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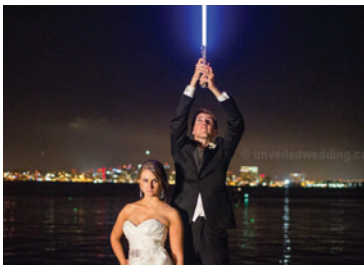
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Flourless chocolate cake



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CONTACT US

Editorial / Letters
(619) 961-1969
jeremy@sdccn.com

Advertising
(619) 961-1955
karen@sdccn.com

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Parking meter holiday to continue through 2015

Jeremy Ogul

Editor

After a two-month trial period last fall, the City Council agreed Jan. 13 to continue to offer free parking in the downtown village area through the rest of 2015.

The council voted last fall

to suspend the enforcement of paid parking with the hope of providing some relief to small businesses in the area that are being disrupted by construction on streets, sidewalks and landscaping in the vicinity of La Mesa Boulevard. Construction began last summer and will continue through the end of this year.

Parking officers are still enforc-

ing the two-hour and four-hour parking limits but are not checking to see if meters are expired. As a result, revenues from the parking meters dropped significantly from \$20,400 in September to \$2,200 in November, according to figures provided by city staff. (The \$2,200 was deposited into parking meters by drivers who apparently did not know park-

ing was free, despite stickers on the meters and signs in the street notifying visitors of the free parking.)

A city staff report acknowledged that it was difficult to say whether the free parking had actually attracted additional shoppers to the area, but the city has received

See **PARKING** page 3 —————>



Susan Hall leads drum circle participants with bell rhythms. (Photo by Cynthia Robertson)

La Mesa drum circle a hit with the community

Cynthia Robertson

Every second Thursday of the month, people throng to the fire station on Dallas Street at 6:30 p.m., and within 10 minutes, the sound of beating drums booms from within.

The monthly Community Drum Circle led by Susan Hall,

proprietor of RhythmWorx, is a regular event for drumming enthusiasts who meet regularly to make music. Many of them come for the sheer joy of community.

The city of La Mesa's Live Well Initiative funds the drum circle, which Hall started in September 2010.

"Living well means to incorporate all aspects of our being into our lives," Hall explained. "You

get to do that in the drum circle. You make music, you make friends, you use your arms and tap your feet. It's good for the whole person."

After people seated themselves in a circle in the community room of the fire station at the January meeting, Hall made an important announcement.

See **DRUM** page 9 —————>

Local theaters open new shows in 2015

Margie M. Palmer

Theater in the La Mesa area is alive and well; in the upcoming weeks, both Moxie Theatre and Lamplighters Community Theatre are on deck to premier their latest productions.

Lamplighters President and Artistic Director Mark Loveless said the group, founded in 1937, is unique in that they tend to be a little more old-fashioned than their counterparts.

"We try to be more inventive about the types of plays we do and tend



Actress Monique Gaffney (Photo by Jennifer Eve Thorn)

to be more of an educating theater than the others are," he said, noting this tends to attract a more mature audience.

Their next production, "Murder

See **THEATERS** page 7 —————>

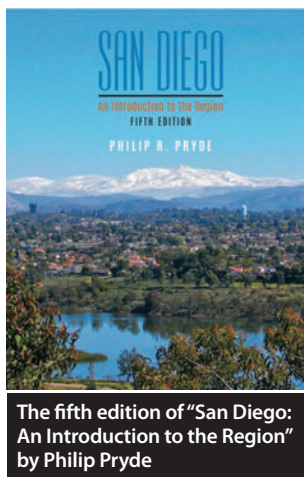
San Carlos resident releases book on regional history

Jeremy Ogul

Editor

What were the forces — both natural and human — that shaped San Diego into the dynamic and diverse region it is today?

That is the question that drives every chapter in "San Diego: An Introduction to the Region," a book that surveys everything from our geologic formations to our economic base. With chapters on transportation, architecture, water resources and population growth, the book aims to be the standard one-volume reference work on the region's geography and history.



The fifth edition of "San Diego: An Introduction to the Region" by Philip Pryde

San Carlos resident Philip Pryde, a retired San Diego State professor, put together the first edition in 1975 as a textbook for a col-

See **HISTORY** page 12 —————>



The Interstate 805 bridge over Mission Valley under construction in October 1969 (Photo by Philip Pryde)



The three ladies of Apackalips Now (Courtesy Karen Hasman)

East County trio headed to Japan

Faith Lawrence was hosting a foreign exchange student from Japan a couple years ago at her Lemon Grove home, which often doubles as the rehearsal studio for Apackalips Now, a vocal trio consisting of Lawrence, La Mesa resident Karen Hasman and San Carlos resident Lisa Hohman. Hearing the mellifluous melodies of the three ladies, the visiting student implored them to travel to Japan and sing for her friends and family.

The women of Apackalips Now are finally ready to do just that. They have booked a tour package to Japan in April and are growing more excited every day.

"We always talked about it, and now it is happening," Lawrence said.

The trio sings in the style of the Andrews Sisters, counting classic tunes such as "Sugar Time," "Let Yourself Go," "Put Another Nickel In (the Nickelodeon)" and "Codfish Ball" as part of their repertoire.

Japan will be quite the change of pace from their typical lineup of local musical productions, which has included events such as Star San Diego, the Women of History Showcase, Senior Follies as well as personalized performances at retirement homes, hospitals and private parties.

Before they head west, however, the trio is available for hire to sing two love songs to someone special at any location for Valentine's Day. Call Karen Hasman at 619-464-3727 for more information. ■

La Mesa student achieves perfect ACT score

When Helix Charter High School senior Spencer McCall took the ACT college readiness assessment test last fall, he was hoping for a good score, but a perfect score of 36 was not something he expected.

"I had never heard of anyone who had actually gotten one of those," McCall said. "It seems like one of those things that doesn't actually happen."

Not only did it happen — he did it.

Fewer than one tenth of one percent of students taking the ACT exam receive a composite score of 36, which is an average of the student's score on each of the exam's four sections: English, mathematics, reading and science. Among the 1.85 million students across the country who took the test and planned to graduate high school in 2014, only 1,407 earned a composite score of 36.

"While test scores are just one of the many criteria that most colleges consider when making admissions decisions, your exceptional ACT composite score should prove helpful as you pursue your education and career goals," wrote ACT CEO Jon Whitmore in a letter to McCall.

McCall is currently waiting to hear back from the many liberal arts colleges and research universities he has applied to over the past several months. He wants to study physics and political science.

His advice to others who plan to take the exam?

"The ACT is all about time management," McCall said. "None of the questions are horribly difficult, it's just — can you process all the questions in the time provided?"

Managing time on the math questions can be particularly tricky.

"The biggest concern my friends have had with the ACT has been the inability to finish the math section," McCall said.

Students preparing for the ACT should take at least one practice

test and try out different test-taking methods to discover the best strategy to finishing on time. ■



Spencer McCall (Courtesy Michael McCall)

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Hospital gets new CEO



Scott Evans (Courtesy Sharp)

The former CEO of two University of Southern California hospitals has been hired as senior vice president and CEO of Sharp Grossmont Hospital in La Mesa.

Scott Evans was previously CEO of Keck Hospital of USC and USC Norris Cancer Hospital, where he led multiple construction projects and boosted certain revenue categories by more than 50 percent, according to a press release from Sharp Grossmont Hospital.

The two USC hospitals combined have a total of 471 beds. By comparison, Sharp Grossmont has a total of 540 beds.

Evans also previously served as USC's chief operating officer from 2007 to 2012 and director of pharmacy from 2004 to 2007.

Sharp Grossmont's previous CEO, Michele Tarbet, served in the position from 1996 until her death from a brief illness in July 2014. ■

Star Wars wedding photo goes viral

A La Mesa wedding photographer's shot of a bride and groom went viral on the Internet in January, garnering more than 1.2 million views and dozens of new derivative images that fans spun off from the original.

Scott Hillis took the photo of Cory and Carrie Shields for their Star Wars-themed wedding in San Diego in October 2012. The wedding featured a ring-bearing R2D2 replica and a lightsaber gauntlet created by the wedding party. The photo was meant as a play on one of the original 1977 Star Wars movie posters, which featured Luke Skywalker hoisting a lightsaber behind Princess Leia.

On a whim in early January of this year, Cory posted the photo to a message board for Star Wars fans on Reddit, a social news sharing website. It took off within the hour, quickly garnering more than a million views. Hillis and Shields now estimate it has been viewed more than two million times by Internet users around the world.

Hillis, who owns Unveiled Wedding Photography, said he always tries to think of unique poses for his clients and knew this idea was a winner, but he never expected it to be seen by so many people. ■



Cory and Carrie Shields (Courtesy Unveiled Wedding Photography)

► Parking, from page 1

positive responses from business owners.

"We've received a mix of comments, some positive, some negative, but it seems most of them are generally supportive of free parking," said Bill Chopyk, the city's community development director.

City Councilmember Kristine Alessio said she



Construction workers tear up La Mesa Boulevard near Third Street (Photo by Jeremy Ogul)

thought it was worth taking note of the words of one citizen, who told her, "No one would pay to park in that mess."

Mayor Mark Arapostathis said it was up to the council to remind business owners and visitors to the village that this is a temporary outreach program, not a permanent policy change.

"Don't get used to it," he said.

Members of the city's parking commission were not pleased with the council's decision. At their meeting on Jan. 20, parking commission members said cutting off the parking meter revenue was not fiscally responsible.

"We're just hemorrhaging. We're just bleeding out money here," said Jim Wieboldt, a member of the parking commission.

Commissioner Lynn McRea said she was concerned that members of the City Council did not have all the information they needed to make an informed judgment on the fiscal impact of offering free parking.

Projects on the parking commission's to-do list include repaving parking lots in the village, which haven't been re-sealed since 2010; adding lighting to the Allison Avenue and Lemon Avenue parking lots; and installing two public restrooms to accommodate user demand in the village.

"The maintenance is my largest concern," said Commissioner Gina Franklin. "Without dipping into the one-year reserve, there's a lot of parking lots that are going to go without any kind of maintenance."

Chris Gonzales, the city program coordinator assigned to the parking district, said the city would budget for the cost of maintaining the lots. The real impact, he said, would be a much slower accumulation of money in reserves.

—Contact Jeremy Ogul at Jeremy@sdcdn.com. ■

How Owners Lose Thousands When Selling Their Homes

La Mesa – A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of this matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and worse financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get your Home Sold Fast and For Top Dollar". To order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1000. You can call anytime, 24 hours a day, 7 days a week.

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A monthly reception is held with each new exhibit at MTRP Visitor Center such as the current exhibit of "Seven Great Artists, One Great Show." (Photo by Cynthia Robertson)

MTRP Visitor Center makes for a great art gallery

Cynthia Robertson

Each month at the Mission Trails Region Park's Visitor Center looks a little different, thanks to the ever-changing art exhibits featured on its walls. Along with the monthly exhibits come countless art aficionados and friends of the featured artists. The current exhibit "Seven Great Artists, One Great Show" features seven artists who work in seven different media.

