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Chula Vista

KEEPING CHULA VISTA HEALTHY!

PLUS A SPECIAL TRIBUTE TO
THE ARTS



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The Heart & Soul of the
SOUTH BAY

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ODE TO THE ARTS



JEFF BETTGER
PUBLISHING DIRECTOR

To all you artists out there. Stop being selfish! Show us your art. :-) I know you are a shy bunch, worried that not everybody is going to love your work. Worried it is not good enough. Thinking you just need more time. Let me tell you a secret. The time is now, and if you put your heart and soul into it, it is good enough. We the non-artists of the world are counting on you! We need your art to make us ponder, to question. To wake us up. To glimpse into the future. To make us inspired. To remind us of something important in our past. Or simply to enjoy at face value. April is National Poetry Month. In this issue, we tip our hat to all local artists, creatives, and dreamers.

It has long been the goal of this magazine to highlight local artists and to build a more collaborative local art scene. For you non-artists out there, we want to encourage you to support local artists and maybe try being creative yourself. You might even discover a new passion.

Find additional video content on our social media platforms. Search for **Chula Vista Magazine** on Facebook, Instagram and Youtube.

Do you have an idea for a future story? Please feel free to contact me at Jeff@TheTowneLocal.com



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Sharp Rees-Stealy

Investing In Your Health

COMMUNITY

It's the ongoing theme of this magazine. And nothing exemplifies the strength of a community more than its ability to care for the health of its citizens. Sharp Rees-Stealy has recently expanded its Chula Vista facilities in an impressive manner. To understand the new services available, I spoke with Melissa Major, Sharp Rees-Stealy Medical Centers senior vice president and CEO.

Jeff Bettger: Thank you for your time. With so many new projects, I know you have a busy schedule. Let's start with your title and job description.

Melissa Major: It truly is my pleasure, and I appreciate your interest. I am Melissa Major, the CEO of Sharp Rees-Stealy Medical Centers. I run the corporate side of our organization. The physician side, Sharp Rees-Stealy Medical Group, is run by Dr. Michael Martin. We work in collaboration to provide exceptional care and to open and manage our new care centers for patients in San Diego County.

Jeff: Is there a difference between Sharp HealthCare and Sharp Rees-Stealy, or is it all the same thing?

Melissa: We are a division of Sharp HealthCare, which includes hospitals, medical groups, pharmacies and a health plan all working together. We are the ambulatory medical centers associated with Sharp HealthCare.

Jeff: Oh, I see. How is your beautiful new facility on H Street different from your hospital on Medical Center Court?

Melissa: Sharp Chula Vista Medical Center on Medical Center Court is our hospital, with an emergency department, surgery facility, maternity services, overnight patient rooms, and much more. Our new facility on H Street contains doctors' offices for our physician partners. Together, they are basically a medical group practicing exclusively within our medical centers. The facility is an outpatient setting. It does contain an amazing urgent care, but it's not the place you want to come if you're having a heart attack or a stroke. You would go to one of Sharp's four acute-care hospitals for those services.

Jeff: I was lucky to attend your recent open house on H Street. It is a beautiful building. I was very impressed with the number of different departments.

Melissa: Yes, we offer primary and specialty care, including cardiology, neurology and rheumatology. We wanted to make sure that we provided all those services under one roof. We also have ancillary services, such as rehabilitation and physical



therapy, lab, radiology, mammography and ultrasound.

Jeff: I was particularly impressed with your large physical therapy room. It has plenty of space for people to receive therapy, and it has the most incredible ocean view to the west! Changing topics for a moment, can you tell me more about the recent expansion of your Otay Ranch facility?

Melissa: Yes, we expanded our Otay Ranch facility on E. Palomar Street in April 2025. We added 60,000 square feet and a parking structure. It now offers more advanced imaging services, including CT and MRI. Recognizing that Otay Ranch is a growing family community, we also added a new urgent care, pediatrics and pediatric rehabilitation. Between the two buildings in the Chula Vista market, we're proud to share that we've invested \$200 million.

Jeff: That's impressive! Being responsible for these large projects must require a wide range of experience. Tell me about your background. How did you get into healthcare?

Melissa: I'm from San Diego. I've been in the healthcare industry for 27 years. I started in contracting and then worked in infertility treatments at Sharp Mary Birch Hospital. I went back into our corporate offices, helping with revenue cycle and contracting again, and joined Sharp Rees-Stealy about 16 years ago. It was the ambulatory portion of Sharp HealthCare that interested me. How can we care for patients beyond sick visits and help keep them happy and healthy? I really focused more on population health and preventive medicine. It's an intriguing area for me. All my family and friends get their medical care here, so my goal is to keep San Diego happy and healthy. It's satisfying to see Sharp invest in our communities to deliver the best possible healthcare.



The new addition to the E. Palomar facility

Jeff: And we appreciate that! What is the organizational structure of Sharp?

Melissa: Sharp is a regionally integrated delivery system. Within Sharp HealthCare, we have a health plan, hospitals and medical groups. We pretty much have everything under one umbrella. We have served San Diego County for the past 70 years. What's more, Sharp is in the process of preparing for a public vote to approve a partnership with Tri-City Medical Center, so that will further embed us — as well as The Sharp Experience, our unique philosophy of culture and care — in the North County.



Multiple service under one roof at the new H Street facility

Jeff: Tell me about the history of Sharp. Was Sharp the name of a company or an actual person?

Melissa: In 1946, the San Diego Hospital Association was formed when community leaders recognized a growing need for hospital care in Kearny Mesa. Thanks to thousands of donations, including a substantial gift from Thomas E. Sharp in memory of his son, U.S. Army Air Corps Lt. Donald N. Sharp, Sharp Memorial Hospital opened in 1955, and we've grown since then. Both Sharp Grossmont and Sharp Coronado are district hospitals. And if the partnership with Tri-City is approved, it will become another district hospital run by Sharp HealthCare.

As for Sharp Rees-Stealy, we create the environments for our physicians to practice in a multi-specialty medical group under one roof. Sharp Community Medical Group is an association of independent physicians across San Diego County, and we have well over a thousand doctors who practice within their independent offices, working together in collaboration to care for patients. We also have Sharp Health Plan, a top-rated, nonprofit commercial health insurance provider based in San Diego.

PLANNING FOR THE FUTURE

Jeff: Thank you for that explanation. Returning to the topic of your new building on H Street, I really appreciated the parking structure when I came to visit. It was very easy to maneuver around and to enter the main building. Sometimes, parking structures can be a maze and difficult for people with mobility issues.

