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James Porter shaped bronze statues and city government. Page 9

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Blight ideas

Erik Egelko brokered the sale of The Light Bulb Centre building to developers that are turning it into loft apartments. (Photo courtesy Erik Egelko)

Local broker proposes ways to clean up west La Mesa

By JEFF CLEMETSON | La Mesa Courier

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An artist rendering of the Jefferson La Mesa housing project that will be built between Baltimore and Nebo drives. (Courtesy City of La Mesa)

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NEWS

Blight ideas

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with thriving businesses or housing is something that Egelko believes can be accomplished. “There are maybe 20 troubled properties in west La Mesa, and that’s it,” he said. “It’s a super achievable goal to take those properties and put something better there. And with each one we do, more people are going to be interested in these properties.”

Although he sees the goal of turning around the west side as achievable, Egelko also thinks the city could be doing more to help make properties along University Avenue and El Cajon Boulevard more attractive to brokers and developers.

RED TAPE WOES

Egelko points to his experience in brokering two west side properties as reasons for his criticisms of La Mesa’s red tape problem for developers. Before it was brokered off to a housing developer, 7640 El Cajon Blvd was a gas station in the 1950s, then a car dealership, and then an illegal marijuana dispensary.

“Then [the dispensary] got shut down and it was La Mesa’s worst piece of blight — there was graffiti all over it, there were homeless people there, there was trash.”

And in addition to the state of the property, Egelko said it was particularly difficult to sell because of a “serious lack of cooperation” on behalf of the city in terms of issuing a permit for any kind of business moving in. The property fell out of escrow five times before being bought by a developer who is consolidating it with a neighboring property into an already planned housing development.

“I had so many people who tried to [previously] buy this property, but because the city’s process to get a permit was so expensive and so lengthy to get approval, it wasn’t feasible for anyone to make a deal there.”

One prospective buyer was a car dealership, which Egelko thought would make permitting easy considering there was another car dealership there as early as 2016 that operated the same use and required the same permit.

“But [the city] wanted this guy to get an architect, to do a traffic study, to do a noise study — spend tens of thousands of dollars on consultants to get a permit to put in a business there that was previously there.”

Another property, the old Light Bulb Centre at 7735 University Ave., Egelko had to broker twice because the first buyer ran into red tape that prevented the developer’s plan to turn the building into housing from being profitable.

“They exhausted themselves trying to get the city on board to do this,” Egelko said. “They burned through three different architects, they spent eight months going at trying to get it approved and the amount of money they were spending trying to go through the process was completely eating into the profits they were going to see if they were able to build it.”

That development group eventually sold the property to DLS Investments, a larger development company, who is converting the building into La Mesa Lofts — a seven-unit housing project that will be a mix of studios and apartments. However, large development companies or a neighboring project coming in to scoop up these small distressed properties and turn them around is the exception, not the rule, according to Egelko.

“Pieces of blight like this are too small for a major developer who has the patience and the resources and capacity to deal with all the city bureaucracy,” he said. “Most of the pieces of blight in La Mesa are smaller properties that it doesn’t make the financial sense to go through all the fixed red tape that’s associated with them.”

It is that conundrum that worries resident and activist Craig Reed, who leads a group called Envision La Mesa that is dedicated to revitalizing west La Mesa.

“West La Mesa, with the way things are now, requires a certain level of sophistication,” Reed said. “Mom and pops who come in, who don’t have that sense to go through all the fixed red tape that’s associated with them.”

In this instance of the former car dealership, Reed said, “The intent was to establish a pedestrian-friendly street environment that is conducive to transit and is less auto-oriented. A CUP is required for a car dealership in the MU because this type of use has a high impact to the pedestrian- and transit-oriented intent of the MU, and a high impact to increased residential densities within the overlay. The CUP process provides the ability to properly analyze a car dealership use and ensure that the site and building design are consistent with the intent of the MU and to apply appropriate conditions to the use to ensure compatibility with a pedestrian-friendly environment and residential uses.”

Council member Kristine Alessio also agreed that the CUP issue would be better addressed with changes to zoning.

“A better way of dealing with that process would be to sit down with those who feel the CUP process is onerous and figure out if there needs to be changes to the underlying zoning to allow for uses that currently are allowed only with a CUP,” she said.

In this instance of the former car dealership, the city’s zoning worked out the intended way — the property will soon turn into housing, a preferred outcome in the city’s eyes. Egelko also suggested another
La Mesa to join regional power agency

By DOUG CURRIE/La Mesa Courier

On Aug. 13, the La Mesa City Council voted to join a regional community choice power agency (JPA) that will eventually run the program, buying electrical power from a variety of clean energy sources and selling it to city residents and businesses — at lower prices than SDG&E can sell it now.

It’s possible the council might have been swayed a little by the fact that San Diego is willing to pick up the millions of dollars in startup costs incurred by the respective cities to get all this rolling.

There was some debate, but not a lot. There were two issues that might have complicated the decision, but they were dealt with.

The more important one was the fact that smaller cities in the JPA, like La Mesa and Santee, could be outvoted by a weighted vote provision that might have given too much power to the big cities involved — San Diego and Chula Vista — by making any decisions made by the JPA to, in effect, steamroll the smaller cities.

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It’s complicated fix, but it should work, according to Cody Hooven, the San Diego chief sustainability officer who’s been pretty much everywhere.

The big cities have agreed, or will agree, that no matter how the votes go, no city will be able to cast more than 49% of the final votes.

“We felt this was a good, safe medium ground for the protections of the Joint Powers Authority to operate under,” Hooven said.

One thing that the La Mesa City Council added was a citizens’ oversight board, to keep an eye on what’s happening with the JPA.

If you have comments on the implementation, please email info@la mesashistory.com or call 619–466–0197. The next steps will come at the Sept. 10 City Council meeting, with the second reading and formal adoption on Sept. 24 — a month before the San Diego-imposed deadline of Oct. 1.

It’s likely that deadline could be stretched a little, as other cities tackle the question of whether or not to join the JPA.

The city of Santee is believed ready to join in soon.

Cody Hooven and other cities are looking closely at the process, and would be more than welcome if they elect to join. She cited Carlsbad, Encinitas and Del Mar as serious candidates, along with Solana Beach as a possible.

Solana Beach already has its own small Community Choice Aggregate operating, but might prefer the protection and connection with a larger entity.

We’ll see where this goes as time passes. There will almost certainly be bumps in the road to be dealt with — that’s almost unavoidable in deals like this. The fight will be to keep those bumps from turning into great big potholes.

—Doug Currie is a longtime San Diego reporter in both print and video. Reach him at dougcurlee@cox.net.

McKinney House to get landscape makeover

La Mesa Historical Society

La Mesa Historical Society is preparing to spruce up its McKinney House property.

After months of work, the Society’s Landscape Committee — comprised of board members Tracey Stotz, Jim Newland, Kristin Dooley and Alex Quintero, in addition to landscape architect Karen Adams — has already developed a schematic for the site and present ed an initial landscape plan for the McKinney House at its recent annual meeting. A comprehensive plan was last implemented in 1995 and with the recent loss of the property’s 103-year-old Monterey pine last year, it was time to update the design and use those proceeds as well.

The first of two required votes will come at the Sept. 10 City Council meeting, with the second reading and formal adoption on Sept. 24 — a month before the San Diego-imposed deadline of Oct. 1.

