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# La Mesa COURIER

See the winners!



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Line up and get down



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(above, l to r) Peggy Junker, Caroline Harrod and Ed Piffard stand in front of a garden of native plants at the parking entrance to Mt. Helix Park. (right) One of the many signs around the park protecting the restoration work being completed by volunteers (Photos by Jeff Clemetson)

## Going native

### Mt. Helix Park restoration programs bring back natural beauty

Jeff Clemetson  
Editor

On April 2, the hard work of volunteers restoring the native habitats of Mt. Helix Park was recognized when the California Native Plants Society (CNPS) included the park in its Garden Native tour for the first time.

"Mt. Helix was included because we wanted to highlight this beautiful spot and the native plant

restoration that is going on," said David Flietner, a botanist with CNPS of San Diego. "Over the course of the past four months, I've seen a great reduction in non-native weeds and new natives planted."

To be included in the tour, the park had to meet a threshold of 80 percent native plants and be an interesting place to visit, said Mt. Helix Park office administrator Peggy Junker.

See **PLANTS** page 25



## Civic center renewal inches toward completion

### Library plan not included, for now

Tori Hahn

Good news came for the Civic Center Master Plan at the City Council's annual day-long strategic planning workshop on March 24.

A \$116,000 feasibility study constructed by Keyser Marston Associates, a real estate advisory firm, and Gruen Associates, an urban planning company, concluded La Mesa had the space necessary to complete an updated civic center area.

According to Assistant City Manager Yvonne Garrett, the revamped civic center could include a public gathering space,

a 24,000-square-foot civic center, an additional building that could expand up to 40,000 square feet, and sufficient parking — either surface parking or a parking structure — that could also support Downtown Village events.

Preliminary cost estimates put the completed project between \$21 million and \$26.7 million.

"We'd like it to be an area that is geographically pinned to the words 'civic center,'" Mayor Mark Arapostathis said. "Right now I think if you were to ask people in La Mesa where the civic center is they might be mistaken and think it is where our community center is."

Garrett said their main goal is completing the Civic Center Master Plan, which has already

See **CIVIC CENTER** page 24



The new police station was one of the first phases of the Civic Center Master Plan to be completed. (Photo by Tori Hahn)

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### Residential Options

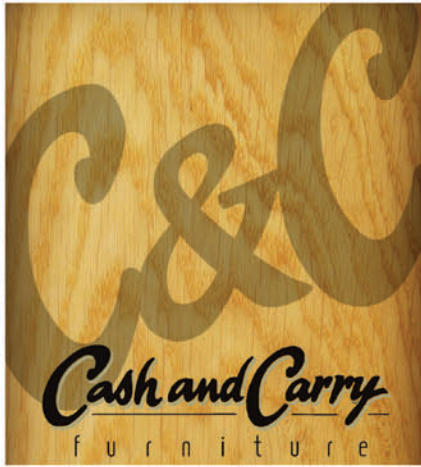
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DISCOVER



# Fostering children makes their marriage stronger

## La Mesa couple gives love to those in need

Jennifer **Coburn**

*[Editor's note: This article first appeared on [angelfoster.org](http://angelfoster.org) and is reprinted with permission.]*

**L**ike a lot of families that are expecting, Jocelyn and Matthew Watkins moved into a bigger home with a yard large enough for a swing set, puppet theater, and family dog. What made the couple a little different, however, is that they were expecting foster children.

“We heard there was a need for families who would keep sibling sets together and we thought we’d better get a bigger place,” Jocelyn said as she sat next to Matthew in the family room of their La Mesa home, a quiet country house that retains the feeling of its farming roots.

The Watkins home is a child's paradise with a variety of toys and three-dimensional puzzles neatly set throughout the house. Handmade drawings hang from the walls of the dining room, which is equipped with a high chair and Cookie Monster bib waiting for their preschooler to return home for the day. It looks like the set of a sitcom about a modern family without a problem in the world. In reality, it's a lot of hard work to create a stable home, said the couple. But it's also very rewarding.

"These kids need love, and they bring more energy and life to our home," explained Jocelyn. "We've become better people and our marriage has grown stronger through the experience."

The need for stable foster parents like the Watkins is great. In San Diego County alone, there are 3,500 foster children, 1,400 of whom are younger than five years old, said executive director of Angels Foster Family Network Jeff Wiemann, who is also a La Mesa resident.

"There is a great need for families willing to provide long-term care for young children, especially for sibling sets," Weimann said. "The awful reality is that when the County (Department of Child Welfare) calls, we can only meet one in three requests."

Matthew and Jocelyn became foster parents a year ago after they completed extensive screening and training through Angels Foster Family Network. The couple says they like the approach at Angels, which is providing support for stable, loving foster families who are committed to children's reunification with biological parents whenever possible. Biological families are treated with great respect.

"It's not us versus them, we work together for what's best for the children," Matthew said.

After providing weekend care for toddler siblings, Jocelyn and



Foster parents Jocelyn and Matthew Watkins. (Courtesy of Angels Foster Family Network)

Matthew were asked by Angels Foster Family Network to consider a special needs child, a little girl with autism. The little girl, who they call their “Angel,” has been in their care for nearly a year. The couple quickly realized that the puppet shows that were such a hit with the toddler siblings weren’t going to cut it because the little girl doesn’t respond to imaginative or representational play.

"Things are what they are with her," Jocelyn said.

That first night with Angel, Matthew took out his guitar and started playing music.

“Neil Young, Johnny Cash, she loves it all,” he said. Even though Angel is non-verbal, they could tell she was responding. She rocked back and forth, clapped her hands, and shook her head, all with a big smile on her face.

And having that swing set in the backyard — a godsend, Jocelyn said, recalling how Angel spent hours on the swing when she first arrived.

When Angel first came to the Watkins home, the couple also noticed that the little girl seemed preoccupied with food.

“She felt like she had to fend for herself and scavenge for food, but after a while she learned to trust that we were going to feed her,” Jocelyn said. Part of that trust is the stability of living in a loving home where she is well cared for. The other part is that Jocelyn includes snacks in their after-school routine, which includes speech, occupational, behavioral, and trauma-based play therapy.

"She is very particular — she loves french fries and chicken nuggets," Jocelyn said.

Matthew and Jocelyn discussed becoming foster parents even before they married five years ago. They immediately agreed it was something they wanted to do, though Matthew was the one with direct experience in this area.

"When I was in high school,

a neighbor had a bad home situation and the child was taken by Child Protective Services,” he said. He then became a volunteer counselor through a church in North County and worked at a camp for foster youth.

“It was fun to see kids act like kids, and see that there are other options for life than what they may have been exposed to. Even in the space of one week with an adult loving and caring for them and thinking they’re awesome, it can be enough to give them another way to see the world.”

Some day the couple hopes to adopt and have biological children as well continuing to foster.

## Foster Care Month gala

May is National Foster Care Month and in honor of it, Angels Foster Family Network will hold its annual gala at Omni La Costa Resort & Spa on May 20. The gala raises funds to expand its education, training, and support for foster families.

In addition to attending the annual gala, Weimann said people can learn more about his organization's work by attending an orientation or visiting online.

"I encourage people to come to an orientation at Angels and hear from foster families, former foster parents, get real facts about the ups and downs so they can make an honest decision," he said. "They may decide they can do respite care when other families go out of town for the weekend; they may decide they want to go through the screening and training process to become a foster family; or they may realize that they can help foster children in another way."

For more information on how to become a foster family, or how to support foster families, visit [angelsfoster.org](http://angelsfoster.org).

—Jennifer Coburn is a San Diego-based writer. Reach her at [jen@jencoburn.com](mailto:jen@jencoburn.com). ■

# How Owners Lose Thousands When Selling Their Homes

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

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

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

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**Sudoku & Crossword puzzle answers from page 31**

[illegible]

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



# Line dancing keeps La Mesans lively

Cynthia Robertson

La Mesa is becoming a go-to city for line dancing with two very popular line dance classes taking place at the Adult Enrichment Center on Mondays. Adrienne Hart draws a big group of people to her class to learn the latest line dance steps and Ed Griffith, who teaches line dance to soul music, has a large following, as well.

“Our main goals are to exercise our body, our mind and to have fun,” said Hart, who has been dancing for more than 20 years.

The students warm up with Hart to a lively song before starting the lessons. She usually reviews between six and nine dances per session. Many of the dances are repeated during the year, with the music ranging from all genres, including country, Latin, Irish, jazz, swing, rock and roll and even waltzes.

“My method is to slowly go over each step and then give counts, or beats, for each section,” she said.

Now 76 years old, Hart had no idea that the troupe would be such a hit in the community. Several of her students have been with her since she started teaching. Most are seniors between the ages of 60 and 90.

Barbara Jacobs, who has danced in Hart’s class for six years, said that every week she feels rejuvenated after the class.

“I have learned that I can still dance, appropriate to my age, but the joy I feel is the same throughout the many years I have lived,” Jacobs said.

Donna Geiger has been a student of Hart’s for seven years. “In this class, I have been given a great outlet for exercise as well as her own love of dancing,” she said.

“We are like a family,” Hart said. “We celebrate together, cry together, laugh together. The friendship and caring for each other is beautiful to see.”

Although the classes are mostly comprised of women, men are welcome, too. Hart’s own husband joins in on the fun after he sets up the equipment.

Griffith’s class of Soul Line Dance started up just last year, but he already has a faithful following.

“We’re an urban soul adult line dance group. The music genres we dance to are blues, gospel, jazz, Latin, R&B and zydeco,” Griffith said.

Recreation supervisor Kathy Tinsley even joins in on the fun.

“I was so impressed by this class that I signed up for it and take my lunch break during the class,” Tinsley said.

The first time Griffith ever tried line dancing was in 2003 by invitation of a friend who asked him to



Ed Griffith leads dancers in his Soul Line Dance class he teaches at the Adult Enrichment Center. (Photo by Cynthia Robertson)

come so that there would be men in the class.

“I didn’t think I would like it, due to all the music was country and western. During that first class I felt so welcomed and had a blast dancing and meeting nice people. In 2010, I transitioned into the urban soul line dance side of dance,” Griffith said.

According to Griffith, line dance is exercise for both the body and the mind.

“It’s a workout using body movements and exercising all of your limbs. It stimulates the brain to think while having fun listening and following instructions. Students learn many

rhythms of music along with counting out steps and using the steps in multiple dances. It’s wonderful for memory,” he said.

An easy dance can be learned in two minutes, a more advanced dance in 30 minutes to one hour, depending on the difficulty of the rhythm and steps.

“I’m learning my steps. So if I can do it, you can, too,” Tinsley said.

In both Griffith’s and Hart’s class, line dancing is open to all, including those with limited body movement. Dances can be modified to accommodate people’s special needs.

Griffith’s class also has a per-

formance group called Verlosity. The dancers perform at line dance events all around San Diego County as well as the Los Angeles Cali Jam and Las Vegas Line Dance Jam.

Hart is a member of San Diego ‘N’ Line Dancers, teaching at their beginning and intermediate workshops.


As for the future of line dancing, Griffith said, “I see line dancing being around forever.”

For information about Hart’s and Griffith’s line dance classes, go to cityoflamesa.com.

—Write to Cynthia Robertson at [clg2robertson@gmail.com](mailto:clg2robertson@gmail.com). ■

INTRODUCING

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# Support ‘free’ activities for families at park fundraiser

## Gen-X in a millennial world

Genevieve Suzuki



One of the best words to any parent still financially responsible for a child is “free.” It’s amazing what excites a person after morphing into a walking wallet. Take my husband, who, before our 7 year old was born, would buy pricey toys that reminded him of his own childhood. Nowadays Derek cheers loudly when our kids find joy in Amazon cardboard boxes. True story: Our daughter actually spent about three weeks in a huge cardboard box when she was 5. Every time I walked through our living room, I felt like I was strolling a side street in San Francisco as she peered out of her box at me. “Derek, she’s way too attached to that box,” I said, imagining my daughter on a future “Hoarders” episode. “Meh, she’s fine,” he said dismissively. “She’s having fun...and it’s free.” And there it was: Free. Thanks to a child-sized attention span – and the fact I chopped up the box while she was at kindergarten – Quinn outgrew and forgot the box that

took her to the moon (she called it her spaceship) and let her hide while watching “My Little Pony” episodes on her tablet. But Derek was hooked. Free was clearly a very good thing. It’s not our fault that “free” automatically draws our attention. Companies start targeting us before that first baby is born. “Honey, look, they’re sending actual cans of formula free in the mail!” There’s also the hospital, which gives you free baby toiletries and baby beanies for your baby’s tiny cranium. Would you have bought it on your own? No, but it’s free and therefore awesome. Free stuff is great, but even better are free activities. We live for the days when our daughter wants to just hang out at home – outside of the box – and take it easy. There are many free things to do, such as depend on kind friends to share guest passes to local theme parks or visit one another’s homes to have dinner and watch “The Voice,” but nothing beats a trip to the local park. For the sake of full disclosure, I have to tell you I sit on the community services commission for the city of La Mesa and on the board of La Mesa Park & Recreation Foundation. It’s no secret I’m a huge fan of the parks. After all, when it comes to “free,” our parks are the tops for entertainment. Children can run wild and adults can kick off their

shoes and take a fresh-air break. My favorite park is La Mesita, which boasts tennis courts, a skate park and playground equipment. There’s also a walkway that lends itself well to kids on tricycles, teens in rollerblades and moms with strollers. I’ve enjoyed many play dates, where fellow moms and I have relaxed while our daughters ran off steam. I feel very lucky to have such a great park at my disposal. So here’s my pitch: On May 20, the La Mesa Park & Recreation Foundation is hosting a fundraiser aptly named “La Mesa Rocks.” Billed as a “swanky picnic for the parks,” the event offers local craft beer, California wine and the excellent musical stylings of Rex and the Parkers. The foundation, which raises money to fund park projects, programs and playground equipment, is asking the community to use one night out of the 365 days in a year to give back to the parks. So while it isn’t free, the fundraiser will help ensure our parks retain their priceless natures. If you’ve ever gone to any of our parks and enjoyed even just half an hour of green relaxation, please consider giving back to the parks and attending “La Mesa Rocks” so that some of the best things in La Mesa can stay free for our families. For more information about “La Mesa Rocks” or La Mesa Park & Recreation Foundation, visit [lamesaparks.org](http://lamesaparks.org).

—Genevieve A. Suzuki is a La Mesa resident who practices family law. Visit her website at [sdlawyersuzuki.com](http://sdlawyersuzuki.com). ■

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## BUSINESS SPOTLIGHT

College Avenue Bridge Club | [CollegeAvenueBC.com](http://CollegeAvenueBC.com)

Make new friends and have fun playing Bridge!

The College Avenue Bridge Club, located at 4855 College Ave., near I-8 and San Diego State University, recently opened to serve all players from novices to experts. The club has been recently redecorated and is very conducive to making new friends while playing the exciting and challenging game of bridge. This is a wonderful game for people with some spare time and an interest in cards. Experts agree that playing bridge helps to improve memory and to prevent dementia. Playing bridge helps to preserve brain functionality and cognition by exercising and engaging deep thought processes. For more information, see the article on our website. The College Avenue Bridge Club offers a full suite of bridge classes starting with “Learn Bridge in a Day,” for new players who have never played before, and follow-on lessons to advance everyone from beginners to experts. Competitive duplicate and informal social bridge games are offered daily, Monday through Friday, starting at 10 a.m. Come join us and experience the great social and friendly game of Bridge.