Melissa: Jeff, I appreciate hearing that. We put a lot of thought and time into its design and build. And if you look closely at any of our buildings, you likely noticed that I'm big on bridges — right? The goal is always to create easy walkways for people to get into our medical office buildings. When you're not feeling well, the last thing you want to do is get lost trying to navigate your way. Or, if you're pushing a stroller with twins, you want a walkway wide enough to get through with someone passing in a wheelchair. We spend a lot of time in the design phase to ensure we meet our patients' needs.

Jeff: What are your expectations about the need for healthcare over the next ten years? I'm sure you've done projections about our population that informed your decision to expand your services.

Melissa: We absolutely did, and such due diligence is essential. It can take five years to find a space, develop the plans, secure the approvals, and complete construction. And even so, things can change. We have a growing senior patient population and a shrinking younger population who don't yet qualify for Medicare. Planning to take care of our aging population is a priority. We are also expanding into occupational medicine services. For example, we help employers with their hiring processes by offering the needed physicals and testing to onboard new employees.

Lastly, we must remain flexible. No one predicted the COVID pandemic. We had to make several adjustments to our services. We are still seeing patient health issues that weren't addressed during the COVID years, and it will take more time to catch up.

PERSONAL HEALTHCARE ADVICE

Jeff: In terms of prevention, what advice do you have for people regarding their health?

Melissa: I'm a big proponent of coordinated care. Let your primary care doctor be your champion. Let them help you navigate the waters and ensure you are getting the care you need. Our physicians work together as a team. We also have amazing case managers and social workers who collaborate to make sure you get everything you need. I think it's the best model. It reduces unnecessary testing because everyone has access to the same records and can see your lab results. So, my advice is to find a great primary care doctor you trust. Think of them as your long-term partner — someone who knows your history and can help guide decisions over time. And when testing is needed, they'll help coordinate it to make the process as simple and convenient as possible.

My other piece of advice is to take advantage of our virtual care services. If it's not a medical emergency, consider booking a same-day virtual visit to get care from the comfort of home. If you do need to be seen in person, your doctor can help direct you to the right setting or even order tests for you. And if your treatment requires a prescription, they can send it to a Sharp Rees-Stealy pharmacy for you to pick up, or you can choose free home delivery. It's one more way we make care easier for you.



Advanced imaging capabilities

CAREERS IN HEALTHCARE

Jeff: What advice do you have for young people, let's say college or high school students, who want to get into healthcare as a career?

Melissa: First off, I think it's a great goal to have, and we are proud of our efforts to inspire, support and mentor local students. We partner with several schools across San Diego County. Healthcare is not going to go away — right? Healthcare is an industry where you're going to find a job that's rewarding for several reasons, but primarily because you're serving others. That's what I emphasize to everyone in our organization — whether you're making a patient's appointment or sending them a bill, you are part of how we treat our patients and to bottom.

Moreover, there will always be a need for nurses. We're always going to need radiology techs. We're always going to need pharmacy techs. These are great positions, and it's a great market to be in. And it goes without saying, we will always need more physicians and advanced practice providers, such as physician assistants and nurse practitioners. These are not the easiest jobs in the world, but I would say that they are the most rewarding. You can really make a difference in a patient's life.

Jeff: What is the best way for someone to begin a career in healthcare, whether it's being a physical therapist, radiologist, nurse, etc.?

Melissa: There are programs across San Diego County, and Sharp partners with many of them. When you find a school, you can ask whether there's a partnership with Sharp that allows you to complete internships in our clinical settings. We have students in virtually every area of our organization gaining real-world experience. And we probably hire 90% of them — why wouldn't we? It makes perfect sense to build those partnerships and bring those students into the Sharp team as they finish their credentials.

We are also proud of our very low turnover rate. People love working for Sharp and really want to stay here for years to come. They're very proud of the care they provide to their community and their families. They know it truly makes a difference.



Dedicated staff ready to provide the best healthcare

Jeff: Thank you for your time, Melissa, and for the great information. You have an incredible breadth of knowledge regarding healthcare, and it was a pleasure talking with you. I will end our conversation with this excellent quote you provided from one of your physicians whose photo is featured on our front cover.

"As a physician with deep roots in the South Bay community, it's incredibly meaningful to see these investments being made. The opening of the new Sharp Rees-Stealy Chula Vista medical center allows our patients to receive high-quality care right in their own neighborhood, without the burden of traveling long distances for essential services. This beautiful, spacious facility brings radiology, urgent care, pharmacy services, primary care and medical specialists together under one roof, making it much easier for patients to access coordinated care. Many of our patients have shared how grateful they are, not only for the expanded services, but also for the ample parking, beautiful space and the welcoming, modern environment. This new and expanded facility has a truly positive impact on our community, and it improves access to timely care, reduces barriers for families and older adults, supports better continuity across medical services, and strengthens the overall health infrastructure of the South Bay."

*— Eunice Sanchez-Mata, MD, family
medicine physician at Sharp Rees-Stealy Chula Vista*

A SECOND CHANCE

Through Education SWC Restorative Justice

by Stephanie Kingston

For a decade, Southwestern College's Restorative Justice Program has been redefining what justice, education, and opportunity can look like inside prison walls and beyond. Since launching in 2016, the program has served nearly 3,500 justice-impacted students across correctional facilities and classrooms in San Diego County, expanding access to higher education. Over time, what began as a focused educational initiative has grown into a sustained model of learning, opportunity, and transformation.

That evolution, according to Program Director Raquel Funches, reflects the deeper purpose behind the work. "What began as a vision has evolved into a powerful pathway that has shaped not only the lives of our students but also strengthened our campus community through a shared commitment to equity, access, and second chances," she says.

For students like Shawn Khalifa, that impact is deeply personal. Khalifa began taking classes with Southwestern College while incarcerated in 2017, becoming one of the program's earliest students. After serving more than 15 years in prison, he was released in 2020 earning his associate degree in Sociology. He went on to complete a bachelor's degree at UC Irvine and most recently earned a master's degree in Restorative Justice from the University of San Diego. Today, he serves as a Program Coordinator for Underground Scholars at UC San Diego supporting other directly justice-impacted students.

Stories like Khalifa's are at the heart of the program's success. That work exists within a much larger reality. Across the United States, more than two million people are incarcerated, including roughly 90,000 in California alone.

About 95 percent will eventually return to their communities after prison. Yet without access to education and support, many face significant



barriers to rebuilding their lives. The financial stakes are also high. In California, the annual cost of incarcerating a single individual can exceed \$130,000. At the same time, the state's three-year recidivism rate hovers around 39 percent meaning many individuals cycle back into the system after release. But Funches points to research which has consistently shown that education can disrupt this cycle. Individuals who participate in higher educational programs while incarcerated are significantly less likely to reoffend, with some studies pointing to reductions in recidivism of more than 40 percent.

