

HAPPY NEW YEAR

JANUARY 2026



The Jamul Shopper & News

www.jamulshopperandnews.com

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HEALTH, WEALTH AND HAPPINESS....**



"Just Driving in Jamul and Look what you see?"

**Happy
New Year**



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End of Year Report 2025 www.eartydiscovery.com



See those many terracotta-colored pots sprinkled throughout the landscape? You're looking at the final 200 native plants that got installed at our last restoration event of 2025! This event marked a milestone of over 1,000 native plants in the ground at El Monte this year, expanding native habitat and supporting biodiversity. □

We are in awe of our Conservation Dream team and California Climate Action Fellows for making huge strides in our conservation projects. They work tirelessly each week to make magic happen out in San Diego's wild spaces! We are also so lucky to be surrounded by volunteers-turned-friends who show up at our events with smiling faces, ready to get their hands dirty and make a difference in our world.

May 2026 be filled with this same energy: passionate community, beautiful San Diego days, and more impactful opportunities for our wild spaces!



*Kim Hamilton is off this month.
But she did send me a story written by
her husband, Rob, several years ago.*

Jamul Dress Code

by Rob Hamilton

Living in the back country we still keep a eye on the styles required to live in our "country town". For instance. **Men's Country Fashion:**

Country ladies, here is this fashion editor's exciting report: My, doesn't time fly? But, here we are and the men of the back-country have kicked-off another fashion year with their usual bold, trend-setting flamboyancy.

This season their statement is "Cotton, cotton, and more cotton." Yes, in his summer apparel the back-country Man will be saying "Back to basics" as we find him wearing cool blue cotton denim Levis or the full length denim coveralls with the fashionable wide shoulder straps criss-crossing in the back.

His debonair presence will be accentuated by the lavish color and complex pattern of his Scottish plaid shirt with the collar ringed with the tint of earth-tone. His shirt will have the traditional touch of matching breast pockets, one with a bold white plastic liner with a dash of red lettering.

You may find him with the shirt "out" to suggest an informal working man's air or with a tucked-in and unmistakable "Look out, ladies" in appearance as he travels to town for a touch of "Life in the fast lane."



HAPPY NEW YEAR 2026

1st and 3rd Tuesday 7:00

Jamul/Dulzura Community Planning Group Jamul Dulzura Union School District, Jamul Education Center 14581 Lyons Valley Rd.

4th Thursday Kiwanis meet Jamul Community Church at 6:30 pm, 14058 Jamul Drive, Jamul

February 15, 2026 Jamul

Shopper Deadline -
Tammy 619 669-1109

Second Tuesday Jamul Dulzura School Board meets 6:30 pm Jamul Learning Center (former JIS Library)

Weekly AA meetings every Wednesday 6-7pm at St. Pius X Catholic Church Jamul



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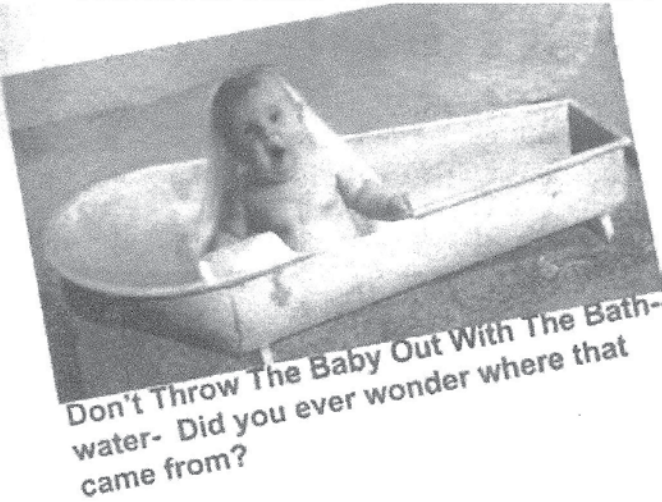
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Views expressed by contributors to this publication do not necessarily represent those of the Jamul Shopper and News.

HAPPY NEW YEAR -

HERE ARE SOME THINGS TO THINK ABOUT:



Don't Throw The Baby Out With The Bathwater- Did you ever wonder where that came from?

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, **"DON'T THROW THE BABY OUT WITH THE BATHWATER"**.