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The Monterey pine that was removed last year helped prompt La Mesa Historical Society to update landscaping at McKinney House. (Courtesy La Mesa Historical Society)

If you have comments on the implementation, please email info@lamesashistory.com or call 619–466–0197. The next steps will be to finalize the plan with specific details and create construction plans. Then the society will bid out elements of the project as funding is available, as well as round up volunteers and donors to help take on other tasks.

The board sees this as a multi-year effort and welcomes community support. If you could assist with demolition or construction activities, please contact the LHMS Landscape Committee at the above email or phone number.

—Tracey Stotz is a board member of the La Mesa Historical Society.
Adult use

to house adult-use dispensaries compared to medical dispensaries. In fact, he said, of the 15 medical dispensaries that the city has already approved, only five would be able to switch over to selling recreational cannabis.

Several cannabis professionals at the workshop pointed out that these rules could derail some businesses that have already poured hundreds of thousands of dollars into opening medical dispensaries, and may now be at a competitive disadvantage because they won’t be able to sell cannabis products to any adult over 21 years of age — only those with medical cards or permission from a doctor. Many said the city should “grandfather in” existing or already-approved dispensaries to be fair.

Kusiak, and Vice Mayor Bill Baber who also spoke at the workshop, told the people in attendance to submit written comments on the proposal to the city by Aug. 26 for consideration.

Another major change from Measure U is the proposal is that new adult-use facilities will not need to go through the existing conditional use permit (CUP) process to operate in the city. Measure U set up the process to get a license to operate as a land-use process, subject to votes by the Planning Commission and City Council, but guaranteed by land-use entitlements rules. The proposed adult-use ordinance will make the process a city business license process that will be split up into two phases — phase one focuses on applicant and site qualification; phase two evaluates the site and operation. The application process will be handled through City Hall and governed by the rules in the ordinance.

Many of the rules in the ordinance are the same as Measure U — safety requirements for the properties (alarms, armed security, cameras, etc.), hours of operation, odor control, background checks for employees, and advertising restrictions. The new ordinance also adds some experience requirements for operators of adult-use businesses and sets the renewal for licenses every two years. Licenses will be denied to anyone who has operated dispensary in violation of Measure U or has had a felony conviction. Licenses can be revoked for felony convictions or any suspensions or revocations imposed by the state. For medical dispensary operators that are within the zones approved for adult use, there is a simplified process to add a recreational cannabis license.

In addition to retail businesses, the new ordinance would also authorize cannabis grow operations, testing facilities and manufacturing of cannabis products. Those types of businesses would only be allowed in the parts of the city as a whole, not just those living in the west end.

The idea is being considered by the La Mesa City Council and a draft plan could be presented very soon.

“[Council member] Dr. Weber and I will be unveiling a plan to start moving forward for west La Mesa,” Alessio said. “It is our intent to fund it with the expense account money we get every year. I think that the money rolls back into the general fund. Then we hope to also obtain Prop U monies. I’ve been drafting the plan since meeting with Egelko a few weeks ago and we hope to have it before the Council in September.”

Vice Mayor Bill Baber also voiced support for the plan. “I support using funds raised from our new cannabis tax to clean up the sites of the old illegal pot shops in west La Mesa,” he said. “That was the type of community program we discussed when we approved that tax.”

Envision La Mesa’s Reed said plans to fund improvements to west La Mesa, or fixes to permit processes to spur redevelopment along El Cajon Boulevard and University Avenue, would benefit the city as a whole, not just those living in the west end.

“These are the corridors to the Village area,” Reed said. “They’re showcasing our best foot forward by showing blight and other problematic areas! I don’t think that is really the image that La Mesa’s image and reputation are also of concern to Egelko as he propositions potential buyers to develop the blighted properties in the city overall. "We hope that he, activist groups like Envision La Mesa and the city can work together to change."
Olaf Wieghorst Museum celebrates 20 years

By DOUG CURLEE | La Mesa Courier

Born in 1899 in Viborg, Denmark, he worked as a cabin boy on a ship bound for America. He joined the U.S Army Cavalry. He had learned to ride, and to love, horses in Denmark, so it was a natural choice for him. He served along the international border during and after World War I, protecting against the Mexican revolutionary Pancho Villa.

He worked as a cowboy in the West for a few years, storing up the mental images that would fuel his successful art career. Wieghorst returned to New York City in 1922 and unable to shake his love of horses, served on the Mounted Patrol of the New York Police Department for 22 years. By this time, Olaf’s artwork was beginning to draw serious attention — and serious money. In 1944, the draw of the West caused Wieghorst to gather family and paintbrushes and move to El Cajon. Here, he began to seriously create what would become much-desired and sought-after works of art.

He opened a studio in downtown El Cajon — which has now turned into the Olaf Wieghorst Museum, which brings about the point of this story.

Five years after the museum opened on Rea Street in El Cajon, the property just adjacent became available. It is now one of the more beautiful, parklike areas you'll find anywhere, and 20 years ago, his El Cajon house at Sunshine and Renette streets was taken apart — not torn down, but taken apart and moved alongside the museum.

The whole thing is now run by a foundation of volunteers devoted to his story and his work. They used to have some paid staff, but times got a little tough, and they had to be let go.

The big fundraising party they had on Aug. 3 in celebration of the museum’s 20th anniversary will help keep the place running and looking great, as it has since the house was moved in.

There are plants decorating the area you don’t normally see in El Cajon — there are plants there you don’t normally see in America. That’s primarily because the president of the museum’s foundation board is a landscape architect named Mike Bostwick, who spent decades as the Curator of Plants at the San Diego Zoo.

“We’ve got plants here from all over the world,” Bostwick said. “If you know where to get them, and how to take care of them, they’ll do well here.”

The foundation has a whole lot of Wieghorst’s painting available for sale, and they do sell. Hollywood stars and political leaders have bought and displayed his art over the years — John Wayne was a friend and a fan (Wieghorst actually made appearances in two John Wayne movies), and Ronald Reagan had a Wieghorst on the wall behind his desk. I met a guy named Dave Galvan at the fundraiser. He’s part Pute Indian (as were five of my cousins), but that’s another story. He told me he met Olaf through his grandfather, a Pute Indian who was a model for one of Wieghorst’s better known works, “Buffalo Watch” — a simple, but powerful painting of a horse and a brave, obviously both worn out, atop a hill, looking for buffalo.

“I never met Olaf, but I feel like I know him through the family connection. Grandpa said he was a great man,” Galvan said.

The museum and property are open Tuesday, Thursdays and Saturdays at 131 Rea St., El Cajon. That’s a short street just off Magnolia Avenue about half a block south of Main Street. If you like art, and the Old West, it’s a place you need to see.

—Doug Curlee is a longtime San Diego reporter in both print and television. Reach him at dougcurlee@cox.net.

La Mesa Courier  Aug. 23 – Sept. 26, 2019

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By DOUG CURLEE | La Mesa Courier

El Cajon is not a city that offers a whole lot of tourist attractions. Even people who live here admit that, to a degree.

There is one, though, that many people here are more than a little proud of — and they should be.

It’s all due to a man who adopted El Cajon as home in 1944.

Olaf Wieghorst is recognized as one of the great American artists to bring us the stories and people of the Old West in America, through his paintings, drawings and stories of cowboys, Native Americans, horses, buffalo and every other aspect of the times.