It is within this evolving landscape that Southwestern College's Restorative Justice Program has emerged as a powerful local model for change. The program reaches students across multiple correctional settings, including Richard J. Donovan Correctional Facility, East Mesa Reentry Facility, and East Mesa Juvenile Detention Facility. It also provides critical support for students transitioning back into campus life after incarceration. And its results are striking.

Among currently incarcerated students, Restorative Justice boasts a 94% completion rate. More than 350 Associate degrees have been awarded across a wide range of disciplines from Sociology and Psychology to Business Administration and Public Policy. Students have also earned certificates in fields such as American Sign Language, Business Management, and Real Estate. These numbers reflect more than academic achievement, they represent persistence.

For faculty teaching inside correctional facilities through the Restorative Justice Program the experience has been deeply transformative. "I've been

teaching psychology at Donovan for nine years, covering General, Social, and Abnormal Psychology in the classroom and online,” says adjunct instructor Stephanie Hall. “To me, it is a treat for an instructor to work with students who are so motivated and engaged. I’ve found the students truly show up by diving into discussions, keep up with the reading, and have a real desire to learn.” Over nearly a decade, Hall has witnessed the long-term impact of that commitment. “I’ve watched students earn associate degrees, bachelor’s degrees, and go on to pursue other academic goals,” she says. “These are admirable accomplishments, and I’m thankful to be a part of.”

Instructor of Behavioral Sciences Christopher Conner agrees. Conner has also been with the program since 2018 and considers himself fortunate to teach these students. “Many of the students in my classes at Donovan, for one reason or another, had difficulties in their childhood school lives. My role is to prove to them they can achieve in ways they never before thought possible. They almost always end up doing well. My stats students can’t believe this is the same class I teach on the outside, but they get a kick out of hearing that they often out-perform traditional students.”

For many students, the program is a gateway to bigger goals. Since 2019, an average of at least 25 students per year have transferred from Donovan to the University of California, Irvine, where they pursue bachelor’s degrees in Sociology.

This steady pipeline highlights a growing culture of academic ambition. Yet the journey is not always as seamless after release. Formerly incarcerated students often face significant barriers such as housing instability, employment challenges, transportation, and family responsibilities that can make continuing their education difficult. These realities contribute to lower transfer rates despite strong academic performance.

Even so, individual success stories underscore what’s possible. Jairo, another Southwestern College alumnus, began his education while incarcerated in 2021. Following his release in 2024, he transferred to San Diego State University just

two weeks later after serving 25 years. Now pursuing his bachelor’s degree in Sociology, he is on track to graduate in 2026 and has already been accepted into a graduate program. Stories like these illustrate the program’s deeper impact: not just academic success, but transformation.

The Restorative Justice Program is part of a broader shift in California’s correctional philosophy, one that increasingly prioritizes rehabilitation, education, and preparation for reentry. “Our Restorative Justice Program has demonstrated that when we invest in people, especially those who have been historically excluded, we see extraordinary outcomes,” says Funches. “The success of our students reflects their resilience, determination, and commitment to building a different future.” She emphasizes that the program’s impact reaches far beyond the classroom. “This work is not just about degrees or certificates, it’s about restoring opportunity, rebuilding identity, and creating pathways that once felt out of reach,” Funches says. “What’s incredibly powerful is that the impact doesn’t stop with our students. It ripples outward, strengthening families, reshaping communities, and redefining what justice and opportunity can look like.”

As the program enters its second decade, its goals are focused on growth and sustainability. Plans are underway to expand degree and certificate offerings within correctional facilities, including new pathways like Alcohol and Other Drug Studies. These efforts aim to better align education with career opportunities and support long-term stability after release. At the same time, program leaders are working to secure long-term institutional funding to ensure this program can continue to grow. For too long, efforts like this have relied heavily on short-term grants. Funches reports, “Institutionalizing the program would strengthen our capacity, expand our reach, and ensure this work continues for years to come.”

As Southwestern College celebrates this milestone, the Restorative Justice Program stands as a powerful example of what access to what higher education can achieve. More than numbers, it is a story of second chances, of students who refuse to be defined by their past, and of a college that chooses to invest in their future.

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Need a haircut at a great price? Then consider on of the six Great Clips in the South Bay--Eastlake Village Marketplace, Terra Nova Plaza, the Sunbow Plaza, Imperial Beach on Palm Ave, San Ysidro on Dennergy Road by the Walmart, and in Rancho San Diego off Avocado Boulevard. In addition to being a great value with convenient locations, Great Clips sponsors several important programs.

Clips of Kindness is a program for people who are going through chemotherapy and beginning to lose their hair. They can come into a Great Clips and get their hair professionally shaved for free. Great clips staff want to let them know that the staff cares about them and that they are supported.

Locks for Love has been a Great Clips programs for years. The idea is that volunteers can come in and donate at least 10 inches of hair, which is used to make wigs for those in need. The haircut is free. The newer program is **Wigs for Kids** for children going through cancer. Again, a volunteer must have at least 10 inches of hair they are willing to donate. According to the owner, Darren Daly, "We used to ship off boxes of hair. We used to collect so much hair. It was great to see so many people coming in to donate."

Veteran's Day discounts are also available. A former Marine himself, Darren is happy to offer a free haircut to Veterans and active-duty military on Veteran's Day. Other military discounts are available everyday.

Coupons are also available on the back of receipts at Von's and Ralph's grocery stores found near Great Clips locations.

A full range of services. Stop by a Great Clips for a haircut and shampoo. They will also do a bang trim, neck trim, and beard trim if that is what you need between clips. If you need a particular hairstyle, they can do that as well. Just ask for "The Formal" for those special occasions when you want to look extra nice, such as a wedding or prom. Appointments can be made online or walk-ins are accepted.

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CELEBRATING NATIONAL POETRY MONTH

A Tribute to All Arts

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LIFE THROUGH POETRY

Meet Daniela Lizeht

The inspiration for poetry can come from many different sources. For local author, Daniela Lizeht, life has brought enough twists and turns to inspire many poems and her new book, "Cartas de una joven Viuda."

Jeff Bettger: Before we discuss your wonderful new book, tell me a little about your background and what led you to writing poetry.

Daniela Lizeht: Hi Jeff. I'm 28 years old, born and raised in San Diego. When I was 12, my life changed after my mom was deported. She later returned to the U.S. to be with us, but for months she lived in constant fear and uncertainty. After many difficult conversations, my brother and I were sent to Mexico to live with family members we didn't really know. Being away from our parents and everything familiar was overwhelming for me, and I fell into a deep depression. That's when I found poetry. Writing became my way of coping and understanding all the changes happening around me. I lived there for about five years, but that first year was the hardest. Eventually, my mom and sister joined us, and things slowly became more stable. I've always been very close to my dad, so most of the poems I wrote as a teenager were for him. After high school, I moved back to San Diego to live with him, but I still felt connected to Mexico, so I returned for a while. During that time, I became pregnant, and eventually came back to San Diego, where I've stayed ever since. Over the years, writing remained a constant for me, and what started as a way to cope eventually became something much bigger: my voice, my story, and now, my book.