According to the History Channel, during the Victorian age, people would only change a baby's diaper every four days. Whew !!!

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500's: Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were beginning to smell, so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of **"CARRYING A BOUQUET WHEN GETTING MARRIED."**

Houses had thatched roofs - thick straw-piled high, with no wood underneath, it was the only place for animals to get warm, so all the cats and other small animals (mice, bugs), lived in the roof. When it rained, it became slippery and sometimes the animals would fall off the roof. Hence the saying, **"IT'S RAINING CATS AND DOGS"**. There was nothing to stop things from falling into the house.

This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how **"CANOPY BEDS"** came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying **"DIRT POOR"**.

The wealthy had the slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they added more thresh until when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance way. Hence, the saying a **"THRESHOLD."**

GOOD LESSONS FOR LIFE:

By Emery Styron

1. Don't sweat the small stuff, and most stuff is small.
2. The most boring word in any language is "I".
3. Nobody is indispensable, especially you.
4. Life is full of surprises. Just say "never" and you'll see.
5. People are more important than things.
6. Persistence will get you almost anything eventually.
7. Nobody can make you happy. Most folks are about as happy as they make up their minds to be.
8. There is so much bad in the best of us and so much good in the worst of us that it doesn't behoove any of us to talk about the rest of us.
9. Live by what you trust, not by what you fear.
10. Character counts. Family matters.
11. Eating out with small children isn't worth it.
12. Mothers always know best, but sometimes fathers know, too.
13. If you don't do anything else in life, love someone and let someone love you.

Jamul - Dulzura

Community Planning Group

Jamul-Dulzura Union School District - Jamul Education Center
14581 Lyons Valley Road, Jamul, CA 91935

Hybrid Meeting: Both In-Person and Zoom at 7 PM

Meets every 1st and 3rd Tuesday of each month – 7:30 pm.

To Join Zoom Meeting. LINK: <https://us02web.zoom.us/j/88050022406>

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MISSION STATEMENT

"The mission of the Jamul-Dulzura Community Planning Group is to represent the best interests of the communities of Jamul and Dulzura while adhering to County of San Diego, California Board of Supervisors Policy I-1."

PURPOSE STATEMENT

The purpose of the Jamul-Dulzura Community Planning Group is:

- To provide a public forum where local citizens can learn about issues of importance to them and their community and provide input.
- To carefully consider all input when advising the county on such issues as planning, land use, discretionary projects, and community and sub-regional plans. APPROVED 5/12/2020.

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**Tina Kaufman, TK Fitness,
619 889-7321 tkfitness.aloha@gmail.com**

As I reflect on 2025, I am so very grateful and blessed to continue my passion and love helping others, not only achieve the goals, but to encourage them how to get past any element that may interfere with every day life. I now approach my 10th year of working with women and men of all ages, shapes, and physical capability. I have had my own struggles with self image, so to be a part of someone's physical and mental journey, transform their lives like they never thought they could, is a blessing. My training consists of weight training, shaping and building muscles without any impact on the joints... You will never see a burpee, running, or any kind of jumping in my gym. I am a NASM Certified Personal Trainer.



I am honored to now share Mary and Lisa's story of how they achieved and conquered something they never thought they could. May their stories touch your lives, like they did mine.

As we go into 2026, I continue to share my God-given gifts, and I am grateful for every person that has trusted me with their journeys. I now have many very special people in my life from these journeys that I call my FAMILY. Wishing you all a beautiful, happy, healthy and blessed new year.

Mary's Story

In January Of 2024, I read an article in the Jamul Shopper about Tina's personal training. I had recently retired and really wanted to add strength training to my hiking/walking regime. I was very hesitant in calling at first as I had been injured, with weight training, in the past and had avoided weights for 15 years. I made that call to Tina in January 2024 and so glad I did! I started work out sessions with Tina and knew right away she was the trainer I needed. Tina listened to all my concerns and was so knowledgeable about muscle group and correct form in use of weights. I looked forward to my weekly sessions and her excellent guidance with all types of weights and challenges as I got stronger and more confident. In the past, I thought you had to feel pain to gain strength; but learned through Tina that is not how she trains. I worked up to heavier weights and lost 10 lbs and was starting the next level when I experienced a major setback in May of 2024.