Olaf Wieghorst (photo courtesy Old Wieghorst Museum)

Many of the artist’s original paintings displayed throughout the home. (Photo by Doug Curlee)
To tackle climate change, we need to rethink our global food system

By KATHLEEN ROGERS and DR. SHIENGEN FAN

The way we produce, consume and discard food is no longer sustainable. That much is clear from the newly released UN climate change report, which warns that we must rethink how we produce our food — and quickly — to avoid the most devastating impacts of global food production, including massive deforestation, staggering biodiversity loss and accelerating climate change.

While it’s not often recognized, the food industry is an enormous driver of climate change, and our current global food system is pushing our natural world to the breaking point. At an Aug. 8 press conference releasing the Special Report on Climate Change and Land, report co-chair Eduardo Calvo Buendia stated that “the food system as a whole — which includes food production and processing, transport, retail consumption, loss and waste — is currently responsible for up to a third of our global greenhouse gas emissions.”

In other words, while most of us have been focusing on the energy and transportation sectors in the climate change fight, we cannot ignore the role that our food production has on cutting emissions and curbing climate change. By addressing food waste and emissions from animal agriculture, we can start to tackle this problem. How do we do that?

Livestock production is a lead culprit — driving deforestation, degrading our water quality and increasing air pollution. In fact, animal agriculture has such an enormous impact on the environment that if every American reduced their meat consumption by just 10% — about 6 ounces per week — we would save approximately 7.8 trillion gallons of water.

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

抄写错误

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UN Climate Change Report: Food and Land

From 2010-2016, global food waste accounted for 10% of total food loss or waste globally.

SEF FOOD SYSTEM, Page 8

200 days of progress for the people’s House

By REP. SUSAN DAVIS

With the recent passage of the Raise the Wage Act, 13 million Americans will get a raise as the federal minimum wage is gradually increased to $15 an hour.

According to the Congressional Budget Office’s analysis, this increase will lift 1.3 million Americans out of poverty, including 600,000 children.

Given nearly 20 million working women a raise will increase their household’s economic and social equality for women.

While women still only earn 80 cents for every dollar earned by a man, raising the federal minimum wage will narrow the gender pay gap that disproportionately impacts women of color.

The Paycheck Fairness Act will build on the Raise the Wage Act to further close the gender pay gap. Because inequality is a systematic issue, the Paycheck Fairness Act of 1963 has not provided the tools to truly combat unequal pay. The Paycheck Fairness Act modernizes the Equal Pay Act and protects all American workers from losing those loopholes.

While kitchen table concerns like health care and wages are a top priority for the American people, so is restoring faith in our government and democracy.

People feel their voices are not being heard and that special interests have too much influence in Washington. This transformative bill brings people back to our campaign finance system to prevent big-moneyed interests from continuing to hide their political spending.

It ensures that our public servants serve the public, not themselves. Conflict of interest laws and divestment from special interests in our political campaigns is a top priority for the People Act, the House voted to end the dominance of big money in politics. This transformative bill brings people back to the campaign finance system to prevent big-moneyed interests from continuing to hide their political spending.

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Scott Peters, Planned Parenthood headline September Dems meeting

By TINA RYNBERG and JEFF BENESCH

San Diego Congressman Scott Peters returns to the La Mesa Foothills Democratic Club to keynote our important Wednesday, Sept. 5, meeting, where we’ll catch up with this influential Washington, D.C., politico, and also delve into the battle for women’s reproductive rights.

Peters serves the 52nd District of California, which covers much of central San Diego County including Poway, Coronado, and large portions of the city of San Diego. He is a member of the House Energy & Commerce and Budget committees. Peters is regional vice-chair of the Democratic Congressional Campaign Committee (DCCC), a role in which he helps lead the on-the-ground effort to fortify and expand our new Democratic majority. He also serves as chair of member services for the New Democrat Coalition. Peters is a former environmental attorney, City Council president, and Port Commission chairman.

It is safe to say Rep. Peters will address her plans for the environment and recent endorsement of the start of the impeachment inquiry in the House. And we’ll ask this lawyer to analyze the Mueller report and its many references to Trump’s foreign entanglements and national security irregularities, and concerns even now about the Trump companies, Trump family business interests and Russian meddling in our elections, then and now.

And we hope he’ll reference the ongoing gun violence that kills Americans on a seemingly daily basis, and expand our new Democratic majority. He also serves as chair of member services for the New Democrat Coalition. Peters is a former environmental attorney, City Council president, and Port Commission chairman.

By PAT BOERNER

The Navajo Nights event held in July was well attended and attracted many new people interested in learning more about the Republic Women of California—Navajo Canyon. Great food and lively conversation were topped off with a presentation by San Diego County Deputy District Attorney Tia Quick. Her presentation focused on current changes in the California Felony Murder Law and child trafficking issues.

We encourage people to attend our regular meetings and participate in the exciting activities we have planned for the upcoming campaign. Volunteering is what we are all about and now is the time to get involved to help elect Republicans. President Trump has achieved so much in his first term and we need to guarantee his re-election so he can complete his agenda. To make his job easier, let’s work to give him a Congress that actually wants to implement change and make America great.

Right now, it is a battle of numbers in Congress and no matter how great his proposals and ideas might be, there are many representatives that will not vote to pass good legislation simply because Trump is the president. What kind of nonsense is this? Not voting for what is best for the county? No one can deny there is a border crisis. Congress should get busy, working together to reform and update our immigration laws. We encourage immigration, just not illegal immigration. Families will never be separated if they cross the border legally. They also will not be separated if they are here illegally and return to their home country as a family. Not that complicated.

The next regular RWNC meeting will be held Tuesday, Sept. 10, at the Brigantine Restaurant in La Mesa. Our speaker will be Sophia Fang, a volunteer at the Epoch Times. The Epoch Times is a general-purpose newspaper with an emphasis on truthful reporting. As independent media, the Epoch reports news other media often choose to ignore. The topic of her presentation will be “Appreciating and Preserving Values Through Honest Journalism.”

Check-in begins at 10:15 a.m. and reservations are required at least 24 hours in advance. Cost is $25 and a full-course lunch is served. Cash and checks are accepted but no credit cards.

This is an exciting time for Republicans. As we celebrate all the accomplishments of the Trump administration, we need to work to assure that President Trump has another four years! Please join us in returning common sense to government.

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

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basis, stoked in no small way by our golf-playing “commander in chief.” Peter’s views on both the inability to get a bipartisan House gun bill past Mitch McConnell on background checks, and the House attempts to curb the president’s largely illegal and certainly unethical attacks on immigrants, even those serving in Congress, will be of great interest to all attendees.

Peter’s fascinating talk will be followed by an equally important panel on protecting women’s reproductive rights, particularly those efforts to maintain Planned Parenthood clinics in red states where they have become a diminishing resource for millions of American women.

We’ll have Neal Ortizguerras, director of Political Action for Planned Parenthood of the Southwest, and also representatives of NARAL, ProChoice America, and the local chapter of the ACLU. These organizations are three among many that work nationwide to provide and protect health services for women that may have few options in their family planning and obstetrical and gynecological care.

States like California have a plethora of affordable health centers for women, but in much of the United States, Planned Parenthood and others are being legislated out of existence by Republican state governments. Come hear what the most critical and current actions are being waged, mostly in courts, by both sides of this contentious debate.

Yes, our food system is broken, but not irrevocably so. The challenges are enormous, but by understanding the problem and potential solutions, we can effect critical changes in the ways we produce, consume and dispose of food.

—Kathleen Rogers is president of Earth Day Network. Dr. Shengen Fan is director general of the International Food Policy Research Institute (IFPRI) and a commissioner for the EAT—Lancet Commission. For more information, visit earthday.org and ifpri.org.

