

INSIDE THIS ISSUE

EDUCATION

Auto tech program returns



A popular automotive training program returns to Cuyamaca College. **Page 4**

LOCAL NEWS

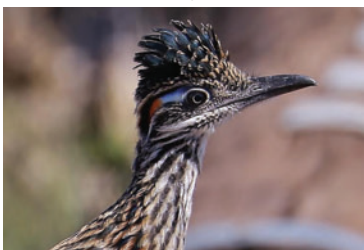
Businesses meet at Summer Bash



Check out photos from the La Mesa Chamber of Commerce event. **Page 7**

RECREATION

Mission Trails Regional Park



Learn about the wily roadrunners that roam the wilderness. **Page 8**

DINING

What's Cooking with Julie



Take advantage of those funky carrot colors in this fresh, easy salad. **Page 19**

ALSO INSIDE

Opinion	6
Dianne's Corner	11
Puzzles	15
Music Notes	16
Community Calendar	16
Pets	19

CONTACT US

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

Advertising
(619) 454-0115
true@sdcnn.com

www.sdcnn.com
San Diego Community News Network



The iconic sign on La Mesa Boulevard. (Photo by Jeff Clemetson)

So long, Sanfilippo's

Jeff Clemetson

For 40 years, Sanfilippo's Pizza has welcomed guests into its family-style restaurant with red-and-white-checked table cloths, bottles of Chianti in straw baskets hanging from the ceiling and a lighted sign above its doors promising that it is "Open 7 Days."

That four-decade run, however, will soon be over. The Sanfilippo family has put the building at 8141 La Mesa Blvd. up for sale and the property is currently in escrow, said manager Dora Calcutt, who is also the daughter of owner Anna Filippo. The restaurant plans to remain open "until the very last day," which will likely be sometime in October

or November, she said.

Calcutt, who has worked at the family restaurant since she was in high school, credits the restaurant's longevity to its "great food and great customers."

Anna Filippo, who opened the restaurant with her husband Donato Filippo, said her family's hard work and commitment to the La Mesa community have been key to the restaurant's success over the years.

"We came here to do a job," she said. "We did a good job. We met many friends, met many customers and we'd like to, before we close the doors, thank all of our customers for the good times and good business over the years."

Along with Donato's passing, Calcutt said the



What are your favorite memories from Sanfilippo's? Share them with us for possible publication in next month's issue. Send your thoughts to jeremy@sdcnn.com.

See **SANFILIPPUS** page 17

Local art students take their show on the road

Jeremy Ogul
Editor

Audiences who arrive at the Lyceum Theatre for the San Diego Repertory Theatre's production of "Violet" this month will be treated to something new in the lobby: an exhibition of work from students in Platt College's School of Multimedia Design.

Titled "Self-Impressionism: Unearth the Spirit," the show features more than 50 paintings, illustrations and photographs from more than 20 students at the small, private art school on El Cajon Boulevard.

La Mesa resident Keelie Occhino is one of the students whose art will be on display. It's the first time her work will be displayed publicly.

"I put a lot into my work, and it's exciting to see other people interested in it and liking it

as much as I do," she said.

Occhino, 22, moved from Murrieta to La Mesa to attend Platt College, where she is working on earning an associate's degree in graphic design. She plans to stay in school and eventually earn a bachelor's in multimedia. Her ultimate goal is to become an art director.

"I've learned a lot," Occhino said. "Being in a group of students who are all very creative, who have a similar mind, and the teachers pushing you — it led me to a higher level in my own expectations of what my art can be."

When Occhino started, she struggled with some of the software programs — such as Adobe Photoshop, InDesign and Illustrator — that are standard in the industry, but her skills have improved dramatically.

"I'm starting to realize that I'm actually

See **PLATT** page 9

Gen-X in a Millennial World It's the people we'll miss

Genevieve A.
Suzuki



Can the powers that be please stop selling off pieces of my neighborhood?

Several months ago I wrote about losing Coco's on Lake Murray Boulevard; my family still hasn't recovered. We have yet to find a place to land for Sunday morning breakfasts and my mom every now and then interjects a sad, "but it would have been nice to go to Coco's" whenever we decide to go out to celebrate. A little irri-



Months after taking over the former Vons store, Haggen is closing. (Photo by Genevieve A. Suzuki)

tating, yes, but a whole lot of truth, too.

And then on Aug. 26, after doing some business at Wells Fargo, I looked up at Haggen, only to see a large, garish banner announcing "Store closing! Everything must go!" There were other signs as well, promising customers, "Nothing held back!"

Uh, sorry, Haggen, but I'm not buying what you're selling.

Haggen just opened in March after taking over Vons. The store was rebranded by the grocer, which described itself as cross between a Vons and Whole Foods, according to an article in the San Diego Union-Tribune.

After a price glitch on approximately 1,000 items, Haggen had lost credibility among some consumers. The mistake,

See **BUSINESS** page 15



Keelie Occhino (Courtesy Occhino)



LOCALLY
KNOWN

NATIONALLY
RECOGNIZED

GLOBALLY
RESPECTED



El Cajon | 771 Live Oak Dr | \$569,500 | 4BD/3BA
Valerie Bushree | 619.339.1875



El Cajon | 2490 Grossmont College Dr | \$499,000-\$519,000 | 3BD/2BA
Dawne Loveday | 619.504.1110



El Cajon | 11728 Avenida Marcella | \$509,500 | 3BD/3BA
Roger Roberts | 619.992.8434



El Cajon | 419 Renette Ave | \$449,000-\$479,000 | 3BD/3BA
Alondra Ruiz | 619.729.8515



Jamul | 13327 Devon Dr | \$944,000 | 4BD/4BA
Bob & Tina Kelly | 619.445.6556



Spring Valley | 3585 Hartzel Dr | \$750,000-\$815,000 | 6BD/5BA
Chuck Garner | 619.778.4656



El Cajon | 1472 Kestrel Ct | \$439,000 | 3BD/3BA
Bob & Tina Kelly | 619.445.6556



La Mesa | 4315 Lomo Del Sur | \$679,000 | 4BD/3BA
Chuck Garner | 619.778.4656



Pine Valley | 29230 Rocky Pass | \$550,000 | 3BD/3BA
John Silva | 619.890.3648



Santee | 9311 West Heaney Cir | \$255,000-\$275,876 | 2BD/2BA
Brenda Childress | 619.277.1304

©2015 An independently owned and operated franchisee of BHH Affiliates, LLC. CalBRE# 01317331

bhhscalifornia.com

For career opportunities visit
bhhscalifornia.com/about/careers

BERKSHIRE HATHAWAY | California Properties
HomeServices



(l to r) Chefs William Sauer and Larry Banares (Courtesy Sharp Grossmont)

Sharp Grossmont hires two executive chefs

Two well-known chefs in the San Diego culinary world have joined the team at Sharp Grossmont Hospital in La Mesa. Chef Larry Banares, known for hosting cooking shows and segments on KGTV and multiple cable channels, will be executive chef in charge of meal service for the hospital's inpatient units. Banares' resume includes a stint as executive chef at Rady Children's Hospital as well as the

Disneyland Hotel and The Queen Mary. Chef William Sauer will be executive chef in charge of the hospital's retail dining operations, including the café and catering services. Sauer's experience includes a stint as executive chef at The Great Oak Steakhouse at Pechanga in Temecula. Sauer has also led the kitchens at the Marble Room in San Diego, Delicias Restaurant in Rancho Santa Fe.

Grossmont College has new dean

Javier Ayala, also known as Dr. J, has joined Grossmont College as the new dean of career and technical education and workforce development. In his new role, Ayala oversees 63 vocational departments and programs in the skilled trades and applied sciences, including programs such as business administration, child development, culinary arts and health and workforce initiatives. "The district has been leading conversations statewide about [career technical education] and workforce development, and I aim to contribute to that leadership," Ayala said. "We have a rich diversity of students, business and industry, and our programs need to continuously respond to diverse needs." Ayala has previous experience in leadership roles at Monroe Community College in Rochester, New York; Umpqua Community College in Roseburg, Oregon; Clatsop Community College in Astoria, Oregon; and Portland State University in Portland, Oregon.



Javier Ayala (Courtesy Grossmont College)

La Mesa real estate agents honored

Arlene Pyjar and Marty Banks, both agents with Berkshire Hathaway HomeServices California Properties in La Mesa, won the President's Circle Award at the brokerage's national sales convention earlier this year in Las Vegas. The President's Circle Award recognizes agents for their sales performance in terms of number of transactions or sales production in 2014. "Winning the President's Circle Award is a tremendous achievement, because it means that Arlene and Marty rank in the top 3 percent of our brokerage's vast national network of sale associates," said David M. Cabot, president and CEO of Berkshire Hathaway HomeServices California Properties. "They have a tenacious work ethic and a talent for helping their clients identify their wants and needs."

See **BRIEFS** page 14 —————>

How to Sell Your Home Yourself and Save the Commission

La Mesa - If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, selling a home isn't easy. Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which has been prepared especially for homesellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

Inside this report, you'll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You'll find out what real estate agents don't want you to know.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1- 800-270-1494 and enter 1017. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how you really can sell your home yourself.

Courtesy of Dan Smith Re/Max Lic. 01346593

Life's A Party, Let's Get Shakin'!



Bring a friend
and your class is
FREE!



Bubblin' Belle Dance Fitness
858.722.0577
8241 La Mesa Blvd., La Mesa, CA 91941
www.bubblinbellefitness.com

SILVER RESTORATION EVENT



**SAVE 20%
1 Day Only!**
No appointment necessary



25-YEAR WARRANTY ON REPLATING

*Are you proud to use and display your family silver...
or do you hide it away because it's old or broken?*

For one day only, Silver Restoration Expert Tim Rader will be at our store to provide free recommendations and estimates on bringing new life back to your old sterling & silverplated heirlooms. Missing parts replaced. Broken pieces repaired. Sterling silver polished. Replating too!

You'll love entertaining again with your family silver or just having it restored to pass along to the next generation. So gather up your old silver today and come Save 20% Off!



Engraving Pros

Mon, Sept 14 ONLY • 10:00 - 5:00
5500 Grossmont Ctr Dr (Grossmont Shopping Center)
La Mesa • 619-462-4730

Fletcher Hills
ANIMAL HOSPITAL



SPECIAL OFFER COUPON
50% OFF
NEW CLIENT FIRST TIME EXAM

Call to schedule your discounted exam
(619) 463-6604

9160 Fletcher Parkway
La Mesa CA 91942
www.fletcherhillsanimalhospital.com



THE PILATES CLUB

Annual Lifestyle Team Challenge!
La Mesa's Most Successful & Sustainable Health Makeover
12 Weeks of Food, Movement & Mindset Training for life!
Official Kickoff: Monday, September 7th!!!!
Join us! It's never too late to re-design you!
For details contact Cathleen Frank at www.thepilatesclub.com

Automotive technology training program returns to Cuyamaca College

Della Elliott

Ford ASSET, the only automotive technology training program of its kind in the county, is revved up to start anew at Cuyamaca College for the fall semester, and there is still time to enroll.

The Aug. 17 start of the fall semester marks the program's return at the Rancho San Diego college after a recession-driven downturn and the retirement of the veteran instructor who started the program at the college in 1988 put the program in hiatus in 2013.

One of only three in the state, the college's Ford ASSET (Automotive Student Service Education Training) is recognized as one of the best training programs in the world, said its new instructor and coordinator, Brad McCombs.

Cuyamaca College's automotive technology program, which enrolls an average of 300 students each semester, is highly regarded, drawing students countywide and beyond because of its industry-recognized certifications. It also receives strong support from General Motors and Ford Motor Co., which provide vehicles, tools and educational partnerships through Ford ASSET and GM ASEP (Automotive Service Educational Program).

Unlike most training programs in which students gain skills before employment,



Automotive students practice the trade at Cuyamaca College. (Courtesy Cuyamaca College)

ASSET and ASEP students are employed in the industry while they're learning the skills. Ford, Lincoln, and GM auto dealerships sponsor the trainees, who alternate between on-campus instruction and paid work experience at the dealerships.

The campus instruction for ASSET students consists of accelerated eight-week semesters, with classes meeting from 1-5 p.m. Monday through Friday. Depending on the class size and sponsorship availability, openings are available in the program at the end of each session.

The two-year program, which consists of 44 hours of instruction and 60 weeks of dealership training, demands a breadth of training and knowledge in not

only automotive-related subjects but also academic subjects such as technical mathematics, applied physics, history, English and social studies. The payoff? An associate of science degree transferable to California state universities, Ford Motor Co. certifications, and a near-guaranteed job upon graduation.

According to Ford Motor Co., 99 percent of ASSET graduates get hired at Ford or Lincoln dealerships. By the time graduation rolls around, nearly all the trainees are already employed at the dealerships.

"This is one of our premiere programs," said Wei Zhou, interim president of Cuyamaca College. "It is a great partnership with the community and

our automotive dealerships."

The students earn between \$8-\$10 an hour while undergoing the training, but typically make between \$35,000 and \$50,000 upon completion of the program. According to U.S. Department of Labor's Bureau of Labor Statistics, many master technicians earn from \$70,000 to \$100,000 annually because of commissions.

With fewer Ford dealerships in the region than during pre-recession times, the competition for a paid sponsorship is stiffer these days, but McCombs is working to change the program to expand its scope and availability. He is currently in discussions with Ford representatives to open up the program to unpaid internships and those interested

in jobs as service writers and fleet managers – positions that don't involve the hands-on work of technicians but still require detailed knowledge of vehicles.

Classes such as the Ford ASSET and GM ASEP programs are critical to the industry as the primary source of trained technicians, industry representatives say. Because of the complexity of new vehicles, a growing number of employers require workers to have postsecondary training, according to the labor department, which describes the job outlook as "very good" for automotive technicians.