I had a terrible fall backwards at home and broke my wrist requiring surgery. The ER doctor and surgeon told me I was extremely lucky and felt my training helped tremendously from not experiencing any back injury. What a setback of 7 months! I was determined, in my OT therapy, to get the strength back in my wrist/hand prior to my injury and was released to start training again. In January 2025, I started back with Tina and she was very instrumental in guiding me through my strength recovery journey and I'm stronger than I was in May 2024! This has been the best year and I'm so blessed to have Tina in my life as a trainer and friend in our Jamul community!

Lisa's Story

I met Tina several years ago when she worked at my dentist's office as a dental technician. Her beautiful smile and joyful spirit made a lasting impression on me. After that first visit, I had not seen Tina in several years. I had a regular workout consisting of 3 miles, 5-6 days a week, with light weights, and routine stretching, at Cuyamaca College. All that changed at a Women's retreat through Shadow Mountain Community Church in 2018. Tina was attending the same retreat and sitting at the same lunch table with me. She had that same smile and joyful spirit! As we began to catch up, she started to share her passion for Training women. She offered to train my friend, Victoria, and me two days a week. She said, "If you train the right way, you will not need to work out 5-6 days a week. Give me two days a week in the gym, and you will see a transformation in how you look and feel." She was right! Tina's training consists of weight training with no jumping or running. The goal was to build muscle without impacting the joints. I definitely noticed a significant change in how my body looked and felt. My joints and muscles felt stronger. Through Tina's specialized training, I've condensed my workouts to 2-3 days a week. Her personalized approach and positive reinforcement are a gift from God. Through her own personal journey, she continues to impact lives for God's glory. Thank you, Tina, for making a difference in my life and so many others'. You are a blessing!



Jamul-Dulzura Union School District, Elizabeth Bystedt

New Year's Message from the Superintendent

Happy New Year, JDUSD families and community members! As we enter 2026, I'd like to take a moment to reflect on all we accomplished together in 2025 and share my hopes and resolutions for the year ahead.

Reflecting on 2025

This past year was filled with many positive developments throughout our district:

- **Performing Arts Flourish:** Our Musical Theater and performing arts programs grew tremendously in both the spring and fall, providing students with creative outlets and enriching experiences.
- **Improved Attendance:** We saw a decrease in chronic absenteeism, which translates into increased academic learning and improved test scores. While there is still progress to be made, these gains are a testament to the dedication of our students, families, and staff.
- **Enhanced Family Engagement:** Students and families are more engaged in our schools, with the PTO hosting wonderful events that bring our community closer together and parents attending our Parent Leadership series along with DELAC/ELAC. Even more special are the memories created with Family Movie Nights and so much more.
- **Expanded Family Support Resources:** The board approved ParentGuidance.org to provide additional support for our families, alongside our continued partnership with CareSolace. Both resources are available on our website at www.jdusd.org.

A heartfelt thank you goes out to the East County Posse and Jamul Kiwanis for their generosity in supporting our students in need during the holiday season. Your kindness made a difference in the lives of many families.

Looking Ahead to 2026

As we move forward into 2026, my goals for the district are rooted in our commitment to student and family success. We aim to:

1. **Continue to Strengthen Social-Emotional Support:** Continue providing resources and programs that help our students and families thrive socially and emotionally.
2. **Continue to Foster Academic Success:** Build on our progress to ensure all students achieve their full academic potential.
3. **Continue to Provide Essential Resources:** Maintain access to services like the Care Closet for day-to-day physical needs and other supports available through the district and our schools.

If you or your family need assistance, please do not hesitate to reach out to your school site or the district office. We are here to help.

Wishing You a Wonderful 2026

Thank you for your continued partnership and support. Together, we can make 2026 a year of growth, connection, and success for all our students and families. I look forward to working alongside you to achieve our shared goals.

Warm regards,
Liz Bystedt, Superintendent
#JDUSDhasHEART

School Cont. on Pg 9

Community News

School cont. from Pg 8

From the desk of Ms. Robinson, JES Principal Hello Team Jamul!

We are so excited at the amazing turnout we had for the Aladdin Jr. production. The kids did an amazing job and the auditorium was full of parents, students and community members enjoying the show! It was an unforgettable performance! Can't wait to see what our next production is going to be! Thank you to Ms. Nati, Ms. Mendoza, and Ms. Karyme for dedicating your time and hearts to putting together these amazing productions! We also had our infamous winter performance, which once again, was standing room only! Our students love getting up on stage and singing their hearts out. A huge thank you to every single parents that shows up for their kids and our school events. None of this would be possible with out YOU!