Food system

The Sept. 5 meeting begins at 6:30 p.m. at La Mesa Community Center, 4975 Memorial Drive, La Mesa. For more information, visit lamesa foothills democratic club.com.

—Tina Rynberg is president and Jeff Benesch is vice president of programming for the La Mesa Foot Hills Democratic Club.

Sign of the times: It’s been an exciting summer in everyone’s favorite rodeo town, Lakeside.

A giant new welcome sign was erected over Main Avenue in the heart of the community, thanks to the hard work of the Lakeside Chamber of Commerce and other leaders.

The archway sign proclaims, “You’re in Lakeside.” It’s an awesome welcome mat put out by a town rightly proud of its cowboy roots.

Beat the heat: Summer is in full swing and the county is once again inviting seniors and the disabled to designate “Cool Zones” to escape the heat.

Getting out of the heat can save lives so please take advantage of this annual program. There are 115 zones this year across the county, including senior centers and county libraries.

Among the locations: Alpine Community Center, 1810 Alpine Blvd.; Campo Library, 31356 Highway 94, Campo; Salvation Army Senior Dining & Social Center, 1011 E. Main St., El Cajon; Julian Library, 1850 Highway 78, Julian; Potrero Library, 24883 Potrero Valley Road, Potrero; and the Spring Valley Park and Recreation, 8775 Jamacha Blvd., Spring Valley.

A complete list of Cool Zone locations can be found at coolzones.org.

East County, naturally: More great news for hikers and other nature lovers — the county is making popular Iron Mountain Preserve near Poway bigger and better.

The Board of Supervisors recently approved the purchase of 160 acres near the hiker haven, opening the door to an expansion of the region’s network of trails.

The acquisition is something that has been in the works for many, many years and I’m very excited to see this finally come to fruition.

—Dianne Jacob is chair of the San Diego County Board of Supervisors and represents District 2. For more District 2 news, visit diannежacob.com or follow her on Facebook and Twitter. For assistance with a county issue, call 619-531-5522 or email dianne.jacob@sdcoun ty.ca.gov.

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LMFDС CONTINUED FROM Page 7

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Porter Hill’s famous artist

By JILL DIAMOND | La Mesa Courier

Porter’s statue of a kneeling child was stolen from the front of the La Jolla Rec Center in 1995. (Courtesy La Jolla Historical Society Collection)

Besides being an early home to filmmakers, La Mesa was also the residence of James “Tank” Porter—a nationally recognized sculptor.

Porter, a member of the prominent La Mesa Porter family, worked on a war memorial for the State of Virginia, created a bronze statue in La Jolla, and did a portrait study of John Spreckels at the Organ Pavilion in Balboa Park during his lifetime.

“Locally, he was very well known and as he was part of the Porter family who had the home on Porter Hill, a city landmark,” said La Mesa historian James Newland. “He was more than an artist, too, since he helped create the planning commission and was a planning commissioner for years. His uncle was the mayor, and his family donated the old La Mesa Library building that is now an art museum.”

Newland said Porter was also known beyond San Diego and La Mesa, and he had an eye for art.

“He was of course creative, as well as forward-thinking and instrumental on how La Mesa should grow properly,” Newland said. “He supported art associations and theater groups and was an arts and culture supporter, but he also had a broader civic responsibility.”

Besides his many art and sculpture projects, Porter was asked to honor San Diego’s great benefactress, Ellen Browning Scripps.

According to the San Diego Historical Museum’s archives, Porter was commissioned to produce a testimonial gift for the people of La Jolla in her honor.

Dedicated on June 14, 1926, the monument has the distinction of being the first free-standing public sculpture in San Diego.

“Suitably modest, the work consists of a bronze figure of a young girl kneeling over a small pool with hands outstretched facing a curved limestone bench. On the back of the bench, Porter carved incised relief figures of children dancing. Placed in front of La Jolla Recreation Center, one of Miss Scripps’ many gifts to the community, the testimonial faced her home across the street,” the archivist said.

MISSING PORTER STATUE

However, the Porter statue disappeared many years ago, according to Carol Olten, La Jolla Historical Society historian.

La Jolla Historical Society archives state the original sculpture of the kneeling boy child, designed by Porter, was stolen the night before June 28, 1995. Efforts to recover it were unsuccessful. Precautions were taken to prevent theft of a new statue by anchoring it securely into the cement.

Olsen said the new statue, designed and cast by artist Mary Buckman was dedicated in June 1997 and sits where the Porter statue once sat.

“It was a big deal back then,” Olsen said. “During the time there was a rash of similar thefts and statues like Porter’s were believed to be being melted down for their metals.”

EARLY PORTER BEGINNINGS

In the book “La Mesa Through the Years” written by the La Mesa Historical Society, Porter left home in 1899 for Beloit College located near Green Bay, Wisconsin. By 1904, he moved to La Mesa with his parents, Henry and Elizabeth Porter and his brother, Chappell, where they lived in the home his parents bought the following year.

For the next five years, James Porter was said to be bedridden because of a football injury while attending college. In 1910, he re-covered and enrolled in Pomona College, graduating in 1914.

It was a year later, in 1915, the graduate relocated to New York and attended the Art Students’ League to study drawing and sculpture. Around 1919, Porter helped Gutzon Borglum on the war memorial for the state of Virginia. According to the book, Borglum later became a world-famous artist known for his Mt. Rushmore memorial in South Dakota’s Black Hills.

Porter, too, became a recognized sculptor in the 1920s and is best known for his sculptures that are portrait busts and figures of children like the one once located in La Jolla.

As mentioned, the artist was appointed the first president of the Contemporary Artists of San Diego when it was formed in 1929.

Best known for his bronze work, he also used stone, and throughout Porter’s lifetime his work was exhibited in Chicago, New York, Philadelphia and throughout the state of California.

The La Mesa book also states Porter’s work would be “classified as realistic, but many of the pieces were simplified and stylized, some with a strong Art Deco feeling.”

LESS ART, MORE CITY WORK

By the 1940s, Porter had halted work on his sculptures and during the Great Depression, he utilized his La Mesa foundry to produce bronze sprinkler heads and owned the Browning Manufacturing Co. from 1936 to 1956.

He would marry his future wife, whom he met in La Mesa, Letore Braman in 1923. They lived in the same house his parents bought in 1905 along with his widowed mother. By 1924, they had their only child, a daughter Anne.

Porter served on the La Mesa Planning Commission for 13 years and died in 1962 at his home at the age of 78.

—Jill Diamond is a freelance writer based in Southern California who enjoys writing about history.
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All aboard a ride of rediscovery
An iconic seafood restaurant hits a milestone

Restaurant Review

By FRANK SABATINI JR.

What’s cooking at the Brigantine as she sails into her 50th anniversary? A lot.

There are contemporary dishes to satisfy new generations of diners and enough of the tried-and-true to keep longtime fans cruising in regularly.

It had been ages since I set foot into a Brigantine restaurant. Particularly the La Mesa location, which sits prettily at the base of Mt. Helix with its lushly landscaped grounds, sprawling patio and raised bar area flanking an open kitchen. Having opened in the late ’80s, it received a remodel a few years back, resulting in lighter colors and handsome wood flooring.

The restaurant’s humble beginnings, however, date back to 1969, when Mike Morton Sr. and his wife, Barbara, founded the first Brigantine in Shelter Island. Swordfish was all the rage back then, and the Mortons gave the steak-like fish top billing.