"The work-experience component of this program is the most important part," McCombs said. "If you have a relationship with a dealership, your likelihood of employment is really high."

Because the sponsorships are so critical to the success of the students and program, McCombs is personally involved in the dealership placements. He arranges for interviews and accompanies students starting the program for an initial meeting with a potential sponsor.

"We help students get jobs – it's what we do at Cuyamaca College," he said.

More information about enrolling in the Ford ASSET program is available at www.cuyamaca.edu/people/brad-mccombs/default.aspx.

—Della Elliott writes on behalf of the Grossmont-Cuyamaca Community College District. ■

Proven Results...Trusted REALTOR...Guaranteed Marketing



1482 Bathurst St - Fletcher Hills

SOLD at \$490,000. Spacious 4 Bedroom/3 Bathroom home with Pool!



8930 Lemon Ave.

Coming Soon! Next to the Village! Stunning Craftsman in meticulous condition w/ pool and 2 car garage!



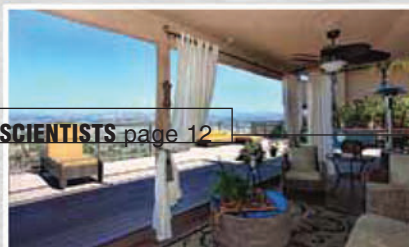
4941 Defiance Way - El Cerrito

4 Bedroom/3 Bathroom with Mid-Century Charm! Listed at \$659,900



8354-6 Adams St - Lemon Grove

Listed at \$390,000. Money making Duplex on a great street!



1724 Galway Ct. Fletcher Hills

Views from atop Fletcher Hills! Situated on a private Cul de Sac, this spacious 3,200 sf home features extensive upgrades throughout, 4 large bedrooms and relaxing spa Listed at \$839,900-\$899,900.



Congratulations!
To a Great Year for the
2015 Fletcher Hills
All Stars!

~ Coach Erik

ERIK WEICHEL

ERIK WEICHEL 619-850-5358



Erik Weichelt Realtor
Direct: 619.850.5358
Office: 619.290.3900
Erik@TheWeicheltGroup.com
BRE# 01224268





Public safety issues on the agenda at next Republican Women meeting

Judy
McCarty



The real-world consequences of Proposition 47, the voter-approved proposition that turns many felonies into misdemeanors, will be the focus of the Navajo Canyon Republican Women Federated luncheon meeting on Oct. 10 at the Brigantine in La Mesa.

Check-in time for the 11 a.m. meeting begins at 10:30 a.m. A full-course lunch will be served at noon, with the speakers following at 12:30 p.m. Cost is \$20; reservations are required. RSVP to NCRWF99@gmail.com or call Glenda at 619-284-0958. The dis-

cussion will be very informative, and we hope you'll attend.

Tia Quick, Deputy District Attorney for 23 years, is currently assigned as the law enforcement liaison to the San Diego Police Department and nine other agencies. She works specifically on informant issues, search warrants and arrest warrants. Tia will be speaking on Prop. 47, which was sold to voters as a measure to make neighborhoods and schools safer while decreasing the number of minor offenders in state prison. Instead, it appears to have had the opposite effect in areas where it matters most — property crimes and violent crimes.

Judge Patricia Cookson, who has served for 23 years, has

presided over Drug Court for more than 13 years, and also established the additional East County Drug Court. Previously, as a Deputy District Attorney, Cookson was named female prosecutor of the year. She will be speaking to NCRWF about the Drug Court, which she believes is a proven, highly successful collaborative court that focuses on rehabilitation instead of custody.

Oktoberfest, La Mesa's annual fall celebration, will be Oct. 2 and 3 this year, and NCRWF will be staffing a booth on the west side of Spring Street both days. Our booth will feature another straw poll on your favorite presidential candidates and feature voter registration and information on the 2016 candidates and issues. Elected officials and candidates will be visiting our booth, and the San Diego Young Republicans group will help us staff it. It's always a fun event for everyone. We hope you'll stop by.

For more information on all our activities, visit us at navajocanyonrnf.org or join us on Facebook.

—Judy McCarty is publicity chairman for the Navajo Canyon Republican Women Federated. Write to her at jhmccarty@cox.net.■

GMO expert to address local Democratic club

Linda Armacost and
Jeff Benesch

It's been a memorable summer for the La Mesa Foothills Democratic Club, which serves San Carlos, Allied Gardens, Grantville, Del Cerro, College Area, La Mesa, Mt. Helix, Santee and other nearby East County communities. First, our July Party in the Park was a big hit with members and guests as we thanked Councilmember Marti Emerald for her years of service. Then, our August meeting featured Assembly Speaker Toni Atkins, who, along with Chris Selder of CARR, wowed the audience with a progress report on bills that promise to have a significant impact on San Diego and the State of California. And now, our Sept. 2 meeting promises more of the same.

We'll be hosting Steven M. Druker, a well-known attorney and author who will be sure to pack our La Mesa Community Center venue and provide us with an eye-opening talk about the realities of genetically engineered food and how it's already well established not only in our food system, but our political process as well. This event is co-sponsored by Citizens Oversight Projects with March Against Monsanto, San Diego. Please arrive early to guarantee a seat (limited to 350). A voluntary donation of \$5 will be requested at the door to offset the costs of Druker's appearance in La Mesa. Doors open at 6:30 p.m. for our social time, and the meeting kicks off at 7 p.m.

Druker is a public interest attorney who, as executive director of the Alliance for Bio Integrity, initiated a lawsuit that forced the Food and Drug Administration to divulge its files

on genetically engineered foods. This revealed that politically appointed administrators had covered up the extensive warnings of their own scientists about the unusual risks of these foods, misrepresented the facts and then ushered these novel products onto the market in violation of explicit mandates of federal food safety law. He is recognized as an expert on issues regarding the risks and the regulation of GE foods and has served on the food safety panels at conferences conducted by the National Research Council and the FDA.

He has also lectured at numerous universities (including the Biological Laboratories at Harvard, Tel Aviv University and the University of Copenhagen) and met with government officials worldwide, including the United Kingdom's Environmental Minister and the heads of food safety for the UK, France, Ireland and Australia. He was also invited to confer at the White House Executive Offices with an interagency task force of President Clinton's Council on Environmental Quality. His articles on GE food have appeared in several respected publications, including The Congressional Quarterly Researcher, The Parliament Magazine and The Financial Times.

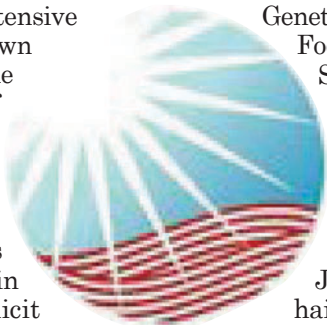
Druker majored in philosophy at the University of California, Berkeley, was elected to Phi Beta Kappa in his junior year, and graduated with "Great Distinction in General Scholarship." He also attended UC Berkeley's law school, where he was elected to both the California Law Review and the Order of the Coif (the

legal honor society).

His new book, "Altered Genes, Twisted Truth: How the Venture to Genetically Engineer Our Food Has Subverted Science, Corrupted Government, and Systematically Deceived the Public," was released in March with a foreword by Jane Goodall that hailed it as "without doubt one of the most important books of the last 50 years." Among the other scientists who have also praised it highly are David Schubert, a professor and laboratory director at the Salk Institute for Biological Studies, who has called it "incisive, insightful, and truly outstanding." Druker will have copies of the book available for sale and signing at the meeting.

Our membership rolls are surging as local progressives discover our club and its unique combination of great monthly programs, community involvement, progressive idealism and our efforts to elect public officials who share our passion for middle class representation, equality for all peoples and respect for our planet and environment. Please join us on the first Wednesday of every month at the La Mesa Community Center, 4975 Memorial Drive at University Avenue. We'll again be manning a booth at La Mesa's Oktoberfest, so be sure to drop by and see us. Check out our calendar at Lamesafoothillsdemocraticclub.com and like us on Facebook. Become part of our wonderful community and bring a friend.

—Linda Armacost is president and Jeff Benesch is vice president of programming for the La Mesa Foothills Democratic Club.■



LEXUS SERVICE SPECIALIST

East County's only independent Lexus, Toyota, & Scion service center headed by a Lexus Master technician and certified by Lexus of North America



LUXURY IMPORT CARE

3691 Via Mercado, Ste #4, La Mesa, CA 91941

Call Today To Schedule Your Appointment
(619) 741-1000

HOURS OF OPERATION
Monday - Friday: 8:00am - 5:00pm
www.LuxuryImportCare.com

Lube, Oil & Filter Special

Includes Multi-Point Vehicle Inspection

- Replace Engine Oil, Up to 6qts
- Install Genuine Lexus Filter



\$24.95

OR CHOOSE Mobil FULL SYNTHETIC FOR \$49.95

Tax and hazardous waste not included. Must present coupon when order is written. Cannot be used in conjunction with any other coupon or special. For used for personal service.



Our prices are typically 30% - 40% less than the dealership for the same service & parts.

Located behind the Vons shopping center in Rancho San Diego.

National Culinary & Baking School

TOP TRAINING • LOWEST PRICES



- Free Veterans Funding
- Small Classes
- Private Hands-On Instruction
- All Teachers ACF Certified
- Assistance with Job Placement

Meet Chef Dal



www.NationSchools.com

619-461-2800

8400 Center Dr., La Mesa

Have you taken the Blood-Thinning Drug Xarelto?

You may be entitled to Compensation.

800-410-0371

- Internal Bleeding • Pulmonary Embolisms
- Stroke • Or Even Death
- Heart Attack

Legal help is available NOW!

Call us for a FREE CASE CONSULTATION.



More News About La Mesa Than Any Other Newspaper in the World

La Mesa
COURIER

For advertising information contact True Flores at 619-454-0115.



Wildfires rage across California

EDITORIAL

Quality preschools worth our \$50M investment

Kimberly Medeiros

Aside from parents, preschool teachers play the most important role in preparing a child for school and the rest of their lives. While parents provide the nurturing and support, teachers have the special skillset and wealth of knowledge needed to guide our children through meaningful early learning experiences.

Investing in preschools fulfills the mission of First 5 San Diego to make sure all children in San Diego County up to age 5 are healthy, loved, nurtured, and enter school as active learners. We feel so strongly about this investment that First 5 San Diego has allocated \$50 million to The Quality Preschool Initiative.

We've seen The Quality Preschool Initiative provide high-quality preschool at no cost, regardless of family income, in 16 high-need communities - Borrego Springs, Central San Diego, Chula Vista, El Cajon, Escondido, Fallbrook, Lemon Grove, Mountain Empire, National City, Oceanside, Ramona, San Ysidro, South Bay, Spring Valley, Valley Center/Pauma, and Vista.

This amounts to a sizable savings for families in San Diego who might not otherwise be able to afford to send their child or children to preschool. The current cost for a year of quality preschool education amounts to \$5,650. This figure is unattainable for many San Diego County residents living paycheck to paycheck. Parents face the choice of feeding their family or spending this amount of money on preschool, even if they understand the value.

The savings and benefits reach

far beyond the student and their family. Multiple studies show that children who attend a quality preschool program get a better start in life, perform better in school and are less likely to turn to crime later in life. It costs an average of \$47,000 per year to house a prison inmate in California, amounting to billions every year. Can preschool help lower the cost we spend on prisons? We think so.

We are not alone in this mission. Early Edge California points out, for the third consecutive State of the Union Address, President Barack Obama underscored the importance of investing in early childhood education. Although state and federal funding exists for preschool education, The Quality Preschool Initiative fills the gap between what's provided and what's needed for a truly enriching education.

Imagine a backpack. If a child qualifies for public assistance, their backpack is partially full with books. If a child is eligible for the Quality Preschool Initiative, the remainder of the backpack is filled by giving that child's preschool what it needs for maintaining and improving high quality preschool programs.

We hope San Diego parents see the importance of early childhood education. Whether your child is enrolled in a program through The Quality Preschool Initiative or in a program paid for through the bank of mom and dad, a quality preschool education is critical to the development of our children.

—Kimberly Medeiros is executive director of First 5 San Diego. ■

LETTERS TO THE EDITOR

Labor costs to blame

Anthony's Fish Grotto, one of East County's oldest restaurants at 54 years, mourns the loss of our friends and colleagues of 40 years, Sanfilippo's Pizza restaurant. The Filippo family has supported the community, provided jobs for hundreds of young people and served as examples of the ethos of hard work, dedication to quality and care for the guest.

Sadly, those core values wither under the assault of legislation promulgated by our elected officials, most of whom have never owned a business or faced the pressure of meeting a payroll. Small businesses have begged California Assembly Speaker Toni Atkins to at least give us breather between each cost-increasing new regulation — to little avail. Her agenda is simply more important than the Filippo family and tens of thousands of other small, family-owned businesses. How else can you explain a minimum wage increase followed by sick pay increase followed by another minimum wage increase followed by further increases in the cost of health care? Not only are the costs overwhelming, but the recordkeeping requirements are daunting for small, family-run businesses.

La Mesa is losing a little piece of its history in the closing of Sanfilippo's Pizza, a loss not created by their hand but by the indifference of politicians with no understanding of what it takes to run a small family business.

—Craig Ghio, Owner, Anthony's Fish Grotto

Enough with the cartoons

Are political cartoons necessary in the La Mesa Courier?

In the inaugural edition of this newspaper on June 3, 2011, founding editor Pam Crooks published an article by Elizabeth Berg with the title, "The Real Jewel of La Mesa: Its People." Other La Mesa residents echoed this when asked what they love about living in our town in the "Faces of La Mesa" column.

Since the Courier was founded as a friendly, small-town paper, it seems more appropriate to leave divisive cartoons to the large newspapers where they have their place.