Thank you to CalFire for coming to JES to play with our students during recess. We loved having you out and being great models for our kiddos!



At Jamul Elementary, we may be a small school, but we have the biggest heart. Our doors are always open, and we warmly invite you to schedule a tour to see the magic of JES in action. Call our front office to set up your visit. **#TeamJamul**
#JEShasHeart #JDUSDitsaboutkids



From the desk of Dr. Salas, OGMS Principal

Thank you to Kiwanis, Crumbl Cookies, and Raising Cane's for your generous support of Oak Grove Middle School! Because of your contributions, our school community was able to come together for a joyful family movie night filled with fun and great food. We truly appreciate your partnership and thank you on behalf of our entire staff!



The staff at OGMS are always eager to celebrate our students! Congratulations to our November Students of the Month: 6th Graders: Caleb Vallejos and Camelia Ramirez Melendez, 7th Graders: Benjamin Ochoa and Callie Hagel, 8th Graders: Emiliano Garcia Barajas and Dafne Jaimes Figueroa. These students shine as role models of our school expectations, being kind, responsible, respectful, and safe. We are incredibly proud of them!!!



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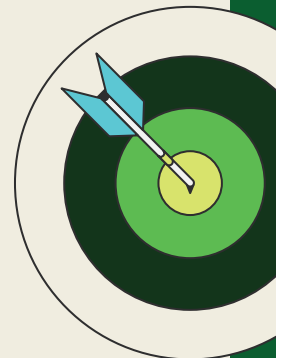
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Historical Happenings along the Campo Highway (Hwy 94)

By George Merz

Again I want to remind you that when I write about occurrences before I was old enough to remember, I am writing from my memory of stories told to me by my family, the Ferguson's.

The 1916 Flood was talked about a lot. The Otay and Sweetwater dams both broke and many houses washed into San Diego Bay. My father, Louis Merz was working for the Ferguson Bros. at the time. He was plowing with six horses on hay land they owned where Lemon Grove is now located. The ground was so wet they knew they could not work again for days, so they told my dad to take his team to Jamul. At that time, there wasn't a bridge across the Sweetwater River. When my dad arrived at the river in the afternoon, he misjudged the depth of the water in the crossing. He was riding one horse and leading five. When the horses entered the water, they immediately began swimming due to the depth. Dad released the five horses he was leading and they swam across the river. He could not make the horse he was riding cross, it swam back to the side of the river that it had entered.

The only house in the area was on the North of the current intersection of Jamacha Road and Hwy 94. Dad went there, cold and wet, they told him he could come in and sit by the wood cook stove to dry off. They proceeded to eat their supper but didn't offer him

any food. After supper the family went to bed, leaving him sitting by the cook stove, talk about pioneer hospitality.

The next morning, Dad went back to the river. The five horses he was leading had gone on to Jamul. When he arrived at the river he saw people from Jamul on the other side of the river looking for his body, thinking he had drowned.

After the 1916 Flood, San Diego County built a timber bridge at the river crossing. The next flood was in 1927 and washed out the timber bridge. A cable was then installed across the river with a car. The locals called it a bucket, that hung on rollers and could be pulled across the river by the occupants. The steel bridge was then built. The bucket was used for transporting mail and supplies until the river receded and could be crossed prior to the completion of the steel bridge.

My grandmother was scheduled for surgery in San Francisco. She wanted my mother, a registered nurse, to be with her. When I was just a year old, my mother and I crossed the river in the "bucket" and were met by relatives from San Diego that took us to the coastal ferry. At that time, there wasn't any direct rail passenger service from San Diego to San Francisco. The coastal ferries, as they were called, traveled from San Diego to San Francisco. They were the most comfortable method of travel with meals and sleeping facilities on board.



