

THE TOWNE LOCAL **Bonita**



FEATURED FAMILY

The Arancibia Family

FEATURED BUSINESS

Bonita Point 76 Auto Care

YOUR HEALTH

Antonio Ramos Tennis

YOUR LOCAL COMMUNITY MAGAZINE

Issue 1

September • 2024

www.TheTowneLocalBonita.com



WHAT IS TOUCAN PLAY?



 TOUCAN PLAY IS A BREAK FOR PARENTS.



INDOOR
PLAYGROUND
FOR AGES 0 - 5



DROP-IN CARE
ONCE PER
WEEK



PARTIES AND
EVENTS FOR
TODDLERS

WE ARE HIRING: BALL PIT DIVERS

DUE DATE APPLICATION: NEVER

REQUIREMENTS:

- 0-5+ years experience in being sassy to parents
- Adorable and tiny
- Able to play under the watchful eye of parents
- Knowledge of baby babble is optional

APPLY NOW!

TAKE YOUR YOUR APPLICANT TO:
1750 EAST PALOMAR ST., SUITE 7, CHULA VISTA, CA 91913



www.toucan-play.com



(619) 500 - 5004



info@toucan-play.com

Table of Contents

WELCOME FROM THE EDITOR	1
A SPECIAL THANKS TO	3
Our business partners	
WALKING DOWN MEMORY LANE	4
Myssie McCann	
BUSINESS SPOTLIGHT	5
Bonita Point 76 Auto Care	
EXPERT ADVISE	7
Monetize Your Backyard by Now-Haus	
MEET YOUR NEIGHBORS	9
The Arancibia Family	
YOUR HEALTH	16
Tennis Coach Antonio Ramos	
FUN TIME	18
Word Search for Children	
POETRY CORNER	19
by Adrian Arancibia	

WELCOME FROM THE EDITOR

A small town is a community of people who share memories and a history of caring for each other.



JEFF BETTGER
PUBLISHING DIRECTOR

WELCOME TO THE TOWNE LOCAL BONITA!

Let me introduce myself. My name is Jeff Bettger.

I have worked as a real estate agent in Bonita and the South Bay for the past twenty-four years. I was not born in Bonita, but I know Bonita, as one can know most of the small towns in America.

I raised my children here. We fed the ducks, hit golf balls at the driving range, and enjoyed eating fish tacos and drinking refreshing aguas frescas.

From my experience, many small towns are similar:

- One high school and one junior high. The same prized teachers and preachers, coaches and cultural leaders passing on knowledge and skills to several generations.



Front Cover Designed by Monserrat Montes Esquivel, IG@Momo_Estudio

- A summer event attended and fondly remembered.
- Dairies and farms driving the economy of the town.

Customer satisfaction is not a motto, it is a necessity.

- The many small businesses in town owned by neighbors and family friends. Customer satisfaction is not a motto, it is a necessity.
- Main street is the center of the town's activity.
- An old cemetery full of last names all can recognize.
- Young families living in small houses with large yards.
- Horses previously rode for work and now for play.

Let me compare my present and past small towns:

- Bonita, CA instead of Sterling, CO.
- Bonita Fest instead of the Logan County Fair.
- Rohr Park instead of Pioneer Park.
- The Bonita Museum instead of the Overland Trail Museum.
- Jalisco Cafe instead of the J&L Café.

Yes, I know Bonita. I know it well. Names and faces change over time, but I know the importance of small towns. I know the feeling of belonging in a small town.

A small town may be miles from another town or may be surrounded by large, planned suburbs. That does not matter. A small town is not a location.

A small town is a community of people who share memories and a history of caring for each other.

This magazine is a monthly record of the people of Bonita, CA. People from the past, present and future.

It is a welcoming place for seniors, adults, and children.

A place to gather to hear the latest news, to celebrate achievements, and to support the local businesses that keep Bonita thriving.

So, let's pull up a chair and gather together. Let's hear your stories, dreams and ideas. Let's watch the future of a small town unfold.

This magazine is a monthly record of the people of Bonita, CA. People from the past, present and future. It is a welcoming place for seniors, adults, and children.

WELCOME TO THE TOWNE LOCAL BONITA.

Meet the Team



Jeff Bettger
Publishing Director
jeff@thetownelocal.com



Tony Ross
Founder
tony@thetownelocal.com



Eddie Flores
Photographer
eddie@ilovelifephotography.com



Kim Skulavik
Creative Director
kim@thetownelocal.com



SAM CALVANO
HOME LOANS

Serving the South Bay area
since 1983

- Home Lending
- Refinancing
- Commercial Lending
- First Time Home Buyers
- Conventional, FHA & VA Loans
- Reverse Mortgages
- Home Equity Loans

CONTACT US:
619-470-8100
WWW.SCALVANOHOMELOANS.COM
NMLS# 293442

WE HAVE MOVED:
4045 BONITA RD., SUITE 306,
BONITA, CA 91902



Great Clips®

That fresh haircut feeling—
faster

Spend less time waiting and more
time on what matters to you.

