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Candidates vie for District 4 Supervisor position in Aug. 15 special election

By DAVE THOMAS

In an Aug. 15 Special Primary Election to fill District 4's vacant seat (Nathan Fletcher resigned in May) for the remainder of the current term ending in January 2027, four candidates are on the ballot.

They are Democrats Janessa Goldbeck and Monica Montgomery Steppe and Republicans Amy Reichert and Paul McQuigg.

Only those residents who live in the district can vote in the election. The district represents the nearly 700,000 residents of county District 4 — making up central San Diego neighborhoods such as the College Area, Clairemont and City Heights, as well as the cities of La Mesa, Lemon Grove and beyond.

Mission Times Courier/College Times Courier caught up recently with three of the candidates via email for a Q&A. We did not hear back from McQuigg prior to print deadline. The candidates were given the same questions to respond to.

MTC: What solutions would you put forth when it comes to the homeless issue around the area?

Reichert: Homelessness in San Diego is a humanitarian crisis. The escalating homeless crisis has had devastating consequences, with an estimated 588 homeless people losing their lives in San Diego County in 2022, nearly six times higher than the figure in 2012 when 114 unhoused people died. It is not compassionate to allow people to sleep and die on the street.

California, following the "Housing First" model, while addressing some root causes of homelessness such as affordable housing, has failed to address another root cause of homelessness, particularly in individuals struggling with mental health and addiction issues and who are also committing serious or violent crimes. Currently, the "Housing First" approach restricts organizations that offer treatment from receiving Federal and State funding.

To address this gap, my proposed plan, "Shelter First with Treatment," will prioritize getting mandatory treatment for individuals who engage in violent crimes on our streets. It is unacceptable to offer free motel vouchers to sex offenders who assault minors in

taxpayer funded motels and individuals with warrants for their arrest who are actively dealing drugs out of taxpayer funded motel rooms while our elderly and domestic violence victims and their children go without housing. To combat these issues, we need to focus on creating more shelter beds, Crisis Stabilization Units, and enforcing existing laws that prohibit public camping. I also support the establishment of a Homeless Triage Shelter, like Sunbreak Ranch proposed by Bill Walton, where immediate assistance and shelter can be provided.

Furthermore, the housing shortage is worsening due to the demolition of single-family homes, as seen in places like the College Area, where homes are being bulldozed and replaced by rental high-rise units with high rents to match. Consequently, the County of San Diego has experienced a population decline of 50,000 since 2020. Many individuals leaving the county express a simple desire—to be able to purchase a single-family home.

Therefore, it is imperative that we prioritize the construction of affordable single-family homes while preserving our historical, cultural richness and community character of neighborhoods to ensure a livable future for our environment, our children and grandchildren.

Montgomery Steppe: Data from the Regional Task Force on Homelessness shows for every 10 people who make it out of homelessness, 13 experience homelessness for the first time. Prevention is at the forefront of our region's policy-making needs. The County needs to devote resources towards the issue, period. Criminalizing homelessness, without providing a sufficient amount of shelter is not the solution. In fact, it exacerbates the problem by creating an endless cycle of poverty and preventing the vulnerable families and youth from finding stable housing. Regional coordination is key, and requires an in-depth knowledge of how municipal government works.

I am the only candidate in this race that has the proven expertise needed to facilitate the regional coordination necessary to solve these issues. At the County, I

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Election

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would continue championing tenant protections, subsidies, and other solutions.

We also need to push the state and federal governments to create a sustainable, on-going source of funding to increase the supply of shelter beds, permanent supportive housing, and case workers to assist the unsheltered population. I will continue working with my peers at the state and federal levels, and hold the region accountable for leveraging every tool in our toolbox. Additionally, it is imperative the County review all opportunities of County-owned land that can be used for donations or subsidies, encouraging non-profit developers and housing service providers to provide low-cost to no-cost homelessness solutions.

Goldbeck: Homelessness is spiraling out of control and city leaders keep running away from the problem. I'll tackle it head on.

Leading a veterans nonprofit, I know what's worked from fighting to end veterans' homelessness and I'll bring that leadership to the County. First, I'll put urgent focus on getting unhoused seniors and children off the street. They need and want help now. Second, it's time to get serious about ending the mass street encampments. We all know what's necessary - more shelters, more treatment, more safe camping sites - but local politicians aren't getting the job done. I will.

MTC: What can we do to provide more affordable housing and higher paying jobs locally?

Reichert: We need to make San Diego a more affordable place to live and work. I am dedicated to advocating for worker rights through my nonprofit organization and successfully preserving thousands of local jobs right here in San Diego. The dedicated people who serve us in essential roles such as mental health, social work, and first responders within the County of San Diego are struggling to afford housing within the county. The County of San Diego government is the third largest employer, employing approximately 20,337 individuals. Many county employees are forced to commute from distant locations such as Temecula and even Tijuana.

To address this critical issue and simultaneously promote environmental sustainability, it is imperative for the county, as one of the largest landowners, to prioritize the development of affordable workforce housing near employment centers. By undertaking this initiative, the county will not only attract highly skilled workers to serve our residents but also significantly reduce carbon emissions associated with long commutes on our roads and highways.

Another issue that will make San Diego completely unaffordable for working class and marginalized communities is a mileage tax, which I am firmly against. SANDAG has proposed road usage fees and pay per mile that could

result in an additional \$900 a year to the average San Diegan. Electing me would ensure a change of leadership at SANDAG where we can take an aggressive stance to protect the environment without taxing people out of their vehicles and breaking the backs of working class families who are just trying to get their kids to school and get to work.