In the first few years, my parents were almost bankrupt and just tried keeping their heads above water,” said Mike Morton Jr., who serves as company president. “Neither of them had experience in the restaurant business. They learned through the school of hard knocks.”

Today, there are seven Brigantines throughout San Diego County, with an eighth opening this fall in downtown San Diego. The mega-venue will also house other dining brands owned by the Mortons, such as Miguel’s Cocina and Ketch.

Waves of nostalgia rolled over us while delving into a nicely chilled shrimp cocktail amid nautical décor that still pervades. My dining companion became sentimental, too, recalling a dinner he ate here with his late father when he visited from the Midwest. The shrimp, with its classic ketchup-upherasちょうど食べましたか。sauce, we recalled, regularly served as our meal starter.

Fresh oysters have been in the offering for a long time, although I don’t recall them being topped with shallot-shoyu butter and crumbled wontons. Their toasted crowns gave the traditional slurry some chew, and the combined flavors of the shallots and Japanese soy sauce paired jubilantly with the oceanic essence of the bivalves. (Oysters are also available raw or broiled with garlic butter.)

Many of the old-school favorites remain firmly intact, such as Brigantine’s peppered version of New England-style clam chowder, traditional Caesar salad, filet mignon, and of course the famous fish tacos made with Alaskan pollock, which didn’t debut until 1994.

Yet several contemporary upgrades have been made to certain dishes. And they left us highly pleased.

Beginning with our salads, a normally ho-hum iceberg wedge came draped with butter-milk-blue cheese dressing that exceeded in flavor and richness standards of yesteryear. And the house medley of baby lettuces offered an engaging interplay of dried cranberries, hearts of palm and robust blue cheese crumbles. Certainly not newfangled creations, but 21st-century salads done right.

The grilled swordfish used to always come with tartar sauce and lemon. But that changed in the mid-’90s, when the former corporate chef began finishing off the fish with pucks of avocado-lime butter. I was enthralled. The fish had the coveted flavor of charred top sirloin while the melting butter lubricated the filet with tangy creaminess.

In addition, the swordfish these days includes Parmesan risotto and broccoli, culinary props that diners only two generations ago might have considered foreign. I opted instead for two old-fashioned inclusions after learning from our waitress it’s permissible: a plump baked potato and par-sautéed veggies. My plate appeared dog-licked in the end.

We also shared pan-roasted scallops, which I’m certain in earlier days didn’t come served over corn succotash speckled with bacon and edamame. The trio of semi-large scallops were cooked to that perfect near-opaqueness while the cousins of the dish added sweet-and-savory undertones.

The most recent newcomer to the menu in Brigantine’s first dedicated vegetarian dish — charred Japanese eggplant with lime-kissed cauliflower rice, plus carrots, peas, toast ed almonds, pickled mushrooms, and red curry-coconut sauce. I was tempted, but it’s unlike I’ll ever pull my appetite out of the ocean when dining here.

Brigantine’s bar offerings have evolved with the rest of the world. There are classic mules and margaritas, and signature cocktails such as sparkling pears, vodka grapefruit frescas and pomegranate sangria. The latter sported that deep, refreshing fruitiness you’d wish all sangrias offered.

The wine list shows off some impressive picks. Among them was a superbly structured “founders” cabernet sauvignon by Hahn Family Wines that carried me through dinner. Other lauded names include Duckhorn, Stag’s Leap, Cakebread and St. Francis.

My Brigantine tradition of ending dinner with a jumbo slab of mud pie fell overboard when laying eyes on a flourless peanut butter and chocolate cake. We backed it up with a slice of white chocolate-lemon cheesecake. Both could have originated from a gourmet bakery.

Which led me realizing that today’s proliferation of new restaurants, with their often over-ambitious menus and lack of soundproofing, had kept us away from the Brigantine far too long, if only because we thought of it as old-timey. On some level, it still is, but in a mildly refreshing way. Though in many other respects, it lives up to today’s standards for quality and creativity, and with well-trained servers to boot.

Note: In celebration of its 50th anniversary, all Brigantine locations will offer three-course dinners for two for $50 throughout the month of October.

—Frank Sabatini Jr. is the author of ‘Secret San Diego’ (ECW Press) and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@susxrr.com.

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Back-to-school books for all ages

Whether you're a nervous 5-year-old starting kindergarten or a seasoned 50-year-old pursuing a new degree, August means back to school. No more lazy days at the beach, now we're shopping for school supplies and sharpening our new pencils! Here are some back-to-school books to get you in that studious mood.

For that brand-new kindergartner in your life, “School’s First Day of School” by Adam Rex is the perfect book to help calm their fears. It’s the first day of school at Frederick Douglass Elementary and no one is more nervous than the school building itself. It’s used to being mostly empty, with just the custodian for company. What will all the new children think of it? Will they be nice? Will they like the school? The first day of school starts off a little rocky, but as it goes on, the school starts to realize it isn't the only one with first-day fears.

A modern classic of kids’ chapter books, “Frindle” by Andrew Clements follows Nick Allen, who, after studying how words are created in school, starts to question why things are named the way they are. His teacher wants Nick to put an end to all this nonsense, but Nick’s creation is beyond his control as frindle spreads across the country.

In the young adult novel “The Disreputable History of Frankie Landau Banks,” Frankie is starting her sophomore year at a prestigious boarding school and is finally ready to break free from her older sister’s shadow and her parents’ babying attitude. When her father mentions a secret society, the Loyal Order of the Basset Hounds, which dates back to his days as a student, Frankie goes in search of information. To her dismay, she discovers that her boyfriend Matthew is a member, and that the society is only open to boys. Tired of always being told “no” because she’s too young or a girl, Frankie embarks on a mission of fake identities and pranks to prove that she belongs with the Basset Hounds.

Like “Frankie Landau Banks,” author Tana French’s novel “The Secret Place” is also about a boarding school, but this time, there’s a murder to solve. It’s been a year since a boy was found murdered at St. Kilda’s girls’ school, and now, her focus as a seasoned designer is helping new and small businesses with their corporate branding. Gabuya’s art celebrates life in the Philippines. (Courtesy Footprints Art Association)

This collection captures the essence and energy of those who live the time-honored traditions of working under the sun. Filipinos are communal people as a whole and most of their livelihoods are passed down through the generations. This is exhibited in works with Filpinas selling farm produce and.com home goods to support their community. Gabuya’s current creative collection of paintings. These curated works depict her memories of the everyday ordinary way of life in the Philippines. They draw from the warm energy of the Philippine culture, capturing her emotional and spiritual link to the people and places of her homeland. She reminisced and revisited these treasured locales to recreate in her artwork the vibrant urban market streets and lush, tropical barrio landscapes.

SEPTEMBER FEATURED ARTIST: RACQUEL GABUYA

Racquel Gabuya is a multimedia visual communicator whose focus is in both traditional and digital artwork. She is a San Diego based artist, designer, and higher-learning educator. As an alums of the University of Oregon with a master’s of fine arts and 15 years’ experience in academia, Gabuya had the privilege to inspire and mentor new upcoming designers to hone their skills and pursue their passions. Now, her focus as a seasoned designer is helping new and small businesses with their corporate branding. Gabuya had the privilege to inspire and mentor new upcoming designers to hone their skills and pursue their passions. Now, her focus as a seasoned designer is helping new and small businesses with their corporate branding.
Helix fall teams gear up for new season

By DAVE THOMAS | La Mesa Courant

As the summer days continue to fly by, a number of Helix High fall sports teams are eager to have their eyes on the calendar.