Jeff: I want to ask about your writing. What advice do you have for writers who've never published anything before?

Daniela: That there's people out there that have experienced something very similar to what you have experienced. Writing not only helps you cope with your life's situation and express yourself, but it also connects you to people out there and you start building a community. I would also say don't be afraid to explore, put your work out there, and connect with people who can



guide you. You never know where your voice can take you.

Jeff: Before your book, had you published anything?

Daniela: I have a Facebook page *Dos Mundos Un Corazon*, but every time I would share poems, I wouldn't do it with my name. I wanted to try it out, just sharing stuff, but I was still very shy about people knowing it was me. Soon I had a lot of people reach out to me, and that's when I was like, okay, it's time for me to write a book.

Jeff: What is your process for writing poetry?

Daniela: I personally like writing in Spanish. I just feel that the Spanish words have more sauce to them. There's more feeling to it. It matches more to what I'm going through. I usually start with one line and go from there. Sometimes I can be doing something else, and I start getting the poem in my head and I'm like, oh, I need a pen to write this down. And then it just starts flowing.

Jeff: Another question I like to ask all artists regardless of their medium is when you're working on a new piece, how do you know it's done?

Daniela: I go over it a few times and then if it feels complete to me, that's it. I don't try to force more into it.

Jeff: Tell me more about your book.

Daniela: Yes, it's called "Cartas de una Joven Viuda" (Letters from a Young Widow). I wrote this book because in 2019, unfortunately, . . . my best friend died. He was murdered in Mexico. And then two months later, my boyfriend at the time and the father of my child, was also murdered.

Jeff: Oh no! I'm so sorry.

Daniela: I became depressed again. For a time, I didn't actually want to write because I knew that writing was my way of dealing with it, of coping. But for me, writing was accepting, so I didn't want to write. Eventually, I went to therapy, and they told me I needed to start writing. So, I did. I feel that my poems are a roller coaster of emotions: sadness, anger, and feeling guilty for feeling happy. It's a mix of emotions seeing my daughter grow up and her asking the tough questions. My book isn't for you to understand my story, but it's for you to know that you're not alone in your story.

Jeff: How old was your daughter when her father passed?

Daniela: She was a year old. There were other single moms out there, but something nobody could help me with was how do I explain death to a one-year-old? How do I tell her that she's not going to see her dad? She would get frustrated. As she got older, she would ask, "You say that Dad's with God, but why does he prefer to be with him, and not with me?" She said things or made comments and I didn't know how to respond to them. But we made it through.

Jeff: Tell me about the cover of your book.

Daniela: The cover of my book is inspired by Dia de Muertos. This year my daughter and I competed in a Dia de Muertos contest because I want my daughter to grow up being able to honor her dad. It also helps me talk about my story and not feel so anxious. Hopefully if other people see us sharing our story and experience honoring our people that have passed, it can help them also.

Jeff: I saw the photos of your costumes. They're just spectacular. Can you tell me a little bit more about how you made them?

Daniela: I love dressing up, so we started looking at Goodwill and different stores, and also searched online for things we could add to our costumes. The hat, for example, was made out of an umbrella. Most of the pieces were handmade, and it was really special to work on everything together. We actually ended up winning the Chula Vista contest two years in a row which made the

whole experience even more meaningful for us.

Jeff: What are your plans for writing in the future?

Daniela: Originally, I wanted to write the book with the poems from when I was a teenager, being moved from the United States to Mexico. I have the title and poems ready. I'm still working on it. But I decided to publish "Cartas de una Joven Viuda" first because I felt I was going to be able to connect with more people through grief. Hopefully by next year, I can publish my second book, more of a background story of who I am and where I come from.

Jeff: That's fantastic. How did you find the publisher, by the way?

Daniela: I self-published.

Jeff: Oh, you did? Congratulations. Was that an easy process or a difficult process?

Daniela: I attended a workshop led by another poet, and I learned a lot from that experience. It was still a bit of a struggle, but overall it was a great learning process. I want to continue learning more about publishing, and eventually be able to help teenagers who dream of publishing a book. I want to encourage them the same way others encouraged me.

Jeff: Thank you for sharing your time, your life story, and your poetry with us. Where can people buy a copy of your book?

Daniela: People can purchase my book "Cartas de una Joven Viuda" through my website at www.danielalizeht.com. I also accept direct orders through my social media platforms, and I regularly attend events where readers can purchase the book in person. I post updates about upcoming events on my Instagram @danielalizeht.



Daniela, daughter and boyfriend's award-winning costumes.



Y LA VEZ QUE NO TE BUSQUÉ...

by: Daniela Lizeht

*Te encantaba irte.
Sin aviso, sin culpa, sin mapa.
Jugabas a desaparecer
como si siempre hubiera alguien dispuesta a encontrarte.*

*Y yo...
yo era experta en buscarte entre sombras,
entre excusas,
entre "ya mero llego" que nunca llegaban.*

*Hasta que un día no me salió del alma.
No revisé el celular.
No pregunté por ti.
No lloré tu ausencia anticipada.*

*Y justo esa vez,
la única vez que no te busqué,
fue cuando muerto te encontraron.*

*Como si el universo me hubiera susurrado:
ya no vale la pena buscar a quien nunca quiso quedarse.*

Y ahí entendí:

*No se muere solo una vez.
Tú ya te habías ido mil veces antes...
solo que esta vez, no volviste.*

Context for "Y la vez que no te busqué..." This poem reflects on absence, emotional distance, and the moment when searching finally stops. It explores the painful realization that some people leave long before they are physically gone, and the guilt and clarity that come with understanding loss in hindsight. The piece speaks to grief, love, and the quiet finality of unanswered questions.

BRILLA POR ELLA

by: Daniela Lizeht

*No sé qué brilla más:
la estrella que, cada noche,
espera a mi hija en el mismo lugar
para escucharla y traerle paz,*

*o el rostro de mi hija,
encontrando consuelo y emoción
cada vez que la ve...*

y le dice papá.

(ENGLISH TRANSLATION)

SHINE FOR HER

*I don't know what shines brighter:
the star that, every night,
waits for my daughter in the same place
to listen to her and bring her peace,*

*or my daughter's face,
finding comfort and wonder
each time she looks up at it...*

and softly calls it, dad.