Montgomery Steppe: Affordable housing and economic opportunity are vital parts of my platform. There are a few steps we can take to make our region more affordable and prosperous.

To provide more affordable housing, I support mandates to ensure low- and very-low-income housing is included in new development. It has been proven that without these mandates, the market will not supply enough affordable housing to meet local needs. I also believe inclusionary housing is a necessary policy tool to reduce concentrated poverty. By creating more housing for low- and middle-income San Diegans, we can make housing more affordable throughout our region.

I especially support creating inclusionary housing units on-site to prevent racial and class segregation and securing sufficient funding for affordable housing units. California's low-income housing tax credit system is oversubscribed by 5:1, meaning there are a lot of proposed affordable housing projects that can't be built because they lack the gap financing

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Election

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needed to break ground. On the City Council, I secured a \$7.5 million grant to support new homebuyers of color. As Supervisor, I will continue to secure funding for affordable housing projects.

To provide higher-paying jobs to the working families of our region, we must invest in green

job opportunities, equitable contracting opportunities, and homeownership opportunities, and secure startup capital for local entrepreneurs. As Co-Chair of the City-County Reinvestment Task Force, I secured millions of dollars worth of investment into jobs and professional opportunities for workers of all ages and backgrounds throughout our region. I will continue this work as Supervisor by investing in small

businesses, workforce development programs, job training, and apprenticeship initiatives. I will also advocate for equitable contracting practices that give minority-owned, veteran-owned, and women-owned businesses a fair chance to compete for county contracts and procurement opportunities. Finally, I will increase the minimum wage and support workers' rights to advocate for better working conditions.

Goldbeck: I'm the daughter of a tow truck driver and classroom teacher who bought their home here for \$150,000. But now, homeownership is increasingly out of reach for all but the wealthiest Californians. I'm not sure I'd be a homeowner here either if it weren't for my service in the Marines and access to a VA home loan. We need to build housing all over the County so there are more homes of all kinds that working families can

afford. By building in the unincorporated areas too we can protect the character of existing communities and limit high rise construction that doesn't fit most of San Diego.

MTC: Do you have ideas on growing the District 4 area to attract more business?

Reichert: To foster the growth of the District 4 area and attract more businesses, we must address several key aspects. It is crucial to reduce homeless encampments that obstruct local businesses and disrupt pedestrian flow especially for the disabled like my father who was in a wheelchair in his adult life. We must address the issue of increasing petty crimes, such as shoplifting and require a proactive approach to enforcement so we can protect small mom and pop businesses.

To support young entrepreneurship and facilitate business growth, it is necessary to review and streamline regulations and business permitting processes that may hinder aspiring entrepreneurs, particularly those from marginalized communities and businesses that are still struggling to recover from the pandemic.

Montgomery Steppe: The best ways to attract more business to District 4 are by (1) incentivizing companies to invest and stay in the region and (2) creating new job opportunities for young people.

I will attract businesses to our region by incentivizing the development of more mixed-use spaces, office space, light industrial, and housing opportunities. Furthermore, I will continue to uplift and support small businesses by providing them with the funding to thrive in San Diego. In the City, I established the Strategic Alliance of Ethnic Chambers which is composed of the Asian Business Association of San Diego, the Central San Diego Black Chamber of Commerce, and the San Diego County Hispanic Chamber of Commerce. Together the organizations represent tens of thousands of local businesses throughout the region. The alliance was critical in providing financial assistance to small and disadvantaged minority businesses in low and moderate-income (LMI), census tracts, Promise Zones, and Opportunity Zones. I will continue to leverage the alliance to assist in providing the needed capital and resources to help our existing businesses thrive and new businesses succeed.

I will also invest in a training-to-opportunity pipeline for young District 4 residents. My office has formed a collaborative network of industry-specific businesses that provide internships and mentorship for young people in the district. We are actively connecting these businesses and corporate partners to schools so that young people can get exposure to a variety of opportunities that exist right here in San Diego. For instance, in my capacity serving as a board member of the San Diego Workforce Partnership, the Partnership funded an opportunity for paid internships for

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Golf tourney gets physically challenged golfers back into swing of things

San Diego's popular SoCal Rehab Golf Classic golf tournament is being held Thursday, Sept. 14 at the Riverwalk Golf Club.

It will start with a putting contest at 12 p.m., and shotgun start at 2 p.m.

Sponsored by Alvarado Hospital's San Diego Rehabilitation Institute, this one-of-a-kind event pairs golfers with physical challenges and able-bodied players to increase awareness about golf as a therapeutic tool—especially for those who have survived a stroke, traumatic brain injury, amputation, or seniors with physical challenges due to aging.

"The SoCal Rehab Golf Classic is a unique tournament to the San Diego Area," said Mary Williams, event coordinator and recreational therapist at Alvarado Hospital. "It's a great way to continue the healing process of those who have suffered health challenges, and it's

a healthy, constructive way to remain socialized."

This tournament is a nine-hole, four-player scramble, with an awards and dinner banquet following play.

The tournament was created 21 years ago by PGA Professional John Klein and Recreation Therapist Mary Williams from Alvarado Hospital/SDRI. Klein has a background in therapeutic recreation from SDSU, special education and adapted physical education. He has been teaching children and adults with disabilities (physical and cognitive) to play golf for over 45 years.

Klein works with many of the rehab programs in San Diego, including SDRI, and receives referrals from community agencies. Many of the patients who are treated at Alvarado Hospital/SDRI participate in the SoCal Rehab Golf Club, and the Back Nine Senior Golf Program, two

programs that are a part of SDRI's Programs for Active Living and Support (PALS). PALS are a series of post-treatment programs designed to continue the healing process of SDRI's patients through physical and cognitive exercise.