—Anne-Marie Roach

From the editor

La Mesa Courier began publishing editorial cartoons on its new opinion page last summer after the paper became part of San Diego Community News Network. Opinion pages and editorial cartoons have long been part of the SDCNN tradition under publisher David Mannis.

Mannis believes newspapers serve an important role in sparking critical thinking and dialogue about important issues in the world, and editorial cartoons are one way of promoting that kind of thinking. The editorial cartoons we publish do not necessarily reflect the opinions of our company, our staff or even the majority of our readers, but they do lead us to consider ideas we may not have considered. They challenge our thinking in ways that may sometimes be uncomfortable.

Unfortunately, some of our readers have been offended by certain cartoons, and a couple readers have gone so far as to ask that we stop delivering the paper to them. I think that's an overreaction. If you disagree with something you see on the opinion page,

See LETTERS page 7

La Mesa COURIER

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

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

CONTRIBUTING EDITORS
Morgan M. Hurley, x110
Ken Williams, x102

COPY EDITOR
Dustin Lothspeich

WEB & SOCIAL MEDIA
Jen Van Tieghem, x118
jen@sdcnn.com

CONTRIBUTORS
Linda Armacost
Connie & Lynn Baer
Audrey F. Baker
Jeff Benesch
Michaela Choppin
Jeff Clemetson
Della Elliott
Dianne Jacob
Gary Jones
Judy McCarty
Kimberly Medeiros
Jennifer Osborn
Heather Pisani-Kristl
Sari Reis
Genevieve A. Suzuki
Julie White

SALES & MARKETING DIRECTOR
Mike Rosensteel
(619) 961-1958
mike@sdcnn.com

ADVERTISING CONSULTANTS
True Flores
(619) 454-0115
true@sdcnn.com

Lisa Hamel, x107
Andrew Bagley, x106
Sloan Gomez, x104

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

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

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



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.

SUBMISSIONS/NEWS TIPS: Send press releases, tips, photos or story ideas to jeremy@sdcnn.com.

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

DISTRIBUTION: La Mesa Courier is distributed free the fourth Friday of every month. COPYRIGHT 2015. All rights reserved.

sdCNN
SAN DIEGO COMMUNITY NEWS NETWORK, INC.

Uptown News

SAN DIEGO DOWNTOWN NEWS

GAY SAN DIEGO

La Mesa COURIER

Mission Times COURIER

MISSION VALLEY News



► Letters, from page 6

please keep in mind that it is only the opinion of the author or the cartoonist. We encourage readers to share their own opinions in letters to the editor, which we are happy to publish on this page.

I agree with our publisher that editorial cartoons and opinion pieces are an important part of any newspaper, even a small community paper like La Mesa Courier. That said, I also agree with Anne-Marie Roach's opinion that a community newspaper like La Mesa Courier should be a place we can escape from the national and international debates that typically flood radio and TV news. What makes this newspaper special is its focus on stories and issues that are specific to our East County community.

Our current arrangement allows us to publish editorial cartoons from Creators Syndicate, a national service that makes editorial cartoons available to newspapers across the country. Ideally, we would publish editorial cartoons developed by a local artist and focused on a local topic, but we simply have not been able to find someone who does that. That leaves us with our current situation: publishing cartoons that speak to broader national issues.

If you know a local artist who is interested in doing local cartoons, send them our way. Or if you have other ideas, please share them with us. We want to make this newspaper the best it can be for the community.

—Jeremy Ogul
Editor, La Mesa Courier ■

Businesses meet at Summer Bash

The La Mesa Chamber of Commerce hosted its second annual Summer Bash, a business networking event, on Aug. 12. The event attracted 47 chamber members, each of whom had a table to show off their business. Ten restaurants offered samples of their food, and the event also had two wine sponsors and one beer sponsors. Guests and other members of the public were also welcome to attend the event.

The Summer Bash is one of two annual events the chamber hosts each year. The next networking expo is the second annual Spring Fling, which will be held Thursday, April 28.

"We are confident that these two new events that we have added to our annual roster of activities have accomplished what we have intended — to offer our chamber members an opportunity to spotlight their goods and services at an affordable price in a friendly and fun-filled arena that allows for a high-energy evening," said Mary England, CEO of the La Mesa Chamber of Commerce.

—All photos were taken by local photographer Sandra Small. Call Small at 619-296-9009, email her at ssmall@smallshot.com or check out her photo portfolio and biography on her website at smallshot.com. ■



Johnny B's

BURGERS • BREW • SPIRITS

Thank you La Mesa!
Voted "Best Burgers" AND...
"Best Sports Bar."

619-464-2465 • 8393 La Mesa Blvd.
www.johnnybsburgersandbrew.com

La Mesa Courier welcomes True Flores as our new business development consultant.

Proudly Promoting Your Business and the Community of La Mesa.

Call True Flores
True@sdcdn.com
Cell 619-454-0115

Biggest, Baddest, Bratwurstiest

OKTOBERFEST

in San Diego!

Hosted by the La Mesa Village Merchants Association

FREE EVENT!

FRIDAY AND SATURDAY OCTOBER 2-3
In La Mesa Village

Come see our \$6M remodel! Extended two hours! Noon - 10pm
Authentic German beer, food and Oom-Pa-Pah band.
Hundreds of vender booths! Take the trolley, I-8, or the 94. Bars stay open until 2am!
A La Mesa/Southern California tradition since 1973

DAS GUT!
www.LMVMA.com

Advertisement courtesy of Mt. Helix / La Mesa Realtor Laura Lothian Pacific | Sotheby's INTERNATIONAL REALTY



The Y – STRENGTHENING COMMUNITY Through Youth Development, Healthy Living and Social Responsibility

TIME TO INVEST IN YOURSELF

The kids are heading back to school, which gives parents time to create new routines. Why not make new routines around individual health and wellness goals?

Here at the Y, we understand that there are many paths to successfully creating a fitness routine. Sometimes these paths can become overwhelming for beginner exercisers. Personal training can help ease any confusion and become a great solution to simplifying the beginning stages of a fitness routine while also helping people to stay focused on their wellness goals. Personal training is just how it sounds, one-on-one training with our nationally certified trainers. The biggest benefits of personal training at the Y are convenient scheduling and accountability. For many people, making an appointment with a trainer helps them to stay motivated and true to their commitment. Another advantage to one-on-one training is your Y trainer knows about your wellness goals, nutritional and lifestyle habits, exercise experience and any health concerns or limitations. When trainers know the health history of a client, they are able to provide proper modifications to work outs around concerns such as past injuries, joint issues, high blood pressure and more. Every aspect of the training is tailored to individual needs.

More Benefits of Personal Training:

- Trainers help set individual goals, work-outs, plans and progress reports
- Helps to improve coordination, flexibility and balance
- Increases self-confidence and self-image
- Stronger bones and muscles
- Healthier heart and lung function
- Can decrease blood pressure, anxiety and stress
- Can decrease stiffness in joints

Whether you're looking for support with weight loss or support with sports performance, the Y is here to help you begin your new fitness routine. Take advantage of the September Personal Training Special – Five (5) 55-minute sessions for \$189, Ten (10) sessions for \$345, and Fifteen (15) sessions for \$475. Personal Training sessions are available for Y Members only. There are three ways to get started.

1. Schedule a consultation by calling 619.464.9622
2. Learn more about YMCA Memberships and Personal Training at www.eastcounty.ymca.org
3. Join the Y as a Member and schedule an appointment with a healthy living coach at one of the three East County Family YMCA locations today.

- a. John A. Davis Family YMCA – 8881 Dallas Street, La Mesa, 91942 (619) 464-9622
- b. Cameron Family YMCA – 10123 Riverwalk Drive, Santee, 92071 (619) 449-9622
- c. McGrath Family YMCA – 12006 Campo Road, Rancho San Diego, 91978 (619) 462-9622



Editorial by Way-Jen Enlow, YMCA Health and Wellness Director

Cartoon characters enliven Mission Trails Regional Park

Audrey F.
Baker

Trail Guide



Tales of Wile E. Coyote and the Roadrunner come alive at Mission Trails. Come delve into the true lives of these remarkable comic icons.

The greater roadrunner, with a 24-inch body length, is North America's largest cuckoo. His cartoonish appearance (bushy crest, slender bill and long legs), embedded in our shared imagination, allows him to jump straight up and snag bats or hummingbirds while they are in flight.

True to his name, he patrols the trail, running down prey. Renowned for hunting rattlesnakes, the Kumeyaay celebrated the roadrunner's courage, swiftness and endurance. His exotic diet also includes small mammals, insects, black widow spiders and, for desert dwellers, poisonous lizards and scorpions.

This terrestrial bird rarely flies. Concealing its nest three to 10 feet above ground in the crotch of bushes, cacti or trees, the roadrunner glides from perch to ground.

As to those fabled contests with Coyote, the roadrunner is wily, too. He camouflages himself well in the chaparral.

Our MTRP Trail Guide walks are an opportunity to learn more about natural Southern California, with its unique landscapes, habitats, local history, and diverse plant and animal life. The walks are free, interesting, fact-filled, and geared to all ages and interests. Grab sturdy shoes, comfortable hat, water bottle and sunscreen and hit the trail!

Morning walks are offered every Saturday, Sunday and Wednesday, from 9:30 to 11 a.m. You'll start from the park's Visitor and Interpretive Center at 1 Father Junipero Serra Trail in San Carlos. The walk beginning from the Kumeyaay Lake Campground Entry Station at 2 Father Junipero Serra Trail (near the Santee city limits), gives a different perspective of the park and its diverse habitats. These walks are offered



A greater roadrunner at Mission Trails (Photos by David Cooksy)

from 8:30 to 10:00 a.m. on the second and fourth Saturdays of the month, and take in historic Old Mission Dam.

Wildlife Tracking reveals the secret lives of animals and brings insight into their survival techniques and habits. Tracking Team members assist in identifying and interpreting tracks, scat and habitats. Join us at 8:30 a.m. on Saturday, Sept. 5 in front of the Visitor Center for a two-hour tracking adventure.

Discovery Table: Bird Beaks investigates the wide variety of beak shapes and sizes, their specialized features, and how a bird's beak enhances its wearer's lifestyle. Test your skill matching

beak to bird inside the Visitor Center on Saturday, Sept. 12 from 10 a.m. to 1 p.m.

Join us for a **Star Party** under a moonless sky as MTRP Resident Stargazer George Varga scopes one of our galaxy's finest binaries, the double star Albireo, as well as Lyra's Ring Nebula (M57), the globular clusters of Sagittarius (M22) and Pegasus (M15), and the Dubbell Nebula (M27) in Vulpecula. See you Saturday, Sept. 12, between 7 and 10 p.m. at the far end of the Kumeyaay Campground Day Use Parking Lot. (Clouding or rain will cancel the event.)

La Mesa Walk 'n Talk features scenic lakeshore environs

as a backdrop to "chatting up" topics in nature with your MTRP Trail Guide. Join us for a relaxed morning stroll on Tuesday, Sept. 15, 9:00-10:30 a.m. We meet at the boat docks at Lake Murray, 5540 Kiowa Drive, La Mesa.

Birding Old Mission Dam with MTRP Resident Birders Jeanne Raimond and Millie Basden is your opportunity to explore bird populations at our national historic site. During the dry season, area waters are a bird magnet for both resident and migratory species. Binoculars and bird book are recommended. Saturday, Sept. 19, 8 to 10 a.m. We meet at Old Mission Dam parking lot, 2 Father Junipero Serra Trail, near the Santee city limits.

Summer Twilight Walk focuses on the nocturnal world of MTRP as dusk sets in and transitions into night. Bring a jacket and flashlight. The Trail Guide-led adventure is from 6 to 7:30 p.m. on Saturday, Sept. 19. Meet at Bushy Hill parking lot, across from Kumeyaay Lake Campground Entry Station.

Birding Basics, the 90-minute class conducted by Mission Trails Bird Guide Winona Sollock, teaches five simple techniques to identify birds "at a glance!" You'll also pick up tips on using a bird field guide. (Bringing one is optional.) Class meets on Saturday, Sept. 26 from 1 to 2:30 p.m. inside the Visitor Center.

Family Discovery Walk is an essential "family time" experience introducing young children to the wonders of nature. Offered Sunday, Sept. 27 from 3 to 4:30 p.m., this interactive outing for parents and their children focuses on childhood enrichment and fun along the trail to the Kumeyaay grinding rock site. Meet inside the Visitor Center.

Whatever you choose to do, come on out and enjoy the park!

Visit www.mtrp.org for more information and our events calendar, or call 619-668-3281. Special walks can be arranged for any club, group, business or school by contacting Ranger Chris Axtmann at 619-668-2746 or at caxtmann@mtrp.org.

—Audrey F. Baker is a Trail Guide at Mission Trails Regional Park. ■

Does your dog need a

We come to you when your dog needs a bath
in our full service mobile spa.

BATH?



Serving La Mesa, Fletcher Hills, and San Carlos; as well as neighborhoods around and in-between

All grooms are friendly and affordable • www.LocalDogSD.com • 619.813.8748

SAN DIEGO STATE

VOLLEYBALL

SDSU/USD INVITATIONAL

DATE	OPPONENT	TIME	TICKET INFORMATION
SEPT. 04	PACIFIC*	7:00PM	\$5 tickets available at the door on game day. Cash Only \$4 group tickets available in advance only by calling (619) 283-7378 All home matches played at Aztec Court in Peterson Gym *Phone Wallet Giveaway
SEPT. 05	TCU	10:30AM	
SEPT. 05	OREGON ST.	7:30PM	

For more information: GoAztecs.com | Follow us: @SDSUVolleyball

► **Platt**, from page 1

good at these programs,” she said.

Nicole Lewis, a writing instructor who also serves as the school’s head librarian, organized and curated the exhibit at the Lyceum. The exhibit is meant to tie in with the theme of the play, “Violet,” which focuses on a girl who was disfigured at a young age and dreams of being beautiful again. In keeping with that theme, the student art exhibit highlights various forms of art inspired by each student’s awareness of their own identity, Lewis said.