 **ONLINE
check-in** | Download our
app or visit
greatclips.com


TERRA NOVA PLAZA
386 E H ST (CLOSE TO CVS)
CHULA VISTA CA 91910
619-869-8590

EASTLAKE VILLAGE MARKETPLACE
970 EASTLAKE PKWY (TARGET / LOWES CENTER)
CHULA VISTA CA 91914
619-397-0506

THANK YOU TO OUR BUSINESS PARTNERS

We are deeply grateful to all the business partners who have made it possible to bring this integral magazine to you, the residents of Bonita. Without their support, this wouldn't have been possible. To learn more about them, feel free to reach out to them at the information below or head over to ours at www.TheTowneLocalBonita.com.






 www.bonitapoint76.com/
 619-421-7600
 bonitapointautocare76@gmail.com






 www.CuttingEdgeRestorationInc.com
 (877) 875-1235
 clientcare@cuttingedgerestorationinc.com






 <https://shorturl.at/hQ6mf>
 (619) 994-7338
 deanahoffman@cox.net




Great Clips®

 <https://app.greatclips.com/>
 619-869-8590 (Terra Nova Plaza)
 619-397-0506 (Eastlake Village)






 www.GhiloniGranite.com
 (619) 261-3595
 office@ghilonigranite.com






 www.iLoveLifePhotography.com
 619-948-5781
 eddie@ilovelifephotography.com






 www.now-haus.com
 619-537-0066
 hello@now-haus.com




PLUMBING DEPOT

 Martin Munoz
 (619) 571-5839
 plumbingdepot@hotmail.com






 www.PRAEHOMES.com
 (877) 772-3466
 info@praehomes.com






 <https://www.bellosteamclean.com/>
 (619) 274-2541
 info@belloexpress.com






 www.samcalvanohomeloans.com
 619-470-8100
 info@samcalvanohomeloans.com



 www.toucan-play.com
 info@toucan-play.com
 ToucanPlayCV



Yavorsky Properties
Putting Clients First
 <https://shorturl.at/ngrhh>
 619-267-7900
 BonitaRE@aol.com



Walking Down **MEMORY LANE:**

MYSSIE MCCANN

MYSSIE MCCANN is a fourth-generation resident of Bonita. . . and she just happens to be married to Chula Vista Mayor John McCann. Recently, she was gracious enough to spend time recounting some of the unique historical aspects of growing up in Bonita. Here a few snapshots.



Her grandfather was a dairy farmer, and then became a Realtor. He opened Bonita Real Estate with his brother next to the old Bonita Store.

He opened a second office in Chula Vista on 3rd Ave. and was the first person to have two real estate offices in San Diego.

Her Uncle Ward was a famous horse trainer who was in demand throughout San Diego County.

The famous architect William Krisel was brought to Bonita to design homes similar to the homes he had designed for Palm Springs and Rancho Santa Fe. The plan was to make Bonita the Rancho Santa Fe of the South with an emphasis on horses and ranch-style homes.

She remembers the many local people having booths at Bonita Fest selling their own home art. At that time, Bonita Fest was a two-day event. The booths and the parade happened on Saturday, then the booths remained open on Sunday. As a young girl, she dreamed of being one of the cheerleaders riding on the firetruck during the parade. Years later when she was in high school, that dream became a reality.

She remembers the small Wesleyan

Church of the Valley being moved in 1980 across the area that is now the Christmas tree farm, to its current location. Later, she would be married in the expanded version of that church.

She remembers spending much time at Rohr Park. Having pool parties at the Rohr Park swimming pool. Riding the train through the park. Having AYSO soccer practices. And having the end of year 6th grade picnic there.

Her first job was at Mary's Subs. Later, her parents would rent that space and opened Tomatoes Plus, a sub and sandwich shop. In 1990, they moved over to what was a Roundtable Pizza and Arcade. Their goal was to create a place where people could get a quick healthy meal without making a reservation.

Do you have a memory to share?
Email: Jeff@TheTowneLocal.com

BUSINESS SPOTLIGHT



BONITA POINT 76 AUTO CARE

Your local, family-owned auto care center.
In business since 1992! Emissions & Smog
Testing. Brakes. Auto Air Conditioning.
General Auto Maintenance and Repair.
Cars, SUV's, trucks, and Commercial
Vehicles.