In addition to the golf programs, PALS has programs such as Art for All, the Stroke Peer Visitor Program, Senior Fitness Classes, the Alvarado Balance Club, the Book Club, the Support Group, and the Comebackers Neuro Club. These programs are also very social by design to give participants a way to remain a part of a community. This addresses the isolation that many physically-challenged individuals often fall victim to, and in this way, PALS attempts to address some of the physical, cognitive, and spiritual needs of their clients.

For further information, email Mary Williams at: mwilliams3@primehealthcare.com.

Bernard

CONTINUED FROM Page 1

something she enjoyed and will utilize in future projects.

"[Anderson] had me read each of my lines 250 different ways, so it took us a day to film one scene," Bernard said. "The process was really cool; it wasn't that difficult because he was guiding me through it. He really paid attention to every detail. For one scene, the group of us school kids were sitting at a table and we were all different heights and ages, so if someone was taller than others, he would slice their chair, so we were all sitting at the same height. It took him about an hour to align the camera so it was perfect and everything in the frame was symmetrical. It's amazing, you can see how much work he puts into his movies."

Prior to working with Anderson, Bernard began acting at age eight and attended auditions with her sister throughout the Los Angeles area. She landed various roles in commercials, short films and even played a young Hannah Stocking in the

viral comedic YouTube videos. Throughout each of her projects, Bernard has received encouragement from her loved ones.

"They've all been super supportive," Bernard said. "Everyone in my family really loves 'Asteroid City.'"

This summer, Bernard is touring with San Diego's School of Rock's Touring House Band in Ohio, Kentucky and Tennessee. She plays the bass, drums, keyboard, guitar and is currently learning to play the saxophone. Bernard also owns a banjo and a violin, which she hopes to learn one day.

"We played the Rock n Roll Hall of Fame," Bernard commented. "It was great playing with other bands. We realized how much more we needed to push to be better. Every show since then has been better and better."

Her second band, Kid Tributes, are recording original music — which they plan to release on Spotify in the near future.

Bernard's future dreams include combining these two worlds into one.

"My goals are definitely to be in more movies, for sure," Bernard

said. "I always want to keep the auditions flowing because you never know where your next opportunity will come from. I really want to be in a movie where I'm playing music, that would be awesome."

For Bernard, staying consistent with auditions is something she'd recommend to those wanting to break into the acting industry.

"I auditioned a lot before I eventually booked something," Bernard commented. "I did small stuff and commercials and honestly, I would recommend to just keep auditioning. You're not going to get into everything. It's not always about you, it's about the character or a specific look. Eventually you'll find something that's perfect for you."

Although "Asteroid City" is Bernard's first feature film, the young actor has two additional feature films set to release in the future — one of which is entitled "Switch Up," and stars Cristián de la Fuente.

Whether she's acting in new projects, writing songs or learning several instruments, one thing is for sure — Bernard's schedule is in fact jam-packed.



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Each year, La Mesa Courier asks its loyal readers to nominate their top restaurants, entertainment venues, stylists, designers and other businesses and professionals.

The deadline to vote is Sept. 1. To vote, go to: <https://tinyurl.com/3w68xwbm>. Deadline for ad space reservations is Oct. 16.



The Best of La Mesa will publish Oct. 27.

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Letter to the Editor

Dear Editor,

As my final year as president of the Lake Murray 4th of July Music Fest and Fireworks comes to a close, I wanted to personally reach out to the community and express my heartfelt gratitude.

Year after year, our dedicated volunteer committee takes on the immense responsibility of raising funds and coordinating the incredible all-day extravaganza that has become a beloved tradition. This entails securing permits, arranging essential amenities such as porta potties, coordinating food vendors, booking talented bands, setting up the stage, conducting water tests, and much more. The financial commitment for this year's event surpassed a hundred thousand due to increased city permit fees and expenses.

I extend a special thank you to the families who generously donated and the businesses that sponsored this year's festivities.

Despite the sweltering heat, the day was truly spectacular. Children joyfully played games, families reconnected, and the park was filled with the sounds of exceptional live music. And let's not forget the delectable array of food options—grilled cheese, pizza, BBQ, Dole Whips, and Strawberry Shortcake were among the favorites!

This year, the event had a strong community focus, featuring performances by a talented family band from the neighborhood and even local Patrick Henry teachers. Big Time Operator, Whiskey State of Mind, and Republic of Music created an unforgettable experience that had everyone dancing. The fireworks display was, without a doubt, the best we've ever had.

While we had a successful day overall, I feel compelled to address a few minor issues that arose. Firstly, I regret to inform you that we fell short

of our fundraising goal and did not fully cover the costs this year. If our community desires to continue this cherished event, we need everyone to step up in a significant way.

Secondly, I must express my disappointment at the disrespectful behavior exhibited towards our hardworking volunteer committee. They were subjected to vulgar language and blatant refusal to adhere to event rules, which ultimately marred the experience for others. Lastly, it saddened us to witness some children trespassing on Patriot Field, causing damage and leaving a trail of litter behind. We kindly ask anyone with information regarding this matter to reach out to the board. Such behavior goes against the spirit of community and is disheartening to witness.

Despite these challenges, we were able to present an amazing cost-free, family-friendly celebration for the surrounding neighborhoods of Lake Murray. In a world where the values of community, volunteerism, and patriotism sometimes seem to wane, I hope that our efforts will serve as an inspiration for others to uphold these timeless traditions. To those individuals who displayed entitlement and disregard for our rules, I encourage them to reevaluate their attendance at future events.