“I really love getting the students’ work out there,” Lewis said. “I’m all about the resume-building and the experience for the students.”

Lewis was motivated to put on more student exhibits after curating her first show at the Spring Valley branch of the San Diego County Library in February.

That show was a celebration of Black History Month and featured work by African American students.

Platt College Chairman Bob Leiker said the exhibits serve as examples of what students need to succeed in the real world.

“At Platt College, we are always creating opportunities for students to show their work and get feedback from the public, because this helps prepare them for success after graduation,” Leiker said in a press release. “We are committed to providing a rigorous curriculum that includes real-world experience that prepares students to gain meaningful employment and excel as multimedia arts professionals in the future.”

The exhibit at the Lyceum will be up through Sept. 13, which is also closing night for “Violet.”

—Write to Jeremy Ogul at jeremy@sdcnn.com.■

A fresh coat of paint

Several Boy Scouts from Troop 51 spent a recent Saturday morning painting over a graffiti-covered wall in La Mesa.

The wall on El Cajon Boulevard between St. Martin of Tours Academy and BHM Italian restaurant was a frequent target for graffiti vandals and had been painted an array of colors in an effort to hide unwanted spray paint. While they were at it, the boys also painted a dozen benches for students at St. Martin of Tours Academy.

Troop 51 has a long history in La Mesa. It was originally chartered in 1921 and has been continuously chartered through St. Martin of Tours Parish since 1947. The troop meets in the Parish Hall every Tuesday at 6:30 p.m. Visitors are always welcome.



(Courtesy Anne Pacheco)



THE CONSIGNMENT SHACK

TheConsignmentShack.com

INVENTORY PHOTOS ONLINE
(619) 460-1822
7835 El Cajon Blvd. La Mesa, CA 91942

WE HANDLE FULL ESTATES!

WE WANT TO SELL YOUR STUFF FOR YOU!

- MID CENTURY AND VINTAGE STUFF
- FURNITURE
- SURFBOARDS
- VINTAGE ELECTRONICS
- COLLECTIBLES
- UNIQUE TREASURES
- WE SELL ON EBAY TOO!

New Summer Hours! Tues-Sat 10am to 6pm | Sun-Mon Closed
theconsignmentshack@gmail.com

HUGE selection of Vinyl Records; Classic Rock, Jazz, Alt Rock, Reggae, Disco, New Wave, Punk, Soul & more!! WE BUY RECORDS!








PLAY. WIN. TOGETHER.™

Sycuan is Proud to Support **susan g. komen.** SAN DIEGO

Sycuan CASINO





 619.445.6002 | SYCUAN.COM

GUESTS MUST BE 18+ TO ENTER CASINO AND RESTAURANTS. MUST BE 21+ TO ENTER THEATRE AND SPORTS BAR. PLEASE PLAY RESPONSIBLY.

Get Ready to Party!

October 16th & 17th

Beer Garden & Food
Rock-n-Roll & Country
Samuel Adams Beer

Live Music On Stage
Friday: Cartune Dogs
Saturday: Brent Payne

For More Details:
LaMesaChamber.com

LA MESA CHAMBER OF COMMERCE

Fall Fest

AT GROSSMONT CENTER

Sycuan CASINO
Presenting Sponsor



Residential Options
FOR Seniors AND THE Elderly (ROSE)
A FREE Placement and Referral Service
devoting care and attention to finding you or
your loved one an Independent, Assisted
Living or Memory Care home.
Virginia Renker, CSA
Certified Senior Advisor
619-885-0420 Virginia@rosecare.com www.rosecare.com

Pykles Remodeling
PLUMBING • ELECTRICAL • HEATING • AIR



**MENTION THIS AD
FOR A CUSTOM QUOTE**
Local La Mesa family & family owned
serving San Diego since 1946
8348 Center Dr. Ste. A, La Mesa
(619) 463-1600 • pyklesremodeling.com

**Family Owned
for Over 100 Years** | **More
Important
Than Ever**



**Featheringill
mortuary**
This long service has given us a
great respect for people and
meeting their needs whether it is for

- Local Burial • Cremation
- Pre-Needs
- Transfers to a Faraway Place

Serving San Diego County with Reverence & Dignity
www.featheringillmortuary.com
Wallace Featheringill Owner/Manager (619) 583-9511 Teri Featheringill General Manager
6322 El Cajon Blvd. San Diego, CA 92115
License# FD1083

ideal
PLUMBING • HEATING • AIR • ELECTRICAL
SINCE 1960
619-583-7963 • IDEALSVC.COM • LIC# 348810
5161 WARING RD. SAN DIEGO, CA 92120



VISIT OUR WEBSITE FOR COUPONS! IDEALSVC.COM

**CALL IDEAL PLUMBING, HEATING,
AIR & ELECTRICAL
FOR ALL YOUR HOME SERVICE NEEDS!**

Water Heaters/Tankless • Drain Stoppages • Toilets
Faucets - Kitchen & Bath • Water Softeners & Filtration
Pressure Regulators • Camera Inspections of Drains
Garbage Disposals • Slab Leaks & Repipes
Air Conditioning & Heating • Indoor Air Quality
Electrical Repairs & Upgrades • Lighting Systems
Kitchen & Bath Remodeling • Aging-In-Place Design

**WANT TO CUT YOUR
COOLING
COSTS?**
CALL IDEAL! (619) 583-7963

**TAKE
ADVANTAGE
OF UP TO
\$1,950*
IN REBATES!**

YORK
Heating & Air Conditioning
*OFFER VALID
THROUGH
SEPTEMBER 30, 2015
*Rebate savings depends on equipment purchased. See dealer for details.

La Mesa Reads What's new at the library

Heather **Pisani-Kristl**
Librarian

Lifelong learning at the library

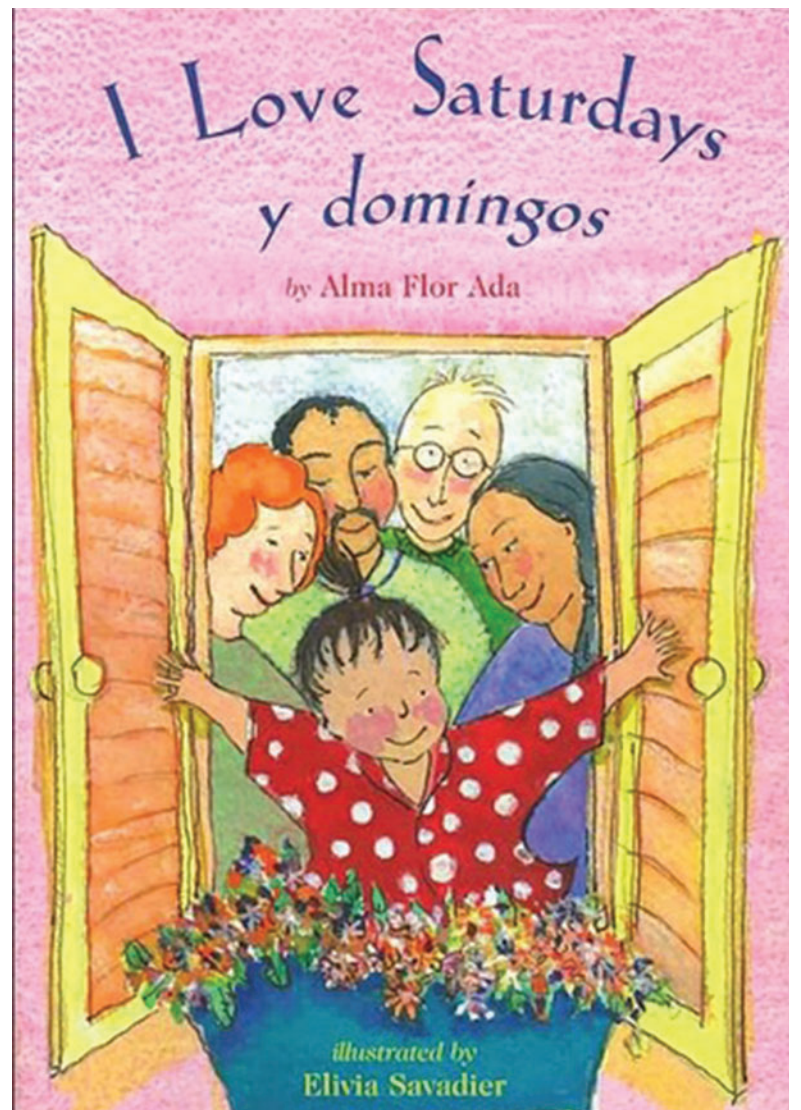
"Mindfulness for Mental Wellness" returns to La Mesa Library on Tuesdays, Sept. 1 and 8, from 6:30 to 7:30 p.m. Led by licensed clinical social worker Mark Kennedy, the workshops offer techniques for managing stress and anxiety and enhancing personal relationships. Sitting and walking meditation are among the topics covered. The classes are free but enrollment is limited; sign up at the library or call 619-469-2151.

Is your yard showing the effects of prolonged drought? On Saturday, Sept. 12 at 2 p.m., San Diego Master Gardener Lynlee Austel-Slayer will present "Sustainable Gardening," showing plants and gardening techniques appropriate for water-saving landscapes. Using the knowledge provided at this seminar, as well as information from the library's large selection of gardening books, you'll be able to replace your parched annuals and leafless shrubs.

TV host Huell Howser left a legacy of California history and culture through PBS's "California's Gold" series, making more than 440 episodes of the popular show. Before his death in January 2013, Howser gave unused footage of himself to producer John McDonald, asking him to finish the episode on Marshal South and the Ghost Mountain experiment, a topic that had long fascinated him. The result is a recently-completed, Howser-hosted episode about the South family, who lived in the Anza-Borrego Desert for two decades without modern conveniences. A special screening of this 65-minute episode of "California's Gold" will take place at the library on Monday, Sept. 21 at 2 p.m. McDonald, the producer, will be on hand to answer questions afterward. Join us for this one-time event!

Celebrating Grandparents' Day

Sunday, Sept. 13 is National Grandparents' Day. Established in 1978 by President Jimmy Carter, this celebration is more than a Hallmark holiday — it's the perfect opportunity to reflect



on the knowledge and perspective our grandmothers and grandfathers gave us. Below are three books appealing to various ages. Perhaps you would like to share them with your grandchild or grandparent.

"Luke & the Little Seed" by Giuliano Ferri: A grandfather mouse and his grandson discover the rewards of patience — food, a playhouse, and shade from the sun — when they plant a bag of cherry tomato seeds. Luminous drawings will hold young readers' attention, and the story is a fun

introduction to gardening.

"I Love Saturdays y Domingos" by Alma Flor Ada: In this bilingual picture book, Saturdays are for grandpa and grandpa, and los domingos are for abuelita and abuelito. Each grandparent has something special about their past to share with their granddaughter; a great story for kids and grandparents to read aloud.

"The Property" by Rutu Modan: Accompanied by her adult granddaughter Mica, widow Regina Segal journeys to modern-day Poland to reclaim a family apartment lost during World War II. But when Mica follows Regina's trail around Warsaw, she realizes that her grandmother's visit may be motivated by something other than property. This graphic novel vividly depicts the difficulty of expressing long-buried feelings across a linguistic and generational gap and would appeal to young adult readers.

—Heather Pisani-Kristl is the manager of 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.■

Correction

Last month's La Mesa Reads column highlighted some of the new comics available at the library, including the latest iteration of the long-running "Ms. Marvel" series. The new Ms. Marvel is a 16-year-old Muslim girl from New Jersey named Kamala Khan, but we inadvertently ran an older photo from the Ms. Marvel series depicting a blonde-haired white woman. We regret the error. To the right is an excerpt from the new version of the comic that features Kamala Khan. Visit the library to find the full comic.■



SDSU nursing students recognized for community service

Michaela Choppin

Several San Diego State nursing students went above and beyond recently to improve the health of San Diego's population by serving veterans, supporting the homeless, assisting Iraqi refugees, and contributing to domestic violence awareness. Their community service projects started as an assignment under the guidance of SDSU professor Janet Finkel, but every student decided to continue their project passed what was required and went the extra mile to serve more people.

Recognizing them for their service and attitude, state Sen. Joel Anderson presented Senate Certificates of Recognition to the participants of the SDSU nursing program.

"While pursuing their passion in nursing, these students have selflessly improved the lives of so many around them," Anderson said. "We're so fortunate to have such public-service minded and well-educated nurses entering the workforce."

Tess Thompson chose as her project to serve the refugee community in El Cajon.



SDSU nursing students. (Courtesy Janet Finkel)

"It's eye-opening in El Cajon that we have such a large amount of Iraqi refugees, so it was really empowering to work with them," Thompson said. "Language is a barrier for a lot of them, so to be able to go in and have translators talk about how we can provide care for them and educate them about antibiotics, nutrition and other things that they were interested in, is really great."

Each student contributed at least 90 hours of service towards helping those in their communities. "It gave me a perspective that I never had before, because you're actually out in the community, and it puts faces to real

problems," said Sandy Parksdale, another student in the program.

Each student came away with a new or changed view of their community and a deeper understanding of why health care is such a vital part of our lives.

"Building that health and wellness allows us to do everything else that we do," Thompson said. "It's what makes engineers go out and build buildings and roads, allows government to create a better society, and allows teachers to teach children. Without health, you can't do any of that."

—Michaela Choppin is a legislative intern who writes on behalf of Sen. Joel Anderson's office.■

Dianne's Corner

News, notes from county board

Dianne Jacob



Ratepayer rip-off: In the latest outrage from SDG&E, the utility giant wants to stick customers with the cost of wildfires it caused. SDG&E recently said it will seek state approval to bill ratepayers about \$367 million for expenses tied to the region's catastrophic 2007 wildfires.