The ambient light of the center has turned out to be an excellent showing place for art. People appreciate the warm tones of the natural light streaming in from the doors and windows.

Vicky DeLong, art coordinator of the Visitor Center since 2011, organizes 12 exhibits a year, with each exhibit featuring 30 to 40 pieces of art. The current exhibit features some images from Mission Trails. "Visitors enjoy seeing the art, especially if it is of Mission Trails as they can identify with where the image was taken," DeLong said.

The art program at the Visitor Center started in February 1995

right after the center was built. It was initially run by Richard Johnson, who passed away just a couple of years ago.

"The program was very different in those days," DeLong said. "Most of the art was one group of oil painters — of which Richard was a member. No jurying — just Richard selecting the artists."

Shandel Gamer took over the position in 2006, and the follow-

varies, but the subject is always nature-related.

"The center gets a myriad of people visiting the center who enjoy looking at the art, and sometimes will purchase the art to hang on their walls at home or in their office," DeLong said.

Bob and Leslie Tutelman drove in from Scripps Ranch for the recent artists' reception of "Seven Great Artists, One Great Show." Their friend Steven Gould has several photographs displayed at the showing.

"We always love a chance to come here," Bob said outside the Visitors Center. "People can come in from a hike and walk right into the art gallery."

"And I like the gallery because it's different. It doesn't have lights that are pointing directly down onto the art," Leslie added.

"Seven Great Artists, One Great Show" will run through Jan. 30. The next exhibit, "Nature's Eternal Dance," features watercolors, oils and acrylics by Joan Hansen. That exhibit will run from Jan. 31 through Feb. 27.

—Contact Cynthia Robertson at c1g2robertson@gmail.com. ■



ing year, jurying began for the exhibitions.

The Mission Trails gallery differs from others in San Diego, DeLong explained, in that at least 50 artists a year can be featured with shows changing monthly, whether they are solo shows, group shows with seven to eight artists, or a show from an organized art group. The medium

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Trolley cops mostly swarm these two areas

Andrew Keatts
Voice of San Diego

San Diego's trolley operator, the Metropolitan Transit System, does routine fare checks — where a security guard scans people's trolley passes to make sure they've paid — every day.

Then there's another type of operation to check fares that happens semi-regularly and is much more intense. There, dozens of officers take over a station for hours, checking every single rider's proof of fare and pulling aside each person who doesn't have one.

Some residents in the area where these efforts overwhelmingly take place inevitably see these operations — and MTS personnel in general — as a security force they constantly have to deal with, even when they're not doing anything wrong.

MTS let me tag along for one operation. It's a show of force, often with eight to 10 security personnel for every one resident waiting for a trolley. Apprehensive-looking riders tip-toe off of trolley cars at the sight of a platform teeming with officers.

Originally, MTS told me it chooses the locations for those intense operations at random.

"Literally from a hat," MTS spokesman Rob Schupp wrote in an email.

They're not random. And MTS has since admitted as much.

"Turns out swarms aren't as random as I thought," he wrote in a follow-up email, along with data showing the locations of the operations. "They concentrate on the downtown area where all of our lines intersect and we have the most fare evasion."

Indeed, the numbers show the areas where fare evasion was lowest were home to the fewest operations.

Unlike the Sheriff's Department sweeps, MTS's efforts really do seek to crack down on fare evasion. They're not trying to arrest people who they suspect might be likely to commit major crimes in the future, though people are asked about outstanding warrants or whether they're on probation or parole if they're found without a fare. For the Sheriff's Department, fare evasion is mostly just a pretext to question people and identify other possible offenses.

MTS security runs two types of more aggressive fare enforcement, on top of the routine daily fare checks.

One is called a swarm, where a few officers in plain clothes board a train and start asking for proof of fare. The other, "Special Enforcement Units" or SEUs, are when dozens of officers take over a station for an extended period.

The undercover swarms happened overwhelmingly at the Imperial and 12th Avenue station, where all three trolley lines intersect and ridership is the highest, or on the trolley leg downtown between City College and Santa

Fe Depot. Of the 24 swarms in the first six months of 2014, 21 were in those two locations.

Data from the special enforcement units provided by MTS shows they too were concentrated downtown, but also in areas along the southeastern portion of the trolley system.

Of the 26 operations in 2014, six were held in Lemon Grove, the most of any station.

But on a wide swath of the Green Line, from Old Town to SDSU through Mission Valley, the 11 stations there had just two operations, both at the Fashion Valley Transit Center. (And, to Schupp's point, the rate of fare evasion found during those two stops was the lowest during the course of the year.)

MTS swarms

The MTS sweeps are separate from law enforcement-focused operations, like the Sheriff's Department's Operation Lemon Drop, which used data to identify likely criminals and identified the Lemon Grove trolley station as a place catch for them.

"We have capability to check on parole violations or warrants, but fare enforcement is our duty," said Elisio Alilin, a supervisor for MTS's code compliance department who oversaw an SEU at the downtown La Mesa station on Oct. 29.

"We're not doing crime prevention, we're doing quality-of-life enforcement," he said.

The public show of authority is a striking sight, though, when a

trolley pulls into a station and 30 security officers jump into action. Or when someone without a fare is led to a special area for further questioning, surrounded by a handful of MTS security.

For 54-year-old Daniel Rivero, who received a \$198 fare evasion citation at an enforcement sting at the La Mesa station in October, it was a remarkable sight.

"I've seen them do the undercover stuff where they board the train, but I've never seen them do this gestapo shit," he said.

During the same operation, 18-year-old Forest Sessions was let off with a warning: He told officers the ticket machine where he boarded was busted, and a call over to that station confirmed his story. Still, he wasn't pleased about being pulled off the trolley and delayed for 30 minutes during the ordeal.

"I've never seen all this police shit," he said. "I mean, just look at this. Look how many people it takes to write a ticket."

Alilin said he encourages security personnel to exercise discretion. He understands things can happen and tries to be compassionate.

"We want to hear everyone's story," he said. "If someone honestly couldn't work the machine, and the train came so they jumped on, we'll let them buy their fare at the next stop and help them out."

Through the year, 86,979 trolley riders came through an MTS fare enforcement sting. Of those, 2,958 received a citation of any kind.

The overwhelming majority of those citations were for fare evasion, meaning MTS found a roughly 3.5 percent evasion rate, which is in line with expectations for a "proof of payment"-based fare system.

Levondren Price, a 21-year-old Encanto resident who lives near one stop and works at another, got a \$198 fare violation ticket during a sheriff-led operation. He said he sees MTS security officers questioning young people at the Euclid Avenue station near the Food 4 Less where he works.

"When I get off work and I have my uniform on, they don't really say anything to me," he said. "But when I'm not at work, I just go straight home because I don't want to deal with them any more than I have to. Every time I get on the trolley, I'm looking out for them because even if I still have my pass I could still get questioned."

Edwaun Thames, who works at the Imperial Barbershop in Encanto, said a couple years ago he got a loitering citation at the City College station for being there without a ticket; that station occupies the ground floor of the Smart Corner building, where he lived at the time.

"I just said, 'Loitering? I live here!'" he said.

—I'm Andrew Keatts, a reporter for Voice of San Diego. Please contact me if you'd like at andrew.keatts@voiceofsandiego.org or 619-325-0529. ■

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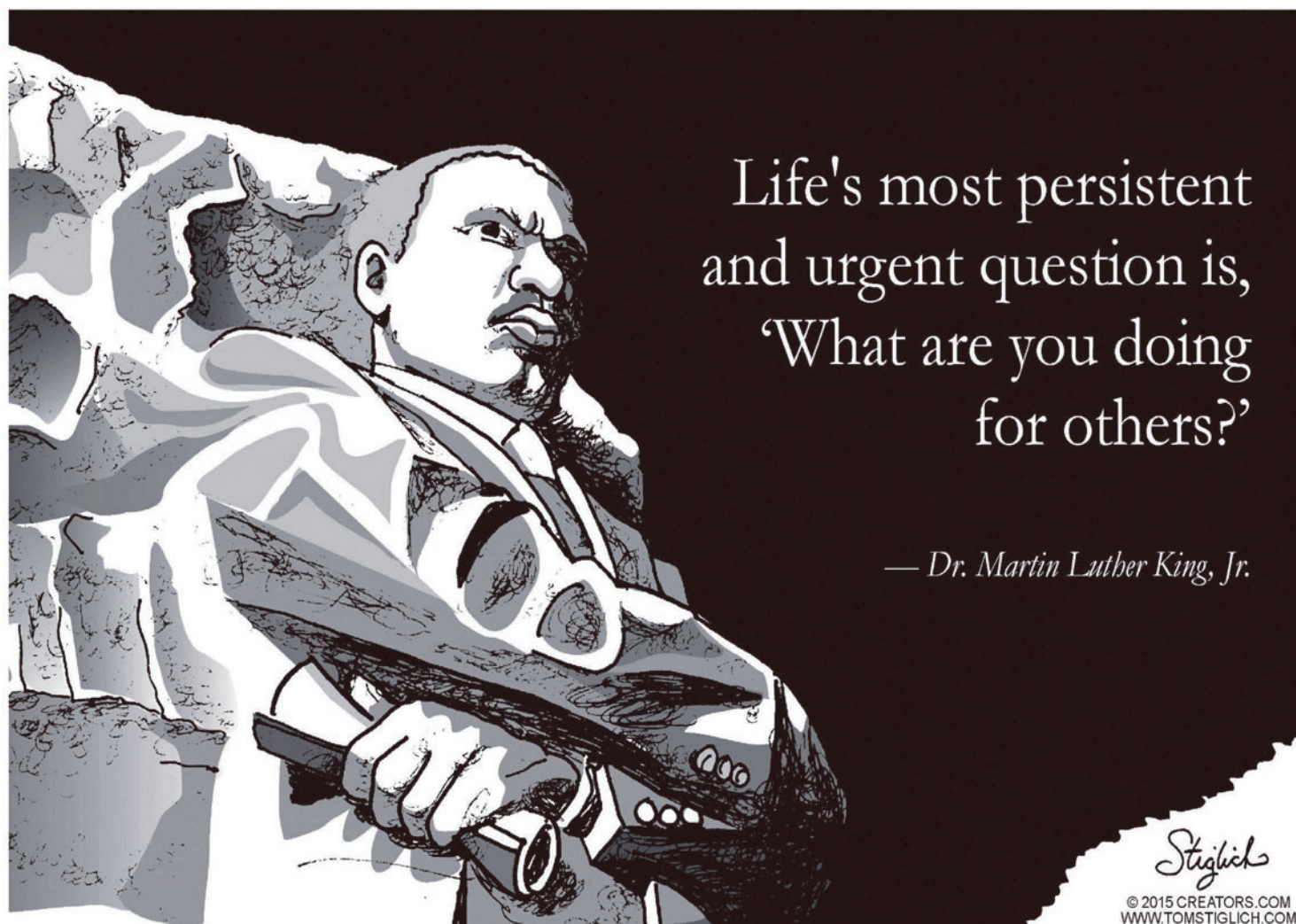
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LETTERS TO THE EDITOR

Editor,

I was very disappointed to see that my statements regarding SANDAG's 2050 Regional Transportation Plan were misquoted and misinterpreted by Mr. Meyer, a Sierra Club representative [Editor's note: Jeffrey Meyer wrote the Dec. 26 guest editorial, "Better effort needed on local climate action plans."]. For the record, I have never said that I wanted on-ramps and/or off-ramps and not transit. That is a flat-out lie. I did say that my constituents, the citizens of La Mesa, were more concerned with getting the 23-years-in-the-making on-ramps/off-ramps completed at the state Route 94/125 interchange than they were with the lawsuit filed by the Cleveland National Forest Foundation against SANDAG regarding the 2050 Regional Plan. This is the truth and a far cry from saying we should plan for freeway on-ramps/off-ramps, not transit. As I also said, SANDAG is a regional decision-making body, and transit decisions must be tailored to what member cities and the county of San Diego need. Some areas need more buses, some more bike paths, and yes, some need completion of freeway off-ramps and freeway expansions to make our regional transportation system work effectively and in a manner that benefits all San Diegans, not one interest group or another.