Serving as president for the past two years has been a tremendous honor, and I eagerly anticipate witnessing the next committee make this event their own. If anyone wishes to get involved for the 2024 celebration, please reach out to us via email at: lakemurrayfireworks@gmail.com.

Thank you once again for the unwavering support of our community.

Sincerely, Melissa DeMarco -
Lake Murray 4th of July Music
Fest and Fireworks President
(outgoing)

San Diego Community Newspapers poised to revive local journalism



In an era of dwindling trust and declining subscriptions, the fate of traditional daily newspapers hangs in the balance.

Now, three local community publishers - San Diego Community Newspaper Group, The Coast News Group and The Coronado News - have formed a story-sharing and advertising partnership that reaches more than 200,000 weekly print readers and more than a quarter million monthly online readers.

From Oceanside to east of downtown San Diego to Coronado, these publishers offer local, regional and national advertisers some of the most affluent households not just in San Diego County but across the country.

"The demand for accurate and in-depth community news is at an all-time high and this partnership is a big win for our readers. Plus, a stronger paper creates more reader engagement in print and online allowing us to deliver more value for advertisers," said Chris Kydd, associate publisher of The Coast News Group.

Julie Main, whose newspaper group of eight titles has grown to be the largest independently female owned and operated newspaper group in San Diego County, noted this partnership will allow small businesses to afford to advertise because they will have the option to buy into their target communities. Meanwhile, larger corporate accounts can buy at a wholesale price for the whole circulation network.

"We are absolutely thrilled to be working with two amazing, well-respected newspaper publishers," said Paul Huntsman, owner of the Coronado News. "Readers in Coronado now will have access to additional in-depth and feature stories throughout the San Diego region, and our advertisers will have a broader reach to other communities across greater San Diego."

UNSUNG HEROES OF GRASSROOTS JOURNALISM

The partnership comes as The San Diego Union-Tribune was recently sold to an out-of-state hedge fund company renowned for its cost-cutting measures and downsizing strategies at other papers it has acquired. The takeover resulted in the U-T losing its longtime editor and publisher while numerous veteran key staff members accepted buyouts.

Enter the three community newspapers, the unsung heroes of grassroots journalism.

These publications have embraced a different approach to news delivery, catering to specific neighborhoods and serving as the voice of their readership. Their direct

delivery to high demographic zip codes has cultivated a strong bond with the communities they serve.

Consider:

- San Diego Community Newspaper Group has eight publications that are directly delivered to more than 130,000 homes in high demographic communities of La Jolla, Pacific Beach, Point Loma, Ocean Beach, Downtown San Diego, Mission Hills/Hillcrest, La Mesa, College Area, San Carlos, Del Cerro, Allied Gardens and Granville area.

- The Coast News Group has two news publications reaching 70,000 weekly print readers and placed in 530 racks across nine communities in North County.

- The Coronado News delivers 9,500 copies every Friday to every home and business in Coronado, and another 1,500 copies are distributed to retail outlets in town.

RETAINING COMMUNITY TRUST

The combined reach of the three community publications is three times greater than the paid circulation of the Union Tribune.

Unlike their ailing daily counterparts, community newspapers have managed to retain a sense of trust and authenticity. Their commitment to local stories, highlighting the triumphs and challenges unique to each community, has garnered widespread appreciation and support. The readers eagerly anticipate each edition, savoring the engaging content tailored to their specific interests.

This network seeks to expand the reach of community newspapers, incorporating additional zip codes and ensuring market saturation for readership and advertisers. By pooling resources and expertise, these publishers aim to provide advertisers with an unprecedented opportunity to target audiences with precision, maximizing their reach and impact.

With their strong readership, loyal following, and market saturation in high demographic areas, they offer a compelling alternative for both readers and advertisers alike. By embracing the power of community, these newspapers breathe new life into the fading tradition, paving the way for a vibrant future of trustworthy and locally centered news.

KEY CONTACTS

For information on placing ads or story tips contact:

- Julie Main, Publisher, San Diego Community Newspaper Group, julie@sdnews.com and 858-270-3103 X106

- Chris Kydd, Associate Publisher of The Coast News Group, ckydd@coastnewsgroup.com and (760) 500-0072

- Craig Harris, Associate Publisher and Editor of The Coronado News, craig@thecoronadonews.com and 619-539-9738.

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Helix Charter High is heading back to school before long

Helix Highlights

By LAUREN KNUTH



After a busy summer, we are ready to have our students back on campus!

We have started a tradition of making the first two days back to school “Welcome Back Days.” We use these days to focus on connecting students to staff and peers, building community and culture, reigniting school spirit and making all students feel welcome and safe. Students will attend their classes, but the bell schedule will be shortened which will allow for the last two hours of each day to be filled with fun activities where students can meet each other and discover campus.

Friday, Aug. 11 will be our ASPIRE kickoff party. ASPIRE Clubs are made possible through a grant we get from the SDCOE, which allows Helix to offer high quality before and after school clubs free of charge. These clubs include Dungeons & Dragons, Yoga, Gaming, Sand Volleyball, Musicals, and much more. Club leaders will be available to talk to students about the different clubs at the kickoff party and help them sign up.

Back to School Night is on Thursday, Aug. 24 from 5:30 p.m. - 7:30 p.m. This is an opportunity for parents to meet their student’s new teachers and get familiar with the instructional programs.

Parent/Guardian Shadow Day is on Thursday, Aug. 31 from 8:30 a.m. - 1 p.m. We invite parents on campus during the school day to observe student’s classrooms and school environment.