This is an outrageous proposal. It must be especially offensive to those who lost their homes and even loved ones in the firestorms and are now being asked to help pay for SDG&E's mistakes. State regulators need to just say no!

Fire protection: The Board of Supervisors is asking the Obama Administration to overturn a U.S. Forest Service decision to not operate its newest air tankers out of Ramona Air Attack Base. The Forest Service claims the Ramona base is unable to safely handle the tankers, but Cal Fire tested the same type of aircraft in Ramona recently and reported no problems.

We need to make it loud and clear to the federal government

that these tankers could save lives and protect property come the next major wildfire. We're going into the most dangerous stretch of the year and it's critical we have the latest and best tools available to protect our region.

Helping families: We're making real progress in our efforts to help families deal with Alzheimer's disease, the region's third-leading cause of death.

A group of local institutions, led by SDSU and the county, was recently awarded a \$2.5 million federal grant to train geriatric workers, doctors and others who work with those with dementia. The effort grows out of the work of The Alzheimer's Project, the county-led initiative to find a cure and help those with Alzheimer's, along with their caregivers.

For more District 2 news, go to diannejacob.com or follow me on Facebook and Twitter. If I can assist with a county issue, please call my office at 619-531-5522 or email dianne.jacob@sdcounty.ca.gov.

—Dianne Jacob represents La Mesa and the rest of District 2 on the San Diego County Board of Supervisors.■

San Diego's Premier Advanced Spine & Joint Institute Now Open

- Superior Outcomes
- Early Mobility
- Laser Spine Procedures
- Healing Environment
- Robotic Assisted Knee Replacement



ADVANCED SPINE & JOINT INSTITUTE | **ALVARADO HOSPITAL MEDICAL CENTER**

6655 Alvarado Road, San Diego 92120
AlvaradoHospital.com | (800) ALVARADO | (619) 229-4548



The clock is now outside the Vice Principal's office. (Courtesy GHS Museum)

The grand return of a 1922 clock



Foothiller Footsteps

Connie and Lynn Baer

On Friday, Oct. 16, Grossmont High School will celebrate its 95th anniversary. In honor of that celebration, we present the fourth in a series of

five columns sharing pieces of our amazing history, this time focusing on one of Grossmont's prized artifacts: the 1922 original school clock.

While we were researching the clock's history, several alumni shared their memories of the clock in the granite "castle." According to Virginia Kouns Embry, the clock in 1949 was in the office where the switchboard was located. Embry's mother, Edna Swink Kouns (class of 1932) remembers the clock hanging directly ahead as she entered the office. In the GHS 1925 yearbook, El

Recuerdo, a feature entitled "Calendar" personifies the clock with these words: "September 8. Once again I have been wound and started in order to keep watch over the various things which happen to high school students. School has opened and I am not lonesome as usual."

In the late 1950s, when the "castle" became the district office, the clock was moved to the GHS Art Building and hung in the Maple Room, a meeting room named for its maple furniture. The clock was later moved to the high school office. Today the clock hangs in its temporary location while the new Student Support Services building is under construction. Eventually, in the entryway of the new building, it will once again welcome Foothillers to the campus where thousands of students have walked.

Sometime after 1932, the clock was altered and the pendulum removed, and other adaptations and tapes were installed to drive the school bells. Two years ago, we began a quest to restore the clock. James Simpson, of La Mesa's Time and Treasures, directed us to his colleagues in Los Angeles; there, two men worked to enable the clock to tick as it did in 1922.

In the summer of 2014, Jim Krause and Alan Bloore, members of the National Association of Watch and Clock Collectors, Chapter 133 Western Electrics of Southern California, donated hours of their time to restore the clock. They also located a pendulum and a classroom clock from the era to complete the restoration. We are grateful for the expertise and the generosity that brought the clock back to life.

The renovated clock and companion clock along with a bronze plaque honoring its restoration now hang in the Attendance Office. As present and future Foothillers hear the ticking of the clock, they will reflect on the number of students and staff members who have gazed on the face of the clock as it directed their school day and on the men who restored it.

To see the clock in person, plan ahead to join us Friday, Oct. 16, when we celebrate Grossmont High School's remarkable history.

Visit the museum to learn more about GHS, past and present. The museum's hours are noon to 4 p.m. on Sept. 2 and Oct. 7, or by appointment.

—Connie and Lynn Baer write on behalf of the GHS Museum. Contact the museum by phone at 619-668-6140, by email at ghs-museum@guhsd.net or visit the website, foothillermuseum.com. ■

Your Road Trip Specialist

Don't let your next road trip be a TOW TRIP!

H1 HONEST-1® AUTO CARE

SAFE DRIVING SUMMER SPECIAL

\$39.95

includes:

- Inspect Belts, Filters, and Hoses
- Battery Check
- Tire Pressure and Rotation
- Synthetic Blend Motor Oil
- Appointment Recommended
- Spot Check Brakes

• For faster service, please call ahead for an appointment. Shop supplies and taxes extra. Most cars/light trucks. Oil change includes up to 5 qts. of synthetic blend oil and new standard spin on oil filter. Cannot combine with any other offer. For a limited time only. Expires 9/21/15

FREE TOWING

with approved repairs of \$250 or greater



Offer valid only with this coupon. Recommend repairs must be approved to receive free towing. Offer applies only for towing within a 5 mile radius of Honest-1 Auto Repair. Vehicle must be towed to Honest-1 Auto Repair. Regular fee \$75. For a limited time only. Expires 9/21/15

HOT WEATHER SPECIAL

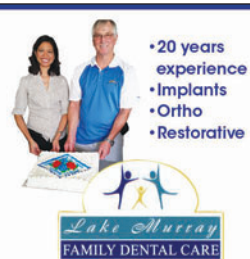
FREE A/C CHECK UP appointment recommended



3 Yr./36,000 Warranty • 10% Off Active & Retired Military with Valid ID



**7375 Jackson Drive
San Diego, CA
(619)464-1644**



**THE TORCH (Dr. France D.D.S.)
HAS BEEN PASSED (Dr. Emily Bland D.D.S.)**

BACK TO SCHOOL SPECIAL
X-ray, Exam and cleaning
\$99
Expires 9/30/15

One month only
**ALL SENIORS
20% OFF!**
Expires 9/30/15

Monday and Tuesday 7am-3pm • Wednesday and Thursday 10am-7pm • Closed Friday
Emily Bland D.D.S. • 619-460-0911
6080 Lake Murray Blvd., Suite B • La Mesa, CA 91942



ANY HAIRCUT \$7.99

Valid only at 3721 Avocado Blvd
La Mesa CA 91941

Limit one coupon per customer, not valid with any other offer.
Expires 9/30/15

858-433-9830
M-F 9-9, Sat 9-6, Sun 9-5



Great Clips®
IT'S GONNA BE GREAT™



Student work inspired by "I Am Malala." (Courtesy Helix High School)

Back-to-school time



Helix Highlights

Jennifer Osborn

Helix is back in the swing of things for the 2015-2016 school year. Classes began on Wednesday, Aug. 5, and parents and guardians were invited to attend Back-to-School night on Aug. 20, followed by Parent Shadow Day on Aug. 25. Both events offered families the opportunity to become more involved in their child's education by meeting their teachers and spending a day experiencing the campus and classrooms. Helix offers these events twice annually — once in the fall term, then again in the spring.

One Book, One Helix 2015

This summer, all 650 incoming freshmen at Helix Charter High School received a copy of "I am Malala: How One Girl Stood Up For Education and Changed the World." Over the summer, students read the book and completed a creative project of their choice — ranging from paintings to performance pieces to letters to Malala — in response to the book and its message.

During the first weeks of school, teachers and staff engaged students in discussions and activities based on the book and its themes, focusing especially on the topic of education. The students' projects were put on display in the library for the school community to view, and students and staff have gathered together before and after school for Malala-inspired events, such as a viewing of the documentary film "Malala: a Girl From Paradise."

Helix chose "I am Malala" as its first One Book selection because of the book's inspiring message about the importance of education and the positive response from students has been overwhelming. In their class assignments and their letters to Malala, many students have reflected upon the fact that they've always taken their education for granted, something they'll not be so quick

to do in the future. Reading "I am Malala" has provided a powerful unifying experience for freshmen in their first weeks of high school and has led to many meaningful discussions between students and staff (who also read the book over the summer). The book has truly resonated with Helix students, and will likely be referenced far beyond students' freshman year.

All-class picnic

The Helix High School Foundation and Alumni Association hosted the first-ever Alumni All-Class Picnic on Sunday, Aug. 16, and it was a big success. The event featured special guests, performances by the instrumental and vocal music programs, music from alumni members' bands, a car show, a campus tour and representatives from graduating classes from the '50s to the '90s! Watch for details on the second annual picnic next summer.

The next event from the Alumni Association will be homecoming this month.

Record-setting end zone

The Highlanders are well-known for great performances on the football field, but this time, the field itself is the one making news. The turf on the field was recently replaced, and an intricate design displaying Helix's official tartan has been incorporated into the end zone. FieldTurf, the company responsible for the design and installation of the turf, has named it "America's most intricate end zone design" and has the field featured in a video on its website. Check it out at fieldturf.com or come see it in person at any of Helix's home sporting events at Benton Hart Stadium.

Community service

As a requirement for graduation, all Helix students must complete at least 40 hours of community service. Students take this requirement to heart, and graduating classes have been known to give tens of thousands of hours over the course of their four years at Helix. If you are an organization in need of volunteers, please contact josborn@helixcharter.net.

—Jennifer Osborn writes on behalf of Helix Charter High School.■

NEW MENU LOW PRICE

LUNCH 5⁵⁰ & UP

DINNER 7⁹⁵ & UP

SUSHI & GRILL

50% OFF

CUT ROLLS & SUSHI

TRY OUR NEW TONKOTSU RAMEN

A Famous Japanese Noodle Soup

ALL FISH Guaranteed Certified

Neighborhood 2015 BEST

FREE CRUNCHY ROLL!

With purchase of \$12 and up. Please present coupon when ordering. Only one per table. Not valid with other offers.

ALPINE CREEK TOWN CENTER

1347 Tavern Rd. #C128B

Ph: (619) 337-1388

FLETCHER HILLS TOWN CENTER

2872 Fletcher Parkway El Cajon, CA 92020

www.iloveahi.com

restaurant week

Sept 20-27, 2015

LUNCH

2 Courses for \$10 / Served until 4:00 pm

CHOOSE ONE MAIN COURSE

Cajun Shrimp & Bacon Grilled Cheese Sandwich

A zesty & decadent take on the classic, dressed with tomato and avocado. Served with cole slaw and fries. Suggested Beer Pairing: Hess Claritas Kölsch

Quinoa Salad & Flatbread

Mediterranean salad with red quinoa. Warm flatbread with mozzarella & Parmesan, sun-dried tomato & garlic cream drizzle, red bell pepper, tomato, basil, and fresh spinach.

Topped with your choice of bay shrimp, chicken, or salmon.

Suggested Wine Pairing: Clifford Bay Sauvignon Blanc

Fried Fish & Calamari Combo

Hand-Battered to perfection. With cole slaw and fries. Suggested Beer Pairing: Calico Amber Ale

CHOOSE ONE DESSERT

Chocolate Mousse

Topped with whipped cream and nuts.

Cake Zabione

Moist sponge cake with a rum custard sauce

Price is \$30.00 per person (\$10.00 per person for lunch.)

Tax, alcohol, and gratuity are not included.

Restaurant Week menu is available starting Sept 20, 2015.

Dine-In only.

No splitting, sharing, or substitutions.

Complimentary Dining Cards are not valid for payment for Restaurant Week selections.

DINNER

3 Courses for \$30 / Served All Day

CHOOSE ONE APPETIZER

Cup of Chowder

Choose from Fisherman-style, or New England-style.

Crispy Brussel Sprouts

Tossed with bacon, bread crumbs, and balsamic glaze.

Shrimp & Pork Won Tons

Classic! The won-tons you crave, with a soy ginger glaze.

Wedge Salad

Iceberg head, diced avocado, tomato, bacon bits, bread crumbs, and bleu cheese dressing.

CHOOSE ONE MAIN COURSE

Local Swordfish Mediterranean

This delicious, meaty fish is a local treasure served here for generations. Topped with medley of plum tomato, capers, kalamata olives, basil, and garlic. Served with red-skinned mashed potatoes and seasonal vegetables. Suggested Wine Pairing: Bynum Chardonnay

Garlic Shrimp Topped Filet Mignon

Succulent shrimp grilled in garlic butter atop a tender filet. Served with red-skinned mashed potatoes and seasonal vegetables. Suggested Wine Pairing: Grayson Merlot

Miso Glazed Salmon & Coconut Shrimp

Savory miso-glazed salmon alongside our always-from-scratch sweet & crunchy coconut shrimp. Served with wasabi mashed potatoes and seasonal vegetables. Suggested Wine Pairing: Madonna Estate Pinot Noir

CHOOSE ONE DESSERT

Chocolate Mousse

Topped with whipped cream and nuts.

Brownie Cheesecake with Vanilla Ice Cream

Cake Zabione & Spumoni Ice Cream

An Anthony's tradition.

www.gofishanthonys.com

I-8 @ Severin | 9530 Murray Dr | 619-463-0368

Call Mike Today to Advertise!