[▶ READ MORE](#)



CASA CASILLAS

50 Fourth Ave, Chula Vista, CA 91910



ARTIST-IN-RESIDENCE GERMAN ROJAS



Dance Education

Meet Christine Brady



CREATING A PLACE TO DANCE

Some Art can be done anywhere. However, dancers need open space, music, and proper flooring that will not injure their ankles and knees. The Art of Dance keeps diverse cultural traditions alive, classic masterpieces relevant, and new hip steps fresh. As we look around the South Bay, the only large performing arts theater is located on the campus of Southwestern College. Rightly so, it is used constantly by the many student performing arts groups. A large, public performing arts theater is desperately needed on the west side of Chula Vista to go with the billions of dollars of housing, sports, parks and convention centers under development. Chula Vista needs someone to champion the cause of Dance. Christine Brady has a history of getting things done.

Christine had already accomplished much in her life before her true passion found her. She grew up outside Philadelphia, attended public schools, and commuted to New York City starting at age 11 to study ballet professionally. She trained with the world-famous Joffrey Ballet and the School of American Ballet, which is housed inside the Julliard Building at the Lincoln Center theater complex. She remembers going to every performance she could and watching the world's best international ballet companies.

After graduating high school, she attended Princeton and majored in Physics. Upon graduation, she moved to San Diego, worked for the Naval Ocean Systems Center in Point Loma, and later spent time at Stanford University earning a master's degree in Materials Science and Engineering. She worked for the Navy as a civil service engineer for eight years, eventually managing a \$600 million project to create a new Navy standard signal processor. . . And then she had her daughter, Emily, which precipitated a new calling.

ART AND EDUCATION

Wanting to spend more time with her new daughter, Christine left the lab and founded the Americas Foundation Fundacion de las Americas. She had been volunteering at an orphanage in Tijuana for six months and wanted to adopt a little girl. She was told that she would need to move to Tijuana. When Christine was introduced to the mother, she noticed that the area had no public services. Christine recalls, "At that point, I was the president of the Princeton Club of San Diego. I asked the group members and also my church (the All Souls Episcopal Church in Point Loma) to start this nonprofit organization to promote bi-national community development as well as give direct aid to disadvantaged children. And it turned out what the community wanted was a kindergarten." Having worked in Haiti in public health before college, Christine felt ready for the challenge.

What followed was two years of public meetings trying to get land for the school. Because this was "irregular" land, nobody had the legal right to own the property. In fact, the area wasn't even on the map, despite 8,000 people living there. Finally, she won approval from the state to build the kindergarten. Next was the process of deciding what the school would be based upon. The theme

of music was suggested. According to Christine, “. . . somehow that transformed into architecture, and we made the decision, well, we have to make this the world's most beautiful kindergarten so that people at the local, city, state, national, and even international level will be able to appreciate it.”

After joining forces with famous artist, James Hubbell from Santa Isabel and his group, the Ilan Lael Foundation, construction began. With half volunteer labor and half paid labor, the kindergarten was completed and won an architecture prize from the American Institute of Architecture for socially responsive building. But more importantly to Christine, “the really great thing is that it brought peace to the community. All the neighbors stopped fighting. It showed me the value of beauty and architecture in a community. It also facilitated our getting a much larger piece of property on a nearby mountain top, which is where we started building the Colegio La Esperanza elementary school.” After 37 years of work, Christine has labeled herself “The Queen of Persistence.”

Upon reflection, many problems were resolved when she incorporated Art into the school program—music, dance, plastic arts, etc. After receiving compliments about the students’ good behavior, Christine realized, “because of the dance, the students have a sense of their body and themselves. Their psychomotor skills have been developed at the right age the way they should be developed. We even brought two ballet teachers, Valerie and Tatiana Tchekachev from St. Petersburg, Russia, who were there for eight years. It was marvelous.”

Four years ago, Christine started a program called More Art = (equals) Less Violence for teenagers 12 to 17. Christine proudly explains, “This is orchestral instrumental

music lessons, as well as guitar lessons, dance, jazz, ballet folklorico, and a volleyball program. This program was located in the epicenter of violence in Tijuana. We actually did a census of what happened to the kids who grew up around our schools but did not attend. We discovered that 19 out of 20 boys had either been incarcerated, assassinated, become drug addicts, were running from the law, or had committed suicide. This did not happen to our students. Somehow our students managed to find their way and became productive citizens. I also have over a hundred godchildren.”

I asked Christine her insight as to why the schools have been a success, i.e., what is its magic? *“Well, there is a tendency to view life in competitive terms, but art reminds us of our shared humanity. It helps us resolve different emotional issues. It gives us a different perspective and releases positive, creative energy. It involves people and brings the community together, which is very important for the mental health of individuals plus the mental health of the community.”*

A NEW GOAL FOR CHULA VISTA

While having success building schools in Tijuana, Christine Brady has a new object of determination. Having a world-class performing arts theater and community practice spaces in west Chula Vista.

According to Christine, “I'm advocating that we rescue the Chula Vista Youth Community Center that's on L Street between 4th and 5th. That was built with city money. It was supposed to be a joint use project between the school district and the city. The school district is not really using the building. It's storing construction equipment in this beautiful building. I mean, seniors have their senior center, the library has its facilities, budget and personnel, as do the parks and recreation department, but the youth don't have a facility for the arts.” Christine further explains, “So that's another one of my campaigns, trying to get dance floors into the rec centers so that the dancers won't



destroy their hips or their knees. Right now, they can only give classes to little kids. Professional dance teachers won't work there because they're concerned for their students' physical health."

Christine is a commissioner on the Chula Vista Cultural Arts Commission; a group whose purpose is to advise the city council on matters of art and culture. She continues to propose that performing arts venues would benefit dancers, jazz groups, small orchestras, folklorico, mariachi, and theater groups. "They wiped out half of the performing arts program at Chula Vista High School. So, what's happening with those kids? I mean, you have to be concerned about the mental health." As Christine has shown dramatically in Tijuana, the arts are important for the health of students and the surrounding community.

Christine is adamant that now is the time to make something happen. With the great success of the new Gaylord Convention center, plans are underway for another big development project called Pangaea, which proposes sports facilities for soccer, water polo and tennis. She believes that Pangea would be the perfect place for a performing arts center. The performing arts theaters in Escondido and Poway bring in world-famous talent and are the pride of their communities. They also bring economic benefits, job creation, and large sums to the City's coffers. Christine informs, "usually a city the size of Chula Vista will spend around \$70 million a year on the performing Arts. Chula Vista is spending \$30,000 this year which



does not come from the annual budget." While visitors to the Gaylord Center may want to watch a water polo or tennis match, she believes a wider range of people would attend a variety of events at a performing arts center. It is easy to imagine both local and national ballet, theater, plays and concerts performing within the same month.