(Across from Bonita Vista High School)

**Give your car a check up.
Visit us at:**

1495 East H Street, Chula Vista

619-737-2464

www.BonitaPoint76.com



DRIVEN TO *Perfection*: BONITA POINT AUTO CARE

The intersection of Otay Lakes Road and E. H Street is significant to all who live in the area. Bonita Vista High School, Otay Lakes Plaza, Southwestern College, and the Bonita Point shopping center occupy the corners. On the NW corner, you will find Bonita Point Auto Care 76. This family-run business has kept Bonita's

cars and trucks moving for the past three decades.

Owned by sister and brother Lori Hupp and Ron Ballard, they grew up working in the service stations owned by their father.

When he retired, Ron and Lori took over the business. Lori fondly remembers that even after their father retired, he loved to come down on Saturdays to talk with customers and to stay in touch with the business.

Bonita Point Auto Care 76 offers a full range of auto services. They proudly maintain several certifications:

- STAR Certified smog check location.
- AAA certified repair facility.
- State of California ASE (Automotive Service Excellence) testing facility.

The staff can diagnose/repair/perform a client's oil change, new tires, tire alignments, transmission work, brakes, cooling systems, and batteries. When you see the Check Engine Light come on or hear an unusual noise,



Bonita Point Auto Care 76 can help. They can also service all extended warranties. They service cars, trucks and commercial vehicles.

When asked what she is most proud of, Lori proudly mentioned that clients appreciate their customer service and honesty. "Even past employees bring their cars back to the shop because they know they will be treated well. We explain to clients what needs to be repaired now and what will need attention in the future. This way they can plan ahead."



Lori also mentioned the importance of consistency. Bonita Point Auto Care 76 currently employs a staff of fifteen, including Lori's son, Austin. On average, staff members have each worked there for ten years. This allows clients to know

the staff and the staff to know the vehicle and its history.

How has your industry changed over the years?

"It has changed so much. We constantly devote time staying current with the newest technology, scanners, and equipment."

Tell me something funny that has happened at the shop.

"We went to look under a car, and a raccoon was hanging on. When he saw us, he let go and ran away fast! That was quite a surprise!"

What is the one piece of advice you can give to our readers regarding caring for their vehicles?

"I would say that a simple, but very important step, is to change the oil consistently."

How can readers make an appointment?

"We are open Monday-Saturday. Call us at 619-421-7600 or visit our website at www.bonitapoint76.com."



NOW-HAUS

MONETIZE YOUR BACKYARD

WANT TO KNOW WHAT YOUR
OPTIONS ARE?

ADU - SUBDIVISION - DOWNSIZE

619 537 0066 HELLO@NOW-HAUS.COM

New Options to Age in Place & Earn Passive Income from Your Property

NOW-HAUS

By Bill Adams

Bill Adams is the Founder & CEO of NOW-HAUS ADU, LLC., a residential real estate development company that specializes in ADU's and Lot Splits. He offers a free onsite consultations with homeowners looking to maximize their property's potential.

Aging in place is something most of us would prefer. Your home is where you made family memories and transformed it into your sanctuary. At the same time, you may be looking at your retirement account and realizing your nest egg is not what you had hoped it would be due to inflation and rising costs. Fortunately, there is a way to lengthen your stay and make money from your property.

With two new residential development opportunities, NOW-HAUS ADU, LLC. is working with seniors to maximize the possibilities of their land from the recent passing of California Senate Bill 9 (SB9). The California Housing Opportunity and More Efficiency (HOME) Act streamlines the process for a homeowner to build an ADU or subdivide an existing lot.

The first opportunity is adding an ADU (Accessory Dwelling Unit) to your property. ADU's are commonly known as a guest house, granny flat or an in-law suite. It can be any number of configurations, including a detached or attached building or even a garage conversion. Seniors can rent them to earn income. Some seniors opt to move into the ADU to enjoy a lower-maintenance home with one floor and then rent out the main house. However you use your ADU, it will increase your land's value and adds passive income from your unused space on your property. Because we live in one of the most desirable and expensive housing markets in the country, your annual income potential could range from \$20,000 - \$30,000. Plus, the ADU's are

designed to ensure privacy with separate entrances and outdoor areas as well as coordinate with your existing home's exterior design. The second opportunity is called a Lot Split with you earning cash as the primary benefit. A Lot Split divides an existing homesite into two legal lots and a new home is built on the new lot and sold with you remaining in your home. By subdividing into multiple lots, a homeowner can make money without having to move. There are two ways to execute the Lot Split. The first is when the homeowner puts up the money and NOW-HAUS does all the work such as managing all the financing, contracts, plans, construction, and selling the new house. The more popular option is when NOW-HAUS and the homeowner develop the property like a partnership. NOW-HAUS manages everything from financing, plans, permits, and construction to selling the new house. The homeowner then earns approximately 50% of all net profits from the sale of the new home, which can range from \$125,000 to \$250,000.