Mike Rosensteel

(619) 961-1958

mike@sdCNN.com

sdCNN

Your Local Community Newspapers

sdCNN

SAN DIEGO COMMUNITY NEWS NETWORK

www.sdCNN.com

NEWS:

619-961-1960

morgan@sdCNN.com

ADVERTISING:

619-961-1958

mike@sdCNN.com

HEALTHY FOODS SATISFY



Do you know of our "Chef Program"
We Create DAILY FROM SCRATCH Salads & Baked Items
WE PREP FOR YOU



Salad Bar
Full Service Deli
Farm Fresh Produce
Old Fashion Meat Market
Baked Goods
Nutritional Supplements
Beer & Wine

6386 Del Cerro Blvd.
(619)287-1400

www.windmillfarms.net



Receive The Farms updates & ads through Facebook

OPEN
sundays 9am-8pm
monday-saturday
8am-9pm



► Briefs, from page 3

La Mesa insurance attorney honored

La Mesa resident Timothy Earl, a shareholder in the Sullivan Hill Lewin Rez & Engel law firm, was named a Top Attorney in the insurance coverage category by the San Diego Daily Transcript. Earl leads the firm's Insurance Coverage Practice Group, which represents both policyholders and insurance companies in coverage disputes primarily involving property damage or bodily injury arising out of construction defect and asbestos claims. The Daily Transcript's awards are based on votes from peers in the private, corporate, academic and government fields of law.



Timothy Earl (Courtesy Barbara Mencer)

City invites residents to fall classes

Registration is now open for fall classes hosted by the La Mesa Community Services Department. Programs for children include academic enrichment, archery, babysitter training, dance, fencing, gymnastics, martial arts, swim and tennis. Programs for adults include ballet, boot camp, dog obedience, Hawaiian/Tahitian dance, Pilates, tennis and yoga. Find more information and register online at cityoflamesa.com/classes, or call the Community Services Department at 619-667-1300.

Chamber books new October event

The La Mesa Chamber of Commerce has announced the name of its new October event: FallFest. The event will be held Oct. 16 and 17 at Grossmont Center, in the outdoor area near Macy's and Hooley's Irish Pub. Organizers have booked singer-songwriter Brent Payne as the headline performer for Saturday, Oct. 17 from 7 to 11 p.m. Payne has released seven albums and won Best Country Song of the Year at the 2012 Hollywood Music Awards for his single, "Now & Forever." Visit LaMesaChamber.com for more information.

City youth commission seeks applicants

La Mesa's Youth Advisory Commission has several openings for teenagers who live within the city limits. Members of the commission work with fellow middle- and high-school students to explore and develop activities for youth. Commission members also gain volunteer experience that can count toward school-required community service hours. The commission meets the second and fourth Mondays of every month at 4:30 p.m. in the La Mesa Community Center at 4975 Memorial Drive. Applications are due to the City Clerk no later than 5:30 p.m. on Friday, Sept. 4. Interviews will be held Sept. 22. To download an application, go to tiny.cc/LMYC or visit City Hall in person at 8130 Allison Ave. during normal business hours. Call the City Clerk at 619-667-1120 for more information. ■

LAKE SIDE

Muth Valley



Incredible equestrian estate set on 2.5 flat acres with arena, round pen, barn and detached garage/workshop. Luxury 3BR home with over 3200 sf. including vaulted beamed ceilings, granite kitchen and a gorgeous master suite. \$895,000

Wildcat Canyon



Build your dream home! 5 acre hillside lot with 360-degree panoramic views. Located off and easement road on Wildcat Canyon, very few neighbors. Enjoy privacy and amazing views. Well is already in. Call for details. \$129,000

Lakeside Court



Beautifully remodeled 3BR/2BA home on a 1/3-acre fenced lot. New heat/AC, hardwood floors, open floor plan. Enclosed patio, room for all your toys, horses and livestock OK! Seller will entertain offers between \$439,000 and \$469,000

Yerba Valley



Looking for privacy and seclusion? This 5+ acre property backs up to Oakoasis Park and trails. Surround yourself in the serenity of the mountains and boulders! Built in 2004, this 3BR/2.5BA home offers over 2160 sf. \$549,000



Jenniffer Taylor
619-892-6773

Search ALL SD County Homes/Land here: SDRanchAndCoastHomes.com
Residential, Vacant Land and Equestrian Property Specialist
Cal BRE# 01343352

Pacific
Sotheby's
INTERNATIONAL REALTY

Curt Walker Optical

Linda Young, Optician

Turning Patients into friends

We have prescription diving masks with camera mounts as well!



88011/2 La Mesa Blvd, La Mesa CA 91942
619.698.2878 • 800.538.2878
www.PrescriptionDiveMasks.com

Business, from page 1

coupled with what seemed to be a wary unfamiliarity around this part of town, cost the supermarket dearly. Every time we would go to Haggen, which we adopted as our store due to its proximity to our home, we worried about the empty parking lot.

“No one’s coming,” my mom said. It wasn’t too much of a surprise then when we read in the daily newspaper that Haggen was closing several Southern California stores, including the one in La Mesa.

But I have to say — something smells about this whole mess. How many chains do you know open a store only to close it several months later? Something was held back, Haggen. You’re just lucky my name isn’t Jessica Fletcher.

I have two problems with Haggen closing. The first is the more selfish and lazy reason: I have to drive farther to buy my basics. As with many busy families these days, mine is one that forgets to buy milk, eggs or flour until we’re halfway into a recipe, wondering why we didn’t make sure we had everything before beginning to cook.

A quick run to Haggen took a whopping 15, maybe 20 minutes, if even that.

Now we have to make the decision to either drive across Fletcher Parkway to Vons, all the way down Lake Murray to Albertsons, which isn’t technically in La Mesa, or even farther to Sprouts near the Village.

Nevertheless, as my friend told me, “It’s not like you have to take a horse and carriage there. Sheesh!”

The second problem I have, however,

is much more significant, because I am once again losing the people in my neighborhood.

Mister Rogers sang, “Who are the people in your neighborhood?” Well, Fred, I don’t know, because they keep losing their jobs and/or moving away. (Don’t get me started about the San Diego Chargers.)

My favorite cashier, Leinaala, who has a lovely Hawaiian name and a matching smile to go with it, worked for Safeway, Vons and Haggen for a whopping 36 years. I met her when we first moved to La Mesa. Seeing a friendly face with a familiar name helped this Hawaii expatriate feel more at home.

When I walked into the store in August to buy some succulents in memory of my grocery store, I saw Leinaala and began tearing up.

“Don’t look like that, you’re going to make me cry,” she said.

“I don’t get it,” I said. “I thought we had more time.”

“Yeah, these signs are a surprise, huh?” she said sympathetically, as though it were my business closing. “But you know what really bums me out? Not seeing your kids grow up.”

Told you she was my favorite.

Ideally, another grocer will move in to fill the void and keep these wonderful people in my neighborhood. Until then, I will continue to shop at Haggen for my milk, eggs and flour, and refuse to give up my comfortable routine. I just wish I could refuse to give up my people as well.

—Genevieve A. Suzuki is a La Mesa resident who practices family law. Find out more on her website, [sdlawyersuzuki.com](#). ■

BUSINESS & SERVICES

LAWYER

The law offices of
KANE HANDEL
AUTOMOBILE ACCIDENTS & INJURIES

- Auto & Motorcycle Accidents
- Whiplash Cases
- Bicycle Accidents
- Pedestrian Accidents
- Child Injuries & Other Accidents

No recovery = No fee
Home or hospital visits
Atendidos cordialmente en Espanol.
No cobramos si no ganamos

FREE CONSULTATION!
(858) 756-5195

COMPUTER SERVICES

the
COMPUTER ADMIN

Call Us Anytime!
We're Here To Help You!

TIM FRONCZEK
619.713.7422
TheComputerAdmin.com

Follow us on Facebook at:
[Facebook.com/TheComputerAdmin](#)

PLUMBING

ideal
PLUMBING • HEATING • AIR • ELECTRICAL
SINCE 1960

Water Heaters/Tankless • Drain Stoppages
Toilets • Faucets • Garbage Disposals
Camera Inspections of Drains
Water Softeners & Filtration
Heating & Air Conditioning
Indoor Air Quality
Electrical Repairs & Upgrades
Kitchen & Bath Remodeling

619.583.7963
idealsvc.com
Lic#348810
Serving San Diego Since 1960!

REPAIR & TERMITE

BEST-RATE


Wood Damage Repair
Specialist
Termite & Fungus Damage
Decks & Patios
Termite Treatments
Fumigation Service Plans

We can treat it, fix it, repair it
or build it brand new

All Work Guaranteed
Fully Insured

1-855-966-3349
best-rate-repair.com

DENTAL IMPLANTS



Ronald S. Lessem, DDS

Dentistry - Implantology,
Cosmetic, Oral Surgery,
Endodontics, Sedation
Dentistry Evening, Sat. &
emergencies, TLC

7557 El Cajon Blvd. Suite A
La Mesa, CA 91942
(619) 255-7480

GARAGE DOORS

UP & DOWN GARAGE DOORS

We specialize in broken
springs, garage door &
opener repairs, As well as
installation of new garage
doors & operators.

A trusted & honest company.
Based in La Mesa.

(619)464-0116
[www.upanddowngaragedoors.com](#)
Lic: 904512



POOL SERVICE

 **JOHN LOCOCO**
REFLECTION POOLS
A POOL COMPANY
DEDICATED TO CUSTOMER
SERVICE

(619) 300-4516
reflection_pools@yahoo.com

NOW INTERVIEWING

Customer Service F/T or P/T. We are actively searching for highly
motivated individuals. Job consists of scheduling and conducting
interviews with candidates, and as a program specialist taking phone
calls and talking to potential customers about our benefit plans. FT/PT
Flexible schedules, Full training provided, Benefits, Opportunity for
Growth, and more. Serious Inquiries Only!

For more information email **Terrystokes005@yahoo.com**

TAX CONSULTANT

TAX CONSULTANT
Renee Differ

INDIVIDUALS & BUSINESSES
SAME SEX MARRIAGE FILING
BOOKKEEPING & PAYROLL
MOBILE APPOINTMENTS

Experienced & Professional

reneediffer@cox.net
619-516-0400

WINDOW CLEANING



A GLASS ACT WINDOW CLEANING

Cleaning any/all windows - Apts, Stores,
Offices, Residential specialist.
Inside /outside windows,
Tracks, Screens, Ledges

Senior and Military (veteran) discounts

Free estimates.
More affordable than you think.

Call for a free estimate
(619) 384-7615

Allow me to help you
grow your business
with SDCNN.
Your local community
news network.



Lisa Hamel
(619) 961-1957
lisahamel@sdcdn.com

COMMUNITY CLASSIFIEDS

Services

DrumLessonSanDiego.com.
Learn the art of rhythm &
music as a second language.
Discover how drums relate
to different styles of world
music. Take the mystery out of
playing the drum set. Call Ron
619-784-6931

**Keith Everett Construction &
Handiman Services.** All phases
of home remodeling & repair.
Specialty in all types of fencing,
decks & patio covers. No job
too small. Senior discounts.
Lic #878703 (619) 255-3499
(12/15)

Bathtubs refinished like new
without removal. Bathtubs -
Kitchen Sinks - Wash Basins.
Fiberglass & Porcelain.
Over 25 years in San Diego.
Lic#560438. [www.saveatubsd.com](#). 619-464-5141 (08/15)

Stronger, Safer Seniors.
Personal training for all ages
from beginner to advanced.
Workout in your home or
outdoors. Certified 17 years.

FREE consultation. Email
[strongersaferseniors@yahoo.com](#)
or call Pam at 619-962-7144.
[www.strongersaferseniors.com](#)
(08/15)

SOPHIA'S BEAUTY SALON.
35% off regular prices. Come see
Elen who has the best prices
in town. \$30 Haircut Special
includes: haircut, blow dry and
deep conditioning. \$55 Senior
Special includes: Perm, haircut &
set. 6193 Lake Murray Blvd. Suite
E, La Mesa, CA 619-928-1442

Roofing Lic# 691295-C39.
Veteran Owned, Allied Gardens
based. Celebrating 20 years in
business. Full roof & repairs. Free
Est. Veteran and Senior discounts.
619-823-7208. (01/16)

Consider It Done - Mobile
Notary (760) 500-7583

**Support Group-Grief, Loss and
Life Adaptations.** Every
Wednesday-4:30-5:30 .St
Dunstons Church-6556 Park
Ridge Blvd.92120.#619-564-8222-
619-460-6442.

Old Military and Aviation items
wanted by collector, including
Helmets, Medals, Military
Patches, Photos, Uniforms, older
Convair and General Dynamics
items- factory desk models,
concept paintings- call Larry @
619-368-2055

Wanted

**Helping Hands Animal
Sanctuary** Seeks: Yard Waste Size
Trash Bags, Friskies Dry Cat Food,
Dog Biscuits-all sizes, USA Made
Only. 619-460-6679.(09/15)

**BECOME A JUNIOR
ACCOUNTANT**

Learn High-Demand Job Skills
Needed by Every Business

Get started in a new career with
six months of hands-on training

The Accounting Academy
[www.theaccountingacademy.com](#)
Call Today! 858-836-1420

PUZZLES | ANSWERS ON PAGE 17

CROSSWORD

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21					22				
23					24					25				
26					27					28			29	30
					32					33	34			35
36	37	38								39				40
41										42	43			
										44	45			
46										47			48	49
										50	51			
										52	53			
										54	55			
										56				
										57				
										58				
60										59				
										61				
										62				
63										64				
										65				
66										67				
										68				

CREATORS NEWS SERVICE

By Charles Preston

ACROSS

- 1 Thomas Waller
- 5 Beginning of a wound healing
- 9 Firemen's equipment
- 14 River or range
- 15 Poi source
- 16 Houston athlete
- 17 Forbidden behavior
- 18 Makes a mistake
- 19 Big birds
- 20 Pillow
- 23 Employ
- 24 Nautical shout
- 25 Highway
- 26 Placid
- 28 Break a commandment
- 29 Actor Holbrook
- 32 Derby
- 36 Lotion ingredient
- 39 Guido's highest note
- 40 Toast topper
- 41 Pork pie
- 46 Youngster
- 47 Psyche parts
- 48 Heckle
- 52 Speeder's penalty
- 54 Houston-based org.
- 56 Help

- 57 Cloche
- 60 Pomp and Circumstance composer
- 61 Actress Anderson
- 62 Location
- 63 Italian city
- 64 Lulu
- 65 Spill the beans
- 66 True
- 67 Soccer star
- 68 Pub pints

DOWN

- 1 Mushroom or mildew
- 2 Waken
- 3 Leather worker
- 4 Wild plum
- 5 Novelist King
- 6 Sophia's husband
- 7 Order
- 8 Autumn pear
- 9 Concord
- 10 Actor Milo
- 11 Marie-Henri Beyle
- 12 Part of Q.E.D.
- 13 Distress call
- 21 Full head of hair
- 22 Composer Satie
- 27 ___ out: used frugally
- 28 Food fish

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.