Our Family First events will continue in the library this year while the 1600 building is under construction. Every Thursday at 6 p.m., Helix staff or special guests present on different topics applicable to high school parents. These events are open to the public! See below for our upcoming schedule:

• **Tech Info Night - Thursday, Aug. 17 at 6 p.m.**

Join us for an info night all about the different systems we use at Helix to keep track of grades, assignments, communication etc. Brian Kick, our chief information officer, and Dianne Damschen, our Ed Tech TOSA, will walk you through the different platforms, how to log in and stay connected.

• **Mental Health Reminders for Teenagers - Thursday, Aug. 31 at 6 p.m.**

We are collaborating with San Diego Youth Services to present to parents, guardians and students

about general mental health reminders as well as suicide prevention. This will be presented by licensed social workers from our Wellness Center and Marriage & Family Therapists from SD Youth Services. This event will be held in the Helix library and is open to all parents and students. Dinner will be provided! RSVP is required here for food ordering purposes.

• **Screenagers Movie Showing - Thursday, Sept. 7 at 6 p.m.**

Join us in our Performing Arts Center for a showing of Screenagers - an important movie about teenagers and technology. Registration is not required and students are welcome to attend. Refreshments will be provided and doors open at 5:45. Movie Description: Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well. In SCREENAGERS,

SEE HELIX HIGH, Page 9



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LEAP

CONTINUED FROM Page 9

make up a diverse space,” Sly said. “We’ve been very lucky across both cohorts; I think we’ve had close to 150 applicants, and they presented a number of diverse business ideas that correlate to their cultural backgrounds or their community experiences. It’s important to us to prioritize and support the businesses and entrepreneurs that make up the La Mesa community.”

Support for participants includes funding from the American Rescue Plan Act (ARPA), a \$1.9

trillion stimulus bill signed by Joe Biden in 2021 in response to the Covid-19 pandemic. Furthermore, the program addresses two of the biggest barriers when starting a business: training and funding.

The plan directly provides a training program, individual advising sessions, an accountable case management system and up to \$20,000 in grant funds to participants. Attendees are also assigned an advisor from the Small Business Development Centers (SBDC) based on their determined industry, strengths and weaknesses. After completing their training, the LEAP entrepreneurs then look

for commercial retail space in La Mesa that best fits their business using the program’s web service.

Assistant to the City Manager Lyn Dedmon detailed this process further as well as his involvement in LEAP.

“We have a commercial availability search engine on our website that most of them are using to look for space in the city,” Dedmon said. “If there’s any building permits or if they need a fire inspection or a business license, I’ve been helping them depending on their business model. Other than administering the program on the city-side and processing their

grants for funding and working with ECEDC to provide the space for training, I’m really kind of on the backend — helping businesses with any city permitting or requirements they may need. It’s gone smooth so far. We just processed our sixth business that’s signed a lease in the city.”

La Mesa resident and art teacher Peter Spiller participated in LEAP and is now the owner of The Jackalope, a community-based small batch maker of canvas and leather bags and accessories. What started as a hobby in his garage in 2019 has become so much more with the help of LEAP.

“I never would have figured out how to open a business, how to write a business plan, negotiate a lease, set up the bookkeeping part of the business, even how to price items was a big piece of what I learned,” Spiller said.

Following LEAP’s training and the opening of The Jackalope, Spiller has maintained his dedication to craftsmanship. With the slogan “One of a kind, tough as nails,” Spiller’s mission is to help reduce needless consumption.

“‘One of a kind’ means that The Jackalope products are

SEE LEAP, Page 15



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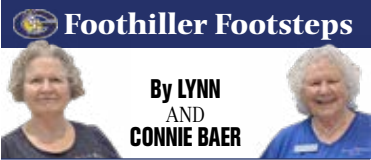
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GHS Education Foundation continues to help countless students



In 2008, a dynamic group of parents, staff, alumni, and community members committed themselves to improving Grossmont High School through the GHS Educational Foundation, a nonprofit 501©3 entity.

The purpose of the Foundation is to enhance the overall educational experience of the students by raising funds to support the needs of the school. The Foundation encourages parents, students, alumni, and community to “Take your memories...Leave your footprints.” Appropriately, footprints are the Foundation logo.

Fifteen years later, the impact of the foundation is found throughout the campus, including awarding mini-grants to fund special projects and needs to senior scholarships.

2022-23 TEACHER MINI-GRANTS

Various departments have benefitted from the mini-grants to fund projects that enrich and facilitate student learning; here are some of them.

Auto Shop: \$2,000 for tools and shop upgrades

ASB: \$4,000 for replacement of GHS Gus mascot costume: funds for Senior Prom and Graduation

AVID: \$1,000 Tickets to Cabaret at the Old Globe Theater for Fall 2023

Baseball: \$3,000 Replacement of field CIF Banners

AP Calculus: \$1,000 2 buses to the SD Zoo for 100 AP Calculus students; color printer

Drama: \$1,000 special effects make-up for Tech Theater and mini-pro makeup kits

Digital Arts: \$2,000 Digital Arts 16 x16 inch heat press

Engineering: \$1,000 Zero Energy Housing Design Challenge building supplies

(recycled rubber, foam board, black fabric)

Football: \$4,500 replacement of football practice equipment

Girls Water Polo: \$1,000 replacement of aquatics equipment storage shed

Math: \$300 organizational materials for ninth graders, including

3 ring binders, 2 pocket folders, dividers

Peer Listening: \$2,000 training and support materials and informational swag for the over 700 students who visit the Peer Listeners in the office each year seeking a listening or mediation

Wrestling: \$3,673 replacement of the practice room's wall padding.

AP CALCULUS TRIP TO THE ZOO, FUNDED BY MINI-GRANT

After their field trip in May, Math teacher Kristen LoPrell shared, “Our field trip was a blast! I took 102 AP Calculus AB students to the zoo to collect data for their final project. After some planning and thought, the students focused on population accumulation.