HOW TO SUPPORT

For more information about The Americas Foundation, the La Esperanza schools or the Americas Foundation's community development or Arts projects, please go to: www.theamericasfoundation.org or join the "Friends of Americas Foundation" Facebook group.

For more information about supporting performing arts venues in Chula Vista, CA , please visit the "Pro Performing Arts Chula Vista" Facebook Page or email Christine at cebrady3@gmail.com.

Mailing Address:

The Americas Foundation, PO Box 574, Chula Vista, CA 91912



Visual Art

Because They Said I Couldn't

Every artist has a different story. When did they realize their talent? How did they discover their individual style, or how did it find them? My friends who produce abstract art tell me to stop asking what their work represents and instead ask myself how it makes me feel. When I look at the work of maryiedwithchildren, I feel power and energy and raw emotion.

Jeff Bettger: Thanks for joining me. Let's start with the basics.

Maryiedwithchildren: Howdy, my name is Keith Mitchell, and I am a visual artist. I grew up in Chula Vista and graduated from Chula Vista High School, Class of 2010.

Jeff: How did you get started in art?

Maryiedwithchildren: My foster mother's boyfriend was an artist and he would paint. He was an African American gentleman, a Navy man, and he used to draw in his books. He was very talented. Growing up, I thought everybody was good at something, so I attempted to do what he did exactly how he did it. Then I realized I didn't think the same way he did. I decided I needed to do my own thing.

Jeff: Was there a particular moment you remember when somebody gave you encouragement and said, wow, that's really good?

Maryiedwithchildren: That's a good question. Honestly, what got me to do art was not the positives of, oh, you're an artist and you do art. It was actually the negatives of you can't do art and you shouldn't even be doing this. But in my head, I thought that if others could do it, so could I. That's always how I've been when it comes to perseverance. If you tell me that I can't do something, I'm going to do it.

Jeff: How did you pick the name maryiedwithchildren?

Maryiedwithchildren: For years I had gone by a different name. Then I choose to no longer be represented as that. At that time, I'd already been in a long relationship with a woman. To prove my promise to her that I was going to ride this ride no matter how gritty it got, I picked the name maryiedwithchildren.



Jeff: How did you select your particular art form as opposed to painting landscapes or doing watercolor or something else?

Maryiedwithchildren: So initially, in my teen years, I kind of grew up with a rough bunch. I was going down the wrong path. Art actually saved my life during that particular point of time. I got into street art and sticker slapping and I got into graffiti. I saw the art that older kids were making, and I thought that I could do it. And, you know, as young men, we always admire or look up to the older guys. I started to prove myself in preliminaries of that artistry, but I wasn't telling anybody. And one day I showed something or they saw me do something and they're like, what, that's you? And I was like, oh yeah, I just didn't tell anybody. They were impressed. That's how I found my place in that life. It came with a lot of ups and downs, but I found myself in that art form, in that world, and it was great. There was no feeling like it.

Then something happened when I got a little bit older and began to realize I didn't really see myself in that form anymore. I actually put art down when I was 18 and got into music until I was about 26. Then I met another artist and started having conversations with her. I found myself creating art again and showing it to her. Then I began painting murals. One day people approached me while I was painting and said they could imagine seeing my work in galleries or museums. At first I didn't pay it any mind because in my head I'm just like, man, this is street art. But I started thinking that there is a fine line between street art and museums.



"A Refining Silversmith"

At that time, I was teaching a summer art program at an elementary school. It was right in that moment that I finally saw my art. That's when I decided to stop doing murals and accepted the idea of becoming a canvas artist with the goal of getting my work displayed in galleries. And I did it.

Jeff: What are your current projects?

Maryiedwithchildren: 2025 was a phenomenal year for me. I did a lot of exhibits and created a lot of art. For 2026, I will have a solo exhibition titled "When Fine Art Was No Longer Fine" at North Park on 30th Street. It will be catered by a great friend of mine, Kiana of IGH Studios. I still love my art form. Every time I do it, I feel that I'm giving something to the world. Giving something to those who I encounter, those who I work with, even those who watch me in the process of creating.

Jeff: When you're ready to create something, do you see it fully in your mind or does it develop as you go?

Maryiedwithchildren: *It develops as I go. I create with the intent of embodiment. I recently heard a podcast interview with a silversmith. She was saying that standing by the hot fire, it can get messy and ugly. When asked how do you know when the silver has completely cured, the answer was, "When you can see yourself in it."*

Jeff: I have another question. You've participated in many of the Art Through The Glass exhibits at the Chula Vista Center. Why is it important for artists to get together?

Maryiedwithchildren: It's important for artists to get together, but it's also important for artists to get to know who they are as artists first. A photographer told me that he had wasted time looking for the perfect shot. Then he realized the perfect shot was all around. Every day that we wake up, there's an inspiration right in front of us. It's great when you get the feeling that you are doing what you are supposed to be doing.

Another interesting thing I learned from another artist is that in some cultures, they do not like for the artists to paint things that the Creator created because it's almost an insult to the Creator for trying to recreate what's already been made.



“Washed Away”

A lot of times as artists, we look at something and we try to recreate. But it's important to also understanding that we are a creation ourselves.

Jeff: That leads to my next question. Why is it important for the artist to be out with the general public at exhibits?

Maryiedwithchildren: It's important so that the artist doesn't feel alone. We all go through things the same. We might not endure it the same as someone else might endure it, but we're all like-minded people created in the same image. But on the other hand, I will say that as an artist who does take part in gatherings and exhibitions, it takes a certain artist to be able to be vulnerable. Some artists have not found that yet. Some artists may never find that.

As an artist, there are times you feel like a salesperson. But most artists believe if they are truly good and true to what you do, they'll never have to sell themselves. People want to be around you because you make people wonder what is it that they have that I'm missing? And that's an excellent feeling.

Jeff: What advice do you have for young artists?

Maryiedwithchildren: I would say to always be humble, be true to themselves, love themselves, and don't miss what's right in front of them.

Jeff: If you could project into the future, how do you think your art will change as you get older?

Maryiedwithchildren: Right now I'm 33. If I continue to keep being true to myself, holding love near and dear, but also understanding that I can't keep it for myself. If I give love. If I give love without any form of reciprocation in return. If I continue to keep loving myself and giving my love, there's no stopping me.

Jeff: Keith, thank you for your art and for sharing our powerful insights with us. What you shared applies to many endeavors beyond art.