Both the ADU and Lot Split options require the NOW-HAUS team to analyze your property to see what is feasible. An ADU requires access and sometimes parking. The ideal properties for a Lot Split are corner and wide lots, property with alley access, or lots 7,000 square feet or larger. If your property checks any of those boxes, it is worth a free consultation with NOW-HAUS. The new SB9 law has been transformative for California homeowners and it may be the golden ticket for seniors who are willing to explore new options to age in place and increase their retirement nest egg.



PROPERTY MANAGEMENT WITHOUT THE DRAMA!

- FREE Property Analysis!
- FREE Consultation!
- FREE Set-up!
- MOST Competitive Rates!
- Multi-Property Discounts!
- Military Discounts!

CALL TODAY

TOLL FREE (877) 772-3466
WWW.PRAEHOMES.COM

CA DRE #01889835



**Providing Restoration Due to
Water, Mold, Fire, and More**

DID YOU KNOW?

Most California floods are caused by plumbing problems like busted pipes, water heater leaks etc. We can detect leaks before they become serious problems. Let us help you prevent lasting damage.

Call us at (877) 875-1235

20 YEARS OF EXPERIENCE | 24/7 EMERGENCY SERVICE | WORKS WITH INSURANCE COMPANIES

www.CuttingEdgeRestorationInc.com



MEET YOUR NEIGHBORS

THE ARANCIBIA FAMILY

During COVID, we were limited in our ability to interact with neighbors and friends. Even today, we probably do not socialize as much as we once did. To remedy this situation, each month, we will spotlight an individual or family currently residing in Bonita. You may find that you share hobbies, business opportunities, or common backgrounds. Bonita is blessed to be the home of many remarkable people!

Adrian and Delia Arancibia have two children, V and Esperanza, as well as 2 dogs and 2 cats. They are an amazing family with roots in Bonita, who are actively involved within the community, and who are working to provide the best possible education for children now and in the future. It is obvious that giving back to the community is important to the Arancibia's.



ADRIAN

Adrian has been a professor at Miramar College for the past twenty-one years. He is currently the Chair of the English Composition Dept., and a professor in the Chicano Studies program. He also serves as a Sweetwater Union High School District Board Trustee.

When asked why he chose education as his career, Adrian recounts that his mother was a teacher who was excellent at explaining new concepts to him and his siblings. Adrian attended Valley Vista elementary, Bonita Vista Junior High, and Bonita Vista High School. He then studied at UC Berkeley and then UCSD for his Ph.D. Adrian has taught at all levels of education, from elementary schools to community colleges to universities.



Adrian recounts that his mother was a teacher who was excellent at explaining new concepts to him and his siblings.

