession Knuth is in, she notes the connections she's made make it all worth it.

"During COVID, it became crystal clear how important community is because of the lack of it during that time," Knuth said. "Humans need connection like we need food and water. I love creating opportunities and events where people can make connections and feel the importance of community."

Another Helix staff member equally contributing to the community is English teacher **Barbara Dagman**.

For Dagman, her start in education she says dates back to her teen years.

"Since I was a teenager, people have been stopping me on the street asking for directions," Dagman stated. "As an undergrad and athlete at UCLA, I worked as an academic tutor in the athletic department, as a note taker in the



Barbara Dagman (Courtesy photo)

undergrad Shakespeare classes, then at the writing center as a graduate student. Helping others understand literature and find their ideas for writing started to come easily and gave me joy."

Having been raised in the male-dominated Silicon Valley of the 1970's and 1980's, Dagman said men were the creative geniuses, and women were the secretaries, period.

"The big breakthrough was when Debbie Fields opened Mrs. Fields Cookies in Palo Alto – of course funded by her husband," Dagman said. "And the woman was still in the kitchen. The challenge was not to internalize the thick sexism of my upbringing."

For those young women with an eye towards the education industry, Dagman said she'd be delighted if they are considering teaching.

"Many young people dismiss it as an option because we are not paid as we should be," Dagman remarked. "I encourage young women not to be coerced into STEM just because that's where they are now encouraged to go. If they actually love math and science, by all means, follow that passion, but don't enter those fields just for money. That can be a formula for a very disruptive personal crisis later in life. Those interested in education should know how richly rewarding it is, how thick my own files of beautiful thank you letters from past students and parents are, and how renewing the academic cycle is. Having breaks throughout the year and a longer summer break is invaluable for personal health."

Saying the best part of education is helping to build selfhood and souls, not just make a salary, Dagman said several women have influenced her over time.

Among them are Oprah Winfrey and Brenne Brown, along with her fifth grade teacher (Marjorie Duham) and 7th-12th grade choir conductor Kathy Fujikawa.

### BRINGING NEWS TO THE COMMUNITIES FOR MANY YEARS

Another area woman who has built a successful career is San Diego Community Newspaper Group Publisher **Julie Main**.

SEE WOMEN'S HISTORY MONTH, Page 9



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# Women’s History Month

CONTINUED FROM Page 8

Main got her start in the publishing business back in Idaho. That was when she became interested in layout and design in high school as yearbook editor as well as selling and designing local business ad sponsorships for the school’s sports team posters. “After a few courses at the University of Idaho on photography, and marketing design concepts I was hooked,” Main

commented. “I was hired as graphic designer for the Idahonian Newspaper in Moscow in 1980 before moving to California in 1983. It was entirely different in those days. It was all cut and paste. Computers came later.” When asked if there have been any challenges as a woman to get where she is today, Main said there were definitely obstacles to overcome. “Men, as a majority, were in the publishers seat,” Main continued. “In the early days of newspaper publishing, I was co-publisher with my then husband. He played the public roll and I was mostly

behind the scene as graphic designer, sales manager and making sure the papers came together.” With some young women out there thinking of getting into the newspaper publishing business or any other line of work for that matter, Main has some advice for them. “I would say for any young person getting into any business is be confident,” Main remarked. “Work smart. Learn early as much as you can about the industry you are interested in. Be flexible. Don’t be afraid of change.” It is not uncommon for Main and other women who’ve ascended to important positions to have had female leaders to learn from. “I had a strong female teacher, who taught us to look outside the box and ourselves,” Main said. “My mother was also a hard-working woman who demonstrated to me that women can do anything a man can do. I’ve always admired Margaret Thatcher for her role as Prime Minister of England from 1979 to 1990 and Leader of the Conservative Party from 1975 to 1990. She was the first female British prime minister and the longest-serving British prime minister of the 20th century.” When it comes to the best thing about being in the publishing industry, Main was quick to point out its vastness. “Publishing newspapers is exciting,” Main remarked. “There is so much to cover. So many ideas to employ. I enjoy the fast pace and deadlines and the reward of the end result knowing, there is always something more to write about. From the marketing aspect – we help people grow their business and tell their unique story.