To follow Keith's artist journey, follow his Instagram at [@maryiedwithchildren](https://www.instagram.com/maryiedwithchildren)



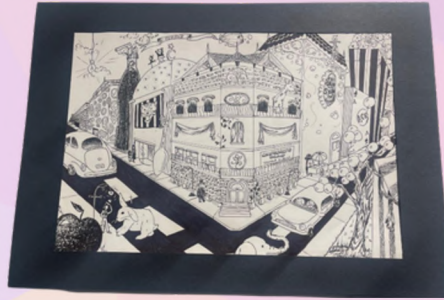
“When I Can See Myself in Her”

Student Art Exhibition

Bonita Museum and Cultural Center



“Ancestral Amusement”
Art by: Thereese Tria
11th Grade



“Cola Street”
Art by: Leighton Spross
10th Grade



“Fantasies au Rome”
Art by: Aubrey Ortega
10th Grade



“Under the Control!”
Art by: Ismael Felix,



“The Cost of Pollution”
Art by: Fernanda Beas



“Hand Holding Art Tools”
Art by: Isaac Morales
12th Grade



“Night & Day”
Art by: Isla Yarnell
11th Grade



“Owl”
Art by: Bridget Arquello
9th Grade



“Bird”
Art by: Anthony Pena
11th Grade



“Desert Fox”
Art by: Sofia Garcia
11th Grade



“Ouroboros”
Art by: Marie Mendoza
12th Grade



“Abstract Composition”
Art by: Netanya Munoz
11th Grade



“Calavera”
Art by: Brianna Gironda S
10th Grade



Art by: Aaliyah Hodge



“Mix Media”
Art by: Jada Gallana
6th Grade



“Welcome to My Show”
Art by: Lucas Cano
10th Grade



President of the Bonita Museum Manny Rubio and teachers Ms. Arroyo,
Eastlake Middle; Mr. Braunn, Bonita Vista; Ms. Fojtik, Eastlake High

Martial Arts

Life Lessons on the Mat



Most people would agree that to master any art requires many years of consistent practice and great effort. Most people would also agree that mastering an art changes a person in subtle and profound ways. More than just gaining skills. Mastery is gaining a better understanding of oneself and of the world. Various systems of self-defense match these ideals perfectly and thus have been called “martial arts” for centuries. One such art is Brazilian Jiu-Jitsu.

Jeff Bettger: Let’s start with your name, sir.

Professor Gallegos: Yes, my name is Elias Gallegos.

Jeff: How long have you had this gym in Eastlake?

Professor: As a matter of fact, this is going to be our 15th year. I think I am the oldest Jiu-Jitsu gym in Eastlake and maybe the oldest in the Chula Vista area as well.

Jeff: Briefly, what is Brazilian Jiu-Jitsu?

Professor: Brazilian Jiu-Jitsu is a martial art for self-defense. It’s a grappling martial art, so there’s not a whole lot of striking involved. It’s not like karate or taekwondo or kung fu. It’s based mostly on grappling. If you throw a punch, I deflect or I block, I grapple you, take away your power from the hips, take you down to the ground, subdue you, and if need be, apply a finishing hold of some sort, a choke, an arm lock, or restraint hold.

Jeff: What are the range of classes you offer here?

Professor: I would say 95% of Jiu-Jitsu gyms are competition-based. I’m a little bit different. My philosophy is self-defense, first and foremost. In my 30 years, the first things I usually hear from

One of Brazilian’s Jiu-Jitsu’s defining principles is that the bottom position can still be an offensive position, offering submissions, sweeps, and self-defense options against a larger opponent.

new students are: I got beat up, or my son’s getting bullied, or I was a military guy and I miss the camaraderie. I’ve also had people come in and say they need to just become a better version of themselves. That’s what a real martial art will help you become.

So my classes here focus on Brazilian Jiu-Jitus for self-defense. We also teach mixed martial arts which include Muay Thai, boxing, striking, wrestling, and we also have a strength conditioning class with kettlebells.

Jeff: I won’t put words into your mouth, but it’s been my opinion that if you have some training, you have less fear. And when you are more confident, bad people are more likely to leave you alone.

Professor: 100%. Here’s what I’ll say. Guys who know how to fight or know how to handle themselves are usually the ones not getting into fights. So what jiu-jitsu in a nutshell shows you is that no matter what happens in your life, there’s always a way out. You don’t need to have a negative emotional response to an action that happens to you.

Learning not to panic is the key.

Jeff: Jiu-Jitsu is well known for being useful for children, women and men who are smaller in stature. Can you explain that a little bit more?

Professor: Yeah, for sure. When we talk about striking, such as boxing, the bigger and stronger you are, the better. In Jiu-Jitsu it's all about leverage and technique. Much like judo, if I can maneuver myself and place my hips underneath your hips, I have you. I've seen girls that weigh 118 pounds throw a guy that weighs 250, just because the leverage is there, right? You just have to find it.

Jeff: That's amazing. Another thing I know about Jiu Jitsu is...Most of the time, you're not in a situation where you need to kill somebody. Maybe someone's just being a jerk and you want to make them stop. That's something jiu-jitsu is great at, right?

Professor: 100%, and this is why it's so good for kids. Let's say your son's taking boxing classes or some other striking martial art like Karate. But what happens when a bully approaches him in school. Based on his training, your son's first instinct might be to punch him in the mouth. Guess who's getting in trouble? Your son, right? Unfortunately, that's just the way the world works. With Jiu-Jitsu, there's ways for us to subdue, take away the power, take the bully down if need be. He can just control the bully's body by pinning him to the ground, while not exerting energy himself. Knowing the proper way to position your hands, your hips, and your knees is the key. That's the power that Jiu-jitsu gives you.

Jeff: That's really amazing! I'm curious, after training for 30 years, do you feel that there is still more to learn?

Professor: I firmly believe that when it comes to emotionally, spiritually, mentally, and physically, I have to constantly be learning to become the best version of myself. Nothing ever comes from comfort. Growth happens when you are outside of your comfort zone. Master Helio Gracie,

the founder of Brazilian Jiu-Jitsu, continued to practice and teach throughout his life. I am proud that I was recently awarded my 5th degree black belt. As you advance, you realize there is always more to learn and to refine.

Jeff: For people who want an introduction to Brazilian Jiu-Jitsu, do you offer one day seminars?

Professor: Yes we do. Through my nonprofit, I give free quarterly rape prevention and self-defense seminars. I've done seminars for Girl Scouts, running groups, churches, and women's ministries. It's my job as a leader to be of service and giving back. For the women seminars, I don't charge. I love sharing my knowledge, but also one day of training with me is not going to turn you into an expert. We talk about situational awareness and staying out of dangerous situations. I also work a lot with local law enforcement. We go over the five basic attacks that you might see like a domestic violence case or rape or an assault case, and so it gives them tools.

Jeff: Besides learning self-defense, if I come here and train, what benefits am I going to get physically, mentally, and emotionally?