—Kristine Alessio, La Mesa City Councilmember and member of the SANDAG Board of Directors

Editor,

The editorial "Better effort needed on local climate action plans" in the most recent edi-

tion of the Courier advocates an illogical response to an ill-defined problem.

Mr. Meyer's call for more action in La Mesa is illogical because even if he is correct about carbon dioxide being the sole cause of warming observed to date, and even if the climate models' most extreme predictions are correct, there is nothing La Mesa can do that will make even the tiniest measurable difference in the future temperature of the earth. La Mesa is a very small city with no landfills and no heavy industry. Even were La Mesa to prescribe something as draconian as requiring all new citizens to live in high-rise apartments along the trolley tracks and ride bicycles instead of driving cars, there would be no measurable impact on the earth's temperature.

Contrary to what the "do anything at any cost to stop the climate from changing" advocates say, the issue of global warming, its causes, its extent, its impact and what actions will best mitigate it are far from settled. The U.N. report Mr. Meyer cites reduced the predictions of temperature rise made in the previous one — and that one reduced the predictions of the one previous to it. We have had no warming for almost 20 years now, despite continued increase in carbon dioxide emitted into the atmosphere. In a recent informative and fact-based arti-

cle in the Wall Street Journal, the former chairwoman of the School of Earth and Atmospheric Sciences at The Georgia Institute of

Technology, Judith Curry, opines: "The warming hiatus, combined with assessments that the climate-model sensitivities [to carbon dioxide] are too high, raises serious questions as to whether the climate model projections of 21st-century temperatures are fit for making public-policy decisions." Ms. Curry's entire article is well worth reading. It is fact-based and presents the global warming issue in a more balanced perspective that might quell some of the hysteria that surrounds it.

That hysteria drives a "do anything at any cost" approach to observed temperature increases and leads us to make foolish and expensive choices — requiring that ethanol be added to gasoline and the California bullet train come to mind. Neither will have a measurable impact on carbon dioxide levels. Nor has the California (only) "cap and trade" program been the model that the world would follow, as proponents said it would. No one has followed. It is simply another device to take money from the middle and lower classes in this state.

The global warming issue is certainly an important one. It deserves more observation of the facts, more calm and informed discussion, and much less hysteria.

—Russell Buckley, La Mesa resident ■

OBITUARY

Clara Ethel Davis

Clara Ethel Davis, a La Mesa resident for more than 47 years, died Jan. 19. She was 84 years old.

Davis was born in National City on Jan. 10, 1931. She worked as a real estate agent and broker in the La Mesa area beginning in 1968, and was involved in the La Mesa Women's Club for over 25 years.

Loved and respected by her peers and family members, she is survived by her husband of 64 years, Retired U.S. Navy Captain James Bly Davis; her four children, Lisa Ellen Hirsh, George Cole Davis, Casey Bly Davis and Molly Margaret Lawson; and numerous grandchildren and great-grandchildren. All will miss her laughter, kindness, generosity and good cheer.

A memorial service will be held Jan. 29; details are still pending. Call 619-462-6262 for more information as the memorial plans are finalized.

—Submitted by Ginger Davis ■



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123 Camino de la Reina, Suite 202 East
San Diego, CA 92108
(619) 519-7775
lamesacourier.com
Twitter: @LaMesaCourier

PUBLISHER

David Mannis
(619) 961-1951
david@sdcnn.com

EDITOR

Jeremy Ogul
(619) 961-1969
Jeremy@sdcnn.com

CONTRIBUTING EDITORS

Morgan M. Hurley, x110
Hutton Marshall x102

WEB & SOCIAL MEDIA

Jen Van Tieghem, x118
jen@sdcnn.com

CONTRIBUTORS

Linda Armacost
Connie & Lynn Baer
Pam Crooks
Marty Graham
Judy McCarty
Sari Reis
Cynthia Robertson
Jake Sexton
Genevieve Suzuki
Julie Ann White

CREATIVE DIRECTOR

Todd Kammer
(619) 961-1965
graphics2@sdcnn.com

COPY EDITOR

Dustin Lothspeich

SALES & MARKETING

DIRECTOR

Mike Rosensteel
(619) 961-1958
mike@sdcnn.com

ADVERTISING

CONSULTANTS
Karen Davis
(619) 961-1955
karen@sdcnn.com

Lisa Hamel

(619) 961-1957
lisahamel@sdcnn.com

Frank Lechner, x121
Andrew Bagley, x106
Sloan Gomez, x104
Yana Shayne, x113
Kyle Renwick, x116

PRODUCTION ARTISTS

Suzanne Dzialo, x111
Vincent Meehan, x111

ACCOUNTING

Priscilla Umel-Martinez
(619) 961-1962
accounting@sdcnn.com

WEB DESIGNER

Kim Espinoza
kim@kespinoza.com

PUBLISHER EMERITUS

Jim Madaffer



OPINIONS/LETTERS: La Mesa Courier encourages letters to the editor and guest editorials. Please email submissions to jeremy@sdcnn.com and include your phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

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► Theaters, from page 1

at the Howard Johnson's" is set to open on Feb. 6 and will run through March 1. Show times are scheduled for 8 p.m. on Fridays and Saturdays and 2 p.m. on Sundays.

The fast-paced suspense-comedy is set at a Howard Johnson's Motor Inn and unfolds around a love triangle. In the first scene,



The cast of "Murder at the Howard Johnson's" (Courtesy Lamplighters Community Theatre)

the husband and wife plot to kill her lover; in the second, the wife and her lover plot to kill her husband; in the last, the husband and lover decide to work together to kill the wife.

Loveless said one of his favorite things about working in community theater is when patrons come up to him after a show to ask questions about it.

"And again, this is getting back to the education," he said. "I love it when people come up to me and said they enjoyed the work we just did but also have some questions about it. That is what theater should be all about; people need to learn and laugh and that is what life is all about."

Lamplighters had been dark for the past nine years after their performance space at the Ben Polack Art Center was demolished in August 2006, but Loveless wants La Mesans to know they are back up and running. Their newly remodeled theater space, he said, is located in the shopping center at Severin and Amaya drives.

But Lamplighters isn't the only theater group in the area that is set to debut a new show. Moxie Theatre — located just west of the La Mesa-San Diego border at 6663 El Cajon Blvd., Suite N —

will launch its latest production on Jan. 23.

"Trouble in Mind" is described as a semi-satirical, groundbreaking classic in which a racially integrated cast begins rehearsing for what everyone hopes will be a big Broadway hit. But social norms and prejudices collide as the company of aspiring stars, hard-edged veterans and hopeful dreamers set out to make a play with a message.

The play fits directly into Moxie's mission of creating more diverse and honest images of women through the art of the stage, said Delicia Sonnenberg, Moxie's artistic director and the director of "Trouble in Mind."

"The play was written in 1955 and is set in 1957. We wanted to try to program a classic that we could welcome a younger audience to," Sonnenberg said. "I had read about this play and eventually got a copy and read it. It fit our mission succinctly. It's about stereotypes and art; company actors come together to do an integrated play about a lynching and the story is about how they navigate the difficult question of image and race."

The play is currently experiencing a renaissance in American theater, she said, and Moxie is excited to be the first company to bring it to the San Diego region.

"One of the actors in the play, Russ Yeager, was born and raised in East County," Sonnenberg said. "And while I hope that when people come to Moxie that they have an experience that is both intelligent and fun, I also hope they are able to see the level of talent we have in our own region."

Trouble in Mind opens Jan. 22 and will run through Feb. 22. Show times are scheduled for 7 p.m. on Thursdays, 8 p.m. on Fridays and Saturdays and 2 p.m. on Sundays.

For more information on Lamplighters, call the box office at 619-286-3685. For more information on Moxie, call 858-598-7620.

—Margie M. Palmer is a San Diego-based freelance writer who has been racking up bylines in a myriad of news publications for the past 10 years. You can write to her at margiep@alumni.pitt.edu.■

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Paul Gauguin, *Spirit of the Dead Watching* (detail), 1892. Oil on burlap mounted on canvas. Albright-Knox Art Gallery, Buffalo, NY. A. Conger Goodyear Collection, 1965. Photograph by Tom Loonan.

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What's Cooking with Julie

Flourless Chocolate Cake

Julie Ann White

This is one of the best chocolate cakes I have ever tasted. It would make the perfect gift for your valentine, for your own indulgent cravings or for an upcoming birthday cake. Since it contains no flour, it is perfect for people with gluten sensitivities. You don't even need to frost this cake. Just a dusting of powdered sugar does the trick. It uses quite a few bowls, but don't let that scare you from making it. It is not low-calorie, but a small slice is all that you need.

Ingredients:

7 ounces of 70 percent cacao chocolate, chopped*
7 ounces of butter, softened
4 eggs, yolks and whites separated
1 cup granulated sugar
1 teaspoon vanilla extract
Sweetened whipped cream or a dusting of powdered sugar, for serving

*This is approximately two bars of chocolate. It's up to you whether to use dark or milk chocolate.

Directions:

Preheat oven to 350 degrees. Grease or butter an 8-inch springform pan or cake pan and line with parchment paper for easy removal.

Melt the chopped chocolate slowly over a water bath, or very slowly in 30-second increments in a microwave oven (stirring after each 30 seconds), until smooth.