We play an important role in our communities, provide residents with information and news about their neighborhoods and community. It is very rewarding.” **HAVING A SHOP OF HER OWN WAS A DREAM SINCE CHILDHOOD** For **Theresa Favro**, owner of Amethyst Moon on La Mesa Boulevard, she wanted to grow up and have a shop of her own ever since childhood. “I was always pretending to ring up customer sales using receipt books and my grandmother’s old canceled checks,” Favro commented. “As a teenager I would visit a local clothing store almost daily and tell the manager that he was going to hire me when I turned 16. His name was Lee, he did hire me and taught me so much about buying wholesale and managing. We are still friends 40 years later and I am forever grateful to him. After high school I attended a fashion merchandising school and worked as a manager/buyer for another local boutique. The proprietress Veronica McGowan took me on buying trips and gave me responsibility at a young age. I truly believe if it weren’t for her teaching, I would not have my shops today.” Saying she never felt challenges as a woman because she was blessed to have so much support, Favro has advice for those young women looking to start a business of their own one day. “I would tell them to look into trade school, learn from others and focus on their passion,” Favro remarked. “Never assume you know everything, there is always more to learn. You never



Theresa Favro (Courtesy photo)

know who you’ll meet along the way. Network with others and keep putting out there what your goals are. I strongly believe that we cross paths with key people when it’s in divine order. Favro said it was a female member of her family that she looked up to and helped her get where she is today. “As long as I can remember, I have looked up to my Aunt Marie,” Favro commented. “She overcame many obstacles running her own businesses. My uncle passed away unexpectedly when their four children were under the age of six. She moved out to California and eventually bought a store called The Kitchen Witch in Encinitas. The store was a favorite in the community, she had such passion for her clients, treating everyone like gold. My Aunt raised four incredible children while working and taking on breast cancer and knee surgeries. Til this day she has a contagious smile on her face, a twinkle in



Julie Main (Courtesy photo)



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## Women's History Month

CONTINUED FROM Page 9

her eye and a spirit that can't be stopped. I want to be like her when I grow up"

When asked the best thing about being in her profession and owning a business, Favro does not hesitate to point out the clients.

"I get to spend my days talking to and hugging people," Favro pointed out. "I get to share their dreams, sorrows and celebrations. My heart is full every single day."

### INSURANCE WAS NEVER INTENDED PROFESSION FOR ONE AREA WOMAN

Another local businesswoman who has also had her share of success is Farmers insurance agent **Amber McWhirter-Griffith**.

Running a family owned and operated business in La Mesa since the early 90's, McWhirter-Griffith said insurance was never her intended profession.

"My Dad owned his Farmers Insurance Agency while I was young, but I didn't really know what insurance really was or how it worked back then," she said.

"I was managing a subdivision

of a label company at the time and was commuting from La Mesa to Mira Mesa five days a week, in heavy traffic, super early in the morning while attending SDSU in the afternoon/evening. I liked my job, but finally had enough with the commute and early hours, so I begged my Dad to let me come answer phones in his office while I went to school. That schedule worked well for me and I graduated from SDSU with a degree in journalism. While I was working in his office I really enjoyed working with our clients, making sure

SEE **WOMEN'S HISTORY MONTH**, Page 11



Amber McWhirter-Griffith (Courtesy photo)

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## Women's History Month

CONTINUED FROM Page 10

their assets were protected. I continued working for my Dad for a few more years and then when he ran for city council in La Mesa, I took over the business."

McWhirter-Griffith has worked hard to knock down stereotypes that it is all men running insurance businesses.

"In the insurance industry, its predominantly male agency owners with female staff," she noted. And that's how our agency was for years with my Dad and myself so it was and sometimes still is a challenge when people don't believe I am the business owner. Another challenge is being a wife, mother and business owner and balancing that work-home life. I have three kids and a husband so I often work 'on the go'. I try to balance physically being in the office, working from home and still making it to my children's field trips, school activities and sporting events. Work conferences are sometimes a struggle because I don't want to be away from my young children for long periods of time."

When asked about young women looking to get into the insurance profession, McWhirter-Griffith said to start off working for different agents/brokers so you can get a feel for what type of insurance you prefer, what skills you have in the office (sales, administrative, managing, etc) and the kind of people you enjoy working with and being around.

"You can get an insurance license while working in their office, learning and then if making the jump to agency owner feels right, go for it!" she remarked. "Every agent/broker does things differently so working for different offices can be insightful. Also, I believe some colleges have internships available with insurance agencies so you can just get an idea of how insurance works to see if its something you're interested in."