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Community News

Churches

Jamul Community Church, 14058 Jamul Dr., Jamul, CA 91935, Sundays 8:30 am, & 10:30 am. Children's programs available. 619 669-7203. www.jamul.org

St. Pius X Church, 14107 Lyons Valley Rd., Jamul, **619 669-0085** Mass: Sat. 5 pm, Sun. 8:30 am & 11 am in English, 12:30 pm Spanish., Daily Mass Tues. - Fri. 7:30 am except first Fri. 7 pm Adoration of the Blessed Sacrament every Thursday from 8:30 am - 5pm. Healing Mass quarterly on 3rd Tues. of month in English and every 3rd Wed. of month in Spanish.

Saint Gregory of Nyssa Greek Orthodox Church, Office: 1454 Jamacha Rd., El Cajon, CA 92019, **619 593-0707**, Services at site of our church at 1454 Jamacha Rd. El Cajon, North of Chase Ave. 8:45 am Orthros, 10 am Divine Liturgy

Church of Jesus Christ of Latter Day Saints, 1634 Hillsdale Rd., El Cajon, CA 92019, **Scott Willis 619-798-4964**, email: scottwillis2021@gmail.com
 Sun: Sacrament Meeting 10 -11:15am, Scripture classes (All ages) 11:15am to 12. Women's Relief Society and Men's Priesthood Meetings: 12:15 -1 pm Tuesday: Youth Meeting: 7 - 9 pm.

Way of Life Church 3200 Star Acres Dr., Spring Valley 91978 (2 blks from SCHS off Old Campo Rd). Pastor Bruce Balcombe, 619 504-7467 Sunday 10 AM, Worship, Sun. School, Wed. Services (all ages) 7 PM, & Youth (Jr./Sr.)

Dulzura Seventh Day Adventist Church, 17880 Hwy 94, Dulzura, CA 91917, 9:30 AM Saturday, Sabbath School, 11 AM Sat. Worship Service Info: call 619 468-3280. 7 PM Wednesday Bible Study

Summit Church at Steele Canyon High School 12440 Campo Rd., Spring Valley, CA 91978. Sundays at 10 am, performing arts auditorium. A non-denominational Christian Church. visit our website at www.summitchurchsandiego.org.

San Diego Grace Fellowship, 13910 Lyons Valley Rd., Ste. A, Jamul. Sunday School 10:15 AM, Sunday Service 11:00 AM. Mid-week Service Wednesday 6:30 PM. We preach Christ crucified, buried, and risen from the dead, according to the scriptures 1 Corinthians 15:3-4. www.sandiegograce.com; www.freegraceradio.com.

Shepherd of the Valley Lutheran Church, 10842 Fury Ln. La Mesa, CA 91941, Sunday worship: 9:30 am. Nursery care available. Visit www.svlc.org. We are also streaming on You Tube & Facebook.

Dulzura Community Church, I.A.U.F.A, 1136 Community Building Rd., Dulzura, CA 91917, Pastor John Ochoa (619) 313-7141 Sunday, 10 AM Apostolic Church, Acts 2:38

Foothills United Methodist Church, 4031 Avocado Blvd., La Mesa, CA 91941, North of Hwy 94, 619-670-4009, Sun. 8:30am traditional, 10:30am contemporary services.

Shepherd of the Hills Lutheran Church, 9191 Fletcher Parkway, La Mesa, (619-469-4197) Sunday 9 am. Pastor Aaron Boehm..

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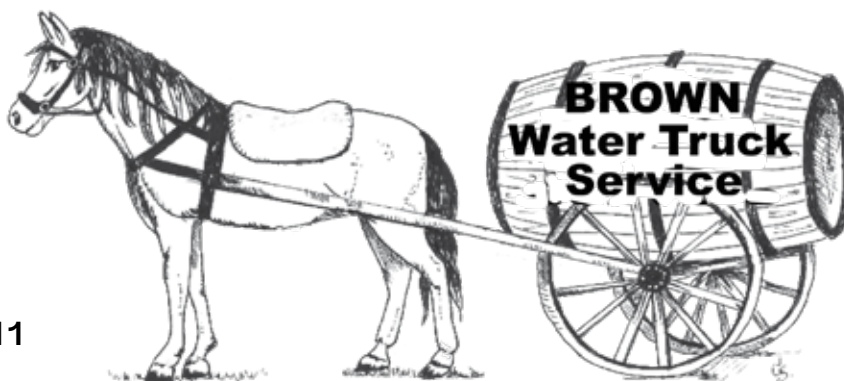
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