Professor Elias Gallegos has developed one of San Diego's leading women's self-defense programs, helping women build confidence, awareness, and the skills to become the strongest version of themselves.

Professor: You really find out the type of person you are on the mat. You discover your character, your identity. What kind of person are you under pressure? The best thing you get from jiu-jitsu is learning how to be present. Being present is an art form. I'm not worrying about what I did or about what's going to happen. When you walk through this door, it's unlike lifting weights. If I'm lifting weights, the bench press is not trying to choke me, right? I finish my set, take a rest, look at my phone, go to the bathroom, whatever. When you are training here, you have to be 100% present so that you don't hurt somebody and they are present so as not to hurt you. Learning to be present is so important in your family and business life.

I can see the change in people who come here to train. They realize they don't have to be afraid of other people. They walk a little taller, shoulders up a little more, a little swag in their step. I love it when I see it in kids. I work with at-risk youth. These are kids that are on probation or just got out of juvenile hall. No one's ever told them good job in their life. They come to class, they learn a move, and I yell "great ++++++ job. I'm so proud of you." When you see their positive reaction, that is powerful. Those are the moments that make me want to wake up in the morning and come teach.



Professor Elias Gallegos works with youth to build discipline, focus, confidence, and character through martial arts, using the mat as a classroom for life lessons.

Jeff: I think learning how to focus is important for every kid.

Professor: Yeah, and I'm very strict and stern. But look, we're social creatures, but we crave structure as well. Kids will push back on that, but when they know that there's an order, there's structure here, they fall in place, they love it. Nobody ever thrived in chaos. Often, parents will tell me that their kid has too much energy. First of all, he's a kid. He's supposed to have energy. So I ask the parents, what are you feeding your kid? Is he eating cereal all day? What are you feeding your kid mentally? What's your kid watching? So a kid having too much energy is never a problem. Sometimes I'll see parents come in with their kids and they have a McDonald's bag. I'm like, did you just feed your kid McDonald's? First of all, it is horrible food, and second, if he eats right before class, he's gonna throw up, you know?

Jeff: How do younger kids do in your class?

Professor: Imagine at four or five, I place you in front of a bigger kid. You're scared, but you go in and hold your own. Imagine the power that gives to a little kid. Imagine a little girl when she makes a boy tap out for the first time, what does that do for her confidence! As that little girl turns 4, 5, 6, 7, she has more confidence, she knows who she is, rather than letting society tell her who she is. By having victories and failures, it teaches them perseverance. I don't let them give up if they don't learn a new technique right away. It teaches them never to quit when things are difficult.

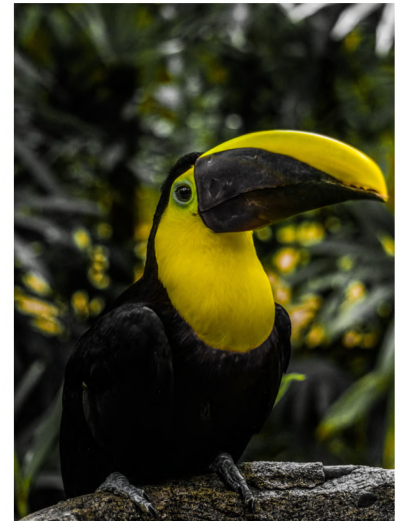
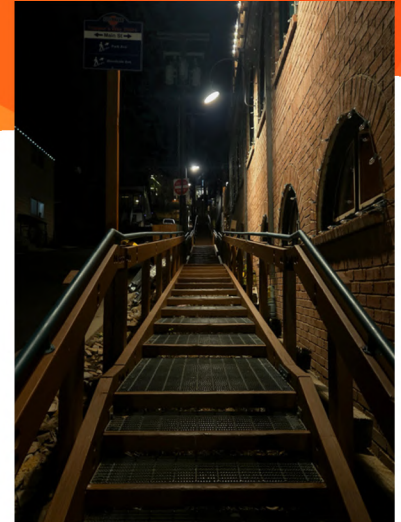
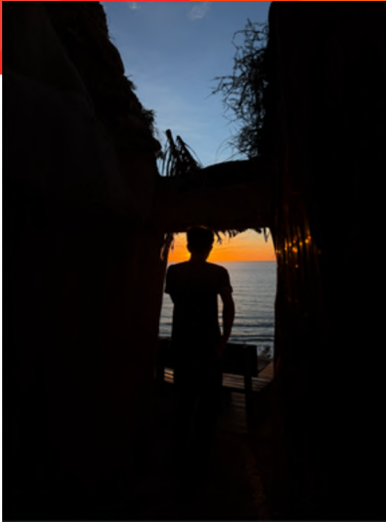
Jeff: Professor, thank you for sharing about your school and about the art of Brazilian Jiu-Jitsu.



For those readers interested in taking a class, you are located at 821 Kuhn Dr. Suite 110, Chula Vista, CA 91914, 619-703-1998, or they can find you on Instagram at [@Gallegos_Jiu_Jitsu_HQ](https://www.instagram.com/Gallegos_Jiu_Jitsu_HQ)

Photography

Students of Ed Lim at BVHS



1) Mr. Lim, at what age and how did you realize you had a special connection to Art?

At 14, I realized that as much as I cared about science and math, art and storytelling had a strong connection to me. I was an Electrical Engineering major for 3 days and then switched to Visual Arts.

2) How long have you been teaching at Bonita Vista High School?

23 years at BVHS. Currently teaching AP 2D Art & Design, CTE Digital Photography, and Filipino.

3) How important is it for young artists to receive encouragement for their work?

It's crucial for young artists to have venues like the recent 2026 Bonita Museum Student Exhibition to showcase their hard work and share their artistic vision with the community.

4) *What is special/unique about photography compared to other Art forms?*

We all have superpowers. Photography can be a superpower because it captures a person's unique lens and perspective of the world, and then that unique image can be shared to uplift others.

- "Outlier", Sean Alvarado
- "Walking Down The Aisle", Eden Vigil
- "Dancing With Abuelo", Eillie Lin

- "At Park City", Jian Lazzaro
- "Pajaro Colorido", Zach Jugar
- "In My City", Zachary De La Cruz

Photography

Students of Ed Lim at BVHS



- “Up To Us”, Aiden Covarrubias
- “Lowrider”, Damian Francisco
- “Fragile Architecture”, Emilio Bayon

- “The Spotlight”, Nikolas Zarkos
- “Sprint”, Juliana Bayon

- “Familia”, Emiliano Arreola
- “Welcome”, Mia Ramirez
- “Confused”, Mila Arreola



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Shave Ice
Ice Cream

Cookies
Art Gallery

Always a Sweet
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