McWhirter-Griffith, who said she looks up to other women agents, wants to be an inspiration to her two girls and show them that they can do whatever it is they want to do if they set goals and put in the work to make it happen.

"I would love if one of my kids decided to take over my insurance business one day but that's up to them of course," McWhirter-Griffith stated. "Maybe they will at least come work with me for a while."

For now, she noted that being around different clients, networking partners, her staff etc. makes it all worth it.

"I enjoy making sure my clients have the right protection and providing the above and beyond service a lot of customers are looking for right now," she said. "I also love making my own schedule and working here, there and a little bit of everywhere."

## 'Taste of San Diego – East' 2023 set for June 26

Save the date for the 14th Annual La Mesa Chamber of Commerce's "Taste of San Diego – East" on Monday, June 26.

Guests can "eat their hearts out" from 4:30 p.m. to 8 p.m. at the newly renovated Town & Country Hotel in Mission Valley.

The popularity and crowd of this annual event has outgrown the La Mesa Community Center, where it was held for the first 10 years.

So, make plans to "Taste, Savor and Mingle" in one ballroom, with plenty of room to stroll throughout the food and business vendor tables.

Enjoy great food samplings, free prizes from business sponsors/vendors, a silent auction and raffles during this fun-filled evening.

The cost to attend is – VIP tasting: \$60 for three hours of tasting from 5 to 8 p.m.; General admission: \$40 for two hours of



tasting from 6 to 8 p.m. This is a 21-years of age or older event. No tickets will be sold at the door.

## La Mesa Reads

CONTINUED FROM Page 6

A collection of photographs and stories from librarians in all 50 U.S. states and Canada, as well as odes to the library in the form of original essays by big names like Neil Gaiman, George R. R. Martin, and Paula Poundstone. You may even notice a familiar face from the La Mesa Branch among the librarians featured on the cover.

To see the latest event information, go to [sdcl.org/events](http://sdcl.org/events) and click "La Mesa" for all the details.

## San Diego Oasis announces new COO

Local nonprofit San Diego Oasis, which has its flagship center in La Mesa's Grossmont Center, has welcomed new Chief Operating Officer (COO), Michael Craig, to its leadership team.

Craig brings to San Diego Oasis extensive experience in organizational leadership, including knowledge in the areas of event coordination, talent acquisition, hospitality, and staff development.

Working alongside San Diego Oasis President and CEO, Simona Valanciute, he will lead all aspects of operations, including facilities management, human resources, finance, compliance and ethics, and information technology. With the opening

of San Diego Oasis' newest and most innovative location in Rancho Bernardo later this summer, Craig's expertise is a timely addition to the organization's award-winning history in serving older adults and at-risk children.

"The Oasis team is truly exceptional," says Craig. "I cannot express enough how excited I am to work alongside such a strong and highly motivated group of professionals."

A native San Diegan, Craig served as COO of Amplified Ale Works Brewery where he helped open two brew pubs in Pacific Beach and East Village with live music venues, restaurants, and a coffee roastery. Craig revamped their human resource systems

and created 60 new positions while maintaining lean operational practices. He led a new merchandising program, which grew 10-fold in three months and not only provided sustained revenue during multiple shutdowns, but also expanded into an e-commerce division outside of San Diego. An entrepreneurial leader, Craig also procured a coffee roaster and helped launch the coffee brand, Amplified Coffee Works. In the last 30 years, he helped open more than 30 restaurants across the United States. Craig holds a Master's Degree in Organizational Leadership and Finance.

"I am eager to nurture our vision and promote the importance of empathy, respect, and



Michael Craig

inclusivity for our members and volunteers," says Craig.

For more information on San Diego Oasis and how to get involved with the organization, visit [sandiegooasis.org](http://sandiegooasis.org).

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# Antica Trattoria serves up simple and tasty Sicilian cuisine in La Mesa

## What's on the menu?

By ROBIN DOHRN-SIMPSON



Sicilian cuisine celebrates the sea and the sun. The southern Italian island has been influenced over millennia by Italy, Greece, Spain, France, and various Arab countries. The cuisine highlights the use of fresh vegetables, fish, and beef and that is exactly what you will find at La Mesa's Antica Trattoria.

Francesco Basile, owner, and executive chef has been working in a kitchen since the age of 16 and studied in a culinary school in Palermo. His philosophy of cuisine is "I try to stay in my Sicilian roots when I create menus. I make simple food. Simple is tastier. I don't like complicated food," Basile said.