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## GUEST EDITORIAL

# Talk early, talk often It's alcohol awareness month

Bob Elliott

The need to provide meaningful education on the dangers of underage drinking and drug use here in San Diego County has never been greater. And it is important to know that parents can play a significant role.

As kids get older and alcohol and drugs enter the picture, parents are faced with a unique set of challenges. They can simply sit back and hope their kids will "get through it," or they can take an active role in learning about alcohol and drugs and helping their kids do the same.

It can be daunting to talk with your children about drinking and drug use, but it will be well worth the effort you put into it. In fact, research has shown that kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50 percent less likely to use these substances than those who don't have such conversations.

As a parent you can be a primary source of positive and reliable information and it is important to take advantage of "teachable moments."

It's not so much about "the big talk," but about being there for them when the issues come up — on TV, at the movies, on the radio, about celebrities or sports figures, or about their friends. Don't miss your opportunity to teach your kids; if you do, they will get their information from the media, the Internet or other sources that not only misrepresent the potential negative impact of alcohol and drugs and can actually glorify their use!

You have more influence over your kid's attitudes and decisions about alcohol

than you think. So start early! Children go through many different stages as they grow up and what's appropriate to tell an 18 year old and a 9 year old can vary quite a bit. Yet, it's never too early to begin the conversation. The more informed children are, the better off they'll be.

According to the National Council on Alcoholism and Drug Dependence, here are some basic guidelines to assist you:

- Listen before you talk — encourage conversation: As parents, we want to have "all the answers." And, sometimes we are so anxious to share our wisdom — or our opinion — that we don't take the time to listen. For kids, knowing that we are really listening is the most important thing we can do to help.

- Talk to your child and ask open-ended questions: Have regular conversations with your child — about their feelings, their friends and their activities. As much as you can, and sometimes it's not easy, try to avoid questions that have a simple "yes" or "no" answer.

- Be involved: Get to know your child's friends and continue to educate your child about the importance of maintaining good health — psychological, emotional and physical.

- Set expectations, limits and consequences: Make it clear that you do not want your child drinking or using drugs and that you trust them not to. Talk about possible consequences, both legal and medical, and be clear about what you will do if the rules are broken.

- Be honest and open: Care about what your child is going through as they face and make decisions that will affect their lives now and for the future.

- Be positive: Many parents have discovered that talking about these issues with their children has built bridges rather than walls between them and they have proudly watched those children learn to make healthy, mature deci-

sions on their own.

- Family history: Both research and personal experience have clearly documented that drug and alcohol addiction is a chronic, progressive disease that can be linked to family history and genetics. So, if you have a family history of problems with alcohol or drugs, be matter of fact about it, as you would any other chronic disease, such as heart disease, diabetes or cancer.

"Alcohol and drug use is a very risky business for young people, and parents can make a difference," said Andrew Pucher, president and chief executive officer of the National Council on Alcohol and Drug Dependence (NCADD). "The longer children delay drinking and drug use, the less likely they are to develop any problems associated with it. That's why it is so important to help your child make smart decisions about alcohol and drugs."

Throughout the month of April, NCADD-San Diego is celebrating the 30th annual observance of Alcohol Awareness Month by holding and supporting a variety of informational and educational events to raise public awareness about underage drinking and encourage parents to speak to their kids early and often about alcohol and other drugs.

I urge local businesses, community organizations, colleges, schools, administrators and government agencies, to get involved in these activities. It can make a tremendous difference in our community as we reach out to those who are most vulnerable and help our next generation avoid the many problems that underage alcohol and drug use can bring.

—Bob Elliott is chairman of the local San Diego chapter of NCAAD, an all-volunteer 501(c)3 organization that just recently received its nonprofit status and could use your help. To learn more, donate, or to volunteer, call 855-622-3373 or visit [ncadd-sd.org](http://ncadd-sd.org). ■

## LETTERS

### Deviations busted Prop U, not Alpine school

Re: "Schoolyard fight" [Volume 5, Issue 11 or [bit.ly/1qbUZG4](http://bit.ly/1qbUZG4)]

How is it that in all the planning that went into two updated Long Range Master Facilities Plans (LMRFP) respectfully associated with each board bond resolution calling for two bonds to be placed on the ballot, [they] somehow didn't take these arts program facilities into account?

But they did. There were many facility needs on every campus throughout the district and a need to finally build a high school in Alpine.

This need was addressed in Prop U in 2008, and Multi-Purpose Facilities (MPFs) was what was agreed to by all campuses. Budgets were developed per site's desire and districtwide needs. After the bond passed, came all the "gimme" changes. Now that the voters approved the issuance of bonds, everyone thought they could go after larger scopes and specs and campus project teams wanted the best for their campus, too. So, one deviation and then all campuses would impose the "me too" attitude. This has busted the program.

Do people think that when the LRMFP was designed it didn't have a purpose? It was a plan to get as much done as possible with taxpayer dollars. They were not short-sighted in their planning. Read what the voters approved. For Grossmont, that campus agreed to a \$5 million budget to convert the 70-year-old gym — not a \$15 million events center. This plan would have helped to eliminate the deferred maintenance backlog as well.

This is why the essential needs across the district are not being met, not because of Alpine, as much as everyone wants to blame it on them. These deviations from what was told and approved by the voters is illegal and the court of appeals has supported that opinion.

—GUHSD Trustee Priscilla Schreiber, Santee

### Depot Springs 'makes no sense'

Re: "Depot Springs answers critics" [Volume 6, Issue 3 or [bit.ly/1qbXdVW](http://bit.ly/1qbXdVW)]

As a longtime resident of La Mesa and a retired educator, I am shocked that the City of La Mesa would approve a project like this.

Depot Springs is described as a large brewery where children can be entertained while their parents drink, and which will conduct live outdoor music until midnight, daily — the latter, according to literature passed out by the owners.

This large brewery is located across the street from a sizable middle school, where children pour out onto the city streets and cross the fast-paced Fletcher Parkway in a dangerous crosswalk where at least one student was killed by a speeding driver who ran the light. Adding more people who drink and drive to the immediate neighborhood is a bad idea.

Last, but not least, it is bound to impact property values in a negative manner. Who would want to be subjected to a business with live music until midnight, daily?

No one notified neighbors across Fletcher Parkway where I live, and all are shocked to hear of this project. Apparently, the new Mayor and City Council are ready to rubber-stamp anything the Planning Commission presents, no matter how negative.

I encourage anyone within the city limits (and from outside it) to call the City of La Mesa to express their opinions on all of the above.

Depot Springs, in this residential neighborhood makes no sense for the residents and should be located elsewhere, no matter how many meetings have been held. This is a bad idea for children and those who wish to have safe streets and quiet nights.

My future voting will be impacted for the new Mayor and current City Council, as they were elected to represent residents, not businesses.

—Susan Brinchman, La Mesa ■

*La Mesa*  
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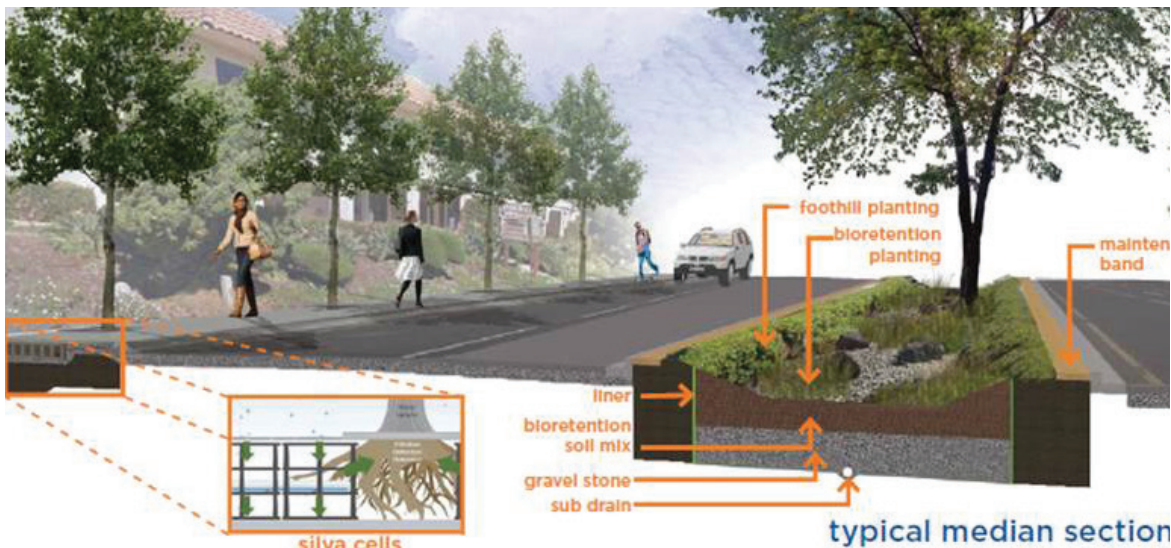
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A conceptual drawing of the new stormwater-filtering medians that will be put in along University Avenue (Courtesy of City of La Mesa Public Works)

## Median, from page 1

Avenue.

Revitalizing the streets that lead into La Mesa has been an ongoing project for the city. El Cajon Boulevard and Fletcher Parkway have already gone through upgrades, as well as the streetscape along the La Mesa Village.

"University is the next one on the list," Humora said. "It's been a target for action for us for quite some time to go ahead and revitalize the corridor, redo the landscaping, make it more pedestrian friendly, more walkable, more attractive, to try to spur development out there."

The new medians will clean stormwater naturally by directing runoff from the street into a concave area that contains vegetation and three feet of a special biomass soil that filters pollutants before reaching a pipe below that connects to the stormwater system.

"Right now we have asphalt medians out there, so rain hits it and it runs off and there's pollutants on there — it doesn't

help with the stormwater quality at all right now," Humora said. "So when we're done, rain will go into the basin and get treated but the new medians are also going to grab stormwater off the street that's dirty and has pollutants and funnel that into the basin and get treated as well."

Humora said SWRCB awarded the grant money to the project because they appreciated the creative solutions and this project met the goals for improving water quality.

"Because there were resources available, it was just a case of somebody coming up with a concept that made sense for them," he said. "We had to demonstrate to them that we are going to improve water quality, they want to see how many square feet of stormwater can get transformed. This concept is pretty new. There's small scales of this but, regionally, I'm not aware of anything this big."

In addition to the medians, the sidewalks along University Avenue will also be planted with trees, making walking along the avenue much more pleasant during the hot

summer months.

Construction on the new median project is slated to begin in June and will take nine to 10 months, Humora said.

At the April 12 La Mesa City Council meeting, when the project was approved, there was some discussion as to how the construction will affect traffic, especially during the school year.

Humora said he hopes a portion of the project will be completed before school begins and added that although there are four nearby schools, including Helix Charter High School, none of the schools are on University Avenue, so traffic in front of the schools' drop-off areas should not be affected to a great degree.

"It's always a challenge when doing construction to minimize the impacts, but the schools definitely load the streets up," he said, adding that students who are able, should walk or ride bikes to school to help ease traffic.

—Jeff Clemetson is editor of the La Mesa Courier. Reach him at [jeff@sdcnn.com](mailto:jeff@sdcnn.com). ■

# The Hills turns two

Sam Estrada

If you ever stumble upon a red building with a line out the door near downtown La Mesa, chances are you are at The Hills Local Pub. The Hills recently celebrated their second anniversary with fans and supporters in partnership with the La Mesa Chamber of Commerce.

California State Senator Joel Anderson provided The Hills with a certificate of recognition in honor of their success over the past two years.

"I would like to congratulate Ben Clevenger, Marco Rodriguez, Joe Morello, Jason Nichols and Peter Malloy for being so successful these past two years and thank them for their commitment to giving back to the community," Anderson said. "I would also like to thank the La Mesa Chamber of Commerce for hosting this second anniversary celebration to recognize the accomplishments of this outstanding local business."

The great atmosphere and lively chatter inside the pub is one of the first things you notice when you walk in the door, instantly making it a comfortable



The Hills celebrated its second anniversary the weekend of April 9. (Facebook)

place to unwind. The creativity of the building is another novelty, from the steam cannons that shoot out over the bar to the bathroom doors that make you think of an airplane. Past the visual appeal of the restaurant is the great staff that always has a smile and makes you feel at home, as well as the jovial patrons who are quick to strike up a conversation.

One of the owners, Ben Clevenger, contributes this service to much of The Hills' success.

"I think what makes us successful, besides the continued support, is the hard work and dedication of the staff," he said. "From management, to the kitchen staff, and everyone in between."

The restaurant takes part in their own charitable events, including "We Care Wednesdays," where a portion of the proceeds from that day go to a specific charity. Mary England, president of the La Mesa Chamber of Commerce, has great things to say about the program.

"They have made such a difference in our business community, as well as for our local charities," she said.

For more information on The Hills Local Pub, visit their website at [thehillspub.com](http://thehillspub.com).

—Sam Estrada is a legislative intern for Senator Joel Anderson and a junior at Grossmont Middle College High School. ■

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# Climate action focus of next meeting



Linda Armacost and  
Jeff Benesch

We take a breather this month from our series of candidate debates, discussions and endorsements and get back to the all-important topic of climate action.

Local climate expert, Dr. Todd Elvins will be the keynote speaker at the May meeting of the La Mesa Foothills Democratic Club. Elvins is an engineer, entrepreneur and executive with many years of leadership success. He holds a doctorate in engineering from UCSD, and for 10 years teamed with earth, ocean and space scientists at the UCSD Supercomputer Center. Today, Elvins serves on the executive team at a San Diego clean-tech company and is a renowned speaker for the Citizens' Climate Lobby, a national grass-roots non-profit that puts together upbeat interactive climate presentations for groups throughout the country. We are thrilled Dr. Elvins will be spending time with us on Wednesday evening, May 4.

Among other things, Elvins will discuss:

- Climate change is a fact: It's caused by humans burning fossil fuels.
- Economists worldwide agree that the fairest, fastest, cheapest, and most effective solution is to charge fossil fuel companies a gradually rising fee on the carbon in their fuel products.
- A carbon fee is a market-based solution that creates millions of jobs, adds a trillion dollars to our country's gross domestic product; saves lives, due to avoided air pollution; and quickly decreases climate pollution.
- The world's faith leaders, including Pope Francis, recently have directed their followers to care for the environment, our common home.
- The fact is that there is no scientific debate about climate change. Some 99.9 percent of peer-reviewed literature concludes that burning fossil fuels has been wonderful for advancing civilization, but terrible for the climate. Despite the cooling effects of volcanoes and earth axis wobbles, the earth is warming, which means that humans account for 100 percent of the observed warming.

Sharing the dais with Dr. Elvins will be Derek Casady, speaking on behalf of The Climate Mobilization, a new, all-volunteer organization devoted to protecting civilization and the natural world from catastrophic climate disruption. The group is dedicated to living in climate truth and believes that working to solve the climate crisis is everyone's responsibility.