(Photo by Flickr user cursedthing via Creative Commons license)

In another bowl, beat the egg yolks with 1/2 cup of the sugar until it turns a very pale yellow and ribbons form. In another bowl, beat the egg whites with the other 1/2 cup of sugar until soft and peaks form.

Whisk the melted chocolate into the yolk mixture very slowly. Blend in the egg white mixture and vanilla. Fold gently till combined.

Pour the mixture into the prepared pan. Bake 40-45 minutes. Test for doneness by inserting a toothpick. When it comes out clean and is smelling very chocolatey, it is done. Don't overcook! Let cool and then invert onto a serving plate. Sprinkle with powdered sugar and serve with whipped cream.

—Julie White is a La Mesa resident who loves to cook. Write to her at julieannwhite@cox.net.■

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Laughter is infectious as Susan Hall leads the group with “boomwhackers.” (Photo by Cynthia Robertson)

► **Drum**, from page 1

“We have been asked to be part of the pre-game entertainment for the Padres game on June 14 this summer,” Hall said, smiling big. “I am obligated for 100 people, so I’m hoping you all will sign up for that day. Everyone who is interested in attending can come. Don’t worry about having to practice. We know how to make rhythm together.”

Everyone cheered and all but a couple of people put their name down on the chart.

Hall explained that the city of La Mesa is sponsoring the drum circle for that day, providing them with t-shirts with logos.

“And don’t forget that we’re in for the Flag Day Parade on May 30 in La Mesa,” she said.

After the announcements, Hall explained the drum circle procedure to the new participants.

“Everyone contributes his or her sound to the circle and the music. You choose what instrument you want to play,” she said.

Hall pointed to her collection of bells, drums, rain sticks, seed pod shakers, maracas, tambourines and even a xylophone. She picked up a djembe drum and positioned it between her knees, showing how to tap on the different parts of the drum to elicit different tones. Then she invited the percussionists-to-be to choose from boxes of musical instruments.

“Everyone ready?” asked Hall.

She began tapping out a rhythm on her drum and the people joined in. They happily banged on drums and shook bells and tambourines. The fire station filled with a heart-pounding boom. Everyone watched for direction from Hall, who alternately slowed and sped up the tempo.

For another round, Hall picked up some plastic tubes.

“These are called boomwhackers, and I like to use a shorter tube with a longer one. You can use them on the drums and tambourines, but not on each other,” she said, smiling.

At her direction, the percussionists joined in and a comical, hollow popping sound reverberated throughout the room. By the time Hall made a motion with her hand to slow then stop the commotion, everyone was laughing.

At 7:50 p.m., Hall said it was time for the “Celebration Song.” For 10 minutes, they banged and pounded and shook their instruments. When Hall raised her arms and called out with a whooping cheer, they all followed along until closing time.

“See you next month! And tell your friends they can come,” Hall said, sighing with a happy smile. She looked over at Angela Large, who was packing up her own Djembe drum.

“How are you doing, Angela?” Susan asked.

“As usual, I’m so relaxed. This

is a very healing circle for me,” said Large, who had joined in the circle a couple years ago when she had been diagnosed with cancer.

“It is for me, too,” said Theresa Fox, who had come for the first time that evening. “I’m energized. I feel like I could go run a mile.”

Her daughter Ashlyn Fox, 16, said she would like to come again to the drum circle.

“I feel good now, too. I’ve been stressed out with a lot of different issues,” she said.

Nearby, Rob Lohman, a regular with the circle for a little more than a year, was packing up his instrument that he’d made with seed pods attached to a curtain rod.

“I agree. This is a great event, stress-free,” he said. “Susan doesn’t press people to do this a certain way. She’s open-minded. And that’s good because there are so many other things in life that you have to do a certain way.”

The La Mesa Community Drum Circle, open to everyone, takes place the second Thursday of each month, 6:30 to 8 p.m. at the Fire Department’s Station 12 (8844 Dallas St.). For information, go to www.meetup.com/RW-DrumEvents.

—Cynthia Robertson is a San Diego-based freelance writer. You can reach her by email at c1g2robertson@gmail.com. ■



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Welcome home, kitty

Sari Reis



Just like human babies, kittens need special care. If you brought one home for Christmas, here are a few essentials to get him off to a good start.

Good nutrition is a necessity. Talk to your veterinarian and get him started on a complete and balanced diet. As a proponent of wet food for cats, I suggest you get him started on wet food right from the get-go.

Vaccinations are crucial for kittens. If he wasn't already vaccinated when you adopted him, get it done as soon as possible. Even if your kitty is going to be indoor only (and I hope he will be), immunization is critical.

"Curiosity killed the cat" is not just an expression. Kittens are extremely curious and will get into everything. For that reason it is imperative that you kitten-proof your home. Keep all wires, strings and dangling objects safely tucked away, as well as any breakables that could be knocked over during play.

There are several plants that are toxic to cats. Be sure you don't have any in your home. For a complete list you can check the Internet.

Kittens are exceptionally playful and need lots of exercise, so have some appropriate toys for him to play with. A scratching post is indispensable to keep him from ruining furniture and draperies. Most kittens love balls, feathers and wand toys that dangle. Since some of these things can be dangerous, supervision is necessary. Put them away when you're not around. Empty cardboard boxes and large paper bags without

handles make great toys for kitties, and they are safe.

Kittens often like to hide, and for a kitten that can be almost anywhere. Watch to see where he goes and close off any areas that could be dangerous. Keep the lid down on washers and dryers or close the laundry room door. Baby locks are good to put on cupboards and cabinets he may be able to open.

Since toilet water is not an appropriate drinking source, ensure the lids are closed on all toilets or keep bathroom doors shut. Always have a bowl of clean water readily available for drinking.

Your new kitty will probably follow you everywhere, especially at the beginning, so be careful when you leave your home that he is not hot on your trail. Also, be vigilant when you are entering the house and when visitors come to the door.

Cats are very clean animals. It's important to keep the litter box scooped. I suggest one litter box for each cat. It should be scooped at least twice a day and completely cleaned and refilled every week or two.

It is never too early to start him on good habits, I recommend you start cleaning his teeth and clipping his nails early. Make it as positive an experience as possible by using praise and treats.

Last, but not certainly not least, kittens need plenty of loving. By giving your kitten lots of cuddling and affection and following all of these essentials, you will create a wonderful bond that will last a lifetime.

—Sari Reis is a Certified Humane Education Specialist and the owner of Mission Valley Pet Sitting Services. For more information you can contact her at 760-644-0289 or missionvalleypetsitting.com.

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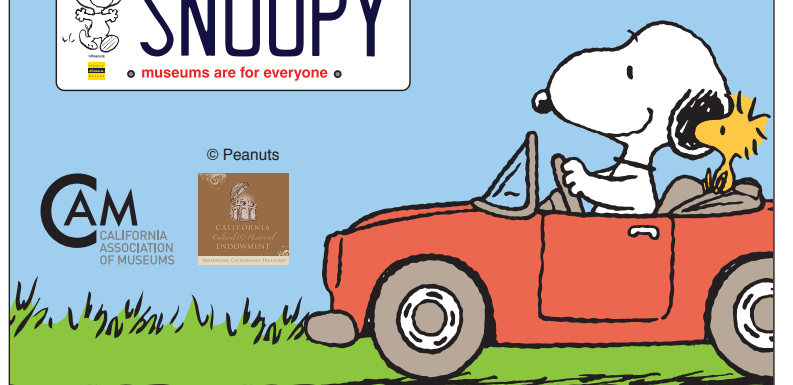
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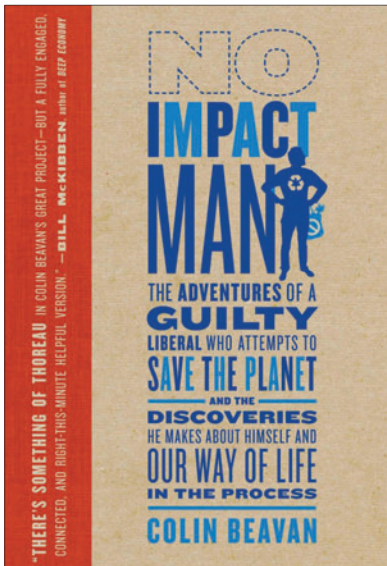
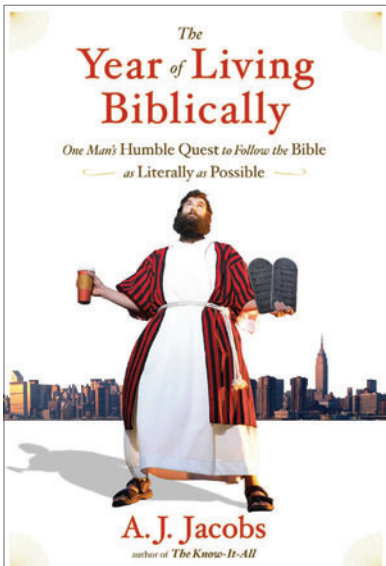
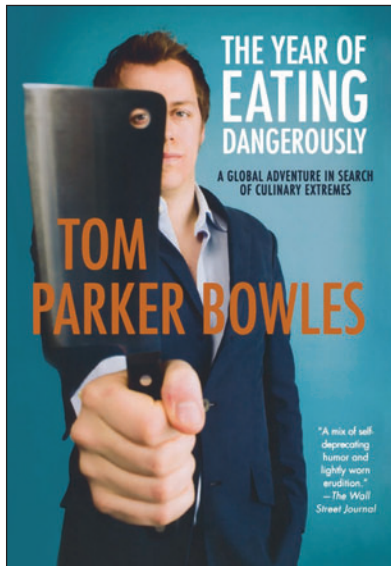
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La Mesa Reads: Books about yearlong personal challenges

Jake
Sexton



One month into the new year, it's safe to say that you've either given up on your resolutions or you've let them take hold. If your struggle with your resolutions is getting you down, there are many memoir-type books about people whose intense, year-long resolutions will make your own seem tame (and you will likely be glad of that if you set your sights lower).

The father of this genre is arguably author/columnist/stunt journalist A. J. Jacobs. While he has engaged in and written about many of his daring life experiments, his most famous was "The Year of Living Biblically." Jacobs spent an entire year trying to live his life as closely as possible to the many, many rules laid out in the Old and New Testaments. While the book elicits laughs as he tries to grow the correct kind of facial hair, wear the proper fabrics, and avoid a multitude of obscure sins, it is also filled with poignant reflections as Jacobs explores his spirituality and the faith of others throughout his experiences.

Not all of these books are crazy stunts like Jacobs'. Some are based on individuals legitimately

trying to change their lives or learn about themselves. In Julie Powell's "Julie and Julia," the author is frustrated by the humdrum state of her life, and tries to reignite some passion by cooking (and blogging) all of the recipes from Julia Child's Mastering the Art of French Cooking in one year. Similar to Jacobs' works, the story is as much about the protagonist's internal journeys and discoveries as it is about the triumphs and failures of her current endeavor. You may have seen the movie version of this book, starring Meryl Streep and Amy Adams in the key roles; the book itself is heavy on Julie's daily life and light on the story of her virtual mentor.