Antica Trattoria has been a local favorite in La Mesa since 2001. "My kitchen chefs have been with me for up to 17 years," Basile said.

The menu changes seasonally to highlight the freshest ingredients. As a diner, this makes it exciting to always have new dishes on the menu.

Some highlights on the current menu are Saltimbocca which is a Veal Scaloppini and Prosciutto with mashed potatoes and vegetables. Brasato that is braised boneless short ribs in a Cabernet Sauvignon sauce with mashed potatoes and vegetables.

Some pasta dishes on the winter menu are house-made Pappardelle with porcini mushrooms, wild mushrooms, and a Gorgonzola dolce cream sauce. Burrata Ravioli stuffed with smoked salmon and shrimp in a brandy cream sauce. For the traditionalist their Lasagna with baked pasta sheets, meat sauce, béchamel, and layered in cheeses. Nonna's Sunday "sugo" (traditional tomato sauce) gnocchi with diced short ribs and green peas.

Sicily is renowned for its seafood and Antica Trattoria does not disappoint. The Cioppino Livornese with clams, mussels, calamari, shrimp, and the chef's choice of fish is hot and savory.

Vegetarians can enjoy the Parmigiana di Melanzane with Sicilian-style eggplant and San Marzano tomatoes layered with Parmigiano Reggiano and



Plenty of delicious meals are ready for you at La Mesa's Antica Trattoria. (Photos by Robin Dohrn-Simpson)



Mozzarella cheeses.

The name Antica means old in Italian and the inside of the restaurant is rustic, which is where the name came from. "Who would think that a strip mall would have such a high-end restaurant? I'm so happy that we

found this restaurant. And I tried the Lasagna, which I'm told is the ultimate test plate for Italian food, and it was incredible," said Sue Fickess, a guest visiting from Colorado.

Located at 5654 Lake Murray Blvd in La Mesa, call (619)

463-9919 for more information.

Go to: [anticatrattoria.com/](http://anticatrattoria.com/) for the daily menu and Open Table for reservations.

—Robin Dohrn-Simpson is a local food and travel writer. Reach her at: [robindohrnsimpson.com](mailto:robindohrnsimpson.com).

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# Rice Salad

**What's Cooking with Julie**  
By JULIE WHITE

Crunchy, refreshing salad that lasts in the fridge for up to 4 days.  
It's even good served freshly made and a little warm.

- INGREDIENTS:**
- 2 pkgs of Near East or other boxed Garlic Herb Rice cooked as per pkg Directions
  - 2 Tbs mustard (any type)
  - 4 Tbs Rice wine vinegar
  - 4 stalks of celery sliced
  - 1/2 cup chopped red onion
  - 1/2 cup chopped fresh Parsley
  - 1 red bell Pepper chopped
  - 1 1/2 cup of sliced garlic filled green olives
  - 1 12 oz jar of marinated Artichoke Hearts in oil chopped (can be left whole)
  - Use the oil marinade in the mixture
  - Pinch of salt and pepper

**COOKING:**  
Cook the rice as per pkg directions. When still hot, add the vinegar and mustard.  
Add the chopped vegetables. Stir well.  
Can be eaten warm or refrigerated and served cold.  
You can add chicken if desired and I have added drained chickpeas. Enjoy!

**QUOTE FOR SPRING:**  
Keep smiling, because life is beautiful and there is much to smile about!

# Easter services and more set for greater La Mesa area

Easter is a mere two weeks away and that means egg hunts, family gatherings, church services and more.

Among the Easter services and more scheduled in the greater La Mesa area:

- 106th Easter Sunrise Service at Mt. Helix – mthelix-park.org/easter-sunrise-service.
- Journey Community Church – Bunny Hop Trail on Saturday, April 1, 3 p.m. - 6 p.m. Saturday, April, 8, 6:30 p.m.; Sunday, April 9, 9 a.m. and 11 a.m. journeycommunitychurch.com/easter/.
- La Mesa First United Methodist Church – Sunday, April 9, 9:30 a.m. - 10:30 a.m.; Easter Egg Hunt/Bonnet Contest 10:30 a.m. - 11:30 a.m. - lame-saumc.com/events.html.
- Christ Lutheran Church – Saturday, April 1, 9 a.m. to 1 p.m. Easter Egg Hunt at Harry Griffen Park. Sunday, April 9 – Easter Sunday Sunrise Worship with Holy Communion 7 a.m. to 8 a.m.; Easter Traditional Worship with Holy Communion 8:30 a.m. to 9:30 a.m.; Easter Contemporary Worship 10:30 a.m. to 11:30 a.m. - christlame-sa.org/calendar.
- Lake Murray Community Church – Sunday, April 9, Easter English Worship Service 9 a.m.;