Dozens of leading environmental analysts have determined that the only way to save civilization from climate change is with a



Todd Elvins (Courtesy of La Mesa Foothills Democratic Club)



Nancy and Derek Casady (Courtesy of La Mesa Foothills Democratic Club)

wartime-style mobilization, akin to the American home-front effort during World War II.

This stark appraisal lies at the heart of this project. In that sense, The Climate Mobilization is a single-issue campaign. They demand a WWII-scale mobilization to restore a safe climate.

Casady is the president of the La Jolla Democratic Club. He and his wife Nancy have both run for elected office and have played active roles in supporting successful Democratic candidates throughout San Diego County.

**April meeting roundup**

If you missed our April meeting, you also missed a great discussion with Union Tribune government editor Michael Smolens; an update from San Diego City Councilman and candidate for the 78th Assembly District Todd Gloria; and a meeting with Ed Harris, a great candidate for San Diego Mayor and a veteran of San Diego politics. We enthusiastically endorsed both Todd and Ed in their respective campaigns and know they'll be tireless advocates for working people, open governance, and the environment.

**Yard sale**

It appears this year's yard sale, Saturday, April 23 from 7 a.m. to 1 p.m., is shaping up to be the biggest ever. Word is that many members are spring cleaning in an effort

to ensure we have more quality goods and better bargains than our previous successful sales. This year we'll again be at the Perkins' Residence, 5009 Randlett, La Mesa, just a couple blocks east of our monthly meeting place at the La Mesa Community Center. Check out our Facebook page for updates on merchandise and other deals.

**Join the club**

If you live in San Carlos, Del Cerro, Allied Gardens, College Area, Santee, La Mesa, Mt. Helix, and other nearby communities and are not yet a member of La Mesa Foothills Democratic Club, this year, it's vitally important to get involved with local and national politics as the stakes are higher than ever. There are generational changes pending on issues spanning immigration reform, women's health, voting rights, Supreme Court appointments, climate change, living wages, Convadiums, open space, and more.

We meet the first Wednesday of every month at La Mesa Community Center, 4975 Memorial Drive, just North of University Avenue. Meetings begin with social half hour at 6:30 p.m. and business and speakers start at 7 p.m. Check out our website at [lamesafoothillsdemocraticclub.com](http://lamesafoothillsdemocraticclub.com).

—Linda Armacost is president and Jeff Benesch is vice president of programming of the La Mesa Foothills Democratic Club. Reach them at [jeffbenesch@gmail.com](mailto:jeffbenesch@gmail.com). ■



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## Meet your local Republican candidates at forum



Judy  
McCarty



Navajo Canyon Republican Women Federated (NCRWF) will host a free community candidate forum on Friday, April 22, from 5:30 to 8 p.m. at St. Dunstan's Episcopal Church, 6556 Park Ridge Blvd., off Navajo Road in San Diego 92120.

Republican candidates competing for elected positions representing the area will be present at 5:30 p.m. to meet and greet those who attend. Brief presentations will begin at 6 p.m.

Previous NCRWF candidate forums have drawn a large and lively crowd and we hope the community-at-large will take advantage of this opportunity. Just let us know you are coming so we can plan how much food and wine we'll need. RSVP to [ncrwf99@gmail.com](mailto:ncrwf99@gmail.com), and put "Candidate Forum" in the subject line.

### Lunch with Chamber CEO

The local political scene is just as complicated as the national scene; with minimum wage, mandatory paid leave, upcoming bond issues and taxes in the forefront. The San Diego Regional Chamber of Commerce is right in the middle of it all and we are very pleased that our May 10 speaker will be Aimee Faucett, Executive Vice President and CEO of the Chamber.

Faucett oversees the Chamber's day-to-day operations and directs public policy initiatives and strategies to keep San Diego business friendly. She'll be outlining the Chamber's positions on all these issues as they affect local businesses and the 2016 election.

Check-in time for the 11 a.m. meeting will begin at 10:30 a.m. Cost for the full-course luncheon is \$20. Lunch is served at noon, followed by the speakers. Due to space limitations, reservations are required. To join us, RSVP to Marjie at [ncrwf99@gmail.com](mailto:ncrwf99@gmail.com). (Use "Luncheon" in the subject line.) You can also call her at 619-990-2791.

### Republican 'Woman of the Year'

We are proud that our own Navajo Canyon RWF member Waskah Whelan was presented the Louisa Akens Award as Woman of the Year by the San Diego Republican Party at their annual Lincoln Reagan dinner on March 26.

Waskah, who has served on the NCRWF as well as the County Republican Women Federated president, works tirelessly as campaign and precinct chairman to lead our county's Republican women's



San Diego Chamber of Commerce CEO Aimee Faucett will be a guest speaker on May 10. (Courtesy of San Diego Chamber of Commerce)



Waskah Whelan was awarded the Louisa Akens Award at the Lincoln Reagan Dinner on March 26. (Courtesy of San Diego Republicans)

grassroots efforts. Our club is especially touched that the award is named after the late Louisa Akens, also an NCRWF member who volunteered for years for Republican causes, and that her daughter, Carol Reed, another long-time NCRWF member, is well-known in Republican circles for her leadership and nurturing of Republican candidates. We are proud to be part of this very special circle of life that has fostered Republicanism in San Diego County.

### Fashion show

Be sure to circle June 14 on your calendar. Not only is it Flag Day, it's also the date for our annual fashion show, "Stars and Stripes Forever," at the Bali Hai. More details in next month's MTC.

For more information on all our activities, visit us at [navajocanyonrwf.org](http://navajocanyonrwf.org) and also check us out on Facebook.

—Judy McCarty is publicity chairman for the Navajo Canyon Republican Women Federated. Reach her at [jhmccarty@cox.net](mailto:jhmccarty@cox.net). ■

## News and notes from County Supervisor

### DIANNE'S CORNER

Dianne  
Jacob



Be prepared: Fire officials say this year's wildfire season could be rougher than usual.

A steady stream of rainstorms have brought more grass and other vegetation to the region, which is great come spring, but it also means more fuel this fall when wildfire season peaks.

Now is the time to cut back brush around your home, clear out flammable debris and take other steps to reduce your risk. Fire officials say you need to maintain at least 100 feet of defensible space around your home.

For more on how to prepare, go

to [readysandiego.org](http://readysandiego.org).

**Calling all seniors:** Please register now for a special community forum set for Thursday, May 12, on how older residents can fight off financial scammers.

Joining me at the free "Don't Get Hooked" event will be Poway Mayor Steve Vaus, along with fraud watchdogs, scam victims and financial experts.

It will run 9 to 11 a.m. at Poway Community Park Auditorium, 13094 Civic Center Drive, Poway. A free breakfast is included. To attend, call 844-899-1597.

**End sex slavery:** Many local hotel and motel operators took part in a recent symposium I helped kick off on how to recognize and respond to signs of human trafficking.

District Attorney Bonnie

Dumanis, Sheriff Bill Gore and others are working with me to crack down on this horrific crime, which came to my attention a few years ago when I joined law enforcement on a curfew sweep.

Right here in San Diego County, girls are being enslaved and sold for sex. It sickens me. I will continue to do all I can to fight it.

For more District 2 news, go to [diannejacob.com](http://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](mailto:dianne.jacob@sdcounty.ca.gov).

Have a great East County day!

—Dianne Jacob is County Supervisor for District 2. Reach her at [Dianne.jacob@sdcounty.ca.gov](mailto:Dianne.jacob@sdcounty.ca.gov). ■

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# Congratulations to our winners!

A significant part of what makes La Mesa special are the many small and medium-sized businesses that are owned and staffed by families, friends and neighbors in the community. They work hard, day in and day out, to infuse La Mesa with great food, drink, culture, services, music and entertainment. That's why one of the most exciting times of the year for us at San Diego Community News Network is the release of our annual "Best of La Mesa" issue, which puts a spotlight on those who are doing the very best in a variety of categories.

Each year, we ask our loyal readers to nominate their favorite restaurants, entertainment venues, stylists, designers and other businesses and professionals. Once again, we received hundreds of nominations from La Mesa residents eager to share their thoughts on the most deserving candidates. We tally the votes, compile a directory and send out the awards — many of which you'll see proudly displayed on the wall of the restaurant or office.

Some of these businesses have been serving La Mesa residents and out-of-town shoppers and visitors for decades or more. Others have only just begun to make an impact on the community but have obviously caught the attention of local consumers by doing things right.

We encourage readers to hang on to the following Best of La Mesa section throughout the year as a handy guide for the next time you're looking for an optometrist, a dry cleaner, a doctor, an Italian dinner, a craft brewery or just a coffee with friends.

And if, by chance, you disagree with any of the winners, we encourage you to keep your eyes peeled for next year's ballots, which will be published in early 2017. After all, the competition is part of the fun.

Congratulations to all winners!

—SDCNN Staff

Steve Wilson



Fitness Is My Sickness



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Brunch	Vine Cottage	Brigantine Seafood Restaurant
Burger	Johnny B's Burgers, Brew, & Spirits	Weevil Burger
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Business Lunch	Brigantine Seafood Restaurant	Tiramisu Trattoria
Casino	Sycuan Casino	Viejas Casino & Resort
Casino Buffet	Barona Resort & Casino	Viejas Casino & Resort
Casual Dining	Craft Kitchen	Panera Bread
Chinese Cuisine	Chin's Gourmet	Wong's Golden Palace
Cocktail	Riviera Supper Club & Turquoise Room	Casa de Pico
Coffee Shop	All The Perks Espresso Café	Big Daddy's Coffee
Comfort Food	Lake Murray Café	Casa de Pico
Dance Club	Jolt'n Joe's	Pal Joey's
Deli	The Lunch Box	Trolley Stop Deli
Dessert	Centifonti's	D.Z. Akin's
Dinner	Terra American Bistro	Dream Dinners
Donut Shop	Sunny Donuts	Papa's Donuts
Family Restaurant	Marie Callender's	Patty's Café
Farmers Market	La Mesa Farmers Market	Ocean Beach Farmers Market
Fast Food	BFF Burgers, Fish & Fries	Sun Tacos
Fine Dining	BO-beau kitchen + garden	Brigantine Seafood Restaurant
French Cuisine	The French Gourmet	BO-beau kitchen + garden
Greek Cuisine	Troy's Greek Restaurant	J-K's Greek Café
Happy Hour	The Hills Local Pub	Riviera Supper Club & Turquoise Room
Health Food Store	Windmill Farms	Grower's Direct
Hot Wings	Wings Empire	Wings-N-Things
Indian Cuisine	Himalayan Cuisine	
Irish Pub	Hooley's Public House	McCarter's Bar & Grill
Italian Cuisine	Tiramisu Trattoria	Antica Trattoria
Japanese Cuisine	Arigato	Banbu Sushi Bar & Grill
Late Night Dining	Riviera Supper Club & Turquoise Room	The Hills Local Pub
Live Music Venue	Riviera Supper Club & Turquoise Room	Bolt Brewery
Lunch	Patty's Café	La Casa Blanca Mexican Food
Margarita	Casa de Pico	Tio Leo's
Martini	Riviera Supper Club & Turquoise Room	BO-beau kitchen + garden
Mexican Cuisine	Casa de Pico	Mario's de La Mesa
Micro Brewery	Helix Brewing Co.	Bolt Brewery
New Restaurant	Craft Kitchen	Momento's Café
Outdoor Dining	Anthony's La Mesa	BO-beau kitchen + garden
Pet Friendly Dining	Anthony's La Mesa	Por Favor
Pizza	D'Amato's Pizza	Nonno's Ristorante Italiano
Romantic Dining	Brigantine Seafood Restaurant	
Salad	Tender Greens	La Mesa Bistro & Bakery
Sandwich	Gus's Subs and Pizza	The Trolley Stop
SD County Winery	San Pasqual Winery	
Seafood	Anthony's La Mesa	Crab Pub
Sports Bar	The Hills Local Pub	Nicky Rottens Bar & Burger Joint
Steakhouse	Riviera Supper Club & Turquoise Room	Charcoal House
Sushi	Ahi Sushi	Konnichiwa Sushi & Bar
Thai Cuisine	Tamarind Thai	Chopsticks Inn
Vegetarian/Vegan	Swami's Café	Garden Kitchen
Wine Bar	Next Door	Bistro Sixty





BUSINESS & RETAIL		
CATEGORY	GOLD	SILVER
Accountant	Brian Grigg, CPA-PFS	The B.I.T. Company
Acupuncture	Full Circle Acupuncture	Five Elements Acupuncture
Antiques	La Mesa Antique Mall	Collectiquity
Art Gallery	Foothills Art Gallery	Sophie's Gallery & Gift Shop
Attorney	Nancy Kaupp Ewin	Austin Evans
Auto Dealer	Penske Ford	Empire Auto Group
Auto Repair Shop	Honest-1 Auto Care	Rob's Automotive
Bank	Wells Fargo	Mission Federal Credit Union
Barber	Dapper Jay's Barber Shop & Hot Shaves	Boulevard Barber & Shave
Bicycle Shop	Performance Bicycle	Ye Olde Bicycle Shoppe
Bookstore	Family Christian Bookstore	The Book Place
Bridal Shop	Sparrow Bridal Boutique	David's Bridal
Car Wash	Soapy Joe's Car Wash	Body Beautiful
Chiropractor	Manning Chiropractic Clinic	Dilliard Chiropractic
College/University	San Diego State University	National University
Consignment/Resale	The Consignment Shack	A Unique Boutique
Cosmetic Surgeon	Barry Handler	
Credit Union	Cabrillo Credit Union	USE Credit Union
Day Spa	Spa Piel	Coconuts Salon & Day Spa
Dentist	La Mesa Dental	Authentic Dental Designs
Discount Store	99 Cent Store	Big Lots
Dry Cleaners	Heritage Cleaners	Mart Cleaners
Financial Planner	Sagepoint Financial	LPL Financial
Florist	Hot House Flower Shop	Dave's Flower Box
Furniture Store	Art of Furnishing	Mostly Mission
Gym/Health Club	Fitness Is My Sickness	Fitness 101
Hair Salon	Crow Salon	Feather & Fringe Salon
Home Improvement	Lars Remodeling & Design	Best Rate Repair & Termite
Hospital	Sharp Grossmont Hospital La Mesa	Kaiser Permanente La Mesa Medical Office
Insurance Broker	Eric Anderson, State Farm	Aztec & Baron Insurance Agency
Jeweler	Blumenthal's Fine Jewelry	Pierre's Jewelers, Inc.
Massage	Healing Hands Skin Care Center	Blue Lotus Holistic Center
Men's Apparel	Peter's Gentlemen's Apparel & Resale Clothier	Macy's
Museum	Pacific Southwest Railway Museum	Grossmont High School Museum
New Business	Animals' Talk	EmbroidMe
Optometrist	La Mesa Vision Care Center	New View Optometric Center
Personal Trainer	Danielle King	Giovanni Georgees
Pet Boarding	Cape-Able Canines	Spring Creek Kennel & Cattery
Pet Grooming	Tami's Tender Touch	Star Dogs
Plumber	Ideal Plumbing	Joyce Plumbing
Preschool	Learning Jungle	RJ's Preschool Academy
Property Management Company	FBS Property Management	The Helm Management Co.
Real Estate Agent	Erik Weichelt	Steve Wilson
Real Estate Office	Pacific Sotheby's La Mesa	Assist2Sell, Woodson Realty
Retirement Living	La Vida Real	Waterford Terrace
Tanning Salon	Aztec Tan & Spa	Alysa's Tan & Wax Shack
Veterinarian	University Pet Hospital	Eastridge Animal Hospital
Women's Apparel	Act II	Sara's Selections Boutique
Yoga Studio	Just Yoga Studio	Heart & Soul Yoga & Healing Arts Center