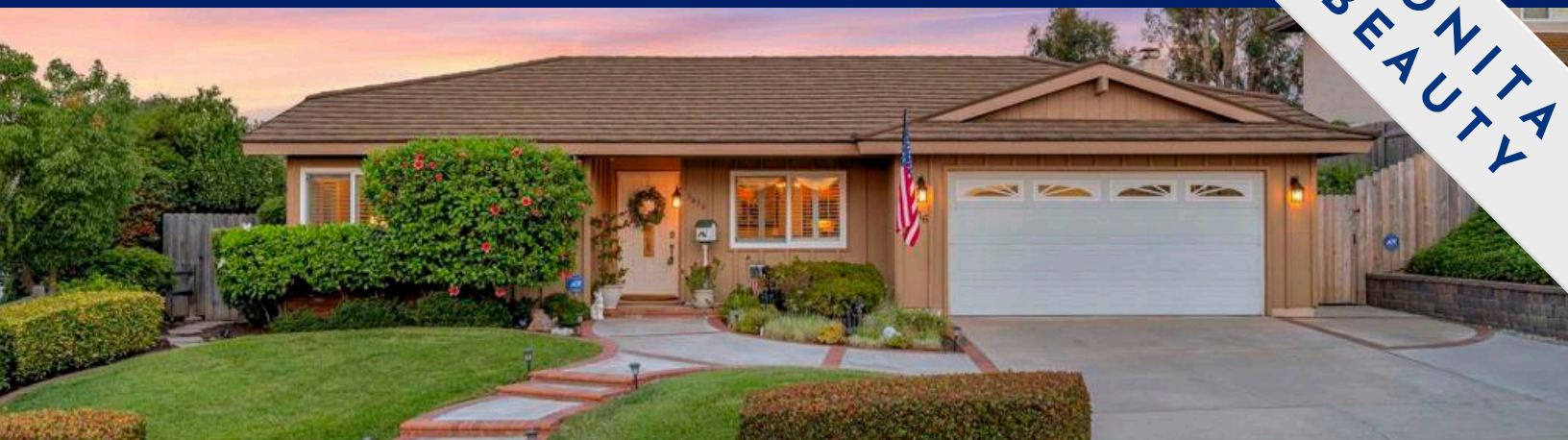
DELIA

Delia is originally from the Pacific Northwest. In her free time, she enjoys reading and going for walks. She met Adrian at UCSD while they were both graduate students. She explains that as an undergraduate, she had the opportunity to work with elementary and high school students. "I realized that I really enjoyed working with kids and teaching. I came to UCSD for that reason. Also, teaching was a way for me to give back to my community, and to students that had challenges similar to mine growing up. "After completing her graduate studies, Delia was a classroom teacher for thirteen years, a Reading Specialist for two years, an Assistant Principal for two and a half years, then became the Principal at Sunnyside Elementary School. (continued on next page)



5636 Galloping Way // 3 Beds | 2 Baths | 2,107sqft

BONITA
BEAUTY



**COLDWELL
BANKER**
WEST

Deana Hoffman

BONITA RESIDENT FOR 35 YEARS
LOCAL REALTOR FOR 33 YEARS

MOBILE: 619-994-7338
EMAIL: deanahoffman@cox.net
WEB: www.HoffmanTeamSanDiego.com
CalDRE: 01118785



©2024 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker® and the Coldwell Banker Logo are registered service marks owned by Coldwell Banker Real Estate LLC. Coldwell Banker Real Estate LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each office is independently owned and operated. If your property is listed with a real estate broker, please disregard. It is not our intention to solicit the offerings of other real estate brokers. We are happy to work with them and cooperate fully. DRE #01481919



RUG CLEANING

- Oriental rug cleaning
- Restoration & repairs
- Urine decontamination
- Outdoor upholstery

BOOK NOW

www.wecleanrugssd.com



**FREE
PICK UP &
DROP OFF**

**MORE INFO
(619)500-3011**



**READY TO RESTORE YOUR RUG?
BOOK A FREE ESTIMATE NOW!**



RESIDENTIAL & COMMERCIAL CAPET CLEANING SERVICE

- Truck-mounted steam cleaning
- Dust and allergen removal
- Upholstery cleaning
- Pet stain & odor removal



SERVICE AT YOUR DOOR SINCE 2008



V & ESPERANZA

V and Esperanza are Adrian and Delia's two children. V will be a senior at Bonita Vista High School this coming school year and Esperanza will be a freshman. V is a member of Sound Unlimited through the Vocal Music Department at BVH, and also a leader in the QuizBowl program. Both enjoy playing tennis. Esperanza was part of Knowledge Bowl at Bonita Junior High and looks forward to joining the QuizBowl team. She also looks forward to joining the BVH tennis team.

V enjoys reading, puzzling, taking walks, singing and hanging out with friends. Esperanza enjoys listening to music, playing video games, and puzzles as well. Both are part of the International Baccalaureate program.

Adrian proudly recalls that he was part of the initial class of International Baccalaureate program in high school. This program had special meaning for him. When asked what fond memories they had growing up in Bonita, the

Delia remembers, "COVID had a significant impact for all of us in education, especially our students. It was nothing like what we had experienced before. We really had to reinvent

how to continue teaching and supporting our students. It was a learning curve for sure. I came to Sunnyside at a unique time. We had been in the pandemic for a year and the Chula Vista

"I think one of the greatest challenges education faces in the future is enrollment. We need to ensure that we work together so that our students have access to all the programs."

Elementary School District schools were preparing to reopen in a hybrid format. I didn't get to meet all of my students or even some of the teachers in person until the following school year. I am proud to say that Sunnyside did an incredible job ensuring the safety of our students and welcoming back all of our school community the following school year."

Now that life is back to a more normal state, I asked Delia what she thinks the next major challenge will be for education. "I think one of the greatest challenges education faces in the future is enrollment. We need to ensure that we work together so that our students have access to all the programs." Adrian seconded this notion, adding that birth rates are decreasing, and we could see major changes in the next five years.

girls mentioned the following. They enjoyed Trick-or-Treating in their neighborhood, attending Bonita Fest, going to the Farmer's Market, and of course, seeing horses.

Delia added that she is, "proud of my children and the people they are. They are caring, honest and have a strong work ethic. They also are very concerned about social justice."