Many Easter activities are happening in and around La Mesa this April. (Photo credit: Pixabay.com)

Easter Brunch 10:30 a.m.; Spanish Worship Service 12:30 p.m. - lakemurraycommunity-church.org/events/event/35/resurrection-sunday-wor-ship-and-brunch/2023-04-09.

- ONE Church – Easter Sunday Service 10 a.m. - 11 a.m. - onechurch13757.snap-pages.site/calendar.

# Mount Miguel new athletics

CONTINUED FROM Page 5

The \$10.5 million project includes a new Exercise Science and Athletics Building, a new hard-court mini-pitch, a new athletic field, and significant upgrades to the gymnasium and pool.

"These dramatic improvements will immeasurably enhance our educational and athletics programs," said Mount Miguel High School Principal Jake Gaier. "They stand as a testament to our East County

community's commitment to building the best future for our students," he continued.

The Mount Miguel High School Athletics Facilities project involved both new construction and significant modernization of existing facilities. New facilities include an expansive Exercise Science and Athletics building with modern locker rooms, team rooms, a multi-functional dance and cheer space, a training room, and a customized hard court mini-pitch for soccer and basketball.

The weight room was expanded, updated, and equipped with branded and state-of-the-art

fitness and weight equipment. Each building also received new HVAC equipment, upgrades, and site improvements. The gymnasium was updated with new interior finishes, scoreboard, sound systems, and temperature-controlled heating and air conditioning. The restrooms and concession area were also updated.

The pool was updated with new plaster and a fresh concrete deck. The new field features dramatic field markings and lines representing Mount Miguel's iconic signature colors of red, black, and white, a new scoreboard, new bleachers, and a new press box.

"Athletic facilities are often a school's front porch – the first introduction for visitors to a school community," said Grossmont Union High School District Superintendent Mary Beth Kastan. "So I couldn't be prouder that the Mount Miguel community has facilities to match that tremendous Matador pride," she added.

In addition to Proposition U and Measure BB funds, the project received significant community support through funding from San Diego County Supervisors Nora Vargas and Nathan Fletcher, former Supervisor Dianne Jacob, and a Chargers Champion Grant.

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La Mesa's Scisters Salon & Apothecary is the area's first zero-waste salon. (Photos by Jessica Mills)

# San Diego's first zero-waste salon right here in La Mesa

By JESSICA MILLS

From bracelets, crystals, makeup, hair care and much more, Scisters Salon & Apothecary offers a plethora of unique and sustainable products and services as San Diego's first zero-waste salon.

Co-owned and operated by best friends Melissa Parker and Easton Bajsec since 2010, the duo prioritizes easily recognizable ingredients and eliminating toxins for one's wellness and beauty routine.

Both Parker and Bajsec grew up in San Diego and decided to go to business school together after working at the same salon. While pursuing their degrees, their friendship blossomed and they discovered the similarities between their passions and standards.

"We had a project in our entrepreneur class to write a business plan and we did that together," Parker said. "We realized that we had the same values and wanted the same things and now, here we are."

Located at 7957 University Ave., the business first began as a traditional salon. But, after continuous research and dedication, Parker and Bajsec were



able to bring their eco-friendly vision to life, including services such as Reiki and sugaring.

"We transitioned to being zero waste about four and a half years ago and that transition was a lot of research," Bajsec said. "I really thought I could find a model within the industry [but] it didn't exist."

SEE SCISTERS SALON, Page 15



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# Scisters Salon

CONTINUED FROM Page 14

Because they couldn't find a line agreeing with their philosophies, Parker and Bajsec created their own brand, Element. Working with a lab and chemists, the pair focused on natural, organic and toxin-free products, which are housed in their apothecary in bulk.

Customers can choose their bottle, fill it with a product and come back when it's time to refill — using the same packaging repeatedly and only paying for what's inside.

"We wanted to make it so the everyday person could naturally and very easily make zero waste decisions and that they perform just as well as their traditional product," Bajsec said.