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

© 2014 Janric Enterprises Dist. by creators.com

MUSIC NOTES

Jazz

Wednesdays: Boss Jazz with Jason Hanna and friends at Riviera Supper Club. Free. 8 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

Fridays: Charlie Arbelaez Trio at The Rook Bar. 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: P4 Jazz Trio at San Pasqual Winery Tasting Room. Free. 2 – 5 p.m. 8364 La Mesa Blvd., La Mesa. SanPasqualWinery.com.

Sept. 12: Stage IV Jazz at San Pasqual Winery Tasting Room. Free. 7 – 10 p.m. 8364 La Mesa Blvd., La Mesa. SanPasqualWinery.com.

Pop

Sept. 4: Sirens Crush at the Prescott Promenade. Free. 6 – 8 p.m. East Main Street, Downtown El Cajon. DowntownEC.com.

Sept. 5: Baja Bugs at Riviera Supper Club. Free. 9 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

Sept. 20: Ricky Martin at Viejas Arena. \$27+. 7:30 p.m. ViejasArena.com. 5500 Canyon Crest Drive, College Area.

Classical

Sept. 2: James David Simmons plays Chopin Etudes (Op. 25) on piano at SDSU's Smith Recital Hall. Free. Noon – 1 p.m. 5500 Campanile Drive, College Area. Music.SDSU.edu

Sept. 16: Cellist Alex Greenbaum at SDSU's Smith Recital Hall. Free. Noon – 1 p.m. 5500 Campanile Drive, College Area. Music.SDSU.edu.

Alternative / Rock

Sept. 10: Peter Bolland performs Neil Young songs at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

Sept. 11: Sugar Crisp at Navajo Live Bar. Free. 7 p.m. 8515 Navajo Road, San Carlos. NavajoLive.com.

Sept. 12: The Merge at Chico Club. Free. 8:30 p.m. 7366 El Cajon Blvd., La Mesa. ChicoClub1940.com.

Other

Aug. 29: N. Scott Robinson (world percussion) at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

Aug. 29: Little Kings at Hooley's. Free. 9 p.m. 5500 Grossmont Center Drive, La Mesa. Hooleys.com.

Sept. 6: The Peter Popping Band (Latin) at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

Sept. 6: Hank Easton at Bolt Brewery. Free. 6:30 p.m. 8179 Center St., La Mesa. BoltBrewery.com.

Compiled by Jen Van Tieghem. Bands, venues and music lovers: please send music calendar listings to jen@sdenn.com.■

EVERY
WEDEVERY
SUNSociety for Creative
Anachronism practices

Every Wednesday and Sunday

This nonprofit educational organization is devoted to the study of the Middle Ages and Renaissance eras. The group reenacts the historical period while learning about medieval Europe. The reenactments include the “fun parts” like feasts, costumes and sword fighting (leaving out the plagues, beheadings, etc). Fighter practices are from 6 – 9 p.m. on Wednesdays and noon – 3 p.m. on Sundays at Briercrest Park (9001 Wakarusa St., La Mesa). Visit sca-caid.org for more information.

AUG
28SEPT
25

Ovarian cancer fundraiser

Friday, Aug. 28 and Friday, Sept. 25

This monthly fundraiser benefits local charity Nine Girls Ask and national charity Ovarian Cancer Alliance. Sterling silver Silpada jewelry will be on display at San Pasqual Winery (8364 La Mesa Blvd.) for attendees to peruse while enjoying wine and light appetizers. No RSVP necessary. Purchases optional. Visit sild.es/WWY to shop the jewelry online.

SEPT
1SEPT
18

Free blood pressure screenings

Tuesday, Sept. 1 and Friday, Sept. 18

No appointment necessary for these free screenings by a registered nurse on Sept. 1 from 9:30 – 11 a.m. at the Sharp Grossmont Senior Resource Center (9000 Wakarusa St., Room 16, La Mesa) and on Sept. 18 from 9:30 – 11 a.m. at the La Mesa Adult Enrichment Center (8450 La Mesa Blvd.). Call 619-740-4214 for more information.

SEPT
3SEPT
12SEPT
16

Painting classes

Thursday, Sept. 3, Saturday Sept. 12 and Wednesday, Sept. 16

Paint-a-Holics and Paint and Palate will both host painting classes at San Pasqual Winery (8364 La Mesa Blvd.) this month. The admission price of \$35 for each class includes step-by-step instruction on a pre-determined painting for you to create and take home. The canvas size is 20 inches by 16 inches, and you'll be provided easels, supplies, aprons and, of course, paints. Paint-a-Holics hosts the Sept. 3 event with a “Moon Tree” theme (\$35). Paint-a-Holics also hosts the Sept. 12 event with a “Tropical Flower” theme. Paint and Palate hosts the Sept. 16 event with a “Dancing Daisies” theme. Visit SanPasqualWinery.com for more information and to sign up.

SEPT
5Grossmont High School class of 1950
reunion

Saturday, Sept. 5

Grossmont's class of 1950 is celebrating 65 years since graduation with a luncheon from noon – 4 p.m. The event will be held at Silver Gate Yacht Club (2091 Shelter Island Drive, San Diego). The buffet lunch will include: Caesar salad, baked chicken with prosciutto, grilled vegetables, pasta primavera salad, fresh fruit and apple cobbler. Admission is \$25 and can be made by cash or check (to J.E. Grimes). Graduates are welcome to bring spouses and friends. Reservations must be made by Sept. 1. Email BethWym@yahoo.com or call 408-623-0008.

SEPT
10

'Healthy Snacking' seminar

Thursday, Sept. 10

This installment of La Mesa's “Live Well 2015 – Community Wellness Series” will take place from 6 – 7 p.m. at the La Mesa Community Center (4975 Memorial Drive). This occasion will focus on ideas for “tasty and healthy family friendly snacks.” A hands-on demo at the event will include samples. The “Live Well” workshops are all free. Visit CityOfLaMesa.com/LiveWell for more information and to RSVP.

SEPT
10

Taste of Old Town

Thursday, Sept. 10

This event gives attendees the chance to sample food and beverages from local restaurants while meandering through San Diego's Old Town. Various locations will also host live music and entertainment to keep with the festive vibe. A trolley will provide free shuttle service with several stops throughout Old Town. Taste of Old Town will be held from 6 – 9 p.m. Participating restaurants include Barra Barra Saloon, Old Town Mexican Café, Old Town Tequila Factory, Rockin' Baja Lobster and more. Tickets are \$35 in advance, \$40 the day of the event, and \$25 for food only (designated drivers). Visit TasteofOldTown.com for more information and visit bit.ly/1WdAvs7 for a chance to win tickets from La Mesa Courier.

SEPT
12

Ladies' pampering party

Saturday, Sept. 12

This free event from 4 – 5 p.m. at Kwaisun Studio (8380 Center Drive, Suite C, La Mesa) will include a Hatha yoga class, Mary Kay makeup lesson, door prizes, refreshments and more. The party is limited to 25 people. RSVP to 619-713-5566.

SEPT
16

Casino excursion for seniors

Wednesday, Sept. 16

Senior citizens are invited to join a group trip to Golden Acorn Casino. For \$7, seniors can ride the bus from the La Mesa Adult Enrichment Center (8450 La Mesa Blvd.) to the casino. All seniors will receive a voucher for \$20 of play at the casino. The bus leaves the Adult Enrichment Center at 8:30 a.m. and will return by 3:30 p.m. For more information or to reserve a spot, call 619-667-1322.

SEPT
17Grossmont and Helix high schools
class of 1952 reunion

Thursday, Sept. 17

The class of '52 is celebrating 63 years since graduation with a luncheon for both Grossmont and Helix high school alumni. The event will be held at Sycuan Resort (3007 Dehesa Road, El Cajon) at noon. The fee is \$21 per person for lunch. RSVP and direct questions to Pat Howes at 619-461-6243

SEPT
19SEPT
20

Community e-waste recycling

Saturday, Sept. 19 and Sunday, Sept. 20

The La Mesa Chamber of Commerce is hosting this event at Grossmont Center (5500 Grossmont Center Drive, La Mesa) from 9 to 4 p.m. both Saturday and Sunday. Items to be collected include: televisions, monitors, computers, cell phones, printers, microwaves etc. Collection will take place in the back parking lot between Chuze Fitness and Fuddruckers. For more information visit GrossmontCenter.com or LaMesaChamber.net.

SEPT
20

International Day of Peace in La Mesa

Sunday, Sept. 20

This annual event aims to bring awareness to “the need to promote peace, unity and goodwill in both local and global communities.” This year's theme, as declared by the United Nations, is “Partnerships for peace – dignity for all.” Our local celebration for International Day of Peace is sponsored by The Interfaith Council of La Mesa. Festivities start at 3:30 p.m. at Aztec Park (7945 Morocco Drive, La Mesa) and will include representations of peace through words, song, dance and art displays. Children's choirs from various churches will perform between various games and crafts for families. Members of various faiths — including Christian, Jewish, Hindu, Baha'i, Buddhist and others — will express words of peace. Visit interfaithlamesa.org.

SEPT
21NOV
30Community holiday chorus
rehearsals

Monday, Sept. 21 – Monday, Nov. 30

The California Note Catchers' annual holiday concert is scheduled for Sunday, Dec. 6. Rehearsals start Sept. 21 for community singers and the local women's cappella group California Note Catchers. Participants will learn a minimum of two holiday songs arranged in four-part harmony to be performed at the concert. The weekly rehearsals are from 7 to 9 p.m. (community singers are only required to stay for the first hour) in the Social Hall at the La Mesa United Methodist Church (4690 Palm Ave.) No experience required. A deposit of \$20 per singer is requested to cover the cost of sheet music and will be returned at the end of the program; rehearsals are free. Visit CaliforniaNoteCatchers.com for more information.

SEPT
25

'How to Talk to your Doctor'

Friday, Sept. 25

A free workshop to help patients learn how to talk to health care providers. Sharp program coordinator Andrea Holmberg will present strategies for choosing a provider, communication during visits and the importance of pre-planning. This program will take place from 11 a.m. to noon at the Grossmont Healthcare District Conference Center (9001 Wakarusa St., La Mesa). Visit Sharp.com for details and to register.

—Compiled by Jen Van Tieghem and Jeremy Ogul. Send calendar items to jeremy@sdenn.com.■

Community theater calendar



The fall theater season has begun in East County. Take a look at the following guide to what's on stage now and what's coming in the next couple months.

Lamplighters Community Theatre

"The Supporting Cast" by George Furth

When Ellen, the wife of a successful author, writes a sizzling novel, her friends are thrilled until she invites them to her Malibu beach house and reveals they are the characters. Written by George Furth, the Tony Award-winning author of "Company," this light-hearted comedy is the theatrical equivalent of a fun and frothy beach read. Sparks fly when Ellen's friends see their wart-and-all depictions in her tell-all book, but will they change their tune when they learn the book is being made into a movie?

On stage through Sept. 13: Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. 5915 Severin Drive, La Mesa. Call 619-303-5092 for tickets and more information.

Moxie Theatre

"Orange Julius" by Basil Kreimendahl

The protagonist, Julius, is dying of cancer after being poisoned by Agent Orange in the jungles of Vietnam. His queer daughter, Nut, tries to reconnect with him as one man to another by caring for his ailing body, sorting through childhood memories and diving into war movie fantasies.

On stage Sept. 24 through Oct. 18: Thursdays at 7 p.m., Fridays and Saturdays at 8 p.m. and

Sundays at 2 p.m. 6663 El Cajon Blvd., Suite N, San Diego. Call 858-598-7620 for tickets or more information.

Grossmont College Theatre Arts

"A Streetcar Named Desire" by Tennessee Williams

One of the most celebrated plays of the 20th century, this play captured the New York Critic's Circle Award for Best New Play and the Pulitzer Prize for Drama following its 1947 debut. It is an unflinching look at post-World War II America reflected in the crumbling fantasy world of a wistful Southern belle. With her checkered past, Blanche DuBois comes to stay with her sister and brother-in-law in a

working-class neighborhood of New Orleans, and tensions quickly escalate. This production features an all-student cast and crew.

On stage Oct. 1 – 3 and Oct. 8 – 10 at 7:30 p.m. with 2 p.m. matinee performances on Oct. 3 and Oct. 10.

Stagehouse Theatre, 8800 Grossmont College Drive, El Cajon. Call 619-644-7234 for tickets or more information.

San Diego State University

"Sylvia" by A.R. Gurney

In this zany romantic comedy about a marriage and a dog, the kids have gone off to college and Kate and Greg have just moved to New York. In bounces Sylvia, a stray that Greg finds in the park. Sylvia becomes a bone of contention between husband and wife,

chewing holes in the marriage as Greg becomes increasingly obsessed with the pooch. In a series of tail-wagging, leash-tripping encounters, Greg, Kate, and Sylvia finally learn how men and women — and dogs — can be best friends.

On stage Sept. 25 through Oct. 4: Wednesdays, Thursdays, Fridays and Saturdays at 7:30 p.m. and Sundays at 2 p.m.