A Unique Boutique



Just Yoga Studio



Cabrillo Credit Union



Dapper Jay's



Spring Creek Kennel & Cattery



Authentic Dental Designs



## DINING AND ENTERTAINMENT

### AMERICAN CUISINE

**GOLD - Terra American Bistro**  
7091 El Cajon Boulevard  
San Diego, CA 92115  
terrasd.com | 619-293-7088

**SILVER - Lake Murray Café**  
5465 Lake Murray Boulevard  
La Mesa, CA 91942  
sandiegohomecooking.com  
619-433-0180

### BAKERY

**GOLD - Flour Power Cakery**  
2389 Fletcher Parkway  
El Cajon, CA 92020  
flourpower.com | 619-697-6575

**SILVER - San Diego Desserts**  
5987 El Cajon Boulevard  
San Diego, CA 92115  
sandiegodesserts.net | 619-287-8186

### BARBECUE

**GOLD - Ranchwood Barbecue**  
7229 El Cajon Boulevard  
San Diego, CA 92115  
sandiego-bbq.com | 619-337-0740

**SILVER - Wrangler Family Barbecue**  
901 El Cajon Boulevard  
El Cajon, CA 92020  
wranglerfamilybarbecue.com  
619-442-1170

### BEER

**GOLD - Helix Brewing Co.**  
8101 Commercial Street  
La Mesa, CA 91942  
drinkhelix.com | 619-741-8447

**SILVER - The Rook Bar**  
7745 University Avenue  
La Mesa, CA 91942  
therookbar.com | 619-469-1840

### BILLIARDS

**GOLD - On Cue**  
8308 Parkway Drive  
La Mesa, CA 91942  
619-463-8759

**SILVER - Jolt'n Joe's**  
8076 La Mesa Boulevard  
La Mesa, CA 91942  
joltnjoes.com | 619-466-2591

### BREAKFAST

**GOLD - Swami's Café**  
8284 La Mesa Boulevard  
La Mesa, CA 91942  
swamiscafesd.com | 619-668-9030



Swami's Café is a family-owned restaurant with nine locations in San Diego County; including locations in La Mesa, Encinitas, Oceanside, Escondido, Carlsbad, Point Loma and North Park.

Swami's Café offers a variety of authentic fresh foods, such as freshly squeezed juices, smoothies, egg plates, salads, sandwiches and much more. House favorites include Indian curry with tofu, the black bean burrito, veggie quesadilla, and Swami's also offers many vegetarian options.

Come on in to enjoy fast, friendly service and delicious fresh food. No matter your diet needs or preferences, there is something for everyone, take out or eat in. You will leave Swami's with a smile and look forward to coming back for more.

**SILVER - La Mesa Bistro & Bakery**  
8697 La Mesa Boulevard  
La Mesa, CA 91942  
lamesabistrosd.com | 619-589-0806



We are a casual café, with both indoor and outdoor seating, offering breakfast and lunch favorites with fresh-baked bread. In our extensive menu you will find an array of delicious breakfast and lunch food, with plenty of egg-centric dishes, pancakes, waffles, burgers, grill plates, vegetarian dishes and more.

A great variety of coffees and freshly squeezed juices are the perfect partner to your food. Our friendly staff will welcome any needs you may have to make sure you have the best dining experience.

At La Mesa Bistro and Bakery you also have the opportunity to order online and have your food ready when you come in. Visit our website to make your order and skip the lines.

### BRUNCH

**GOLD - Vine Cottage**  
6062 Lake Murray Boulevard  
La Mesa, CA 91942  
thevinecottage.com  
619-462-1425

**SILVER - Brigantine Seafood Restaurant**  
9350 Fuerte Drive  
La Mesa, CA 91941  
brigantine.com  
619-465-1935

### BURGER

**GOLD - Johnny B's Burgers, Brews & Spirits**  
8393 La Mesa Boulevard  
La Mesa, CA 91942  
johnnybsburgersandbrew.com  
619-464-2465

**SILVER - Weevil Burger**  
9104 Fletcher Parkway  
La Mesa, CA 91942  
619-644-1010

### BURRITO

**GOLD - El Azteca Taco Shop**  
8306 Parkway Drive  
La Mesa, CA 91942  
619-466-4113

**SILVER - Los Pinos Seafood**  
5575 Baltimore Drive, Suite 112  
La Mesa, CA 91942  
619-825-3418

### BUSINESS LUNCH

**GOLD - Brigantine Seafood Restaurant**  
9350 Fuerte Drive  
La Mesa, CA 91941  
brigantine.com | 619-465-1935

**SILVER - Tiramisu Trattoria**  
8273 La Mesa Boulevard  
La Mesa, CA 91942  
tiramisutrattoria.com  
619-698-0096

### CASINO

**GOLD - Sycuan Casino**  
5485 Casino Way  
El Cajon, CA 92019  
sycuan.com | 619-445-6002



Feel at home as you walk through the doors of Sycuan Casino, San Diego's top choice for fun and excitement in a casual environment!

Located in the heart of America's Finest City, Sycuan Casino began as a humble Bingo Palace back in 1983. After undergoing a massive renovation in 2012, it has become a community landmark.

With additional enhancements in 2015, Sycuan now features 2,000 exciting reel and video slot machines, more than 40 gaming tables, poker, bingo and a variety of restaurants to

choose from.

Non-smokers will also enjoy over 800 slots and table games in the comfort of San Diego's first and largest fully-enclosed, non-smoking room – complete with its own separate entrance – and Paipa's Surf and Turf buffet.

The GameDay Sports Bar & Grill has 39 wide-screen TVs – including five 90-inch screens – bar-top slot machines, a stadium-sized menu, over 30 beers on tap, and the Party Pit, complete with three blackjack tables, an extensive collection of sports memorabilia and a high-energy atmosphere.

Sycuan's intimate 457-seat entertainment venue, Sycuan Live & Up Close, features national musical acts and comedians year-round. Open 24 hours daily.

**SILVER - Viejas Casino & Resort**

5000 Willows Road  
Alpine, CA 91901  
viejas.com  
619-445-5400

### CASINO BUFFET

**GOLD - Barona Resort & Casino**  
1932 Wilcat Canyon Road  
Lakeside, CA 92040  
barona.com  
619-443-2300

**SILVER - Viejas Casino & Resort**

5000 Willows Road  
Alpine, CA 91901  
viejas.com  
619-445-5400

### CASUAL DINING

**GOLD - Craft Kitchen**  
4253 Palm Ave., La Mesa, CA 91941  
gastropublamesaca.com  
619-461-4887

see Casual Dining page 13



Thank You La Mesa  
and Our Loyal Customers  
for Your Many Years  
of Support!

5100 Jackson Drive  
La Mesa, CA 91942  
619-337-0511



FROM PAGE 12

## Casual Dining

### SILVER - Panera Bread

5500 Grossmont Center Drive  
La Mesa, CA 91942  
panerabread.com | 619-464-4400

### CHINESE CUISINE

#### GOLD - Chin's Gourmet

8260 Parkway Drive  
La Mesa, CA 91942  
chinscuisine.com | 619-462-4071

### SILVER - Wong's Golden Palace

7126 University Avenue  
La Mesa, CA 91941  
619-465-9222

Since 1966, Wong's Golden Palace has been serving Chinese food to the community of La Mesa. In our restaurant, it is not only about eating Chinese food, but it is also about the tradition and taste of previous generations. We use only good quality ingredients to make sure every bite has plenty of flavor.

In our menu you will find a wide selection of appetizers, soups, seafood, beef and poultry plates, noodles and more. House specials include chow mein; skewer beef; chicken, pork and shrimp sizzling; and others.

Our friendly and knowledgeable staff will make you feel welcome from the moment you walk in. The Chinese room décor adds the passion of Chinese culture. After your meal you should check out our bar located next door and its fun karaoke night.

For more information, find us on Facebook.

### COCKTAIL

#### GOLD - Riviera Supper Club & Turquoise Room

7777 University Avenue  
La Mesa, CA 91941  
rivierasupperclub.com  
619-713-6777

### SILVER - Casa de Pico

5500 Grossmont Center Drive  
La Mesa, CA 91942  
CasadePico.com | 619-463-3267



La Mesa's ultimate Mexican dining experience and a Grossmont Center landmark for the last 10 years, Casa de Pico was originally opened by Diane Powers in 1971 in Old Town. With award-winning, authentic cuisine, a festive atmosphere, strolling mariachis and world-famous "birdbath" margaritas, Casa de Pico is the perfect place for a romantic evening getaway or special gathering with family and friends.

The fiesta begins when you walk through the door. Filled with vivid colors and authentic folk art, and a heated outdoor patio lush with tropical plants, colorful flowers and giant splashing fountain, Casa de Pico brings you the very best in Mexican culture. Its regional and traditional food, frosty margaritas and handmade tortillas depict the true spirit of Mexico.

Excellent service, a vibrant atmosphere, delicious cuisine and refreshing beverages — it's no wonder Casa de Pico was named "Best Mexican Cuisine" and "Best Margarita" by La Mesa Courier readers!

### COFFEE SHOP

#### GOLD - All The Perks Espresso Café

8046 La Mesa Boulevard  
La Mesa, CA 91942  
alltheperkscoffee.com  
619-465-6505

### SILVER - Big Daddy's Coffee

5997 Severin Drive  
La Mesa, CA 91942  
bigdaddyscoffee.com



Thank you so much to the residents of La Mesa for voting Big Daddy's Coffee as a Silver winner in Best of La Mesa 2015. We are so honored and humbled. We truly love our customers and enjoy the time we get to spend with you, your families and your pets!

Big Daddy's Coffee is named after my late father who was a commercial tuna fisherman. I was very blessed to be raised by such a strong man, who showed me how to work hard and always be compassionate to others.

Coffee became a passion of mine during my junior year of high school when I attended Costa Rica Academy in San Jose, Costa Rica. I was lucky enough to visit a small coffee farm in Costa Rica and was amazed by the energy it takes to make just one pound of coffee.

From farm, to roaster, to barista, to the consumer, within all these processes coffee still remains simply just coffee.

My family and I look forward to serving La Mesa and East County for years to come. Follow us on Twitter at @bigdaddysSD.

### COMFORT FOOD

#### GOLD - Lake Murray Café

5465 Lake Murray Boulevard  
La Mesa, CA 91942  
sandiegohomecooking.com  
619-433-0180

### SILVER - Casa de Pico

5500 Grossmont Center Drive  
La Mesa, CA 91942  
CasadePico.com | 619-463-3267

### DANCE CLUB

#### GOLD - Jolt'n Joe's

8076 La Mesa Boulevard  
La Mesa, CA 91942  
joltnjoes.com | 619-466-2591

### SILVER - Pal Joey's

5147 Waring Road  
San Diego, CA 92120  
paljoeyonline.com | 619-582-6699

### DELI

#### GOLD - The Lunch Box

8751 La Mesa Boulevard  
La Mesa, CA 91942  
thelunchboxcafe.com  
619-463-4013

### SILVER - Trolley Stop Deli

8150 La Mesa Boulevard  
La Mesa, CA 91942  
trolleystopdeli.com | 619-697-3354

### DESSERT

#### GOLD - Centifonti's

8365 La Mesa Boulevard  
La Mesa, CA 91942  
centifontis.com | 619-461-4434

### SILVER - D.Z. Akin's

6930 Alvarado Road  
San Diego, CA 92120  
dzakinsdeli.com | 619-265-0218

### DINNER

#### GOLD - Terra American Bistro

7091 El Cajon Boulevard  
San Diego, CA 92115  
terrasd.com | 619-293-7088

### SILVER - Dream Dinners

5208 Jackson Drive, Suite 116,  
La Mesa, CA 91942  
dreamdinners.com | 619-460-6800

### DONUT SHOP

#### GOLD - Sunny Donuts

4199 Spring Street  
La Mesa, CA 91941  
619-464-7566

### SILVER - Papa's Donuts

6179 Lake Murray Boulevard  
La Mesa, CA 91942  
papsdonuts.com  
619-741-5135

### FAMILY RESTAURANT

#### GOLD - Marie Callender's

6950 Alvarado Road  
San Diego, CA 92120  
mariecallenders.com  
619-465-1910

### SILVER - Patty's Café

6155 Lake Murray Boulevard  
La Mesa, CA 91942  
pattyscafe.com  
619-462-1922



It all started more than a decade ago with hard work and perseverance. Patricia Rodriguez, affectionately known as Patty to everyone around her, had been working in the restaurant business since her early teens starting as waitress and working her way up to become the proud owner of what would be her first restaurant, Miramar Café.

Under the ownership of Patty, Miramar Café has become a staple restaurant of the area creating a loyal clientele and in many cases friends.

But Patty's drive didn't stop her there; after all, she had proven to have a good product in her food and an awesome team of people to help keep her dreams going, so she embarked on a second business venture.

Patty decided to go back to her roots and buy the first restaurant she had ever waitressed at, located at 6155 Lake Murray Boulevard.

In August of 2012, with the help of her family and her amazing staff, Patty's Café opened its doors to the public. It has since become a MUST in the La Mesa area, bringing in clientele that remember Patty from her waitressing days and new crowds who are just excited to try all the dishes her menu has to offer.

We invite you to come to either of our two restaurants and see what we are all about. Excellent food, great ambiance, people working hard to make your dining experience the best and hopefully making a returning client and friend out of you, as well.

### FARMERS MARKET

#### GOLD - La Mesa Farmers Market

Allison Avenue & Date Avenue  
La Mesa, CA 91942  
619-249-9395

### SILVER - Ocean Beach Farmers Market

Newport Avenue  
San Diego, CA 92107  
oceanbeachsandiego.com/  
attractions/  
619-279-0032

### FAST FOOD

#### GOLD - BFF Burgers, Fish & Fries

5500 Grossmont Center Drive, #287  
La Mesa, CA 91942  
619-667-3588

**La Mesa COURIER BEST OF 2015 LA MESA**

THANKS FOR YOUR VOTE!

6386 Del Cerro Blvd.  
**(619)287-1400**

www.windmillfarms.net

*Thank you Customers!*  
We make the Best Breakfast and the Best Salad in La Mesa!

8697 La Mesa Blvd. | La Mesa, CA 91941 | 619-589-0806  
lamesabistro.com

## Free Coffee or Ice Tea With Meal Purchase

Valid Tuesday - Friday  
Please present coupon when ordering.