The brand contains 10 products, with a variety to choose from, such as shampoo, conditioner, styling cream and much more. While the Element shelves are regularly visited, the apothecary houses brands beyond Parker and Bajsec's creation.

Among the other shelves are reusable sponges and razors, organic toothpaste, non-toxic nail polish, candles and other green beauty and wellness items. Many featured companies are women owned, vegan, cruelty free and designed for sensitive skin.

"Other [products] we want to bring in, we just make sure it has the same standards for their business as we have for our own product line," Bajsec said. "It has to be infinitely recyclable packaging or package free. We try to source things as locally as possible. If we can find something women-owned we'll choose that first."

A free library is also available for customers to enjoy.

"We're very intentional about the environment we curate here," Parker explained. "We wanted it to be different in that it is very safe and peaceful. You'll find books instead of gossip-y magazines and we'll have deeper conversations that are more about getting to know somebody."

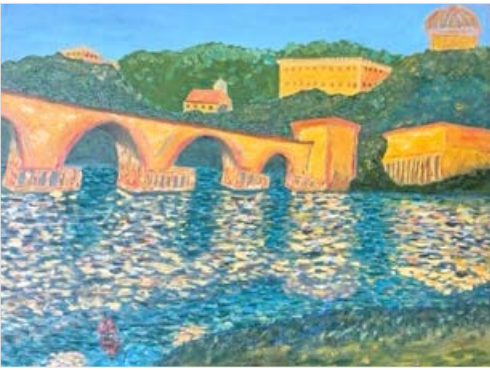
Dr. Veronica Solaris has been coming to the salon and apothecary since roughly 2015 and values their sustainable practices.

"The feeling of being here is very soothing and I appreciate that they own a place where they continuously learn and educate others," Solaris explained. "They're a part of the solution and not the problem [which] makes them stand out and I appreciate their effort."

A complete list of their services, products, values and more can be found at: [scisters.com/](http://scisters.com/).

Regardless of whether one uses the salon, the apothecary and refill store are open to all.

With knowledgeable staff that concur with Parker and Bajsec's mission, Scisters Salon & Apothecary can assist anyone with implementing convenient and effective zero-waste daily practices.



## Honoring our aviation nation's landscape artist: Bill Barr



I am inspired to learn, as a member of Foothills Art Association—with his death recently—Bill Barr has left this planet a far better place.

The how-and-why his humble, midwestern odyssey in the farm-belt region of Kansas transformed his salt-of-the-Earth existence beyond the Milky Way of space exploration and aeronautics, while working for NASA, is a mystery I sought to explain. As you might imagine, tapping into the mysteries of outer space (even from the inner-galactic hub of Pasadena, California), are rift with questions about: "Just how secret is 'Top Secret,' anyways?"

When it comes to crafting an article as a "professional sketch" of former Chief Counsel William Barr; who retired in 2001 from the Jet Propulsion Laboratory in Pasadena; and had formerly worked on the Mercury/Apollo Missions: I did not expect to get any crystal-clear answers from the federal government's independent agency, where Bill began working, in 1960, in Houston's legal department of the National Aeronautics and Space Administration (N.A.S.A.).

However, I had suspected that after talking with his stepdaughter, Tamara Scovie, and members of Foothill's Gallery, I could piece together those few facts about what stirred Bill's imagination, in his oil paintings of countryside scenes and exotic animals in pastoral settings.

First, Member Drew Bandish, his former teacher at the La Mesa Adult Enrichment Center, who retired last year, described Bill, saying, "He was a handsome guy," who was "tall and well-proportioned." (A comment, not so unexpected coming from a teacher of the art of portraiture!). But, when Drew recalled how Bill took to sitting where he could quietly work independently, occasionally mixing-in with the art group, I felt his pictured presence, too! But his most significant memory shared was when he walked beside Bill, after exiting his last class upon retiring—Bill was the last student at his side.

Second, Board Member Roberta Labastida spoke fondly of Bill, too. She recalled him teaching her the process of taking-in new art for display, as Bill had served on "the Hanging Committee" for several years at Foothill's Gallery. Remembering an endearing faux pas, she had inadvertently taken Bill's walking cane, instead of hers—straightening things out just in the nick of time: no minced words; hard feelings; or,



Some of the artwork of the late Bill Barr. (Courtesy images from Marva Smith)

unsteadiness of gait, at the end of the day!