Before you know it, pre-season practices and games will turn into the real thing.

On their girls’ tennis courts, Helix, under head coach Jay Diaz, comes off a 9-5 season in 2018. “This season’s turnaround will be all about eight returning seniors,” Diaz commented. “Twelve will make varsity and the rest will be junior varsity,” Diaz noted that he is a USTA no-cut coach. Two players graduated from the 2018 team.

According to Diaz, top players heading into the season look to include junior singles player Maya Gilbert and fellow junior Lily Fields, playing both singles and doubles.

“Our goals for varsity are for them to do their best win or lose, and to do as well or better than last season,” Diaz stated. “For the JV players, it is to learn playing their matches so they can move up to varsity.”

Helix has 17 matches this season, with four of them being in the Laguna Hills Invitational.

In field hockey play, Helix, which has been league champions on six years in a row, went 11-12 a season ago.

Head coach Rhona St. Clair-Moore said she was expecting that both junior varsity and varsity would have some 40 players trying out for 33 spots.

According to St. Clair-Moore, among the key players to look to going into the season include sophomore Stella Neville (forward and left wing), senior Vivian Goswiller (keeper), senior Camryn Jonolins (midfielder), senior Raley Powers (midfielder), senior Jannah Johnson (defender) and senior Paige Scarborough (defender).

“Our main goal is to have all players better themselves as players and work cohesively as a team,” St. Clair-Moore said. “Additionally, we would like to win the league again and go further in CIFs.”

In boys’ water polo, head coach Joel Hull’s team went 22-7 overall a season ago, finishing at 8-0 and winning the Grossmont Valley League. The Highlanders were a Division III semifinalist.

Turning the page to this season, Hull noted he has 52 athletes in the program, with seven players having graduated from varsity last season.

According to Hull, some key members this season include returning varsity members Lucas Osbon (junior defender) and Lucas Thoms (senior defender).

They will be joined by varsity newcomers Nathan Haney (junior goalie), Gavin McMillan (junior center), Xavier Gomez (junior center defense), Ryan Salas (senior center defense, Baden Gloyer (junior defender) and Kyle Lemler (junior defender).

“Our goal for the season is to win the Grossmont Valley League and make CIFs,” Hull commented.

—Dave Thomas is a freelance sports writer. If you have Helix High sports tips, contact hoopsthomas@yahoo.com.

Gabuya’s art
CONTINUED FROM Page 12

Racquel Gabuya’s artwork will be featured at the Foothills Gallery from Sept. 6 to Oct. 2.

The Foothills Gallery, located at 4910 Memorial Drive in La Mesa, is free and open to the public Tuesday through Saturday, 11 a.m. to 4 p.m. For more information, call the gallery at 619-464-7167.

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

College Towne News

The San Diego Community Newspaper Group is pleased to announce the newest addition to our community newspaper group, College Towne News.

College Towne News will publish monthly beginning September 20, 2019. This will be the 9th community newspaper that we publish in San Diego County.

Over the past 30 years we have been successfully delivering community newspapers in neighborhoods where your customers work, live and play. As a result, our many advertisers have found our newspapers key to their marketing success. Direct delivery and community news make an attractive package for advertisers in reaching the entire community.

We invite you to take advantage of our introductory rates (20% off your first ad in our first publication) and be part of the inaugural edition that will publish Friday, September 20, 2019.

Send us an email or give us a call to find out more!

858.270.3103 sales@sdnews.com

Sudoku & Crossword

Sudoku & Crossword puzzle answers from page 19

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La Mesa fall teams gear up for new season

By DAVE THOMAS | La Mesa Courant

With fall football practice already underway, Grossmont High and its fans are hoping for a big season on the gridiron.

The Foothillers, under head coach Tom Karlo (eighty year old at the helm), finished 4-8 a season ago. Grossmont beat Madison in the first round of the CIF Division I playoffs.

La Mesa Courier recently caught up with Karlo to discuss the upcoming season.

About how many kids are you expecting out for this year’s team? Did you graduate a lot from the 2018 squad?

I have 71 players on varsity. We graduated 22 seniors.

Coming into this season, what do you see as the team’s strengths and any areas that may be challenges?

We have a returning quarter back and four of five offensive linemen back. The wide receivers group is young, while our running back is dynamic. On defense, we have four returning starters and a bunch of good, solid guys coming up.

Looking at the team’s schedule, what do you see as some of the tougher games, rivalries etc.?

Our league is always tough. As for goals this season, what do you want to see this team accomplish when all is said and done?

We want to be in the Open — we were in the Open in 2016 and 2017.

Grossmont begins regular season action Friday, Aug. 23, when it hosts Mira Mesa High.

From there, the Foothillers have four more home games in a row before heading out on the road the first weekend of October.

The regular season concludes Friday, Nov. 1, at El Capitan.

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As its 99th school year begins, Grossmont High School has 1,700 students enrolled in its visual and performing arts programs, the largest number in the Grossmont Union High School District. The large number of students in so many wonderful programs like the Instrumental Music Program, make it difficult to fund them adequately. Unfortunately, visual and performing arts programs are underfunded in public education nationwide.

Since its beginning, the Instrumental Music Program has been an essential part of Grossmont High School. In 1921, the orchestra consisted of 17 students with the first band in 1930. Today, the historic 99-year-old program has become a program dependent on decades-old instruments. In a letter emailed to GHS alumni and retires this summer, program director Ray Webb explained the need for financial support to purchase large instruments:

Large instruments form the foundation of a “sound pyramid” that must always be at the core of our big beautiful ‘Grossmont Sound.’ We need your help to continue to create this legacy.

Large instruments are generally not student-owned due to their high cost. Not many families can spend $6,000 or more for an instrument. As a result, all of our large instruments are district-owned. Unfortunately, our large instruments are, for the most part, in severely dis tended or unusable condition.

We are looking for financial support to find large instruments:

- We now have four tuba players! It’s great that our band is growing! These players all need replacement marching and concert tubas (two instruments each). With an average cost of $9,000 each for a quality tuba or a quality sousaphone, the cost to outfit our four tuba players with one each is $36,000.
- This year, we will also have four baritone horn players. These students each need one working marching instrument and one concert instrument. Quality marching baritones can be purchased for only $2,300 each; quality concert baritones (aka euphoniums), on the other hand, cost $6,300.
- We now have two baritone sax players, each needing tenor sax we have been deemed irreparable by a professional woodwind repair technician. Quality tenor saxes cost $5,400 each.
- Also, Tobias Januel, our percussion coach and the percussion coach of the SBSB Marching Aztecs, recently submitted a lengthy need list for large percussion: concert timpani, chimes, and mallet instruments.

However, to solve our immediate problem, we can buy used instruments from private sellers for as low as 10% of their original cost.

Also, this summer we have received over $7,000 in financial support from our alumni, retired staff, and the GHS Educational Foundation. I hope our community can help us build a larger fund that could be accessed for purchases from private sellers, managed and overseen by the GIMA (Grossmont Instrumental Music Association) treasurer. All donations are tax deductible.

To support the purchase of desperately needed instruments, please write a check payable to GIMA and mail to Raymond Webb, GHS, P.O. Box 1043, La Mesa, CA 91942. No donation is too small.

Also, if you know of someone with a quality musical instrument to donate or to sell in Southern California, please ask the donor to contact Ray directly. Share this column with your friends and family. As its 99th school year begins, Grossmont High School has 1,700 students enrolled in its visual and performing arts programs, the largest number in the Grossmont Union High School District. The large number of students in so many wonderful programs like the Instrumental Music Program, make it difficult to fund them adequately. Unfortunately, visual and performing arts programs are underfunded in public education nationwide.