GROWING UP IN BONITA

Adrian's family is originally from Chile. His father came here as a ship builder with Campbell Industries. When asked about growing up in Bonita, he says, "I remember fishing



for crawdads with our neighbors, the Abbotts. And I remember Mr. Martinez's large farm on Sweetwater Rd. We lived above it on Bonita Mesa Rd. He grew corn and watermelons. I'm grateful I grew up in Bonita. My family became a part of the fabric of the community. I remember the Bonita community having a sense of values. Putting value on cultural arts. Coming together as a community to support one another and to make sure neighbors were OK. Sharing lemons and avocados. I also remember Bonita Fest. It was the major event for the South Bay. One year, I performed the song "La Bamba" with the Music Machine."

Adrain continued, "Music Machine and its director Ron Bolles had a huge influence on my life. Mr. Bolles was like a surrogate father to me. When money was tight for my family, he helped me get the funds needed to participate. When it came time to write my college entrance essays, I wrote about my experiences with Music Machine and was thankful to win a scholarship. To this day, I still use the calendar skills I learned from Mr. Bolles to stay organized and keep a team on the same page.

TACO SHOP POETS

Taco Shop Poets Many people may not know that Adrian is also a famous poet (we are lucky to have one his poems included in the Poetry Corner of this issue.) I asked Adrian to tell me about this artistic part of his life. "My parents always had poetry books and recordings of poets around the house. I started writing poetry while at UC Berkeley and then was lucky to be in the Literature and Writing Program at UCSD with outstanding professors like Quincy Troupe and Shirley Ann Williams."

"Several of the other students and myself formed a group called the Taco Shop Poets. We would play music and read poetry at local

taco shops. That is how we got our name. We represented a wide range of Chicano sub-groups and included a wide range of musical influences. It was really a grass roots group. We produced high quality work and helped create independent art spaces.

Over time we became quite well known and eventually published books, were featured in documentaries, and even went on tour opening for famous bands. I did this for eight years on the weekends while substitute teaching during the week. You can still find some of our videos on Youtube. I am proud of the work that we created and that it continues to have an impact. Recently the NY Times featured an article on the de la Torre brothers blown-glass artwork and a mixed-media sculpture entitled "De Pilar of M Pyre" I collaborated with them on in 2004."

"Since those days, it is sad to see a lack of brick-and-mortar spaces for young artists to display their work. The cost of real estate in San Diego is so high and funding for the arts is limited. Grass root movements like ours is still necessary."



"Several of the other students and myself formed a group called the Taco Shop Poets.



FAMILY TIME

When not working or going to school, what does the Arancibia family enjoy doing together? They enjoy visiting favorite local restaurants such as Romesco's, Lolitas, and El Viejon. They enjoy cooking and watching movies together, listening to music, going to art shows, doing word puzzles, and going to poetry readings. Their favorite vacations were to Guanajuato, Mexico and to Adrian's home in Chile.

They have four pets. Two dogs named Lucha and Jelly, and two cats named Abby and Coco. Adrian jokes that including the pets, he is the only male in the household.

THE FUTURE

Talking with Adrian and Delia even for a short time, you understand the deep commitment they have to the future of Bonita and their appreciation for what others have done in the past. Delia described it, "I love the sense of community in Bonita. We have a small town feel but are still so connected to San Diego/Chula Vista. I love that I live in the community where I work. I think in Bonita, we really care about our community and always look out for each other."

"In addition to being proud of my daughters' and wife's achievements, I am very proud of my parents and of them knowing that their many struggles were not wasted."

Adrian warmly told me, "In addition to being proud of my children's and wife's achievements, I am very proud of my parents and of them knowing that their many struggles were not wasted. They were the ones who brought us here and worked to help us succeed here. As a Board of Education member, my name is on the plaque at the new Bonita Vista High stadium. But it is their name as well."

"Bonita is in a process of change. It's always been in a process of change. It's not the same Bonita that I grew up in. Different folks from different areas of the country and different parts of the world are coming to live here. We have to navigate those differences and continue to establish that we are a community and that we do have values. Our differences only strengthen Bonita in the future. There are many people who grew up here, who want to stay here, and want to continue to make it better. We are writing the next chapter now. We must continue to communicate value, such as community ties, making sure everybody succeeds, and making an earnest effort to include everybody."

The love I have for you

by Adrian Arancibia

In the creases
Of the onshore flow
I found us beautiful
I found us in the sighs of our parents

The songs cascade from the mountains
They come with the sadness
Of leaving a homeland
Of coming here.

The bruises still hurt.
But you, woman.
You make this pause
And memory possible.

They are more potent
Than words.
They are action and healing.
They remind me of my best self.

Do you smell the pepper tree?
Can you touch
The eucalyptus leaves.
The leaves of the guayabos?

And I don't have words.
I just have open hands and chest.
And we live to hear
The birds in the morning.
Bird songs.

Among the silence.
Bringing us back.