Experimental Theatre, 5500 Campanile Drive, San Diego. Call 619-594-6884 for tickets or more information.

—If you have items to add to our theater calendar, including school or church theater programs in La Mesa or neighboring communities, please send details to the editor at jeremy@sdcnn.com.■

Sanfilippo's, from page 1

decision to close the restaurant was spurred by a weakened economy and a lengthy construction project along La Mesa Boulevard that discouraged customers from coming to the pizzeria.

"It was a killer," she said. Business was far from dead on a recent Wednesday night after news of the restaurant's sale became more widely known. Two customers, Rich and Donna Shaw, said they were sad that it would be "the last time we'll be eating here."

The Shaws, who are from Las Vegas, said they discovered Sanfilippo's a couple years ago and visit the restaurant whenever they are in town. They come to the pizzeria for the "community feel" and the "real Italian food." The food reminds Donna Shaw of the old-school Italian restaurants in her home city of Chicago.

Filippo said customers like the Shaws return to her family's restaurant because of the philosophy her husband set out to instill in the business: "good food, good portions and a good staff."

—Jeff Clemetson is a contributing writer. Write to him at jeff.g.clemetson@gmail.com.■



Sudoku & Crossword puzzle answers from page 15

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

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



The Elizabeth Hospice

Leading. Human. Kind.



Elizabeth Hospice patient Carmin, at home with her family in San Diego, CA.

Family is forever.

It's easier to look back than to look forward, especially when a loved one is seriously ill. In a way, our shared history is timeless. But family is more than a memory. It's being a parent, a sister, a son. It's not always easy, but it's always worth it. By doing the right thing for the one we love, we can look forward to lasting hope and meaning. With over 37 years of leading nonprofit service, the Elizabeth Hospice expertly guides families through life's most difficult transition, providing support and counsel for every age, at every step.

Learn how we lead life into legacy at ElizabethHospice.org • (800) 797-2050



THE VINE COTTAGE

The Vine Cottage is a place to discover something new. Our seasonally-inspired menu offers innovative twists on classic preparations using the highest quality, locally-sourced, and sustainable ingredients. Informed by the world's many vibrant culinary traditions, The Vine Cottage offers a unique take on these global influences and presents them in the context of the rich bounty of the San Diego community.

Beyond the food, our expanded wine program offers an eclectic list of seldom-seen wines from dynamic producers—all accompanied by detailed tasting notes from our chef—creating the opportunity for exciting discoveries and diverse pairings. Bring your curiosity!

San Diego County's celebrated craft beer scene is featured as well. Fourteen craft-only draughts and a focused collection of specialty bottles highlight the significance of craft beer to our cuisine.

A cozy, inviting atmosphere—including bar and patio seating—along with a professional, knowledgeable staff completes the experience. Let us provide you with an exceptional dining event that will expand your notion of fine cuisine. Your sense of adventure will be richly rewarded.

The Vine Cottage Restaurant
6062 Lake Murray Blvd.
La Mesa, CA 91942
619-465-0138



Mulching around trees and bushes will help retain moisture in the soil. (Photo courtesy of Armstrong Garden Centers)

Landscaping: Help trees, shrubs survive dry heat

Gary Jones

It's one thing to let our lawns go brown when water is tight. They probably shouldn't have been planted in the first place. A thoughtful reimagining will no doubt result in a reasonably easy-to-achieve and beautiful substitution.

Trees and shrubs are another matter, however. They are not easily replaced, nor should we be doing so. Most well-established trees and shrubs are quite water-wise with the exceptions being some tropical plants. Removing, replanting and establishing new trees and shrubs will likely require more water than what has been uprooted.

Nevertheless, these large-scale plants won't survive long without at least some water and a minimal bit of care.

"wells" two or three times from any device with a shut-off valve every three to four weeks.

Mulch the soil around trees and shrubs. This will help retain whatever moisture is in the soil. You will want to apply a 2- to 3-inch layer of shredded or chunked bark, oak leaves, or any organic material that is very slow to break down. Keep the mulch about 6 inches away from trunks. Mulch out to the drip line — the outward limits of the plant's leaves.

Don't feed with a high-nitrogen fertilizer. This is the opposite of normal tree and shrub feeding. Usually you want the lush, new growth that nitrogen promotes. But during a drought, you want to avoid new growth that will require additional water support. Instead, feed with a high phosphorus fertilizer that will encourage new root growth, helping plants to access more of the available water.

Don't give trees or shrubs a heavy trimming until late October when the weather cools. Trimming them now will only encourage new growth, which will require more water to support them.

Most of these suggestions are excellent practices for Mediterranean climates at all times, not just during droughts. If we get normal rain during our rainy season, return to typical tree and shrub fertilizers for feeding.

—Gary Jones is Chief Horticulturist at Armstrong Garden Centers. Email your drought and gardening questions to growingdialogue@armstrong-garden.com.

Here's what to consider:

The unusually high humidity we are having this summer is helping. While it's hard on people, it helps plants remain hydrated, lessening the effects desiccating, hot, dry air.

Rather than just giving up and hoping for the best, make a plan to take care of your garden during the torrid months of August, September and October.

An occasional deep watering is what trees and shrubs need to survive. Start by creating a basin or "well" around the trees and shrubs that are no longer being watered automatically. It should hold 3- to 4-inches of water. Unlimited hand-watering with a hose-end shutoff valve is permitted in California. Fill your

Great Value, Proven Results!



Community News

- Number one source of community information
- Hyper-local news and features
- In print and online; updated daily

Market Saturation

- Combined distribution of door-to-door delivery, high traffic locations and news racks
- Over 200,000 readers

Award Winning Journalism

- Proud recipient of numerous "Excellence in Journalism Awards"
- Regular recipient of local and national press awards

Audited Distribution

- Audited by one of the nation's largest newspaper auditing firms, Circulation Verification Council (CVC)
- Guaranteed distribution

For advertising call:
(619) 961-1958
mike@sdenn.com



sdenn
SAN DIEGO COMMUNITY NEWS NETWORK
www.sdenn.com

P: 619.519.7775 • F: 619-519-7840
123 Camino de la Reina, Suite 202 East
San Diego, CA 92108

hot yoga?

JUST TRY IT!

Free

Hot Yoga Throughout the Month of September.

justYogaStudio.com • 619-hot-yoga



What's Cooking with Julie Crunchy carrot salad

Julie White

With warm weather ahead, a fresh salad is an easy side dish. You can use classic orange carrots, but to make this recipe extra special, try the multi-color variety that come in bags at Trader Joe's, Sprouts or Vons. The colors give the salad a lovely look reminiscent of fall.

Salad:

3 to 4 large carrots — or 6 to 8 smaller carrots — julienned (sliced like matchsticks)*
2 tablespoons toasted sesame seeds
1/2 cup dry roasted peanuts, chopped
1/2 cup golden raisins
2 tablespoons cilantro, chopped

Dressing:

2 tablespoons olive oil
Juice of 1 lemon
1 garlic clove crushed
1/2 teaspoon sugar
1/2 teaspoon ground cumin
Salt and pepper to taste



In a large bowl, mix the salad ingredients together. In a smaller bowl, mix the dressing ingredients. Pour the dressing over the salad and mix well. Serve chilled.

*You may grate the carrots, but the salad looks prettier if you julienne them.

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

Guinea pigs make great pets

Sari
Reis



Cute, social and talkative, a guinea pig can be a super pet for a child or an adult who wants a pet to care for but not the greater responsibility of a cat or dog.

As a professional pet sitter, I have cared for several of them and even had one of my own when I was younger. Guinea pig caretaking is an excellent way to teach children about the importance of kindness to animals and the responsibility involved.

Members of the rodent family, guinea pigs are native to South America. Their average lifespan is 4 to 6 years but some have lived as long as 8 years. If you are thinking about getting one of these adorable creatures, here are some of the essentials you need to know about caring for them.

Guinea pigs need and love exercise so their cage should be large enough to run around in. It should have a solid floor, and bedding should be soft and absorbent. It should also be odor-free. Recycled paper bedding, spread thickly, is the best option. Since they are very clean animals, it is important that soiled bedding be cleaned daily and the entire cage cleaned weekly. They need a plentiful supply of clean water,

which should be delivered in a bottle hung on the inside of the cage. The water needs to be changed daily and it is important to make sure the water tube is not clogged.

The mainstay of the guinea pig's diet is timothy hay, and lots of it. They can also be given plain pellets but no more than two tablespoons for an adult. Since these rodents do not produce their own vitamin C, it must come from their food. The hay and pellets will provide the needed vitamins with the addition of vegetables. Collard greens, parsley, broccoli, bell peppers and romaine lettuce are good for them. Two or three small pieces of veggies can be given daily.

Since guinea pigs need exercise and love human interaction, they should be taken out of their cages regularly in a safe environment, to run around as well as sit in your lap. They should also have some toys for stimulation and to chew on — to keep their front teeth properly sized. Toys can include tunnels, tubes they run through, balls made from natural materials, and special chew toys.

As social animals, these little critters love to talk and will keep you amused with their chatter and their antics. You can find out more about them at guineapigcorner.com.

—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. ■



Guinea pig (Courtesy of author)



SRG
SENIOR
LIVING

Experience matters. Let us show you why.

By any measure, 27 years of experience in senior living is a lot. And through the years, we've helped many people find a lifestyle perfectly suited to them. Come see how good it feels to have experience on your side. Please call now to schedule your complimentary lunch and tour.

INDEPENDENT & ASSISTED LIVING • MEMORY CARE

LA VIDA REAL

11588 Via Rancho San Diego • Rancho San Diego, CA • 619.592.8067 • SRGseniorliving.com

RCFE# 374603565

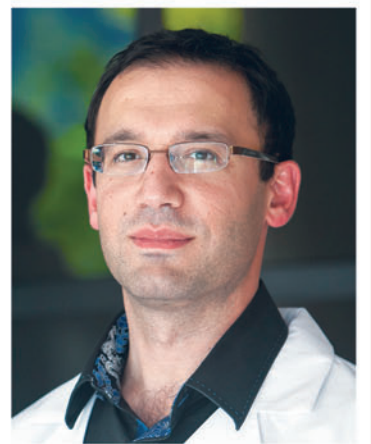
Medical Minute Weight-Loss Surgery

By Dr. Vadim Avulov

If you are considering gastric bypass surgery to lose weight, a therapeutic effect is often the reduction or elimination of type 2 diabetes. Gastric bypass reduces the amount of nutrients absorbed by the small intestine, which appears to result in metabolic changes that have a beneficial effect on diabetes.

If you are considering surgical weight loss, gastric bypass is a popular procedure because of its success rate. Even better, it can now be performed minimally invasively, which makes it much safer with quicker recovery.

Another option is gastric sleeve surgery, which makes up over 60% of all weight-loss surgery procedures performed in the U.S. More than half of the stomach is removed, leaving a thin vertical sleeve. The procedure makes your stomach smaller so you require less food to feel full faster.



Dr. Vadim Avulov

If you are thinking about surgical weight loss and would like to know more about bypass, banding and sleeve, plan to attend a free seminar on Sept. 17 at 6 p.m. at Alvarado Hospital. For more information, call (800) 258-2723.

Dr. Avulov specializes in bariatric surgery and completed a fellowship in advanced laparoscopic surgery at the Lahey Clinic of Tufts University School of Medicine in Massachusetts. He is part of Alvarado Physicians Medical Group.



ALVARADO PHYSICIANS
MEDICAL GROUP

(619) 286-8803 | 6719 Alvarado Road, Suite 108, San Diego, 92120
AlvaradoMedicalGroup.com

DO YOU
HAVE
DIABETES?
Take Control!
IN SAN DIEGO

A DIABETES CONFERENCE
& HEALTH FAIR
That will change your life!

SATURDAY
SEPTEMBER 26, 2015
SAN DIEGO CONVENTION CENTER
9:00AM - 5:00PM

MOTIVATION • EDUCATION • EMPOWERMENT

Save \$15.00 off the \$30.00 pre-registration price by mentioning this ad!

(Pre-Registration closes September 23 @ 12pm PT)

Registration fee includes a snack, healthy lunch & conference materials

Day of Registration at the San Diego Convention Center: \$35.00 per person

To Register & Get All The Details! www.tcoyd.org or call 800.998.2693



Just Listed - Rich in Warmth and Beauty!



4923 Cline Road/Mt Helix/Open House Sun. Sep. 13/\$1M - \$1.1M

Just Listed - Enchanting 1950s Cottage!



10789 Fuerte Dr/Mt Helix/Open House Sun. Sep. 20th/\$550k - \$600k



Laura Lothian
Realtor

Pacific Sotheby's
International Realty
619.540.7744

Laura@LauraLothian-
RealEstate.com

Beautiful custom Mediterranean home



4729 Garfield St. | Mt. Helix Foothills | \$650k

1911 Prairie-style home 1 block to dining scene



1604 Dale St. | South Park | \$899k

Call Me.
*Let's get
your
property
SOLD
before the
holidays
arrive!*

Mount Helix Pool Home with Endless Views



4093 S. Tropico Drive | Mt Helix | \$585k

Just Listed - Sleek & Beautiful Condo!



425 West Beech/Little Italy/One Block to Exciting
Dining & Shopping/\$340k

Thank you La Mesa homeowners for your continued trust!

Most homes sold in La Mesa for the last 12 years! * LauraLothianRealEstate.com

**LAURA'S SOLD
in 2015 So Far**



Rancho Santa Fe



Mt. Helix



Mt. Helix



Windsor Hills



La Mesa Highlands



La Mesa Village



La Mesa Village



La Mesa Highlands



La Mesa



La Mesa



La Mesa Highlands



La Mesa



La Mesa



La Mesa



La Mesa



La Mesa



Rancho Bernardo



Eastlake



Downtown SD



Bankers Hill



Little Italy



University City



Spring Valley



Spring Valley



College



Lemon Grove