Students, who signed up in teams, counted the number of visitors entering or exiting exhibits for a minute at the polar bears, elephants, and the new Wildlife Base Camp. All 42 teams of data were used to do analysis of populations during the hour of 11 a.m. - 12 p.m.

Students used calculus to determine the maximum number of people at each exhibit and what time that “max” occurred. They found the approximate total number of visitors in the exhibit and the average number of visitors leaving the exhibits and the rate at which they leave. Finally, each student completed a written summary of their findings, which I will share with the zoo!”

This unique experience enriched the students’ learning as well as connected them to the zoo, just one of the many impacts from the Foundation’s staff mini-grants.

2023 STUDENT SCHOLARSHIPS

For several years, the Foundation has funded senior scholarships, mostly from their Endowment Fund at the San Diego Foundation. However, in the past few years, the number of parent, alumni, and retiree sponsored scholarships has grown. Overseen by the Foundation board, the recipients of these scholarships are selected through a spring application process.

\$2,000 GHS Foundation Scholarships

Academic Improvement: Domineece Silvels

Alumni: Stephen Abkin
Art/Music: Austin Mitchell
Athletic Obstacle Overcome: Camden Conrad

Auto Shop: Jackson Harris
Community Service: Paula Winkler

\$2,000 YKE Lilienwald Aquatics Scholarships

4 scholarships for Water Polo and Swim seniors were funded by the Niskey Foothiller family:

Anthony Asaro, Brandon Case, Camden Conrad, Elizabeth Weeks.

(In addition, the Niskey family generously supports the aquatic program through funding the purchase of aquatics equipment.)

Principal Dan Barnes reflects that “The Grossmont High School community, staff, and students are very fortunate to have the support of our Grossmont High School Educational Foundation

and Alumni. Each year our board and alums generously give to our students and staff through scholarships for students and mini-grants for teachers. Without the work of the foundation board and President, Amy Conrad, and our museum directors, Connie and Lynn Baer, this tremendous support would not be in place. This is

SEE GHS FOUNDATION, Page 15



Aquatics scholarship notables include Andres and Yvonne Bello, Anthony Asaro, Sarah Niskey, Camden Conrad, Brandon Case, Elizabeth Weeks, Coach Gary Hull. (Courtesy photo)

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Election

CONTINUED FROM Page 4

SDUSD students over the summer. My office also participated in this program and had a youth intern. Also, the Energy Equity Complex that will be built in the heart of City District 4 will focus on careers in the green energy industry and

will have a formal partnership with the school district.

By encouraging local businesses to adopt such training-to-work pipelines and incentivizing and empowering regional businesses, we can secure a prosperous future for our region's youth and build a capable workforce that attracts even more business to our region. I will adopt this approach to grow

the District 4 area and attract more business to our region as Supervisor.

Goldbeck: To me, fighting for equitable economic opportunity is personal.

When I served in the Marines, I fought to successfully overturn the ban on women holding top ranking jobs in the military. I'll take on the same fights as County

Supervisor. I'll expand support for family caregivers who work so hard for so little.

I'll work to attract high paying industries to San Diego and ensure they hire local workers, not from out of state. One industry in particular is healthcare and mental health. We have just over half the behavioral health workforce we need. These are high paying jobs,

many of which you don't need a 4-year college for, and they're absolutely critical in the fight to reduce homelessness in San Diego. For our economy and for our neighborhoods, we have to get it done.

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sdnews.com/candidates-vie-for-district-4-supervisor-position-in-aug-15-special-election/



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Aromi invites you to immerse yourself in the flavors and charm of Italy

What's on the menu?
By **ROBIN DOHRN-SIMPSON**

Not every Italian restaurant will stir their daily pasta into an \$800 wheel of authentic Parmigiano Reggiano, but at Aromi, your server will swirl the pasta into a meal of creamy deliciousness. If you prefer, they will do the same thing with an earthy Pecorino Cheese wheel also straight from Italy. This table-side experience delights everyone in the restaurant, especially those lucky diners where the presentation takes place.

Aromi translates to Aroma in English and when you walk in the door and the distinct aromas of Italian cuisine that we all love will greet you: Oregano, Basil, Rosemary, and Thyme to name a few.

Located in La Mesa, off I-8 and 70th Street/Lake Murray Blvd, the owners, already restaurant veterans, were excited when this prime restaurant location came up for sale. They jumped on it and spent 40 intense days remodeling every part of the restaurant.

"We wanted to bring our love of Italian cuisine to our patrons," said Francesco Mancino, partner/chef.

Aromi's menu features dishes from different regions of Italy. Using only the freshest ingredients, the salads are crisp and full of colorful vegetables and fruits. The pastas are fresh, and they offer gluten-free pastas. An extensive wine list rounds out the menu and provides perfect food pairings.

Some entree highlights include Cioppino a delicious stew of clams, mussels, and squid fish cooked with tomatoes. For a comfort food dish try the Gnocchi Sorrentina made with a soft and light potato gnocchi, marinara sauce, pesto, and fresh mozzarella. A Southern Italian favorite dish is the Parmigiana Melanzane with sliced eggplant layered with parmesan cheese and tomato sauce and baked to perfection.

If you still have room for dessert, the tiramisu, originally from Venice, now known worldwide, is made at your table with ladyfingers, coffee, and a whipped mixture of eggs, sugar, and mascarpone cheese.

Dinner is served daily from 3:30 - 9:30 p.m. Try Aromi for brunch Friday through Sunday from 11 am - 3 p.m. A salmon Benedict, a Prosciutto Benedict, or a variety of Paninis, as well as plates of pasta, are on the menu.