Colin Beavan's "No Impact Man" is about his efforts to assuage his liberal guilt by making his lifestyle 100 percent environmentally friendly within a year. This would not be an easy task under any circumstances, but Beavan and his family are very comfortable with their abundant and carefree Manhattan lifestyle. His obsession with living in a way that has zero impact on the environment is hard on his relationships with friends and family, and requires substantial physical effort in a high-rise city. In the end, readers can learn a lot from Beavan's triumphs and failures, especially if they'd like to improve their own eco-footprints.

On the opposite end of serenity and self-sacrifice, there's "The Year of Eating Dangerously" by Tom Parker Bowles. Bowles decides to trek around the world to eat all manner of global delicacies, especially those seen as gross or even deadly to his British neighbors back home. While the other books I've mentioned are memoirs of change, Bowles' is a travelogue of excitement and hedonism from a man who's already a little on the mad side.

The San Diego County Library invites you to join us on our own long-term journey. 1,000 Books Before Kindergarten is a new initiative to enhance family literacy and togetherness by asking parents, grandparents and caregivers to read 1,000 books to their children and grandchildren before the kids enter kindergarten. The program has fun reading logs on which to keep track of their progress, and prizes for every 250-book milestone reached. More info is available at SDCL.org/1000books. Please help us spread the word to all San Diego parents of young children.

—Jake Sexton is librarian at the La Mesa branch of the San Diego County Library. Call the library at 619-469-2151, visit in person at 8074 Allison Ave. or get information online at sdcl.org.■

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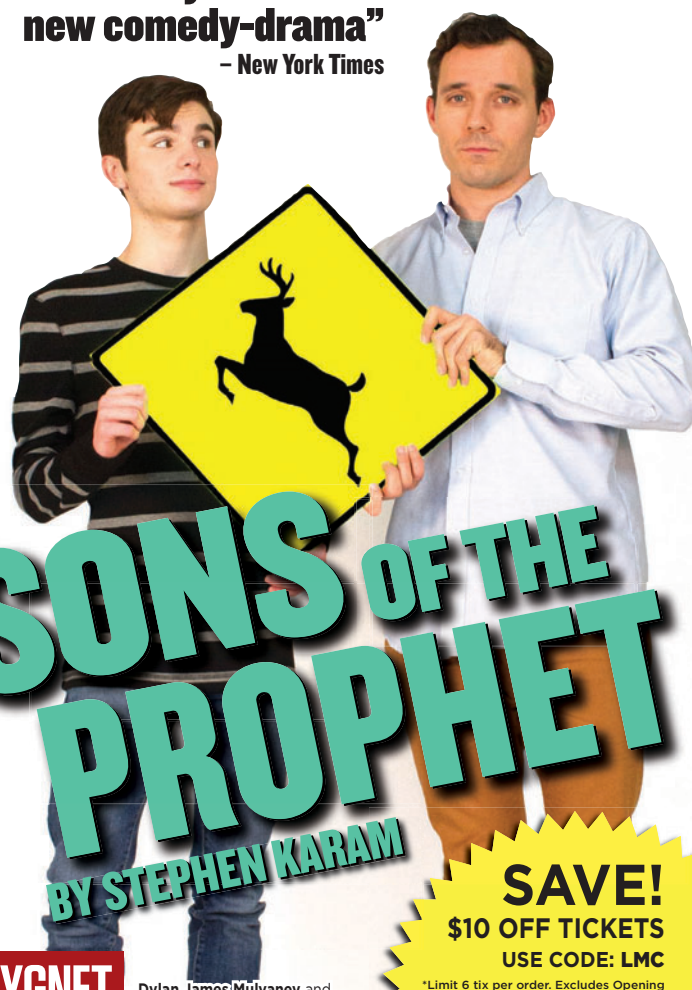


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The sun shines sooner

Pam
Crooks



Simplify. That's my mantra these days. I want to spend more time with family and friends and less worrying about deadlines. I want more time to walk the hills of La Mesa, and finish great books recommended by my book clubs. To write stories for my grandchildren, and devote more time to volunteering. So, although I may occasionally write an article for the paper, this will be my last monthly column.

The piece below ran in the inaugural edition of the La Mesa Courier, issued Friday, June 3, 2011. It explains something about my attachment to this community and one of my favorite things about living here. My feelings haven't changed in the four years since I began editing the paper (and writing a regular column); if anything my admiration for the people of La Mesa, and appreciation for the quality of life here has increased. I just need more time in my garden.

'Life in La Mesa'

A few years ago, after our youngest son graduated from Grossmont High School and left for college, I convinced my husband to sell the big family house (in La Mesa) and move Downtown to a high-rise condo near Balboa Park.

And while there were many



The author's backyard garden (Photo by Pam Crooks)

great things about living there, I found myself returning to La Mesa to run errands that could easily have been completed closer to the condo. I eagerly looked forward to summer gatherings in La Mesa friends' backyards, and meeting with our book club each month in a different La Mesa home.

I missed running into people I knew at the grocery store and in restaurants. In short, I was homesick for La Mesa. So my husband, resembling something like a saint at this point, agreed that we should move back. We had sold the family home but found another just right for us.

Most of the people my husband Ted works with live in North County, and they don't understand why he would want to live where we do, when all the growth (new development) and excite-

ment (in their view) seems to be along the I-5 corridor.

As an introductory piece for the paper, I decided it would be fun to interview and photograph up to 20 people who live in La Mesa and ask them to tell me one favorite thing of theirs about La Mesa. The answers were varied but always spoken with surprising passion. Of course I understand and agree with every one of their answers.

But I would like to add one of my own as I sip my morning coffee in a La Mesa garden filled with birdsong: "The sun shines sooner in La Mesa..."

—Pam Crooks is the founding editor of La Mesa Courier and lives in Mt. Helix. You can reach her by email at SunShinesSooner@gmail.com. ■

History, from page 1

lege course, but over the years it has been revised to appeal to a wider, more casual audience. The most recent edition, published last fall, is the first in 10 years, and for the first time includes more than 100 color photographs dating as far back as 1941 among its 360 pages.

With so many residents transplanted from other parts of the country and of the world, San Diego is a place where history often remains hidden. This book could serve as a convenient starting point for those who want to know more about how we got here, Pryde said.

"San Diego" was a book Pryde, a Massachusetts native who earned his Ph.D. in Seattle, could have used when he first moved here in 1969. Instead, he had to write the book himself, with help from his colleagues in the geography department.

Even for readers who know San Diego quite well, the book is full of forgotten facts, such as the series of landslide events that affected dozens of homes in the 1970s and 1980s. Over-steepening of hillsides led to slides in neighborhoods including San Carlos, Fletcher Hills, Mt. Soledad and the Carlton Hills area of Santee before local governments realized they needed to adopt stricter construction regulations.

"Although earthquakes are probably the natural hazard that Californians fear the most, in the San Diego region a greater dollar value of damage has occurred from landslides than from earthquakes," the book states.

Another example of the kind of intriguing facts sprinkled throughout the book: The 90-foot-tall Sweetwater Dam, built to supply water to the National City and Chula Vista area, was the highest dam in the U.S. at the time it was completed in April 1888. In fact, San Diego may have been the world's

center of dam construction in the 1880s and 1890s, with no fewer than six significant dams built on rivers and streams in the county in a span of 10 years. One of those was the La Mesa dam, completed in 1895; the remains of which are now submerged in Lake Murray.

"There's so much about the county that people don't know or wouldn't guess," Pryde said. "I know people who have lived here forever and say they've never been to the desert."

The book also includes guest



(from top) The view of San Carlos from Cowles Mountain in 1969; air pollution was a lot worse in 1971 when this photo was taken at Mt. Helix (Photos by Philip Pryde)

essays by notable local figures such as Ken Kramer, host of the popular public television show "About San Diego"; veteran U-T reporter Roger Showley, who has written at length about the region's history; architect Michael Stepler, who has had a hand in much of the redevelopment Downtown and elsewhere over the past few decades; and Rick Crawford, archivist at San Diego's Central Library.

The book is available for purchase at bookstores and gift shops throughout the county, including the Visitor Center at Mission Trails Regional Park; the Museum Store at the San Diego History Center in Balboa Park; and the Barnes & Noble stores in Mission Valley and Santee.

—Contact Jeremy Ogul at Jeremy@sdcnn.com. ■

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Award-winning educational entrepreneur to keynote February Dems meeting

Linda Armacost



La Mesa Foothills Democratic Club, the third largest chartered club in San Diego County, and serving the communities of Del Cerro, Allied Gardens, San Carlos, College Area, La Mesa, Mt. Helix, Santee and Casa de Oro, will have a fantastic speaker headlining their Wednesday, Feb. 4 meeting.

Recently named one of the most-admired CEOs by the San Diego Business Journal and one of San Diego's new civic power brokers by San Diego Magazine, Christopher Yanov raised and awarded over \$1 million in scholarships to inner-city students before turning 30 years old.

Mr. Yanov earned four college degrees in just five years. He graduated in two and a half years from both UC San Diego (with Bachelor's degrees in Political Science and Spanish Literature) and the University of San Diego (with Master's degrees in Peace & Justice and International Relations).

Previously, Mr. Yanov worked with gang members for five years before starting Reality Changers in May 2001 with just \$300, yet now

the program's students have earned \$60 million in scholarships from all sources. He credits his appearance on "Wheel of Fortune" in late 2001 for providing the initial financial support for Reality Changers to truly become a bona fide program.

Mr. Yanov has also served on the San Diego Commission on Gang Prevention & Intervention as well as the San Diego Regional Chamber of Commerce's Education & Workforce Development Committee.

Currently, Mr. Yanov serves on the Tijuana Innovadora Binational Committee, the University of San Diego's Emerging Leaders Council, the Voice of San Diego Member Council, and the Federal Employees Scholarship Foundation. He is also presently putting the finishing touches on his book, "The Tightrope Theory: Why Prevention Programs May Do More Harm Than Good."

Our club will also host the return of Larry and Arlene Howe, longtime club stalwarts, who will be visiting San Diego

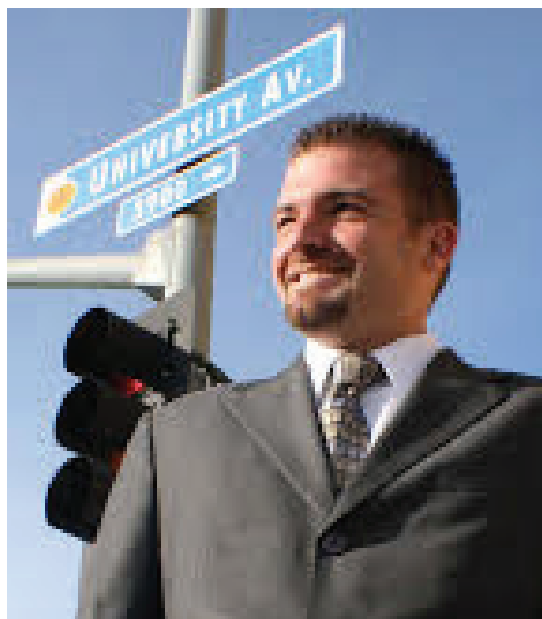
after an absence of nearly two years. The Howes are currently living in Italy, and will share details of their wonderful European experience with their many friends and admirers.