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Back-to-school time at Helix Charter High

Stephen Moran joins up with the detective on the original case to follow clues that lead back to Helix’s circle of friends, their rivals and the mysterious, private underworld of teenage girls. “The Magicians” by Lev Grossman has often been called a “grown-up Harry Potter.” Instead of a magical boarding school, it’s a “grown-up Harry Potter.” Instead

On Aug. 22, Cuyamaca College held a groundbreaking for a $16.7 million project that will renovate indoor and outdoor classrooms and facilities, and add new greenhouses for the school’s signature Ornamental Horticulture program.

As one of the original programs started at Cuyamaca College in 1980, Ornamental Horticulture is a cornerstone program that’s produced thousands of graduates who have gone on to jobs such as landscape architects, turf managers, and even a host of TV landscaping shows — Sara Bareilles of two TV DIY Network series, “I Hate my Yard” and “Lawn & Order.” The two-year program offers nine degrees and certificates in arboriculture, floral design, golf course and sports turf management; irrigation technology; landscape design; landscape technology; nursery technology; sustainable urban landscapes; and basic ornamental horticulture.

Cuyamaca College Ornamental Horticulture renovation includes plans to replace an aging greenhouse with two modern ones with environmental control and computer-controlled irrigation. (Courtesy GCCCD)

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The project includes gutting and renovating Building M to provide students an experience that closely reflects the industry, Rottkie said.

The two-year program offers nine degrees and certificates in arboriculture, floral design, golf course and sports turf management; irrigation technology; landscape design; landscape technology; nursery technology; sustainable urban landscapes; and basic ornamental horticulture.

With the renovation slated for completion in fall 2020, the program’s students will see updated facilities, well-equipped greenhouses, an outdoor instructional area, expanded retail space and much-needed storage space. About 10,000 square feet of usable space will be added with the renovation.

The Cuyamaca College Ornamental Horticulture renovation includes plans to replace an aging greenhouse with two modern ones with environmental controls and computer-controlled irrigation. (Courtesy GCCCD)

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Jefferson CONTINUED FROM PAGE 1
housing project’s approval eventually passed with a unanimous vote.
Jefferson La Mesa is a 230-unit project on 4.77 acres of property that most recently housed an RV sales lot and other auto industry businesses.
The project will consist of two buildings — a larger building along Baltimore and a smaller one along Nebo with ample parking in the middle. In total, the project will have eight studios, 138 one-bedrooms, 74 two-bedrooms and six three-bedrooms ranging in size from 553 square feet to 1,358 square feet. Ten percent of the units will be slated for very low-income residents.
The housing project will be gated and include amenities like pocket parks with a dog area and a swimming pool.
JPI, Jefferson La Mesa’s developers, will also make some public improvements, such as two new bike lanes along Baltimore, new traffic signaling, sidewalk improvements, a new median and new landscaping along Nebo. The developers will also invest in sewer improvements in conjunction with the acquisition of the city’s sewer pump station, which is located within the project boundary. As a condition of passing the project, the City Council also added a provision that JPI help pay for signage along Spring Street that will direct visitors to the city’s parking lot.
David Potter, vice president of JPI, praised the community and the city for input on the project.
“We did go to great lengths as a team to involve the community, meet with them on multiple occasions, both formally through community meetings and then more one-on-one to really make sure we were getting their input. We also worked comprehensively with staff on a number of things,” he said. “And I stand before you today to say I think the project is absolutely better based on that feedback that we received.”

Many residents who spoke on the project also commented on the relationship with JPI and the city in the process. Commander Jack Porath of the American Legion, which has a post building next to the project, thanked the developer for addressing the Legion members’ concerns and also for agreeing to help improve the post’s sewer issues and improve the post’s parking area. There were some opponents to the project, however. In addition to union members speaking out against the developer’s plan to use contractors that hire non-union workers, some specific aspects of the project also drew criticism.

One resident complained that the project offered too much parking, arguing that a project situated so close to a trolley station should be less “auto-centric” and offer more units and less parking spaces. Another resident suggested that the bike lanes proposed for Baltimore Drive are inadequate because they are not protected.

Still, most residents showed support for the project that is to be built on the same property that the 18-story high Park Station was proposed for — a project that was met with fierce opposition by local residents.

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

Larry Scott remembered
Aug. 13, 1929 to Aug. 17, 2019
By Keith Dindinger
The passing of Larry Scott takes him with a bit of each of us that knew him. From my association with Larry, a friendship that dates back to 1983, it appears that he had a full and admirable life. He had a 24-year active military career that included serving naval air in Vietnam, being attached to the White House, the Blue Angels and recruiter for West Texas. After retiring as Lieutenant Commander, his business management skills served him well, and included several automobile-associated ventures.
He found another calling when he joined Rotary. Most Rotarians got to know him when he joined Escondido Rotary in 1976 and then the La Mesa Rotary Club in 1983, serving as club president in 1994-95 and District 5340 governor in 2002-03.
Larry’s activities in club, district and zone committees were numerous. A few on the list and recognitions are:
• Recognized in 2003 by the Wheelchair Foundation for providing and delivering 2,500 wheelchairs to the needy in Malawi, East Africa.
• 2005 Chairman of the Southern California/Nevada P.E.T.S.
• Chair of the Paul Harris Society from 2013-18.
• Received the 2018 RI Service Above Self Award.
• Co-chaired the Don’t Wait – Immunize Committee.
• Founded the District Leadership and Development Academy.

Larry Scott (Courtesy La Mesa Rotary Club)
• Commodore of the International Yachting Fellowship of Rotarians
• Participated in Polio-Plus Immunizations in Asia, Africa, Mexico and the Philippines.
Larry and Connie are major donors and benefactors to the Rotary Foundation. Their children, grandchildren and great-grandchildren are each Paul Harris Fellows.
Larry will be remembered for his endless involvement in Rotary, no matter how large or small the project, and for his positive outlook on life, even during his health struggles. A friendly and personable person that always went by the book; a person that you could always call on for help or advice. He will be missed.

—Keith Dindinger is a current La Mesa Rotary member and a past Rotary governor.

Here are a few of my favorite summer tips to help you save between 4pm and 9pm when energy prices are highest:

use a portable or ceiling fan to save big on AC.
Keep blinds and curtains closed during summer days to block out direct sunlight and reduce cooling costs.
Cool down your home until 4pm; set your AC 7° higher until 9pm. Take advantage of off-peak period pricing.
Charge an electric vehicle before 4pm or after 9pm.
If you have a pool, run the pump before 4pm or after 9pm.

Find more tips at sdge.com/whenthematters

THESE TIPS ARE JUST IN TIME FOR SUMMER.
Xanadu

Through Aug. 25
A Greek muse inspires love, laughter and the world’s first roller disco in this 1980s glitter opera. This Tony Award-nominated, hilarious, roller-skating musical adventure about following your dreams despite the limitations others set for you, rolls along to the original hit score composed by pop-rock legends Jeff Lynne and John Farrar.

Thursdays, 7 p.m. and Saturdays and Sundays 2 p.m. at ENCORE! Theatre, 9620 Campo Road, Spring Valley. $12 tickets, available at bit.ly/2KymrEk.