**P - (619) 463-4013**  
**www.thelunchboxcafe.com**  
**Hours**

**Address** Tuesday - Friday: 7:30am - 2:00pm  
8751 La Mesa Blvd Saturday: 7:30am - 1:00pm  
La Mesa, CA 91942 Sunday & Monday: Closed

**MARIO'S**  
De La Mesa

## Join Us After 3pm For Taco Tuesday

**\$2.00 Street Taco (carnitas)**  
with our Special Guacamole Salsa, Cilantro, & Onions



**Kids Eat Free Wednesday After 3pm**  
**Free Kids Meal**  
**with the Purchase of an Adult Entree and Drink**

8425 La Mesa Blvd.  
La Mesa, CA 91942  
**619-461-9390**  
mariosdelamesa.com





**Thank You to all our friends & neighbors!**

**BO beau** kitchen + garden

8384 La Mesa Blvd  
619.337.3445  
bobeaugarden.com



**Have your choice of Authentic GREEK, MEXICAN or Traditional AMERICAN meals here at Patty's Café!**

**Free Entree** with Purchase of an Entree & 2 Drinks

**\$5 OFF** on \$25 or More

Valid Mon.-Fri., With coupon, Max Value: \$9.95. Not valid with any other offer. Expires on 5/26/16.

Valid Mon.-Fri., With coupon. Not valid with any other offer. Expires on 5/26/16.

**Patty's Café | 619-462-1922 | www.pattyscafe.com**  
6155 Lake Murray Blvd., La Mesa, CA 91942 (Next to Big Lots)  
Mon - Sat: 7:00am - 9:00pm Sun: 7:00am - 3:00pm

**D'Amato's Pizza**

**Thank You La Mesa for Voting D'Amato's #1 Pizza!**

**8807 La Mesa Blvd. La Mesa, CA 91942**  
**619-698-0880**  
**www.damatospizza.com**

**Monday-Saturday 11am-10pm**  
**Sunday 11am-9pm**

**BANBU SUSHI BAR & GRILL**

**8555 Fletcher Parkway La Mesa, CA 91942**  
**619-589-0071**  
**www.banbusushi.com**

FROM PAGE 13  
**Fast Food**

**SILVER - Sun Tacos**  
5100 Jackson Drive  
La Mesa, CA 91942  
619-337-0511



As the owner of the Sun Tacos fast food restaurant, I'm very thankful for the appreciation we have recently received from readers of the La Mesa Courier as the Silver winner of "Best Fast Food."

I would like to mention that for a variety of circumstances during the 25 years of its existence, our location has changed names three times, but we have always maintained our delicious recipes and offer our customers the best selection and quality of products with the same Mexican traditional flavors.

Finally, we would really like to thank all of you, because your appreciation is very encouraging and will keep us working joyfully and always trying to maintain high quality and standards for each one of our visitors.

Hoping to hear from you soon, I send you my warm regards.

Ana María González, Sun Tacos owner and manager

**FINE DINING**  
**GOLD - BO-beau kitchen + garden**  
8384 La Mesa Boulevard  
La Mesa, CA 91942  
bobeaugarden.com | 619-337-3445

**SILVER - Brigantine Seafood Restaurant**  
9350 Fuerte Dr. La Mesa, CA 91941  
brigantine.com | 619-465-1935

**FRENCH CUISINE**  
**GOLD - The French Gourmet**  
960 Turquoise Street  
San Diego, CA 92109  
thefrenchgourmet.com  
858-224-9961

**SILVER - BO-beau kitchen + garden**  
8384 La Mesa Boulevard  
La Mesa, CA 91942  
bobeaugarden.com | 619-337-3445

**GREEK CUISINE**  
**GOLD - Troy's Greek Restaurant**  
10450 Friars Road  
San Diego, CA 92120  
troysgreekrestaurant.com  
619-281-7741

**SILVER - J-K's Greek Café**  
7749 University Avenue  
La Mesa, CA 91942  
JKsGreek.com | 619-464-1915

**HAPPY HOUR**  
**GOLD - The Hills Local Pub**  
8758 La Mesa Boulevard  
La Mesa, CA 91942  
thehillspub.com | 619-741-7166

Come on in and explore our taps filled with local beers and have something to eat from our meal menu, which includes a wide selection of burgers, tacos, salads and sandwiches.

We also offer a wide selection of brunches and breakfast dishes and be sure to check out our daily specials. Visit us in your PJ's during the weekend for all you can eat waffles!

The Hills Local Pub is a hip, casual watering hole with reclaimed-wood décor and elevated pub grub. We not only offer good beer and food, but also a great atmosphere. We organize special events and various fun games for our customers. Give us a try and we will become your destination for delicious food, friendly service and a great time.

**Wrangler Family Barbecue**



**SILVER - Riviera Supper Club & Turquoise Room**  
7777 University Avenue  
La Mesa, CA 91941  
rivierasupperclub.com  
619-713-6777

**HEALTH FOOD STORE**  
**GOLD - Windmill Farms**  
6386 Del Cerro Boulevard  
San Diego, CA 92120  
windmillfarms.net  
619-287-1400



Our community market offers you the most delicious, quality groceries and organic food in San Diego.

At Windmill Farms, we make it our goal to bring you quality, healthy organic food and whether you refer to us as a grocery market, fresh foods market, or an organic market, we beat out the competition!

We are a deli with sandwiches, a natural foods market with supplements and so much more. If you're the type who doesn't just want a few natural organic food choices, we are just what you're looking for. With a meat market, organic produce, natural supplements, and more, we understand a farm market should cater to the lifestyle in all ways.

Looking for something a little easier? Try our "dinner a go-go" — fresh, hot meals prepared daily in our store. Save time and money with this quick and healthy option to feed you and your loved ones.

**SILVER - Grower's Direct**  
7055 University Avenue  
La Mesa, CA 91942  
growers-direct.org  
619-462-2532

**HOT WINGS**  
**GOLD - Wings Empire**  
7520 El Cajon Boulevard, Suite 101  
La Mesa, CA 91942  
wingsempire.com  
619-461-4444

**SILVER - Wings-N-Things**  
6715 El Cajon Boulevard  
San Diego, CA 92115  
wingsnthings.com  
619-462-9464

**INDIAN CUISINE**

**GOLD - Himalayan Cuisine**  
7918 El Cajon Boulevard  
La Mesa, CA 91942  
himalayancuisineone.com  
619-461-2503

**IRISH PUB**

**GOLD - Hooley's Public House**  
5500 Grossmont Center Drive, #277  
La Mesa, CA 91942  
hooleys.com | 619-713-6900

**SILVER - McCarter's Bar & Grill**  
8622 Lake Murray Boulevard  
San Diego, CA 92119  
mccartersbarandgrill.com  
619-337-3807

**ITALIAN CUISINE**

**GOLD - Tiramisu Trattoria**  
8273 La Mesa Boulevard  
La Mesa, CA 91942  
tiramisutrattonia.com | 619-698-0096

**SILVER - Antica Trattoria**  
5654 Lake Murray Boulevard  
La Mesa, CA 91942  
anticatrattonia.com | 619-463-9919

**JAPANESE CUISINE**

**GOLD - Arigato**  
5575 Baltimore Drive, Suite 110  
La Mesa, CA 91942  
619-469-3157

**SILVER - Banbu Sushi Bar & Grill**  
8555 Fletcher Parkway, Suite 106  
La Mesa, CA 91942  
banbusushi.com | 619-589-0071



Here at Banbu Sushi Bar & Grill, we are committed to providing our customers with an excellent dining experience. Each dish on our menu is prepared using only the freshest and highest quality ingredients, both in our sushi and kitchen items. With a unique architectural design, Banbu Sushi gives an appealing and romantic indoor and outdoor scene. Banbu provides a beautiful, fire-heated patio surrounded with green landscaping, flowing fountains, and a live herb garden nestled in a quiet corner in La Mesa.



FROM PAGE 14

## Dining & Entertainment

### LATE NIGHT DINING

#### GOLD - Riviera Supper Club & Turquoise Room

7777 University Avenue  
La Mesa, CA 91941  
rivierasupperclub.com  
619-713-6777

#### SILVER - The Hills Local Pub

8758 La Mesa Boulevard  
La Mesa, CA 91942  
thehillspub.com | 619-741-7166

### LIVE MUSIC VENUE

#### GOLD - Riviera Supper Club & Turquoise Room

7777 University Avenue  
La Mesa, CA 91941  
rivierasupperclub.com  
619-713-6777

#### SILVER - Bolt Brewery

8179 Center St., La Mesa, CA 91942  
boltbrewery.com | 619-303-7837

### LUNCH

#### GOLD - Patty's Café

6155 Lake Murray Boulevard  
La Mesa, CA 91942  
pattyscafe.com | 619-462-1922

#### SILVER - La Casa Blanca Mexican Restaurant

9570 Murray Drive  
La Mesa, CA 91942  
lacasablancasd.net  
619-466-2912

La Casa Blanca Mexican Restaurant opened its doors in 2007. This family-owned eatery has been making sure that the community of La Mesa gets their fill of tacos, burritos, and margaritas ever since.

Using fresh ingredients, along with the owner's grandmother's recipes, La Casa Blanca has built a strong local following. The dining room is decorated with colorful pottery and Mexican artwork, and fresh tortillas are made by hand at a stand in the corner.

No matter what the occasion, La Casa Blanca's Catering has the right food and the best service to make your event a huge success. They personalize your catering according to your preference and needs.

Come on in Monday through Thursday, from 4 - 7 p.m. and take advantage of happy hour margaritas for only \$3.95.

### MARGARITA

#### GOLD - Casa de Pico

5500 Grossmont Center Drive  
La Mesa, CA 91942  
CasadePico.com | 619-463-3267

#### SILVER - Tio Leo's

5302 Napa Street  
San Diego, CA 92110  
tioleos.com | 619-542-1462



**Best Little Coffee Kiosk in La Mesa!**

*La Mesa Village Station*  
5997 Severin Drive  
La Mesa, CA 91942  
BigDaddysCoffeeSD.com

### MARTINI

#### GOLD - Riviera Supper Club & Turquoise Room

7777 University Avenue  
La Mesa, CA 91941  
rivierasupperclub.com  
619-713-6777

#### SILVER - BO-beau kitchen + garden

8384 La Mesa Boulevard  
La Mesa, CA 91942  
bobeaugarden.com  
619-337-3445

### MEXICAN CUISINE

#### GOLD - Casa de Pico

5500 Grossmont Center Drive  
La Mesa, CA 91942  
CasadePico.com  
619-463-3267

#### SILVER - Mario's de La Mesa

8425 La Mesa Boulevard  
La Mesa, CA 91942  
mariosdelamesa.com  
619-461-9390



"Thank you La Mesa."

Our family-owned restaurant and the entire staff at Mario's de La Mesa would like to thank you, our valued customers, for giving us the opportunity to serve you for the last 34 years.

We pride ourselves in bringing you our best original and traditional Sonora and Sinaloa family recipes, using the freshest quality ingredients possible. Our friendly and welcoming staff strives to provide you with delicious food and great service for your enjoyment during your visit.

Ernest and Patty

### MICRO BREWERY

#### GOLD - Helix Brewing Co.

8101 Commercial Street  
La Mesa, CA 91942  
drinkhelix.com | 619-741-8447

#### SILVER - Bolt Brewery

8179 Center Street  
La Mesa, CA 91942  
boltbrewery.com | 619-303-7837

### NEW RESTAURANT

#### GOLD - Craft Kitchen

4253 Palm Avenue  
La Mesa, CA 91941  
gastropublamesaca.com  
619-461-4887

#### SILVER - Momento's Café

5500 Grossmont Center Drive, #211  
La Mesa, CA 91942  
619-465-4535

### OUTDOOR DINING

#### GOLD - Anthony's La Mesa

9530 Murray Drive  
La Mesa, CA 91942  
anthonyfishgrotto.com  
619-463-0368



Anthony's Fish Grotto originally opened in Downtown San Diego in 1946.

The restaurant started as the lifelong dream of Catherine "Mama" Ghio, who wanted to open a seafood restaurant on San Diego's growing waterfront. From there, the restaurant flourished and became a San Diego institution, which has continued to delight both visitors and locals for generations.

After 70 years, Mama's original

see **Outdoor Dining** page 16



**La Casa Blanca MEXICAN RESTAURANT**  
9570 Murray Drive  
La Mesa CA 91942  
(619)466-2912  
www.LaCasaBlancaSD.net  
*Thank You to All of Our Customers!*

HAPPY HOUR Monday thru Thursday 4pm to 7pm  
MARGARITAS ONLY \$ 3.95



**NEXT DOOR**  
WINE + CRAFT BEER BAR  
Mention this ad for  
**50% OFF**  
your first beer or wine  
Expires August 31, 2016  
7235 El Cajon Blvd.  
San Diego, CA 92115  
619-741-5066  
NEXTDOORS.DCOM



**Swami's CAFE**

**Thank you La Mesa for Voting Us Best Breakfast & Best Vegetarian Food!**

8284 La Mesa Blvd.  
La Mesa, CA 91941

**619-668-9030**

# Voted The Best!

— 2015 BEST OF LA MESA AWARDS —

- Best Mexican Cuisine • Best Comfort Food
- Best Margarita • Best Cocktail




**CASA DE PICO**  
MEXICAN RESTAURANT  
5500 Grossmont Center Dr.  
La Mesa, CA 91942  
619.463.3267 CasaDePico.com

BAZAAR DEL MUNDO'S EST. 1971



FROM PAGE 15  
**Outdoor Dining**

recipes, batters, sauces, and dressings are still the cornerstone of Anthony's menu. With a family atmosphere and delicious, simply prepared seafood cuisine, Anthony's is known around the world for its ocean-to-table freshness, home-style service and dining value.

Anthony's has been voted San Diego's Best 14 times in a row and is highly rated on both Trip Advisor and Open Table.

The La Mesa location is open Sunday through Thursday, from 11 a.m. - 8:30 p.m., and Friday and Saturday from 11 a.m. - 9 p.m. They also offer an extensive happy hour menu, available Monday through Friday from 3:30 - 6:30 p.m., with great discounts on food and drinks. Dine-in at Anthony's Fish Grotto today!

**SILVER - BO-beau kitchen + garden**

8384 La Mesa Boulevard  
La Mesa, CA 91942  
bobeaugarden.com | 619-337-3445

**PET FRIENDLY DINING**

**GOLD - Anthony's La Mesa**

9530 Murray Drive  
La Mesa, CA 91942  
gofishanthonys.com | 619-463-0368

**SILVER - Por Favor**

8302 La Mesa Boulevard  
La Mesa, CA 91942  
porfavorrestaurants.com  
619-698-5950

**PIZZA**

**GOLD - D'Amato's Pizza**

8807 La Mesa Boulevard  
La Mesa, CA 91942  
damatospizza.com  
619-698-0880



For the past 31 years, D'Amato's Pizza has been the spot for downright delicious pizzas, pastas, salads and calzones at unbeatable prices. We use the finest ingredients and the pizza dough is prepared from scratch each day.

The menu also features favored items like margherita pizza, Philly cheese steak sandwiches, spaghetti and more. Add a salad to your order such as antipasto or a chicken Caesar. Then indulge yourself with a classic Italian dessert such as cannoli or tiramisu to finish off your meal.

Whether for pick-up or delivery, use one of our coupons to get your favorite Italian food for less! We are happy to offer catering services and treat your guests with the best quality Italian meal.