People are still raving about the environmental policy lesson they got from our inspirational January speakers, the dynamic duo from our local Sierra Club Political Committee, Davin Widgerow and Brian Elliott. The Sierra Club of San Diego shares our concerns about climate change, fracking, traffic and pollution, over-development of our open spaces and parkland, water quality, and so much more. We learned a lot about legal precedence in local environmental battles, issues that we will face with the new Congress, and the role the Sierra Club will play in the pivotal 2016 election. It turns out most of the 75 club members present were also members of the Sierra Club, so many of the beautiful photos and storied history of the Sierra Club shared by Davin and Brian were a great and meaningful refresher as to why

our clubs share so many common goals. Many key battles lay ahead for progressives and environmentalists in San Diego County, the state of California, and nationally.

We also bid a tearful goodbye to our longtime treasurer and friend, Ann Stiles, who's moving to Hemet to be closer to family. She will be sorely missed, and was always appreciated! Good luck Ann!

Our club meets at the very nice La Mesa Community Center, just up the hill from the intersection of Memorial Drive and University Avenue. We have a social half hour at 6:30 p.m., featuring snacks and desserts provided by members, and then meetings start at 7 p.m. The public is invited to attend as our



Christopher Yanov (Courtesy Linda Armacost)

guests, and we promise to have you home by 9 p.m. Please visit our website at lamesafoothillsdemocraticclub.com, or like us on our Facebook page.

—Linda Armacost is president of the La Mesa Foothills Democratic Club ■

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Housing data indicates strengthening market

The Greater San Diego Association of Realtors (SDAR) recently released data about housing markets throughout the region, including trends and averages in La Mesa.

In the 91941 ZIP code, the average single-family home sold for \$520,000 in 2014. The average attached condominium or townhome in the area sold for \$224,000.

In the 91942 ZIP code, the selling price of the average single-family home was \$429,000. The average selling price of attached condominiums and townhomes was \$260,000.

In La Mesa and throughout the county, the average sale price in 2014 represented a significant improvement over 2013, with countywide growth at nearly 10 percent. Though the growth is considerably milder than the 20 percent spike seen in 2013 compared to 2012. The average La Mesa home falls below the county's 2014 average sale price of \$646,610.

SDAR Board President Chris Anderson said the data indicates a fruitful year ahead for the housing market.

"I think you will see more homes on the market this year and I think San Diegans can expect to see home values rise at a healthy level," Anderson stated in a press release. "Interest rates are expected to increase slightly this year. That should boost inventory levels and drive sales."

For a more detailed look at the 2014 housing data, visit sdar.com/media/currentstatistics.pdf.

Water Authority's turf replacement program runs dry

The San Diego County Water Authority announced its WaterSmart Turf Replacement Program would cease operating, citing lack of funds exhausted by customer demand. Started in 2012, the program replaces water-intensive turf grass with more hydro-efficient landscapes throughout the region.

After the Water Authority completes its list of pending projects, more than 1,000 turf replacement projects covering more than 1 million square feet of grass will have been implemented. Staff estimate these projects will save approximately 1,350 acre-feet of water over the next decade. For perspective, one acre-foot is equivalent to 325,851 gallons.

"Thank you to everyone in San Diego County who is embracing low-water landscapes and inspiring their friends and neighbors to do the same," said Maureen Stapleton, general manager of the Water Authority, in a press release. "These landscapes will continue saving precious water supplies and showing how beautiful a water-efficient lifestyle can be. Moving forward, we will continue to explore innovative and cost-effective water conservation programs."

Water Authority officials saw a large spike in rebate applications during the later half of 2014, when an average of 30 applications per month in 2013 and early 2014 jumped to an average of 164 applications per month. The spike was credited to increased awareness of the statewide drought. Turf removal rebates are still available to county residents and businesses at \$2 per square foot through the Metropolitan Water District of Southern California.

Although the turf replacement program will soon end, there are other programs administered by the Water Authority that help residents and businesses reduce their water usage, including rebate programs for high efficiency toilets, high efficiency washing machines and rain barrels. Water-efficient plant sale fairs, an online home water-use calculator and classes on installing WaterSmart landscapes are also provided by the County Water Authority. For more information, visit watersmartsd.org.

La Mesa police receive grant to combat alcohol-related crime

The La Mesa Police Department (LMPD) recently received a \$21,668 grant from the state's Alcoholic Beverage Control (ABC) department to combat illegal alcohol sales. The grant, an update on state funds received in previous years, will fund undercover operations exposing alcohol purchases by and on behalf of minors.

Since July 2014, when LMPD last received an ABC grant for the same amount, 86 La Mesans were solicited by undercover agents to purchase alcohol for a minor. Of those 86, 25 were arrested, more than double the number of arrests reported last July.

The grant is one of 47 awarded to local law enforcement agencies throughout the state through the ABC's Grant Assistance Program. ABC agents trained to reduce local alcohol-related crime also assist individual law enforcement agencies as part of the program.

LMPD and ABC will continue these operations through July 2015.

School board to select new member

The board of the La Mesa-Spring Valley School District will appoint a new member from a pool of six applicants to replace Bill Baber, who resigned from the board after his election last fall to the La Mesa City Council.

The board trustees will interview the candidates at a special meeting on Jan. 27. They have 60 days from the date of Baber's resignation (Dec. 5) to fill the vacancy. The candidate will serve for the remainder of Baber's term, which expires in December 2016. The board voted last December to take the appointment approach rather than hold a special election, which would have cost between \$400,000 to \$430,000, according to district staff.

The candidates include the following:

Jerry S. Anderson Jr., a La Mesa resident whose resume includes experience as a counselor at Spring Valley Middle School, administrator at San Diego State University and chief administrative officer at the Preuss School at UC San Diego.

Steve F. Babbitt, a Spring Valley resident whose resume includes experience as an independent web developer for public agencies and as lead pastor of Spring Valley Community Church.

John E. Greenwell, a La Mesa resident whose resume includes experience as an elementary and middle school teacher in underserved communities.

John E. Hilton, a La Mesa resident whose resume includes experience as a chemist, private school teacher and pastor of multiple local churches, including The Chapel in La Mesa.

Rebecca S. Pollack-Rude, an El Cajon resident whose resume includes experience as a real estate agent and local school volunteer.

Jay Steiger, a Spring Valley resident whose resume includes experience as a sales and customer service professional; as technical and software support professional; and as a local school volunteer.

City wants to know how you get around

The city of La Mesa is seeking responses to a survey about the walking, bicycling and public transit routes La Mesa residents use to get to destinations such as parks, medical offices, shops and restaurants.

The Urban Trails Survey asks residents about how safe they feel walking and biking in their neighborhoods. It also asks about residents' preferred modes of transportation, and it asks what the city could do to make it easier to get around without a car. Should the city build more sidewalks? Add more bike lanes? Put together community walking or biking groups?

To answer the survey, visit cityoflamesa.com/index.aspx?NID=1290.

The survey is part of a two-year grant program that began in March 2014. The goal is to identify "urban trail" routes that will encourage residents to use active transportation — such as walking and bicycling — instead of solely relying on automobiles to get around.

For more information about the project, contact coordinator Misty Thompson at srts@ci.la-mesa.ca.us. The Urban Trails Steering Committee meets every other month at the City Manager's Conference Room at 8130 Allison Ave. The next meeting is March 18 at 9 a.m.

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PUZZLES

ANSWERS ON PAGE 17

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CREATORS NEWS SERVICE

By Charles Preston

ACROSS

1 ____ Lawrence College

6 Adjudicate

10 Jezebel's god

14 Uneven

15 *Judith* composer

16 Elbow-wrist connection

17 Rodeo rope

18 Novelist Ethel ____ White

19 Great northern diver

20 TV game show

22 Impart

23 Map abbreviation

24 *Ferdinand the Bull* author

26 White House nick-name

29 Underworld

32 Has a crush on

36 Anklets

38 Official seal

39 Playhouses

40 Blackbeard

42 *Iliad* deity

43 Gaieties

45 Formal-wear feature

47 Glenn's *Pocketful of Miracles* costar

48 Dime, for one

49 Verdi's *La forza ____ destino*

50 For fear that

52 Edwardian, e.g.

54 TV knob

57 Triple Crown horse

63 Oil letters

64 Phone button

65 One of the Horae

66 "New Look" fashion designer

67 Medley

68 Canvas shelters

69 Gainsay

70 Tennis-ball brand

71 Senator Kefauver

DOWN

1 Feudal servant

2 Oratorio part

3 Peregrinate

4 Lively

5 Fit as a fiddle

6 Fifty percent

7 Buffalo's county

8 Voids

9 *The Cloister and the Hearth* author

10 *Death in the Afternoon* event

11 Shampoo additive

12 Author unknown: ab

13 T.S. Eliot's *The Was ____*

21 Ferments

25 *Thrilla in Manila* box

26 Fat Man in New Mexico, e.g.

27 North Carolina islan

28 *Chicago Sun Times* critic

30 Female rabbit

31 Precise

33 Play with clay

34 Like a haunted hous

35 Booth

37 Leon Uris novel

38 Was altruistic

41 Cote comment

44 Start of a bray

46 Home wrecker?

48 Kind of gun

51 Nose-dive

53 Buenos ____

54 Skater Eldredge

55 Mayberry lad

56 Element no. 10

58 Bit attachment

59 *East of Eden* charac

60 Landlord's income

61 Penny ending

62 Minus

SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle.

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Elsa, a Holocaust survivor, spoke to Grossmont High School students at the Los Angeles Museum of the Holocaust. (Courtesy GHS Museum)

Foothiller Footsteps

Connie and Lynn
Baer

Grossmont students have the opportunity to enroll in one of five Career Technical Education pathways (CTE): Transportation; Education, Child Development and Family Services; Information Technology; Health Science and Medical Technology; Sports Medicine; and Arts, Media and Entertainment. According to Eileen Mandell, Grossmont's CTE coordinator, each of these five pathways is a sequence of multi-year courses that build upon each other to create a deeper understanding of a specific industry sector using project-based learning in a work-related environment.

One of the benefits of a CTE pathway is that the sequenced courses prepare students for post-secondary study and career opportunities. Most of the CTE classes include college credit; students may receive three to nine college units while enrolled in high school. Also, CTE provides professional development opportunities for teachers, including job shadowing and course-related workshops as well as updated equipment that meets industry standards.