Dig into some great food options at Aromi in La Mesa. (Photo by Robin Dohrn-Simpson)

Bring a sweater and enjoy outdoor patio dining during our warm summer nights.

Aromi Restaurant is located at 7200 Parkway in La Mesa. Reservations are recommended. Call them at (619) 303-1905.

Check out their menus at: aromisid.com.

Roasted Asparagus with Vinaigrette

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

Asparagus is in season and roasted this way gives it a different taste. Good served warm or chilled.

INGREDIENTS

- 2 pounds medium sized asparagus, trimmed
- 2 Tbs sherry vinegar (try and use this, the taste is special)
- You can substitute rice wine vinegar
- 1 minced shallot
- 1 tsp Dijon mustard
- Pinch salt, pinch pepper
- 4 Tbs extra virgin olive oil
- 1 1/2 teaspoons freshly minced Tarragon
- (1 teaspoon dried Tarragon can be substituted)

- 1 large hard boiled egg, finely chopped

COOKING

Preheat oven to 400 degrees.

Place prepared asparagus on baking sheet, drizzle with a little olive oil and salt and pepper. Roast for 25 minutes.

Whisk together vinegar, shallot, mustard, salt, pepper. Add oil and Tarragon.

Toss the warm asparagus with the vinaigrette and top with the chopped egg.

Recipe for perfect hard boiled eggs:

Place eggs in a saucepan and cover with cold water. Bring to a boil. Turn off heat and cover pan. Let sit for 12 minutes in hot water with lid on.

Drain and rinse in cold water, refrigerate. Perfect hard boiled eggs are ready for use!

FOOD BRIEFS

AROMI ITALIAN RESTAURANT RIBBON CUTTING AUG. 9

La Mesa residents and visitors can welcome Aromi Italian Restaurant (7200 Parkway Drive) to the business community with a ribbon cutting ceremony on Aug. 9. The restaurant will have its official ribbon cutting at 6 p.m. The evening mixer will run from 5:30 p.m. to 7 p.m.

The Chamber will host a raffle throughout the night. Attendees can bring their business cards while they mix and mingle. The event is free to Chamber members and \$15 per person for all guests. Due to the chosen mixer area in the restaurant, no "At Door" attendees will be accepted.

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Senior living options becoming bigger issue as people live longer

Real Estate Update

By LAURA LOTHIAN



Sheila and Ken* live in a detached home with acreage in east rural county.

Their whole lives they have been outdoor people. She's happiest riding horses and he's happiest riding tractor trailers. But they're not 20 or 30 anymore, they're not even 50, 60 or 70, they're in their 80s and in some ways, their house is killing them.

They have fallen off of ladders, she can no longer walk to the barn,

and everyday house maintenance is beyond their physical abilities. Due to her cancer and his chronic back injuries, they need to visit their doctors almost daily, driving two hours each way. The husband is showing signs of dementia.

Bill and Joy*, both in their 60s, live in a large, 4,000 s.f. house in Mount Helix.

The kids are grown and gone and entire sections of their home go untouched or unvisited for months. They're in good health, and friendly and seek to simplify and socialize.

Both couples know it's time to make living changes but what are

their options?

Nearly 56,000,000 seniors – people over the age of 65 - reside in the United States. Some are Jackie Chan fit while some are bed-bound. Below are some options for seniors and their families to consider when the time comes for living changes.

Staying put. Single-story homes/condos or homes/condos with at least one bedroom downstairs are popular for seniors or people thinking ahead. If the homeowner is in good health but needs a little help with errands, housekeeping, or yard work, living arrangements can be made with friends, family members, or roommates.

55+ community. From manufactured homes to condos to detached homes, there are always dozens of properties for sale in San Diego County in 55+/62+ communities. Currently, they range from \$34,700 for a manufactured home in Borrego Springs to \$1.54M for a detached home in Auberge at Del Sur near Rancho Santa Fe. Often these communities appeal to seniors looking to socialize with

their age group by offering activities, clubhouses, swimming pools, pickleball courts, bridge nights, potluck dinners, etc. Meals, custodial service, or skilled medical assistance are not included.

Senior Care Facilities, Apartment Style. Westmont of La Mesa is a great example.

a) **Independent Living.** As the name suggests, Independent-Living seniors live in studios, one or two-bedroom apartments; enjoy restaurant-style dining in a shared dining room; housekeeping & maintenance; swimming pool; fitness centers; activity rooms; health & wellness programs.

b) **Assisted Living.** Residents enjoy the same amenities as Independent Living but receive medical care ranging from prescription management to individualized care services.

c) **Memory Care.** Residents experiencing middle to late-stage dementia need expert specialized care with a structured environment with set schedules and routines to reduce stress, safe

interiors to reduce mishaps, and helpful programs to assist with cognitive skills.

Skilled Nursing Facility.

a) **Short-Term Care.** This is for the person who needs temporary medical help, usually after surgery for one week to a month or so. Afterward, they go home.

b) **Long-Term Care.** Offers 24/7 doctor and nurse care for people who have little-to-no mobility or cannot function on their own.

Aging is a sensitive topic. Some people, like Sheila and Ken, insist they can manage even when their families worry they cannot. Bill and Joy sold their Mount Helix home & purchased a luxury retirement condo in La Jolla and love it.

Evaluating options for senior living can be overwhelming. For seniors, about to be seniors and their families, a great place to find free assistance locally is with Kevin and Breanne Leinum of Capstone Services, who have been in the senior biz for 20 years.