**SILVER - Nonno's Ristorante Italiano**

5314 Baltimore Drive  
La Mesa, CA 91942  
nonnositalianfood.com  
619-337-9559

**ROMANTIC DINING**

**GOLD - Brigantine Seafood Restaurant**

9350 Fuerte Drive  
La Mesa, CA 91941  
brigantine.com | 619-465-1935

**SALAD**

**GOLD - Tender Greens**

1640 Camino Del Rio N., Suite FS-7  
San Diego, CA 92108  
tendergreens.com  
619-894-8916

**SILVER - La Mesa Bistro & Bakery**  
8697 La Mesa Boulevard  
La Mesa, CA 91942  
lamesabistrosd.com  
619-589-0806

**SANDWICH**

**GOLD - Gus's Subs and Pizza**

5620 Baltimore Drive  
La Mesa, CA 91942  
619-462-4877

**SILVER - The Trolley Stop**

8150 La Mesa Boulevard  
La Mesa, CA 91942  
trolleystopdeli.com  
619-697-3354

**SD COUNTY WINERY**

**GOLD - San Pasqual Winery**

8364 La Mesa Boulevard  
La Mesa, CA 91942  
sanpasqualwinery.com  
619-462-1797

**SEAFOOD**

**GOLD - Anthony's La Mesa**

9530 Murray Dr., La Mesa, CA 91942  
gofishanthonys.com  
619-463-0368

**SILVER - Crab Pub**

6011 El Cajon Boulevard  
San Diego, CA 92115  
crabpub.com | 619-229-6679

**SPORTS BAR**

**GOLD - The Hills Local Pub**

8758 La Mesa Boulevard  
La Mesa, CA 91942  
thehillspub.com | 619-741-7166

**SILVER - Nicky Rottens Bar & Burger Joint**

3773 Willow Glen Drive  
El Cajon, CA 92019  
nickyrottens.com  
619-440-4204

**STEAKHOUSE**

**GOLD - Riviera Supper Club & Turquoise Room**

7777 University Avenue  
La Mesa, CA 91941  
rivierasupperclub.com  
619-713-6777

**SILVER - Charcoal House**

9566 Murray Dr. La Mesa, CA 91942  
charcoalhouse.biz | 619-465-7050

**SUSHI**

**GOLD - Ahi Sushi**

2872 Flether Parkway  
El Cajon, CA 92020  
iloveahi.com | 619-337-1388

**SILVER - Konnichiwa Sushi & Bar**

8350 La Mesa Boulevard  
La Mesa, CA 91942  
konnichiwa-sushi.com  
619-466-6446

**THAI CUISINE**

**GOLD - Tamarind Thai**

7970 University Avenue, Suite 310  
La Mesa, CA 91942  
tamarindthai.com  
619-337-2581

**SILVER - Chopsticks Inn**

8687 La Mesa Boulevard  
La Mesa, CA 91942  
chopsticksinncuisine.com  
619-466-4470

**VEGETARIAN/VEGAN**

**GOLD - Swami's Café**

8284 La Mesa Boulevard  
La Mesa, CA 91942  
swamiscafesd.com  
619-668-9030

**SILVER - Garden Kitchen**

4204 Rolando Boulevard  
San Diego, CA 92115  
gardenkitchensd.com  
619-431-5755

**WINE BAR**

**GOLD - Next Door**

7235 El Cajon Boulevard  
San Diego, CA 92115  
nextdoorsd.com  
619-741-5066



When you enter Next Door, you are immediately transported from El Cajon Boulevard to your favorite neighbor's living room — complete with comfy furniture, soft lighting, vintage and antique décor, great music, a friendly

dog and laughter ... from the friends you've already met or are just about to meet.

Next Door is more than a bar, it is a community, and we come together weekly for trivia (Tuesday), "winesday" (Wednesday), cook-offs, painting classes, live acoustic entertainment, board games, yard games and more.

With a craft beer list featuring many of our local breweries, as well as an extensive wine list, whatever the reason you choose to come in will be a good one. Date night? Girls' night? Company happy hour? Bridal shower? Doggie outing?

We are the place to be so come meet the Next Door family!

**SILVER - Bistro Sixty**

5987 El Cajon Boulevard  
San Diego, CA 92115  
bistrosixtysd.com | 619-287-8186

**BUSINESS AND RETAIL**

**ACCOUNTANT**

**GOLD - Brian Grigg, CPA-PFS**

8530 La Mesa Boulevard, Suite 306  
La Mesa, CA 91942  
griggwa.com | 619-461-2745

**SILVER - The B.I.T. Company**

8085 La Mesa Boulevard  
La Mesa, CA 91942  
619-667-4590

**ACUPUNCTURE**

**GOLD - Full Circle Acupuncture**

7866 La Mesa Boulevard  
La Mesa, CA 91942  
fullcircleclinic.com  
619-469-2027

**SILVER - Five Elements Acupuncture**

8300 University Avenue  
La Mesa, CA 91942  
five-elements-sd.com  
619-220-0747

**ANTIQUES**

**GOLD - La Mesa Antique Mall**

4710 Palm Avenue  
La Mesa, CA 91941  
619-462-2211

**SILVER - Collectiquity**

8600 La Mesa Boulevard  
La Mesa, CA 91942  
collectiquity.com  
619-589-7773

**ART GALLERY**

**GOLD - Foothills Art Gallery**

4910 Memorial Drive  
La Mesa, CA 91942  
619-464-7167

see Art Gallery page 17

619-463-0368 | 9530 Murray Dr.  
www.gofishanthonys.com

**Thanks to your votes,**  
Anthony's won three 2016  
"Best of La Mesa" awards!

- ★ Best Seafood
- ★ Best Outdoor Dining
- ★ Best Pet Friendly Dining

Mama Ghio says, "Don't forget your Mama!"  
Mother's Day is May 8th, make your reservations early!

**WONG'S GOLDEN PALACE**

Celebrating Our 50th Anniversary 1966-2016

THANK YOU LA MESA - SAN DIEGO!

**50% off Anniversary Special**  
Buy one entree at regular price, get 2nd entree of equal or lesser value at **50% off.**

Not valid with any other coupons or specials. Dine in only. Expires 5/31/16.

7126 University Avenue  
La Mesa, CA 91941

**619-465-9222**

Open 7 days



FROM PAGE 16  
Art Gallery

**SILVER - Sophie's Gallery & Gift Shop**  
109 Rea Ave., El Cajon, CA 92020  
stmisc.org | 619-593-2205

**ATTORNEY**  
**GOLD - Nancy Kaupp Ewin**  
8166 La Mesa Boulevard  
La Mesa, CA 91942  
nkewinlaw.com  
619-698-1788

**SILVER - Austin Evans**  
8880 Rio San Diego Drive, Suite 260  
San Diego, CA 92108  
panagopouloslaw.com/our-team/  
619-440-5716

**AUTO DEALER**  
**GOLD - Penske Ford**  
8970 La Mesa Boulevard  
La Mesa, CA 91942  
penskeford.com  
619-464-7777

**SILVER - Empire Auto Group**  
7658 University Avenue  
La Mesa, CA 91942  
empireautosd.com  
619-461-8800

**AUTO REPAIR SHOP**  
**GOLD - Honest-1 Auto Care**  
7375 Jackson Drive  
San Diego, CA 92119  
honest-1.com  
619-464-1644

**SILVER - Rob's Automotive**  
7589 El Cajon Boulevard, Suite E  
La Mesa, CA 91942  
autorepairlamesa.com  
619-698-0767

**BANK**  
**GOLD - Wells Fargo**  
5500 Grossmont Center Drive  
La Mesa, CA 91942  
wellsfargo.com  
619-461-8660

**SILVER - Mission Federal Credit Union**  
5500 Grossmont Center Drive, #113  
La Mesa, CA 91942  
missionfed.com | 800-500-6328



Thank you, La Mesa, for selecting Mission Federal as “Best Bank”!

Serving our customers, whom we call members, was the reason Mission Fed was founded back in 1961, and we have remained true to that mission ever since.

The credit union difference: Credit unions are member-owned financial cooperatives that offer checking accounts, home and auto loans and most of the same services as traditional banks, but with a not-for-profit structure that means we're responsible only to our members — not to making a profit for stockholders.

Our “people helping people philosophy” is a key component of every decision we make for our membership, from offering low loan rates to enhancing online services to providing a network of 30,000 fee-free ATMs nationwide.

Mission Fed also gives back to our local community. We support hundreds of local educational and nonprofit organizations with sponsorships and scholarships.

At Mission Fed, all San Diegans are welcome. Visit our La Mesa Branch in the Grossmont Shopping Center, and let's see how we can save you time and money with the credit union difference.

Federally insured by NCUA. Equal housing lender.

**BARBER**  
**GOLD - Dapper Jay's Barber Shop & Hot Shaves**  
8886 La Mesa Boulevard  
La Mesa, CA 91942  
dapperjays.com | 619-460-5297

**SILVER - Boulevard Barber & Shave**  
8283 La Mesa Boulevard  
La Mesa, CA 91942  
boulevardbarber.com  
619-464-6500

**BICYCLE SHOP**  
**GOLD - Performance Bicycle**  
8706 La Mesa Boulevard  
La Mesa, CA 91942  
performancebike.com  
619-461-9680

**SILVER - Ye Olde Bicycle Shoppe**  
6195 University Avenue  
San Diego, CA 92115  
yeoldebicycleshop.com  
619-582-4300

**BOOKSTORE**  
**GOLD - Family Christian Bookstore**  
2518 Jamacha Road, Suite 301  
El Cajon, CA 92019  
familychristian.com | 619-670-5240

**SILVER - The Book Place**  
6122 Lake Murray Boulevard  
La Mesa, CA 91942  
bookplacesandiego.com  
619-462-4200

**BRIDAL SHOP**  
**GOLD - Sparrow Bridal Boutique**  
8332 La Mesa Boulevard  
La Mesa, CA 91942  
sparrowbridal.com | 619-985-6525

**SILVER - David's Bridal**  
5475 Grossmont Center Drive  
La Mesa, CA 91942  
davidsbridal.com | 619-589-0075

**CAR WASH**  
**GOLD - Soapy Joe's Car Wash**  
5322 Jackson Drive  
La Mesa, CA 91942  
soapyjoescarwash.com  
619-462-7360

**SILVER - Body Beautiful Car Wash**  
4282 Camino Del Rio North  
San Diego, CA 92108  
bodybeautiful.com | 619-563-1424



Body Beautiful Car Wash has washed over 12 million cars in San Diego since 1979. We have three locations in San Diego County: Downtown San Diego, Mission

see Car Wash page 18



**Body Beautiful CAR WASH**

Full Service Car Wash **\$7.99** (300)  
Interior Vacuumed  
Windows Cleaned Inside and Out  
Outside Towel Dried  
(Mini-Vans and Large Vehicles \$2 Extra)  
Expires 5/31/15  
\*Expiration dates will be enforced, no exceptions please  
NOT VALID WITH OTHER SPECIALS OR DISCOUNTS

**WaterSavers**  
Using Less. Wasting Less.

**Deluxe Wash \$15.99** (301)  
Regular Car Wash  
Air Freshener  
Under-Body Wash  
Tire Dressing  
Poly-Pro Foam  
Polysheal Sealant  
(No Extra Charge for Mini-Vans and Large Vehicles)  
Expires 5/31/15  
\*Expiration dates will be enforced, no exceptions please  
NOT VALID WITH OTHER SPECIALS OR DISCOUNTS

**Downtown**  
Pacific Highway at Hawthorn  
(619) 544-7070

**El Cajon**  
El Cajon Blvd at Marshall  
(619) 588-4099

**Mission Valley**  
I-8 at Mission Gorge Rd  
(619) 563-1424

**Poway**  
13236 Poway Rd  
(858) 748-4400

# Hot Yoga?

JUST TRY IT

Treat Yourself to the Benefits of Yoga in our Hot Studio.  
Try a class for FREE!  
Just Get Here!

**Just Yoga Studio**  
9576 Murray Drive • La Mesa, CA 91942  
JustYogaStudio.com 619-Hot-Yoga

# GOING OUT OF BUSINESS!!!

## GOING OUT OF BUSINESS

### BLUMENTHAL'S

OWNERS ORDER IMMEDIATE SALE

THURSDAY FRIDAY SATURDAY SUNDAY

Since 1946

ALL ITEMS ORDERED SOLD

**ITEMS TO BE RELEASED**  
Loose Diamonds • Diamond Earrings • Pendants • Men's Diamond Rings • Wedding Bands • Emerald Jewelry • Sapphire Jewelry • White & Yellow Gold  
You will find many items of jewelry have been *slashed up to 70% off* regular prices!

**TERMS OF SALE**  
All items purchased must be removed immediately. All purchases must be paid for by cash or credit card. No refunds or layaways. All goods will be sold as is.  
Many items sold at or below cost.

**Thursday, April 21st 12 NOON - 7:00 PM**

**Friday, April 22nd 10:00 AM - 7:00 PM**

**Saturday, April 23rd 10:00 AM - 5:00 PM**

**Sunday, April 24th 1:00 PM - 5:00 PM**

**UP TO 70% OFF**

**Furniture, Fixtures, Showcases**  
**EVERYTHING FOR SALE!**  
**Friday, April 22nd - 10:00 AM**  
Ladies 18KT WG Irradiated Yellow Diamond Ring  
WAS \$17,395<sup>00</sup> **NOW \$5,218<sup>00</sup>**  
**Saturday, April 23rd - 10:00 AM**  
**Amazing Ladies 18KT WG Golden Sapphire and Diamond Ring**  
WAS \$21,000<sup>00</sup> **NOW \$6,300<sup>00</sup>**  
**Sunday, April 24th - 1:00 PM**  
Ladies 14 KT WG Estate Round and Baguette Diamond Ring  
WAS \$1,195<sup>00</sup> **NOW \$358<sup>00</sup>**  
**18KT YG 13-14.5mm South Sea Black Pearl Necklace with 175 Diamonds**  
WAS \$30,000<sup>00</sup> **NOW \$12,950<sup>00</sup>**

**NO LAYAWAYS**  
**Statements of Facts**  
Public notification is given. We are GOING OUT OF BUSINESS.  
Everything will be sold to the bare walls. \$1,500,000 in merchandise will go on sale up to 70% off.  
Prices good until everything is sold. No quantity guarantees are made and all merchandise is to be picked up.  
Sorry, no trade-ins permitted.