As afraid as I am
Of the future.
These faces make me
Remember.
Be strong,
Have faith.



PLUMBING DEPOT INC.

40 years plumbing experience
21 years Bonita resident

Services Offered

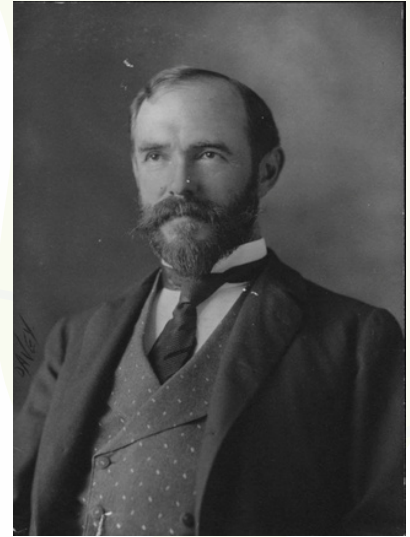
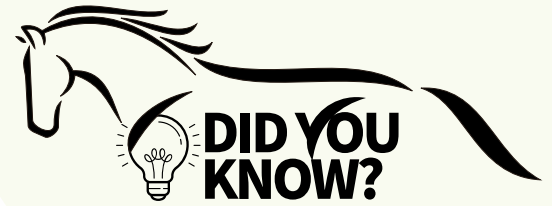
- ✓ Water Leaks
- ✓ Water heater replacement
- ✓ Garbage Disposal
- ✓ Toilets or faucets repair
- ✓ Sewer camera inspection
- ✓ And More



Lic. # 864947



Martin Munoz
(619) 571-5839



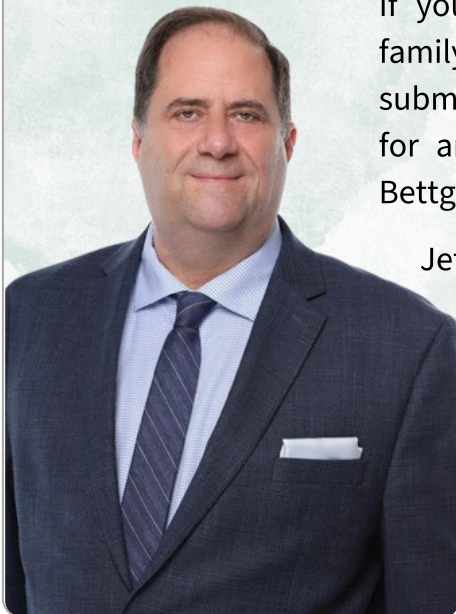
Henry Ernest Cooper, Sr. (1857 - 1929)

BECOME A CONTRIBUTOR

At The Towne Local Bonita, we believe that true community is a rare and valuable thing.

If you want to nominate a family or super student, or submit original art or an idea for an article, contact Jeff Bettger at:

Jeff@TheTowneLocal.com
or 619-548-1288



The name Bonita originally came from the name of a citrus ranch in 1884. An American lawyer by the name of **Henry Ernest Cooper, Sr.** owned the ranch at that time, which was primarily used for growing lemons. The postal office next to the Bonita Ranch eventually took on the same name, also calling itself Bonita. The word Bonita means 'pretty' in Spanish.

Tips and Advice From Local Experts

Your Health

Each month, we will explore some of the many ways we can improve our physical, mental, and emotional health through exercise, massage, hobbies, etc. This month, Antonio Ramos explains the many benefits of playing tennis. Being blessed with so many beautiful days in Bonita, why should we hit the courts?



MEET COACH ANTONIO

I have been playing tennis for 50 years and I have been teaching tennis for 25 years. I grew up in Bonita. There were always outdoor activities to do. When I was about 13 years old, I remember riding my friends moped to Southwestern College to play tennis on those courts. I attended Bonita Junior High and High School and played for the Bonita High School tennis team.

Physical Benefits from Tennis

1

Tennis has no limitation in terms of age. By age 5, a child is typically ready to receive instruction from a coach. It is an exercise that improves both aerobic and anaerobic fitness. It improves motor coordination.

2

Mental Benefits from Tennis

In my opinion, that is the big difference between tennis and other sports. We develop concentration, courage, and resiliency. You can lose the first set, but still come back to win the match. Tennis builds character and discipline because you must rely on yourself. There are no other teammates. Your will to continue can be applied to other areas of your life.

3

Stages of Growth

In tennis, we have four pillars--mental, physical, strategy, and technique. The first stage is working on technique. The second stage is repetition. The third stage is to consolidate and refine movements. The fourth stage is to get experience competing in matches.



4

Breaking Habits

If a student has some experience playing tennis, it can cause some frustration to break bad habits. But my word of advice is to have the drive to persevere. Even something as simple as changing a grip can take time.