SEE REAL ESTATE, Page 15

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Fourth Supervisorial District, Special Primary Election.
Only registered voters residing in the Fourth Supervisorial District are eligible to participate in the election.

VOTE CENTERS OPEN:
Aug. 5 through Aug. 15

VOTE!
MORE DAYS. MORE WAYS.

YOUR VOTING OPTIONS:



MAIL IT.



DROP IT.



VISIT.

Complete your ballot in the comfort of your home. Sign and date your return envelope, seal your completed ballot inside, and return it through the U.S. Postal Service – no stamp needed!

Return your ballot to any of the Registrar's official ballot drop boxes around the district **through Election Day, Tuesday, Aug. 15.**

Avoid long lines by taking advantage of early voting!
Starting Saturday, Aug. 5, seven vote centers will be open daily from 8 a.m. to 5 p.m.

On Election Day, Tuesday, Aug. 15, fourteen vote centers will be open from 7 a.m. to 8 p.m.

Find a ballot drop box or vote center near you at sdvote.com



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GHS Foundation

CONTINUED FROM Page 11

one more huge reason Grossmont High School is such a fantastic place to work and learn.”

In the past 15 years, the financial impact of the GHS Educational Foundation has grown each year. Its non-profit status has been the impetus for donations that impact the entire Foothiller community in countless ways. However, without the continued support of Grossmont’s parents, retirees, alumni, staff, and community, none of this would have been possible. We thank them for their support.

If you would like to sponsor a scholarship or mini-grant, contact Amy Conrad at foothillerfoundation@gmail.com or Dan Barnes at dbarnes@guhsd.net. If you would like to donate to the GHS Educational Foundation, visit their website at foothillerfoundation.com and use the donate button on the home page.

UPCOMING REUNIONS

Anyone is welcome to join us for campus tours on July 29 or Aug. 5 at 10 a.m. Meet at the high school office, where the tour begins. Visit a campus that treasures its past while embracing its future. Class of 1973 50th Reunion: Saturday, Aug. 5, 2023 email class1973GHS@gmail.com or visit <https://www.classmates.com/siteui/reunions/>. Campus Tour at 10. Class of 1983 40th Reunion: Friday, July 28. <https://reunion-specialists.com/reunion2.php?reunion=948>.

Class of 2003 20th Reunion: Sept. 2, 7-10 Urbn Pizza, El Cajon.

Class of 2013 10th Reunion Weekend: Aug. 4-6, docs.google.com/forms/u/1/d/e/1FAIpQL-SeVg7_IRvMHUGtBUMKyczgND-S3CvWnpaFPWt1q7eZE7XIN-pw/viewform?usp=send_form. Campus tour Aug. 5 at 10.

Visit our website at foothiller-museum.com to learn more about GHS, past and present.

Contacts: (619) 668-6140 and gghsmuseum@guhsd.net.

Real estate

CONTINUED FROM Page 14

Their office is located at 8144 La Mesa Boulevard, next door to Subway. Kevin and Breanne are recognized experts in Long Term Care Planning and can be reached at 619-886-5665.

They will be hosting **Coffee Talks; Senior Living Options** on Aug. 23, 11 a.m. to 12 p.m. at the La Mesa Adult Enrichment Center.

Register online at: CityofLaMesa.com/classes or call (619) 667-1322.

* Not their real names

—Reach eXp Realtor and La Mesa City Councilwoman Laura Lothian at: Laura@LauraLothianRealestate.com.

LEAP

CONTINUED FROM Page 10

handmade,” Spiller said. “Each product is unique, and we use materials that are going to become more one-of-a-kind as you use them. Leather and waxed canvas get more beautiful with age and tell a story as you use them. ‘Tough as nails’ because we do

everything possible to make our products last as possible. Our hope is that you use our bags for everything and then you don’t need plastic bags. As time goes by, you give it to your kids and it’s a lot less consumption. We want to get away from disposable products.”

Additionally, Spiller is just one of LEAP’s many success stories. “Twenty-seven people have gone through the program,

including the cohort that’s active right now,” Sly said. “We’ve already had seven sign leases and there’s another six entrepreneurs that are far along in that process — they’re active in negotiations now. I think that the entrepreneurs that we’ve been fortunate enough to partner with are very driven and very committed to moving their business ideas forward. The city has been a very

exemplary partner in trying to support them and expedite entrepreneurs up like permitting, licenses and certifications.”

Additional information about The Jackalope’s products, services and history can be found on their website at: thejackalope.art/.

Further details about LEAP, application eligibility, deadlines and more is located at: eastcountycdc.org/leap-program/.

Senior Living

Make the Right Choice Senior Living
Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) wanted to develop better Assisted Living Care Homes and Services for seniors at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area), La Mesa, Del Cerro. See us today before making your final choice. Make the Right Choice Today.
We are excited to announce that Silverlight Homes of La Mesa will be joining the Right Choice Senior Living network of Assisted Living Care Home Communities.
Beautiful La Mesa Neighborhood Close to ALL, Small Intimate Homelike setting, Reasonable Visitation & Outings, Accommodations & Experienced Teams since 2008 For photos, video tours please visit: <https://silverlighthomesllc.com/>
For more info call (619) 246-2003 or go to the www.rightchoice seniorliving.org.
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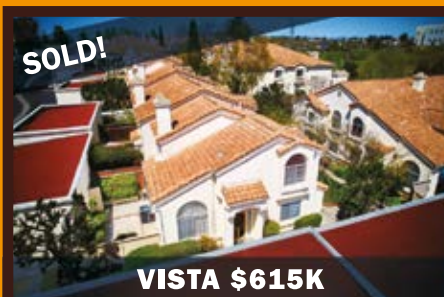
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