**14 KT WG & YG Dangle Earrings**  
WAS \$595<sup>00</sup> **NOW \$178<sup>00</sup>**  
**Ladies 18KT WG Sapphire and Diamond Ring**  
WAS \$19,950<sup>00</sup> **NOW \$5,985<sup>00</sup>**  
**2008 Rolex Sea Dweller with Box and Papers**  
WAS \$7,500<sup>00</sup> **NOW \$6,000<sup>00</sup>**  
**Ladies 18KT WG Semi Mount Diamond Wedding Ring**  
WAS \$3,550<sup>00</sup> **NOW \$1,420<sup>00</sup>**  
**Ladies 14KT WG Semi Mount Diamond Ring**  
WAS \$1,195<sup>00</sup> **NOW \$478<sup>00</sup>**  
**Ladies 18KT WG Fashion Ring with Diamonds**  
WAS \$995<sup>00</sup> **NOW \$298<sup>00</sup>**

**14KT YG Pearl and Diamond Earrings with Pendant**  
WAS \$4,085<sup>00</sup> **NOW \$1,225<sup>00</sup>**  
**Gents Estate 14KT YG Wedding Band with Diamonds**  
WAS \$895<sup>00</sup> **NOW \$268<sup>00</sup>**  
**Ladies 18KT WG BEAUTIFUL Ruby and Diamond Ring**  
WAS \$44,500<sup>00</sup> **Now \$22,250<sup>00</sup>**  
**Ladies Estate Platinum Ring with 3 Yellow Diamonds Surrounded by White Diamonds**  
WAS \$3,295<sup>00</sup> **NOW 988<sup>00</sup>**  
**18KT WG STUNNING Sapphire and Diamond Ladies Ring**  
WAS \$38,000<sup>00</sup> **NOW \$19,000<sup>00</sup>**  
**18KT WG South Sea Black Pearl Earrings with 36 Diamonds**  
WAS \$2,450<sup>00</sup> **NOW \$735<sup>00</sup>**

**TOTAL STOCK LIQUIDATION**  
**ALL SALES FINAL!**

**BLUMENTHAL'S FINE JEWELRY**  
Since 1946  
8353 La Mesa Blvd.  
La Mesa  
(619)463-8663  
VISA MasterCard DISCOVER AMERICAN EXPRESS  
© 2016



FROM PAGE 17  
**Car Wash**

Valley and Poway. All three locations provide full serve car wash; full serve detailing, including hand washes; express detailing services; and have a convenience store.

We offer Mobil gas and diesel at our Downtown and Mission Valley locations at very competitive prices.

If your car needs a little extra TLC, our detail department gives you and your car the personal touch, with our while-you-wait express services for cars that need a little extra attention all the way up to our full serve detailing services for cars that have some oxidation on their finish, or might need extra interior cleaning on the inside.

For more information, go visit our website and be sure to take advantage of the discount coupons there.

**CHIROPRACTOR**

**GOLD - Manning Chiropractic Clinic**  
8060 University Avenue  
La Mesa, CA 91942  
619-698-8411

**SILVER - Dilliard Chiropractic**  
531 N Magnolia Avenue  
El Cajon, CA 92020  
dilliardchiropractic.com  
619-447-2651

**COLLEGE/UNIVERSITY**

**GOLD - San Diego State University**  
5500 Campanile Drive  
San Diego, CA 92182  
sdsu.edu | 619-594-5200

**SILVER - National University**  
9388 Lightwave Avenue  
San Diego, CA 92123  
nu.edu | 858-541-7700

**CONSIGNMENT/RESALE**

**GOLD - The Consignment Shack**  
7835 El Cajon Boulevard  
La Mesa, CA 91942  
theconsignmentshack.com  
619-460-1822

The Consignment Shack succeeds by providing more extensive services than your typical resale store. By offering non-traditional services, The Consignment Shack has quickly become not only a favorite place to shop for furniture and treasures, but also a successful partner to hundreds of locals looking for an alternative to running their own estate, garage and moving sales.

Operations Manager Kelly McFall, who left the mortgage banking field in 2010, says consumers are always looking for extra cash, but most do not enjoy the hassles of running their own sales.

"We sell for other people so you should feel like you've walked into a different estate sale each time you visit," McFall said.

With the addition of thousands of vinyl records they've even added their own little music shop. In addition to selling locally online, The Consignment Shack also has their own eBay store and sells high-end collectibles to the larger, national market.

**SILVER - A Unique Boutique**  
8506 La Mesa Boulevard  
La Mesa, CA 91942  
auniqueboutiquesandiego.com  
619-713-5588

**COSMETIC SURGEON**

**GOLD - Barry Handler, M.D.**  
Cosmetic and Reconstructive Surgery  
6699 Alvarado Road, Suite 2305  
San Diego, CA 92120  
barryhandlermd.com  
619-583-4222

**FBS Property Management**



**Barry S. Handler, MD**  
Plastic and Reconstructive Surgery

Dr. Barry Handler is a board certified plastic surgeon in the La Mesa area specializing in reconstructive and cosmetic surgery.

He earned his doctorate in 1989 from St. Louis University Health Sciences Center before opening his current practice in California.

Dr. Handler has been helping patients in the La Mesa area for over 19 years, where he lives with his wife and three children.

**CREDIT UNION**

**GOLD - Cabrillo Credit Union**  
7900 El Cajon Boulevard, Suite B  
La Mesa, CA 91942  
cabrillocu.com | 858-547-7400

Cabrillo Credit Union offers all of the convenience you'd expect from a big bank, but in a friendly environment, where serving our members is our top priority. In addition to our five San Diego locations, as a Cabrillo member you have easy access to your money at over 30,000 ATMs nationwide, plus more than 5,000 shared branches.

Our La Mesa branch is built on employees who live in the community. They offer friendly service and make

members feel at home.

In addition to providing great service, we offer electronic services using the most current technology. Opening an account online or making a deposit with a mobile device can be done with ease.

Cabrillo Credit Union has been proudly serving San Diego since 1955. Visit our La Mesa branch and join today and make sure you ask about our Meet or Beat program or visit us on the web.

**SILVER - USE Credit Union**  
8697 La Mesa Boulevard, Suite D  
La Mesa, CA 91942  
usecu.org | 866-873-4968

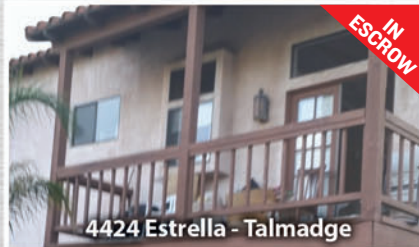
see **Business & Retail** page 19

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566 Hosmer - Fletcher Hills

Totally remodeled units with a 2 br/2ba with 1000sf and a 3 Br/2Ba with approximately 1400sf. Can also be used as Retail/Commercial! Call Today to have it designed Your Way!



4424 Estrella - Talmadge

Great condo for the First Time Buyer or Investor! Call for Details!



4223 Loma Riviera - Pt Loma

Spacious 3 Bedroom townhouse in great location with 2 Car Carport for only \$419,900!



612 San Julio - Solana Beach

Excellent location on hole 4 of Lomas Santa Fe Golf Course with expansive Ocean Views! This 4 Bedroom, 3 Bathroom home features a Spa, 3 Car Garage and so much more! Asking \$1.28m



ERIK WEICHELT

**ERIK WEICHELT 619-298-3900**



Erik Weichelt Realtor  
Direct: 619.850.5358  
Office: 619.298.3900  
Erik@TheWeicheltGroup.com  
BRE# 01224268

**COLDWELL BANKER**







The Consignment Shack



FROM PAGE 18  
**Business & Retail**

**DAY SPA**

**GOLD - Spa Piel**  
4720 Palm Avenue  
La Mesa, CA 91941  
spapiel.com  
619-303-1946

**SILVER - Coconuts Salon & Day Spa**  
9340 Fuerte Drive, Suite 201  
La Mesa, CA 91941  
coconutssalon.com  
619-697-6166

**DENTIST**

**GOLD - La Mesa Dental**  
7872 La Mesa Boulevard  
La Mesa, CA 91941  
lamesadental.com  
619-464-1211

**La Mesa Dental**

When Dr. Rob Low reflects on why he has again been chosen by the La Mesa Courier readers as "Best Dentist," he consistently attributes his success to the relaxed atmosphere he and his team create.

La Mesa Dental was first established in 1957. Under Dr. Low's stewardship since 2000, the practice has upgraded to its own newly remodeled building, streamlined customer management (paperless charts, insurance pre-approval, automated phone and text reminders) and brought in the latest technology, such as one-visit crown prep/creation/seating.

La Mesa Dental is also one of San Diego Yelp's most highly rated dental practices.

Dr. Low, his three dental associates, six hygienists, four assistants and four customer care specialists all wish to thank readers for their appreciation of La Mesa Dental's excellence in the dental care field and they promise to continue delivering an outstanding experience in 2016 to their patients, age 3 to 103!

**SILVER - Authentic Dental Designs**  
8029 La Mesa Boulevard  
La Mesa, CA 91942  
drmegancclarke.com  
619-460-9100



**Megan Clarke, DDS & Associates**  
8029 La Mesa Blvd. La Mesa, CA 91942

Dr. Clarke, Dr. Toland and all of us at Authentic Dental Designs are extremely grateful for being awarded

see **Dentist** page 20



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619-463-1722  
www.SpringCreekKennel.com  
9279 Campo Road, Spring Valley, CA 91977

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La Mesa, CA 91942

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[theconsignmentshack@gmail.com](mailto:theconsignmentshack@gmail.com)



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**Dr. Megan Clarke  
Dr. Meghan Toland**

(619)460-9100  
[meganeclarkedds@gmail.com](mailto:meganeclarkedds@gmail.com)  
[www.drmegancclarke.com](http://www.drmegancclarke.com)



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www.cabrilllocu.com



### FROM PAGE 19 Dentist

a Silver award for "Best Dentist" in La Mesa.

Given our recent move to the neighborhood, to be accepted so early on shows how wonderful and welcoming the community of La Mesa truly is.

We strive to always be our patients' advocate and do what is best for each individual. Even if it has been years since you've been to a dentist, you will always be welcome without judgment or shame.

Ever since Dr. Clarke started her practice 10 years ago, our patients have appreciated having a pleasant dental experience using the latest technology. Our team's extensive training and education allow us to perform top-quality dentistry with ease. If you too would like to include the words "dentistry" and "ease" in the same sentence, we would be happy to meet you!

### DISCOUNT STORE

#### **GOLD - 99 Cent Store**

7908 El Cajon Boulevard  
La Mesa, CA 91942  
99only.com  
619-697-7599

#### **SILVER - Big Lots**

6145 Lake Murray Boulevard  
La Mesa, CA 91942  
biglots.com  
619-465-3384

### DRY CLEANERS

#### **GOLD - Heritage Cleaners**

9122 Fletcher Parkway  
La Mesa, CA 91942  
heritagecleaners.com  
619-463-8700

#### **SILVER - Mart Cleaners**

8733 La Mesa Boulevard  
La Mesa, CA 91941  
themartcleaners.com  
619-466-9197

### FINANCIAL PLANNER

#### **GOLD - Sagepoint Financial**

8220 University Avenue, Suite 300  
La Mesa, CA 91942  
sagepointfinancial.com  
619-465-5442

#### **SILVER - LPL Financial**

8313 La Mesa Boulevard  
La Mesa, CA 91942  
raymond Dexter  
619-461-2700

### FLORIST

#### **GOLD - Hot House Flower Shop**

4624 Avocado Boulevard  
La Mesa, CA 91941  
hothouseflowershop.com  
619-248-0173

#### **SILVER - Dave's Flower Box**

2405 El Cajon Boulevard  
San Diego, CA 92104  
davesflowerbox.com  
619-298-7247

### FURNITURE STORE

#### **GOLD - Art of Furnishing**

7995 La Mesa Boulevard  
La Mesa, CA 91942  
artoffurnishing.com  
619-713-1491

#### **SILVER - Mostly Mission**

8360 La Mesa Boulevard  
La Mesa, CA 91942  
mostlymission.com  
619-465-4939

### GYM/HEALTH CLUB

#### **GOLD - Fitness Is My Sickness**

7202 El Cajon Boulevard, Suite B  
San Diego, CA 92115  
fitnessmysickness.biz  
619-337-8896

#### **SILVER - Fitness 101**

8227 La Mesa Boulevard  
La Mesa, CA 91942  
619-825-3585

### HAIR SALON

#### **GOLD - Crow Salon**

4689 Date Avenue  
La Mesa, CA 91941  
crowsalon.com | 619-460-0364

#### **SILVER - Feather & Fringe Salon**

8749 La Mesa Boulevard  
La Mesa, CA 91942  
featherandfringesalon.com  
619-303-1010

### HOME IMPROVEMENT

#### **GOLD - Lars Remodeling & Design**

5925 Kearny Villa Road  
San Diego, CA 92123  
larsremodel.com | 619-225-5527

#### **SILVER - Best Rate Repair & Termite Company Inc.**

P.O. Box 600491  
San Diego, CA 92160  
best-rate-repair.com  
619-229-0116



The Best-Rate Repair Company started in 2002 as a niche business specializing in wood damage repair for homes, decks and patios due to termites, dry rot, fungus and the Southern California sun.

Since then it has added a number of residential services including deck and patio covers (repair, restoration and new build), and a commercial repair and maintenance program to become

see **Home Improvement** page 21

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



FROM PAGE 20

## Home Improvement

the largest specialty wood damage repair company in the San Diego County market.

As the reputation of Best-Rate Repair Company grew, clients started asking if Best-Rate did termite extermination as well, so in May 2014, Best-Rate Repair Company launched Best-Rate Termite Company, which specializes in termite extermination and preventative maintenance for homes and commercial properties.

We at Best-Rate Repair & Termite Co. are wood repair and termite experts. We provide honest evaluations, answer all questions and are upfront about costs.

### HOSPITAL

#### GOLD - Sharp Grossmont Hospital La Mesa

5555 Grossmont Center Drive  
La Mesa, CA 91942  
sharp.com/hospitals/grossmont  
619-740-6000

#### SILVER - Kaiser Permanente La Mesa Medical Office

8080 Parkway Drive  
La Mesa, CA 91942  
kp.org | 619-528-5000

### INSURANCE BROKER

#### GOLD - Eric Anderson, State Farm

8040 La Mesa Boulevard  
La Mesa, CA 91942  
ericanderson.net | 619-460-2255

#### SILVER - Aztec & Baron Insurance Agency

7560 University Avenue, Suite A  
La Mesa, CA 91942  
800-578-6660

### JEWELER

#### GOLD - Blumenthal's Fine Jewelry

8353 La Mesa Boulevard  
La Mesa, CA 91942  
blumenthaljewelers.com  
619-463-8663

#### SILVER - Pierre's Jewelers, Inc.

8324 La Mesa Boulevard  
La Mesa, CA 91942  
pieresjewelers.com | 619-463-4072

### MASSAGE

#### GOLD - Healing Hands Skin Care Center

5125 Garfield St., La Mesa, CA 91941  
HealingHandsSkinCare.com  
619-465-7546

#### SILVER - Blue Lotus Holistic Center

9029 Park Plaza Drive, Suite 101  
La Mesa, CA 91942  
BlueLotusHolistic.com  
619-460-2583

### MEN'S APPAREL

#### GOLD - Peter's Gentlemen's Apparel & Resale Clothier

8239 La Mesa Boulevard  
La Mesa, CA 91942  
619-466-4560

#### SILVER - Macy's

5500 Grossmont Center Drive  
La Mesa, CA 91942  
macys.com | 619-465-1121

### MUSEUM

#### GOLD - Pacific Southwest Railway Museum

4695 Nebo Drive  
La Mesa, CA 91941  
psrm.org | 619-465-7776

#### SILVER - Grossmont High School Museum

Math Building, Room 705  
El Cajon, CA 92020  
foothillmuseum.com | 619-668-6140

In October of 2008, the dream of a Grossmont High School Museum to preserve and celebrate Grossmont High's amazing 95-year history came true. The museum reveals the pride of current students, its alumni, both retired and current staff, and the school community.