Future columns will explore all five of these programs, but

this month's column focuses on the three-year Arts, Media and Entertainment pathway (AME). AME is a "linked learning" pathway, which means the students are enrolled together in core classes. As sophomores, they enroll in photography, Pathway English and world history. As juniors, the students enroll in computer 3D design/animation as well as Pathway American studies; as seniors, they enroll in digital arts as well as Pathway film as literature. These linked learning classes integrate academic instruction with technical curriculum and field-based learning.

For example, as sophomores, the students in Karen Mann's 10th grade Pathway English class, after reading "Animal Farm," took a field trip to the Holocaust Museum in Los Angeles. At the museum they saw photographs, writings and items that expressed what life was like in the death camps. They spoke with Holocaust survivors, such as Elsa, a Polish woman who was the only survivor of a family of 10. Their Pathway Photography class assignment was for the students to take photographs that told a story, showing how photography can make a difference.

"The AME Pathway photography students have won numerous awards at the Helix Water District completion and the San Diego County Fair," said Mandell, who also teaches the AME Pathway

photography and digital arts class. "During their junior year, AME students attend the Disneyland Animation workshop."

Future Grossmont photography students will benefit from the Grossmont Art Department's recent \$80,000 grant from the Jimmie Johnson Foundation, part of which will fund the purchase of a complete class set of computers for the photography students.

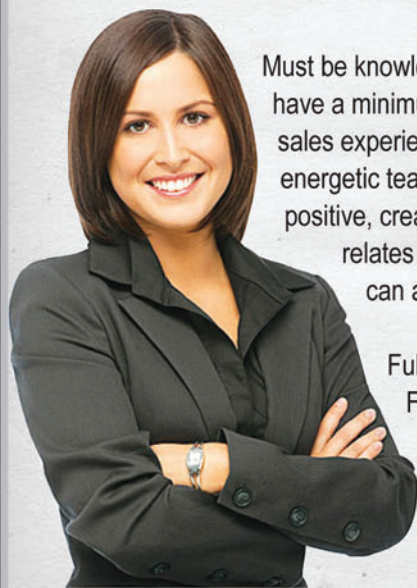
Last year's GHS senior class included 17 seniors who completed the AME Pathway. Another indicator of the program's success is that the majority of these students continued their education at community college; 10 are presently enrolled in either graphic design, animation or photography classes at their colleges.

For more information about the AME pathway, please contact Eileen Mandell at emandell@guhsd.net. Grossmont is excited about the new opportunities for student learning and achievement which the CTE Pathways provide.

—Connie and Lynn Baer are retired English teachers who curate the GHS Museum. Visit the GHS Museum to learn more about Foothillers, past and present. GHS Museum's regular public hours: 12-4, Wednesday, February 4 and March 4 or other Wednesdays by appointment. Reach the museum by phone at 619-668-6140, by email at ghs-museum@guhsd.net, or online at foothillermuseum.com.

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Traffic signal maintenance:
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Streetlight maintenance:
619-667-1450

La Mesa Mayor:
619-667-1100
City Councilmembers:
619-667-1106

EDCO: 619-287-7555
Helix Water District:
619-466-0585
Helix Water after hours emergency: 619-466-3234

Gov. Jerry Brown:
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U.S. Sen. Barbara Boxer:
619-239-3884
U.S. Sen. Dianne Feinstein:
619-231-9712
U.S. Rep. Susan Davis:
619-280-5353
State Sen. Joel Anderson:
619-596-3136
State Assemblymember Shirley Weber: 619-531-7913

Gen-X in a Millennial World A Grey Valentine's Day

Genevieve Suzuki



Call my husband Fifty Shades of Happy.

I have been married to the same guy for more than 14 years and he has always been my main support system. He cheered me on in law school,

encouraged me to survive the California bar exam, was a true partner when I was pregnant with my daughter and continues to be my most trusted advisor after a long day at the office.

And yet when I informed him we were spending Valentine's Day at the Grossmont Center theaters watching "Fifty Shades of Grey," his reaction was anything but supportive.

"What?! We're not going to that movie!" he said, shaking his head in front of several of our friends.

"Why not?" asked a fellow husband whose wife had also announced their V-Day would be "Grey." "What's up with that film?"

"Yeah, Derek. What's up with that film?" I asked.

"Uh, let me think now," he said. "Could it be that the main guy basically debases the girl? Why would I want to watch that?"

I was stunned. First of all, I was impressed that he was actually listening when I told him about the book. (Spoiler warning — for those of you who have avoided any and all things Grey, the male love interest is interested in bondage among other rougher bedroom activities.) At the time of our discussion, he had a blank look on his face as he glanced up briefly from his favorite game

on his iPhone. Who knew?

Second, I was pleased that Derek did not think hurting another person was at all sexy, erotic or sensual. While many of us may take it for granted, it never hurts to hear your partner confirm his disinterest in BDSM.

Just as I began to give him mental kudos, our friend asked how

rible than it could be.

"Look, he may as well throw poop at her!" he said. "He's not exactly a nice person, right? If you love someone you wouldn't want to hurt them, right?"

OK, he had me there. I wouldn't describe Christian Grey as "nice." "Ergo, he throws poop."

Although Derek's logic was clearly flawed, I admit I am finding it difficult to maintain my resolve to see the film. Truth be told, I want to see the film for the train wreck I assume it will be. Even more entertaining would be seeing the lines of hapless guys forced to watch "Fifty Shades of Grey" with their significant others.

Whatever the case, we won't be in the theater on Valentine's Day. Part of having a great partner is being a great partner, and

not forcing Derek to watch Christian and Anastasia on the big screen may just be the greatest gift of all.

—Genevieve A. Suzuki lives in La Mesa and is an editor emeritus of this newspaper. She practices family law and can be reached through her website, sdlawyersuzuki.com.■

"Look, he may as well throw poop at her! He's not exactly a nice person, right? If you love someone you wouldn't want to hurt them, right?"

the character debased the woman.

"Well, he ties her up and throws poop at her," Derek answered matter-of-factly.

Wait. What?!

"Really. He throws poop at her," he repeated.

I peered closely at Derek as he stared defiantly back at me. I realized he was lying on purpose to make the film seem more hor-



Supervisor Dianne Jacob to address Navajo Canyon Women

Judy McCarty



Dianne Jacob, who is serving a historic sixth term on the San Diego County Board of Supervisors, will speak to Navajo Canyon Republican Women Federated (NCRWF) members at their luncheon meeting at the La Mesa Brigantine restaurant Feb. 10. Her comments will cover her Alzheimer's project and also the rating system for residential care facilities, which she initiated last year as board chairman. Check-in time begins at 10:30 a.m. for the 11 a.m. meeting. A full-course lunch will be served at noon with Ms. Jacob following at 12:30 p.m. Cost is \$20 and reservations are required. RSVP (with "Luncheon RSVP" in the subject line) to NCRWF99@gmail.com or call Glenda at 619-284-9958.

Also highlighting the January meeting, Tony Krvaric, chairman of San Diego Republicans, will update us on the party's plans for 2015, and Shirley Kaltenborn will

review the history and growth of the San Diego Federated Women organization.

Coming up this spring will be an evening meeting in April and our annual luncheon fashion show fundraiser in June instead of October. Because the fall months are usually so busy with campaign activities, the members decided a spring celebration would be more convenient and a delightful way to start the summer hiatus.

The Downtown Republican Club, our satellite club, will not meet in February, but will gather once again in March as they meet on the third Thursday of every other month in a relaxed after-work setting. The club is hoping to schedule former KUSI meteorologist John Coleman for a future meeting since his talk in January at the NCRWF meeting was so popular that space was not available for all those who wanted to attend.

For more information, please visit navajocanyonrnf.org.

—Judy McCarty is the publicity chairman of the Navajo Canyon Republican Women Federated.■

Sudoku & Crossword puzzle answers from page 15

7	2	9	8	4	1	6	3	5
3	1	4	9	6	5	7	2	8
6	5	8	7	3	2	9	1	4
1	9	5	6	8	7	2	4	3
8	3	2	1	9	4	5	7	6
4	7	6	5	2	3	8	9	1
9	4	3	2	5	8	1	6	7
5	6	7	4	1	9	3	8	2
2	8	1	3	7	6	4	5	9

SARAH	HEAR	BAAL
EROSE	ARNE	ULNA
RIATA	LINA	LOON
FAMILY	FEUD	LEND
RTE	LEAF	
ABE	HAIRES	LIKES
BOBBY	SOX	SIGNET
ODEA	TEACH	HERA
MIRTHS	COAT	TAIL
BETTE	STORE	DEL
LEST	ERA	
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- Dance Club
- Deli
- Dessert
- Dinner
- Donut Shop
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- Farmers Market
- Fast Food
- Fine Dining
- French Cuisine

- Greek Cuisine
- Happy Hour
- Health Food Store
- Hot Wings
- Indian Cuisine
- Irish Pub
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- Japanese Cuisine
- Jazz Bar
- Late Night Dining
- Live Music Venue
- Lunch
- Margarita
- Martini
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JAN 28 Fair housing workshop
Jan. 28

The San Diego Regional Alliance will host a workshop on fair housing laws and provide an opportunity for local residents to share their experiences with housing discrimination. The group aims to understand the community's needs and reduce housing discrimination. The workshop will be held from 6 to 8 p.m. in the community room (#161) of the El Cajon Police Department, 100 Civic Center Way, in El Cajon.

JAN 28 Adaptive telephone information session
Jan. 28

Learn about the free adaptive telephone equipment available to anyone who has difficulty hearing, seeing, speaking, moving, remembering or interpreting information through the California Telephone Access Program, which offers specialized phones that make it easier to hear, dial, call and stay connected. Sandra Lambarri Johnson, an outreach specialist for the program, will explain what it takes to qualify. She will also provide information on the state's Deaf and Disabled Telecommunications Program and the California Relay Service. The program is part of the monthly "Wellness Wednesday" program of the Grossmont Healthcare District's Herrick Community Healthcare Library.

FEB 2 Spring recreation classes begin
Feb. 2

The City of La Mesa offers dozens of classes for children and adults, including pilates, swimming, tennis, fencing, dance, ceramics and dog obedience. Most classes begin Feb. 2 and last nine weeks, but some classes follow a different schedule. Visit cityoflamesa.com/classes to view a full guide to the city's offerings. Registration for the classes is managed online. For more information or assistance with registration, call the Community Services Department at 619-667-1300 or send an email to recreation@ci.la-mesa.ca.us.

FEB 2 City swimming pool re-opens
Feb. 2

Construction to replace portions of the pool deck at the La Mesa Municipal Pool was delayed by rainy weather. City staff now plan to re-open the pool, at 5100 Memorial Drive, on Feb. 2.