‘And Miss Reardon Drinks a Little’

Through Sept. 22
Lamplighters Community Theatre presents a play about three sisters who have grown up in a house of women, dominated by their recently deceased mother. But time has erased the tender closeness of girlhood; one sister has married and cut herself off; another has begun to drink more than she should; and the third, after a scandalous incident at the school where she teaches, is on the brink of madness. When the married sister comes to dinner to press the need for committing her sibling to an institution, all the pathos, humor and honesty of the play combine with overwhelming effect.

Fridays, Saturdays at 8 p.m. and Sundays at 2 p.m. at Lamplighters Community Theatre, 5915 Seventh Drive, La Mesa. Tickets range $18-$23 available at lamplightersla mesa.com.

Movie Matinee

The La Mesa Adult Enrichment Center hosts a series of modern and classic film viewings every Thursday at 1 p.m. in the center’s main hall. Cost is $8 per ticket. For movie listings, visit bit.ly/2FvQOSG.

Kool & The Gang and The Village People

Group out the platforms and bell-bottoms for this night of music from two of the biggest groups of the disco era. 8 p.m. at Sycuan Casino, 5469 Caliente Way, El Cajon. Tickets range $6-$99, available at sycuan.com.

Friday, Aug. 23
‘And Miss Reardon Drinks a Little’

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Saturday, Aug. 31
Panel discussion and book signing
Author J.R. Strzyz, Jr. will discuss his book “First Spouse of the United States,” a political thriller about a gay activist and his husband’s quest for the White House. Also appearing will be author Michael Black who will be signing his new book, “Happy Endings and a New Beginning,” about his struggle to overcome abuse as a child. 11 a.m.-1 p.m. at Barnes and Noble Grossmont Center, 5550 Grossmont Center Drive, La Mesa.

Saturday, Sept. 14
‘Im Hussein in Double Trouble’
A Nigerian scammer promises Im Hussein and her husband Abou Hussein $1.5 million, with strings attached. The two fall for the swindle and deplete their savings account to comply. Confusion reigns when an African man arrives with a shocking claim. Then the authorities come to investigate. And yet another African shows up, adding to the carnival of chaos, laced with sophisticated narrative and murderous actions.

The event will feature DJs and live music. There will be an award giveaway at each event and a carnival of chaos, laced with sophisticated narrative and murderous actions.

Cost is $10 and includes food and beverages. Visit bit.ly/2KymrEk.

Saturday, Sept. 21
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A Nigerian scammer promises Im Hussein and her husband Abou Hussein $1.5 million, with strings attached. The two fall for the swindle and deplete their savings account to comply. Confusion reigns when an African man arrives with a shocking claim. Then the authorities come to investigate. And yet another African shows up, adding to the carnival of chaos, laced with sophisticated narrative and murderous actions.

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SUNDAYS

Traveling Stories

Visit Grossmont Center each Sunday for an interactive story telling for kids. Visit the StoryTime, pick out a book that interests them, and then read it out loud to a volunteer. The volunteer asks engaging questions that help the child build reading comprehension and critical thinking skills all while earning book bucks to trade in at the end of the month at Grossmont Center Drive, La Mesa.

Sunday, Sept. 8
ART + GARDEN in the PARK
Foothills Art Association and La Mesa Beautiful host a unique event featuring local artists and neighborhood gardeners offering both art and plants for sale. 10 a.m.-3 p.m. at Harry Griffin Park, 5550 Milden St., La Mesa. For more information, call 619-203-4098.

Sunday, Sept. 15
Ines Irwati & Danny Green
The Green House Concert Series continues with a performance featuring solo works from classical pianist Ines Irwati and jazz pianist Danny Green. $20 tickets available at bit.ly/22XiYfV. 3-4:30 p.m., La Mesa location revealed at time of purchase.

Barona Powwow

The Barona Band of Mission Indians proudly invites the San Diego community to celebrate Native American heritage at the 49th annual Barona Powwow over Labor Day Weekend. The three-day cultural celebration starts on Friday, Aug. 30, with gourd dancing at 6 p.m. and a dramatic grand entry of dancers in colorful regalia at 8 p.m. The Barona Powwow will continue Saturday and Sunday from 1 to 11 p.m. In addition to beautiful regalia and dancing, spectators will be able to enjoy hand drum contests, singing and music, authentic Native American food including delicious Indian fry bread tacos, arts and crafts and handcrafted jewelry. The Barona Powwow will be held at the Barona Sports Park located on the Barona Indian Reservation just one mile north of the Barona Resort & Casino on Wildcat Canyon Road in Lakeside. Free shuttle service is available from Barona Resort & Casino to the Powwow. Admission and parking are free. Visit barona.com.

Thursday, Sept. 26
SoCal Rehab Golf Classic
Alvarado Hospital hosts a charity golf tournament to fund the Alvarado Hospital Auxiliary, a nonprofit entity that supports post-treatment programs for the benefit of individuals with physical disabilities and senior citizens. Tournament registration and a putting contest begins noon, after followed by a shotgun start for the none-hole tournament at 2 p.m. at Riverwalk Golf Club, 1150 Fasion View Valley Road, San Diego. For registration information, visit bit.ly/2OIS8Wn or call 619-229-7362.

Get the word out!

About your next event!
Post or advertise your event on La Mesa’s extensive online calendar. FREE posts and reasonable rates for ads.
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Lung Cancer? Asbestos exposure in industrial, construction, manufacturing jobs, or the military may be the cause. Family in the home were also exposed. Call 1-866-795-3684 or email cancer@breakinginjurynews.com. $30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

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Taking martial arts to defend your health

Gen-X in La Mesa

By GENEVIEVE SUZUKI

Whenever you’re trying to lose weight, you need to do two simple things: Manage your diet and fit exercise into your routine.

For me, one of those “all or nothing” people, a medically supervised fast was a good, hard diet reset. Because I was on such a limited daily caloric intake, I was initially told I needed to take it easy. Several weeks into the fast, however, the doctor asked each of my weekly class, “What are you doing to exercise?”

All I knew was I didn’t want to join a gym. I had a membership for 10 years and maybe went religiously for two of them. I was easily bored so I needed something else to raise my level of activity. Albert Einstein believed if you defined the problem properly, the solution will present itself. My problem was I needed to find something that would encourage me to do it on a regular basis. One day, as I pondered whether to just give in to that dreaded gym membership, my daughter’s kung fu teacher advised her she needed to attend more group classes to continue to grow. My immediate reaction was to inwardly freak out about how I didn’t have time to take her while trying to get myself in shape.

But then I noticed adult after adult walking into the martial arts school uniform. The solution presented itself. I could earn stripes and sashes as I worked into shape.

In addition to a weekly private lesson, White Dragon also offers several group classes, such as striking, kicking and kickboxing.

“Tao’s classes target all three pillars of fitness: strength, cardio and flexibility,” said title, who has been with White Dragon for 30 years. “Kung fu is a holistic form of training and includes many mental components and benefits as well.”

I told my daughter I was signing up for kung fu at her school. Expecting a little push-back, I instead got an excited, “That’s awesome, Mom!” as she vowed to go to classes with me. No embarrassment, just support.

A month into my training, I can tell you the journey ahead of me is long. I may not be able to hold a decent horse stance for longer than 20 seconds, but I am developing muscles that weren’t there and a confidence infused by the knowledge I may be able to take at least fight off the average 10-year-old playground bully, no easy feat for the old, flabby me.

If you are interested in White Dragon La Mesa, call 619-461-2760 or visit sdnews.com.

—Genevieve Suzuki is a local attorney and former La Mesa Courier editor.
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