5

First Steps to Playing

I want the student to be able to hit the ball back and forth over the net with control. That is when it becomes fun. Then we begin practicing the serve. When you can serve and rally, then you will fall in love with tennis. Given our modern lifestyle of being in front of the computer, it is important to be outside and get some physical exercise.

If one of our readers wants to take lessons or has more questions, how is the best way for them to contact you? Contact Coach Antonio by emailing him at CoachAntonio@hotmail.com. Or visit his website at www.RamosTennis.com.



Yavorsky Properties
Putting Clients First

40 years providing Bonita and the Southbay with expert Property Management and Real Estate Services.

Let Yavorsky Properties Sell or Manage Your Home. Call or email me today!



Suzanne Yavorsky

DRE# 00880803

Cell: 619-267-7900

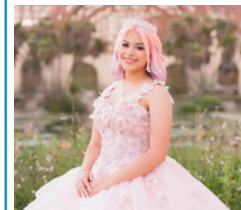
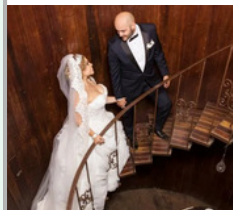
Email: BonitaRE@aol.com

4532 Bonita Rd
Bonita, CA 91902



LOVE LIFE
PHOTOGRAPHY

**San Diego's 5-Star Photographer for
Unforgettable Special Events**



www.iLoveLifePhotography.com
text at 619-948-5781

Official Photographer of *The Towne Local Bonita*

Fun Time: Word Search

Search for the words hidden in the puzzle.

V S S U N G L A S S E S
F L A U H T I O E U R H
I R I C N O C O C M G A
R A O I R W E S T A E T
S M N H Y N H W H N L L
T A V E R E N I I R T H
I B O N I T A Z N D H T
M H I R L L A S E E E E
G O L F V G U U E S H N
H A V A A A T I O N R N
N O N M T O L T F O T I
A K T E W E L C O M E S

THE

BONITA

WELCOME

HAT

TOWNE

MAGAZINE

SUNGLASSES

GOLF

LOCAL

FIRST

TENNIS

ROHR

Poetry Corner



I'LL SLEEP ON THIS THOUGHT TONIGHT

BY ADRIAN ARANCIBIA

the trees have their way
of singing spring.
i hear it in the poplars
in the way the stone fruit trees
ask me about my father.
i'm reaching the corners
of the coolness
giving way to warmth.
the way the floor
turns and takes a breath
home. how it makes
me ask about water
and food. for the trees
it is about love. about
conversations.
about the longing
for hands to prune
their extended branches.
i wonder sometimes,
how much life they'll
give. questions, surrounding
the wind blowing
around the house.

i smile and breathe.
take in the air
coming full bore,
reaching from knees
to shoulders. like
this shoulda been
another year.
and with more time,
with more time,
we woulda...
the silence
that is not silence,
begs me to reconsider.
it reminds me the length
of the string
the fates have cut.
it asks me to be content
if only for an afternoon.
an afternoon where
my girls laugh.
and things seem perfect.
perfect before things
change.



***DEDICATED TO MY FATHER
ADRIÁN ARANCIBIA ROJO***



Ghiloni Granite & Tile: Bringing Nature's Beauty into your home! Your local quality craftsmanship with dependable services.

DESIGN, CONSULTATION, PRICING, ESTIMATES & SCHEDULES.

Call or text Michael: (619)261-3595
www.GhiloniGranite.com

General Building Contractor Lic# 1054873 & C54 Classification



Southbay Sports Heroes

SEPTEMBER 7-28, 2024
 OPENING CEREMONY SEPTEMBER 7, 2024

Bryan Wagner

Billy Casper

Gail Devers

To Purchase Tickets

BONITA MUSEUM
 ART / HISTORY / CULTURAL CENTER

ALEX SMITH

MANNY MELCHOR
 1992 MINI FLYWEIGHT CHAMP

SWC
 SOUTHWESTERN COLLEGE

Sept. 7 - Opening BBQ 4pm - 8pm

4355 Bonita Road, Bonita CA.

SOUTHWESTERN COLLEGE
ALUMNI Association

JAGUARS UNITE!

Join us in paying it forward –
 Make a difference alongside your fellow alumni in shaping the leaders of tomorrow. Alumni can empower and inspire the next generation of Jaguars to thrive.

Join the movement. Join the Legacy.
 Join us in making a lasting impact.

SWC
 SOUTHWESTERN COLLEGE

www.swccd.edu/Alumni



PRSRRT STD
ECRWSS
U.S.POSTAGE
PAID
EDDM Retail