FEB 10 Breakfast with the chief
Feb. 10

The La Mesa Chamber of Commerce will host a breakfast with retiring La Mesa Police Chief Ed Aceves at Marie Callender's, 6950 Alvarado Road, from 7:30 a.m. to 9 a.m. Attendees will have the chance to meet Aceves and hear his thoughts on policing in La Mesa. The event is open to the public. The price of admission is \$20 in advance for guests who are not members of the chamber, or \$25 at the door, and includes a full breakfast of eggs, bacon, sausage, muffins, fruit, juice and coffee. Visit the Chamber's web-

site at lamesachamber.com or call 619-465-7700 ext. 2 for more information.

FEB 17 FEB 19 Town hall meetings
Feb. 17 and 19

The La Mesa City Council will host two town hall meetings to encourage citizens to share their ideas and opinions on issues in the city and its neighborhoods. The meetings will follow an open forum format with no specific agenda. The city's department heads will also attend the meetings to answer questions and provide information on city programs and services. The Feb. 17 meeting will begin at 6:30 p.m. in the auditorium at Dale Elementary, 4370 Parks Ave. The Feb. 19 meeting will begin at 6:30 p.m. in the auditorium at Murray Manor Elementary, 8305 El Paso St. Both meetings are expected to end by 8:30 p.m.

FEB 18 Salute to local heroes
Feb. 18

The La Mesa Chamber of Commerce will host its seventh annual "Salute to Local Heroes" event to celebrate seven police, firefighters, paramedics and senior patrol volunteers. The event will be held from 5:30 to 8:30 p.m. at the Golden Ballroom of the Town and Country Resort in Mission Valley. The theme is "Come to the Cabaret." Dinner, a silent auction, raffles and more are all on the agenda along with the installation of the chamber's new officers. For more information or to buy a ticket, call 619-465-7700 or email rsvp@lamesachamber.com.

FEB 18 Lunar New Year drawing
Through Feb. 18

Sycuan Casino's ongoing promotion to celebrate the Year of the Ram will culminate with a grand final drawing at 10 p.m. on Feb. 18 where the prize is a new 2015 Ram truck. Anyone can enter the grand final drawing and daily drawings of up to \$8,888 in cash by swiping a Club Sycuan card at any kiosk at the casino. For all the details, visit Sycuan.com.

FEB 20 Diet, exercise for a healthy senior heart talk
Feb. 20

Deva Plumlee, a cardiac rehabilitation specialist at Sharp Grossmont Hospital, will give a presentation that explains the crucial role that diet and exercise play in maintaining a healthy heart, covers the risk factors for heart disease and outlines the best steps to take to maintain heart health. The talk will be held at the Grossmont Healthcare District Conference Center at 9001 Wakarusa St. in La Mesa from 11:30 a.m. to 12:30 p.m. Registration is required in advance by calling 800-827-4277, or register online at sharp.com.

FEB 27 Family caregiver class
Feb. 27

Sharp Grossmont Hospital's Senior Resource Center invites anyone who is helping a loved one with socialization, finances,

transportation, meals or other activities to come to a free class to learn about resources. Program coordinator Andrea Holmberg will share information on health resources, community resources, placement options, support groups and managing emotional issues from 2 to 4 p.m. in Room 15 of the hospital's Brier Patch Campus, 9000 Wakarusa St. Registration is required in advance by calling 800-827-4277 or visiting sharp.com.

FEB 6 FEB 13 FEB 20 FEB 27 La Mesa Village Farmers Market
Feb. 6, 13, 20 and 27

Visit the certified farmers market between 1 and 5 p.m. to pick up fresh local fruits, vegetables, herbs, flowers, packaged foods, oils, cheeses, hot foods and more. The event is held at the La Mesa Civic Center across from the police station. Ample free parking is available.

Upcoming public meetings

Youth Advisory Commission
Jan. 26 at 4:30 p.m. at the La Mesa Community Center

Aging and Veterans Commission
Jan. 27 at 1:30 p.m. at the Adult Enrichment Center

Design Review Board
Feb. 2 at 12:30 p.m. at the City Manager's Conference Room

Development Advisory Board
Feb. 2 at 10 a.m. at City Council Chambers

Historic Preservation Commission
Feb. 3 at 5 p.m. at the City Manager's Conference Room

Traffic Commission
Feb. 4 at 9 a.m. at City Council Chambers

Planning Commission
Feb. 4 at 7 p.m. at City Council Chambers

Youth Advisory Commission
Feb. 9 at 4:30 p.m. at La Mesa Community Center

City Council
Feb. 10 at 4 p.m. at City Council Chambers

Community Services Commission
Feb. 11 at 6 p.m. at La Mesa Community Center

Environmental Sustainability Commission
Feb. 16 at 6 p.m. at the City Manager's Conference Room

Planning Commission
Feb. 18 at 7 p.m. at City Council Chambers

Design Review Board
Feb. 23 at 12:30 p.m. at City Manager's Conference Room

Youth Advisory Commission
Feb. 23 at 4:30 p.m. at the La Mesa Community Center

Aging and Veterans Commission
Feb. 24 at 1:30 p.m. at Adult Enrichment Center

City Council Meeting
Feb. 24 at 6 p.m. at City Council Chambers

*La Mesa Community Center: 4975 Memorial Drive, La Mesa
City Manager's Conference Room: 8130 Allison Ave., La Mesa
Adult Enrichment Center: 8450 La Mesa Blvd., La Mesa
City Council Chambers: 8130 Allison Ave. La Mesa ■*

MUSIC NOTES

Jazz

Fridays: Charlie Arbelaez Trio at The Rook. Free. 9 p.m. 7745 University Ave., La Mesa. TheRookBar.com.

Saturdays: Jazz with George and Alan at Bistro Sixty. Free. 6:30 to 9:30 p.m. 5987 El Cajon Blvd., College Area. BistroSixtySD.com.

Sundays: samdiego Jazz Trio at San Pasqual Winery Tasting Room. Free. 2 – 5 p.m. 8364 La Mesa Blvd., La Mesa. SanPasqualWinery.com.

Pop

Wednesdays: Westside Inflection at Riviera Supper Club. Free. 8 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

Feb. 12: "All You Need is Love III" featuring Robin Adler, Dave Blackburn, Peter Bolland, Michael Tiernan, Joe Rathburn and more performing The Beatles' love songs at Vision Center for Spiritual Living. \$20. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

Feb. 20: Rock in the Park featuring Venice with Michael Tiernan at Reuben H. Fleet Science Center. \$24+. 7 p.m. 1875 El Prado, Balboa Park. rhfleet.org/events.

Classical

Jan. 25: Celebration Organ Concert with Robert Plimpton at Central Congregational Church. Free. 3 p.m. 8360 Lemon Ave., La Mesa. CCCLaMesa.com.

Feb. 6 – 8: Mozart and Strauss at Copley Symphony Hall. \$20+. Friday at 8 p.m.; Saturday and Sunday at 2 p.m. 750 B St., Downtown San Diego. SanDiegoSymphony.org.

Feb. 17: A Camera Lucida Concert: Mendelssohn, Brahms and Schubert at Copley Symphony Hall \$25. 7:30 p.m. 750 B St., Downtown San Diego. SanDiegoSymphony.org.

Alternative / Rock

Jan. 30: Flophouse Playboys at Hooley's. Free. 9 p.m. 5500 Grossmont Center Dr., La Mesa. hooleys.com.

Feb. 5: Second Cousins at Riviera Supper Club. Free. 9 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

Feb. 21: High Plains Drifters at Chico Club. Free. 8:30 p.m. 7366 El Cajon Blvd., La Mesa. ChicoClub1940.com.

Other

Jan. 31: Little Kings at Hooley's. Free. 9 p.m. 5500 Grossmont Center Dr., La Mesa. hooleys.com.

Jan. 31: Levi James at San Pasqual Winery Tasting Room. Free. 7 – 10 p.m. 8364 La Mesa Blvd., La Mesa. SanPasqualWinery.com.

Feb. 14: Hot Rod Trio at Riviera Supper Club. Free. 8 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

Feb. 15: Navy Band Southwest Woodwind Quintet at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

Bands, venues, and music-lovers: please submit listings for this calendar by emailing Jen@sdcnn.com. ■

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in every price range,
deserves the quality of Sotheby's Realty.

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EL CAJON • \$438,800

Hot price, hot property w/big open peaceful views from this 3BR, 2BA, 1,500 SF single story home located in a quiet family friendly neighborhood. Generously sized usable .9 acre lot w/ 2-car garage. Floor plan includes a bright and spacious living room with cozy fireplace perfect for cuddling up with a good book or a warm drink. Enjoy entertaining around the refreshing pool where the deck has plenty of space for outdoor furniture & your favorite grill. No HOA or Mello Roos.

CONNIE SUNDSTROM 858.334.8114



LAKESIDE • \$563,000

Gorgeous, custom built 4BR, 2.5 BA, 2,403 SF home on a little over a 1/2 acre. This home shows pride of ownership and has it all. Panoramic views, pool, RV parking, fruit trees and room for all your toys. Many upgrades!

DIANA LUSK & YVETTE WOODS 619.922.3436



SANTEE • \$445,000 - \$465,000*

Las Brisas at Cottonwood. Built in 2014! Only 28 homes. Highly upgraded, 4 bedroom, 3 full bath, one powder room. 2-car attached garage. Three stories with high quality finishes, granite, laminate wood floors, custom paint, plantation shutters, ceiling fans and more. Best location in back of complex. Conveniently located near Santee Trolley Station and Shopping Center and freeways.

JENN BLAKE 858.663.6788



ALPINE • \$849,000 - \$885,000*

Drink from your own well! Sprawling 4BR, 2.5BA Alpine ranch w/ over 3,600 SF of meticulously restored main house, plus 800 SF detached building w/bath. 1.59 acres w/ multiple RV/heavy equipment parking spots.

CINDY WING 619.223.9464



SANTEE • \$375,000

Gorgeous Townhome in Altair built in 2009. 3BR, 3BA, 1,534 SF. Gourmet kitchen features granite counters, upgraded appliances, center island bar, & walk-in pantry. Hardwood floors throughout kitchen, dining area, & family room. Designer paint. Oversized 2-car attached garage. Central A/C. Master suite with 2 walk-in closets. Laundry room. Panoramic views of the mountains & valley. Wired surround sound throughout family room & master. Complex features pool, spa/hot tub. Low HOA's and no Mello-Roos. FHA & VA approved.

JASON FOGELMAN 858.204.4262



LA MESA • \$524,900 - \$549,900*

Walking distance to La Mesa Village located in a friendly & quiet neighborhood, this spacious home of 1,880 SF, 3BR, 2BA sits on a corner lot w/ a front lawn surrounded by a white picket fence. Features crown molding, newer windows & doors, original hardwood floors, and 2 car garage.

APRIL HALVARSON 858.735.9715

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* Seller will entertain offers within the listed range.