My own terms-of-endearament about Bill culminated after I telephoned him one day, saying, "I want to purchase one of your two paintings, which were recently exhibited." When Bill brought me a painting, it was not the one I described or was expecting! I learned that day about the mechanics of social graces in negotiating the return.

Getting a chance to meet his stepdaughter, "Tami," I learned that Bill did not have children of his own and even sensed his presence still, as I saw his walking cane, leaning against the wall, in the corner of his home in East County.

She said he had been a Fulbright Scholar and that after serving as Second Lieutenant in the U.S. Army, Bill attended law school at Yale University, graduating with honors in 1960. Perusing his paintings of

high-chaparral wildlife, I came to appreciate the artistic influence of his wife, Bonnie (She had worked at the San Diego Zoo and predeceased him before this last year.). She had taken, Bill—her love in life—to the continent down-under: Africa. His environmental interests spurred the awards and prize money he donated for juried art exhibitions, too!

So, when I think of this well-dressed, "gentle-giant-of-a-man" from N.A.S.A., I know that those astronauts' footprints left far above us and across our solar system, are equally as expansive in art—coming from the hearts-and-minds of creative inspiration from those like, Bill Barr.

He has indelibly left his footprint high above the atmosphere, bringing humankind one-step closer to greater understanding.

—Marva Smith is a member of Foothills Art Association.

### Senior Living



### Senior Living

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**Named a Top**

**1.49%**

**Realtor Nationwide**



**JUST LISTED!**

½ Mile From The Village



3BR + DEN | 2.5BA | 2,047 SF | 1/3 ACRE

**8485 PARK LANE, LA MESA \$1M**

**JUST LISTED!**

One Block From Shopping, Dining, UNC



1940'S COTTAGE | 2BA | 2BA | 1,100 SF | .2 ACRE

**227 N ROBERSON, CHAPEL HILL, NC \$400K**

## 2022-23 SOLDs

**JUST SOLD!**



**BANKERS HILL \$1.68M**

**JUST SOLD!**



**MOUNT HELIX \$1.625M**

**JUST SOLD!**



**MOUNT HELIX \$1.325M**

**JUST SOLD!**



**SANTEE \$695K**

**SOLD!**



**POINT LOMA \$2.325M**

**SOLD!**



**ALPINE \$2.2M**

**SOLD!**



**PACIFIC BEACH \$1.718M**

**SOLD!**



**MOUNT HELIX \$1.5M**

**SOLD!**



**MOUNT HELIX \$1.4M**

**SOLD!**



**MOUNT HELIX \$1.4M**

**SOLD!**



**MOUNT HELIX \$1.4M**

**SOLD!**



**MOUNT HELIX \$1.35M**

**SOLD!**



**MOUNT HELIX \$1.3M**

**SOLD!**



**MOUNT HELIX \$1.12M**

**SOLD!**



**LA MESA HIGHLANDS \$1.1M**

**SOLD!**



**LA MESA VILLAGE \$1.1M**

**SOLD!**



**SAN CARLOS \$985K**

**SOLD!**



**FLETCHER HILLS/LA MESA \$975K**

**SOLD!**



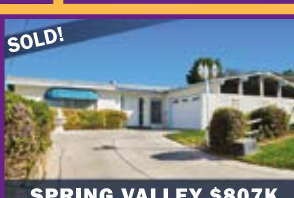
**EL CAJON \$950K**

**SOLD!**



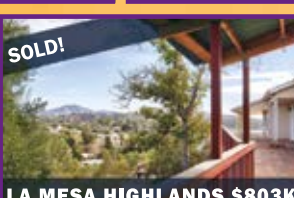
**LA MESA VILLAGE \$860K**

**SOLD!**



**SPRING VALLEY \$807K**

**SOLD!**



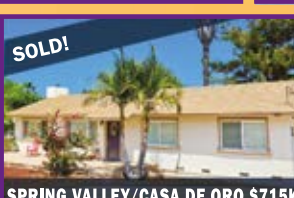
**LA MESA HIGHLANDS \$803K**

**SOLD!**



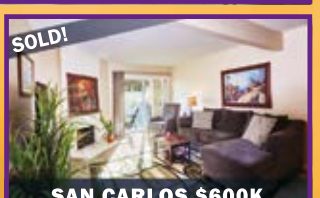
**LA MESA VILLAGE \$750K**

**SOLD!**



**SPRING VALLEY/CASA DE ORO \$715K**

**SOLD!**



**SAN CARLOS \$600K**



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MEET  
LAURA