The museum has displays for every decade of our history as well as special displays, such as our three astronauts, the 39 hall of honorees, and a war memorial, among others.

Come visit to learn more about East County's educational history; the growth of Grossmont High School (GHS) reflects the growth of East County.

We thank those who have donated memorabilia or who have made financial donations to help us create the museum. As a nonprofit, we rely solely upon donations and greatly appreciate your financial support.

The GHS Museum welcomes visitors the first Wednesday of each month from 12 - 4 p.m., or on other Wednesdays by appointment. Visit our website to learn more.

### NEW BUSINESS

#### GOLD - Animals' Talk

8320 La Mesa Boulevard  
La Mesa, CA 91942  
619-460-0661



Thank you for voting Animals' Talk as the "Best New Business" in La Mesa for 2015. We appreciate the wonderful welcome we have received from all of you and are excited to be a part of such a great community.

It is our goal to serve this community by carrying unique gifts and hard to find pet supplies as well as treats for all our animal friends. If the store doesn't

have what you are looking for, just let us know and we will do what we can to get it for you. Animals' Talk is very much a pet-friendly store. Please bring them by often for love and special treats. And pets ... if you are walking by, bring your people here. Remember Animals' Talk is all about the animals and their people.

Again, thank you for your support. We always welcome feedback; please share your thoughts with us anytime.

#### SILVER - EmbroidMe

7018 University Avenue  
La Mesa, CA 91942  
embroidme-lamesa.com  
619-741-8855

### OPTOMETRIST

#### GOLD - La Mesa Vision Care Center

8007 La Mesa Boulevard  
La Mesa, CA 91942  
lamesavisioncare.com | 619-466-5665

#### SILVER - New View Optometric Center

7339 El Cajon Boulevard, Suite G  
La Mesa, CA 91942  
mynewview.com | 619-465-7900

### PERSONAL TRAINER

#### GOLD - Danielle King

7202 El Cajon Boulevard, Suite B  
San Diego, CA 92115  
fitnessmysickness.biz  
619-867-5742

#### SILVER - Giovanni Georgees

8227 La Mesa Boulevard  
La Mesa, CA 91942  
619-825-3585

### PET BOARDING

#### GOLD - Cape-Able Canines

8150 Commercial Street  
La Mesa, CA 91942  
cape-able-canines.com  
619-463-3647

#### SILVER - Spring Creek Kennel & Cattery

9279 Campo Road  
Spring Valley, CA 91977  
SpringCreekKennel.com  
619-463-1722



Established in Spring Valley in 1983, Spring Creek Kennel & Cattery is a family-owned business providing a clean, safe, and loving environment for your pets.

We offer overnight boarding of cats and dogs, as well as bathing and grooming services.

Our hours of operation are 7 a.m. - 7 p.m., Monday through Friday; 9 a.m. - 5

see **Pet Boarding** page 22



"Celebrating 95 Years!"

Grossmont High School Museum  
Math Building, Room 705  
1100 Murray Dr., El Cajon, CA 92020



**Ellen Ochoa**  
Astronaut  
Class of 1975

## La Mesa Dental

7872 La Mesa Blvd  
La Mesa, CA 91942



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(619) 464-1211 **lamesadental.com**

## Barry S. Handler, MD, FACS

Plastic and Reconstructive Surgery



## THANK YOU FOR VOTING FOR US!!!!



### Barry S. Handler, M.D.

Plastic and Reconstructive Surgery  
6699 Alvarado Rd. Suite 2305  
San Diego, CA 92120

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ACCREDITED BUSINESS  
Angie's list

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La Vida Real Estate

### FROM PAGE 21 Pet Boarding

p.m., Saturday; and we are closed to the public on Sundays and major holidays.

Thank you to the residents of La Mesa for voting us the "Best of La Mesa for Pet Boarding" in 2015. We are also the proud winners of Union Tribune's best for pet boarding, grooming, and daycare in 2014 and 2015.

Be sure to check us out at our website, or on Facebook and Instagram.

#### PET GROOMING

##### GOLD - Tami's Tender Touch

8841 La Mesa Boulevard  
La Mesa, CA 91942  
619-465-7387

##### SILVER - Star Dogs

7889 University Avenue  
La Mesa, CA 91942  
stardogsweb.com | 619-303-4324

#### PLUMBER

##### GOLD - Ideal Plumbing, Heating, Air & Electrical, Inc.

5161 Waring Road  
San Diego, CA 92120  
idealsvc.com | 619-583-7963

Ideal Plumbing, Heating, Air & Electrical, Inc. is your one stop shop for all of your home repair needs. We specialize in plumbing, heating, air conditioning, electrical and complete kitchen and bath remodeling services. Whether it's a leaky faucet that needs attention or a complete bathroom overhaul — no job is too small or large.

Ideal is more than just a company that installs or repairs your plumbing, heating, air, or electrical systems. We believe in service excellence, demonstrated in high moral standards and business ethics since the company's inception back in 1960. This

year we celebrate 56 years in business!

Ideal is proud to offer you qualified and trained technicians to provide you with superb service and quality craftsmanship at a fair price. Our company maintains an A+ rating with the BBB.

Thank you for your votes La Mesa! Visit us on the web to learn more about our services, and to check out our valuable money-saving coupons!

##### SILVER - Joyce Plumbing

9898 Bridon Road  
El Cajon, CA 92021  
joyceplumbingsandiego.com  
619-461-1340

#### PRESCHOOL

##### GOLD - Learning Jungle

7484 University Avenue, Suite 100  
La Mesa, CA 91942  
learningjungle.com | 619-589-9196

##### SILVER - RJ's Preschool Academy

6845 University Avenue  
San Diego, CA 92115  
sd.kroccenter.org | 619-269-1580

#### PROPERTY MANAGEMENT

##### GOLD - FBS Property Management

6398 Del Cerro Boulevard, Suite 8  
San Diego, CA 92120  
fbs-pm.com | 619-286-7600



Thank you La Mesa, for voting FBS the "Best Property Management Company"!

Our specialty is the acquisition, management, lease up, maintenance and disposition of properties for independent real estate owners.

We currently operate rental properties across 69 Zip codes. FBS

continues to be an award-winning property management company and we thank you for the support.

We believe in open communication, monthly financial accountability and industry expertise. Resident turnover, prolonged vacancy and uncollected rent are unacceptable conditions you need us to solve.

We will also protect you and your investment by providing a business buffer against the personal financial liability surrounding fair housing laws, landlord-tenant regulations and eviction procedures. We invite you to attend on of our regular education open houses to learn more. Contact us today.

##### SILVER - The Helm Management Co.

4668 Nebo Drive  
La Mesa, CA 91941  
helmmanagement.com | 619-589-6222



Family-owned and -operated right here in La Mesa, The Helm Management Co. has over 35 years of specialized management experience in homeowners associations, office buildings, apartments, industrial complexes, multi-use developments and more. We also offer rental services for single-family home and condo unit owners.

The Helm continues to provide clients with a wide array of progressive and innovative services to satisfy all types of projects.

Holders of the CPM and AMO designations, The Helm is recognized for its friendly, personable touch and has earned a reputation as one of the top property management companies in Southern California.

While the heart of our business is here in the community of La Mesa, we service properties throughout San Diego.

#### REAL ESTATE AGENT

##### GOLD - Erik A. Weichelt

The Weichelt Group ...  
powered by Coldwell Banker West  
8291 La Mesa Boulevard  
La Mesa, CA 91942  
erik@theweicheltgroup.com  
619-850-5358



Erik Weichelt, a professional realtor, lives by the motto: Proven results ... trusted realtor ... guaranteed marketing!

Growing up in a real estate family, Erik first earned his real estate license in California in 1997 and added his broker's license in the state of Arizona in 2003. Erik served as the president of the San Diego Association of Realtors in 2009, as well as a director at both the state and national level.

A consummate professional, Erik has personally sold over 5,300 properties in the two states, giving him unmatched experience in the ever-changing real estate industry.

Having been president of two previous real estate companies before selling to Coldwell Banker West in 2013 also gives Erik the balanced knowledge it takes to successfully achieve his client's needs in any type of real estate transaction.

Always a believer in community, Erik has served or currently serves as president of Fletcher Hills Little League, board member of Mt. Helix Runnin' Rebels Pop Warner football, as well as other local community groups. Most importantly, Erik is the proud father of two boys, Leith and Gage.

Have a real estate question or want to know what your home is worth? Give Erik a call, he'd be happy to help!

see Real Estate Agent page 23

SRG  
SENIOR  
LIVING



## Ultimately, it's your experience that matters.

To be sure, we're proud of our 28 years of experience in senior living.

But, to us, what really matters is your experience at our communities.

We do everything with that idea clearly in mind. So, go ahead, enjoy yourself with great social opportunities and amenities. Savor fine dining every day. And feel assured that assisted living services are always available if needed.

We invite you to experience La Vida Real for yourself at a complimentary lunch and tour. Please call 619.592.8067 to schedule.



LA VIDA REAL





FROM PAGE 22  
**Real Estate Agent**

**SILVER - Steve Wilson**  
9555 Grossmont Summit Drive  
La Mesa, CA 91941  
619-804-8700

**REAL ESTATE OFFICE**  
**GOLD - Pacific Sotheby's La Mesa**  
8310 La Mesa Boulevard  
La Mesa, CA 91942  
pacificsothebysrealty.com  
619-337-1700

**SILVER - Assist2Sell, Woodson Realty**  
8274 La Mesa Boulevard  
La Mesa, CA 91942  
SellingEastCountyHomes.com  
619-668-6800

**RETIREMENT LIVING**  
**GOLD - La Vida Real**  
11588 Via Rancho San Diego  
El Cajon, CA 92019  
srgseniorliving.com  
619-592-8067



Experience an extraordinary lifestyle. Seniors seeking daily opportunities for socializing, continued learning and to continue to experience the engaging lifestyle they love, can find it all at La Vida Real.

This award-winning retirement community offers residents exceptional services, outstanding programming, personalized care and resort-style amenities including multiple dining venues, internet lounge, theater, fitness center, swimming pool and more.

Located within the master-planned community of Rancho San Diego in San Diego's East County, La Vida Real's expansive Spanish-Colonial style campus offers a full continuum of care including independent living, assisted living and memory care programs.

What's more, La Vida Real's quality care and services are backed by a three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). La Vida Real is one of the first retirement communities in the nation to earn accreditation for its independent, assisted living and memory care programs.

To learn more call our office or visit our website.

**SILVER - Waterford Terrace**  
5580 Aztec Drive  
La Mesa, CA 91942  
sunshineretirementliving.com  
619-822.2493

**TANNING SALON**

**GOLD - Aztec Tan & Spa**  
6465 El Cajon Boulevard  
San Diego, CA 92115  
aztectansandiego.com  
619-286-4826

**SILVER - Alysa's Tan & Wax Shack**  
8749 La Mesa Boulevard  
La Mesa, CA 91942  
619-672-1871

**VETERINARIAN**

**GOLD - University Pet Hospital**  
7134 University Avenue  
La Mesa, CA 91942  
myuniversitypethospital.com  
619-463-9861

**SILVER - Eastridge Animal Hospital**  
7750 University Avenue, Suite A  
La Mesa, CA 91942  
eastridgeanimalhospital.net  
619-465-4600

**WOMEN'S APPAREL**

**GOLD - Act II**  
8243 & 8321 La Mesa Boulevard  
La Mesa, CA 91942  
myactii.com  
619-460-2606

**SILVER - Sara's Selections Boutique**  
8376 La Mesa Boulevard  
La Mesa, CA 91942  
saras-selections-boutique.com  
619-464-1714

**YOGA STUDIO**

**GOLD - Just Yoga Studio**  
9576 Murray Dr., La Mesa, CA 91942  
JustYogaStudio.com  
619-Hot-Yoga (468-9642)



Thank you La Mesa and all of our current and future hot yoga participants. It is our goal to bring you a hot yoga experience like no other and we thank you for voting us the "Best Yoga Studio" in La Mesa!

The Just Yoga Experience comes with a long list of physical, mental and spiritual benefits when you decide to gift yourself with a regular yoga practice. Because we love it when you come to class ... we are offering new students an opportunity to purchase five classes for \$25.

We are a supportive studio and here to help you with your plan to look better, feel better and be better. We are always available to answer your questions and encourage your success. It's time to do this for yourself. You deserve it.

We look forward to seeing you in class!  
Just Yoga team

**SILVER - Heart & Soul Yoga & Healing Arts Center**  
8558 La Mesa Boulevard  
La Mesa, CA 91942  
yogaheartandsoul.com | 619-741-6448



**Real Estate Management**



**HOA  
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## ► Civic Center, from page 1

seen the completion of the new fire station and police station, reconstruction of the old post office and relocation of the Helix Water District building.

The final pieces would be a new City Hall and a community gathering space. Garrett says this town center-type area could consist of greenery, a new location for the farmers market or even a site for community concerts.

Although the city determined the plan was possible, Arapostathis emphasized the project is still in its preliminary stages and no date has been proposed for the project's completion.

The city has yet to come up with funds and discuss specific designs for the area, though Arapostathis said that would be the next step.

Joe Glidden, former president of Friends of La Mesa Library, attended the March 24 workshop in hopes of hearing the city's plan for a permanent library.

Within the eight-hour meeting, Glidden said less than five minutes was spent discussing the library.

"For the most part, the library is the anchor [of the civic center]," he said. "But there's not much political will to prioritize the library."

The lack of attention the library received in the workshop came as a disappointment to the Friends, an organization of more than 100 dues-paying members.

The current 10,000-square-foot library on Allison Avenue draws between 900 and 1,000 visitors every day, but has a maximum



The new Civic Center Master Plan calls for moving City Hall from its current space (pictured) to a new facility. (Photo by Tori Hahn)

occupancy of 143, according to Glidden. The La Mesa branch library always had the highest circulation, Glidden said, but after relocating to its current site in 2008 it has since been relegated to third.

"It's like the little library that

could," Glidden said.

None of this will be possible without the City Council including the library in the Civic Center Master Plan.

The current La Mesa library was constructed as a temporary location in 2008 when the previ-

ous site was leveled to carry out the Civic Center Master Plan. In 2005, the city made an agreement with the county to find the money for a permanent library by 2018 or pay back the value of the land, which at the time was an estimated \$750,000.

John Schmitz, current president of Friends of the La Mesa Library and a former city planner of nine years, wagers the payment could amount to \$1 million in 2018.

With two years left before the city's time is up, Glidden and Schmitz sense there isn't enough urgency from City Council to construct a permanent library.

"They seem to be comfortable with paying for the land rather than building the permanent library," Glidden said. "They seem to think that is the easiest route to go."

The feasibility study concluded there is enough room for a larger library. Garrett said the only problem lies in the funding.

The city has looked into bonding, low-interest loans and lease payments from potential tenants of the additional building as revenue streams to fund the library.

Arapostathis assured that even if the 2018 goal is not reached, there is still potential in the future for a new library.

"The door is not being closed on anything," Arapostathis said. "All possibilities are still available."

Arapostathis said the next step to completing the civic center might be through subcommittees to speed up the process.

The City Council will discuss possible subcommittees at its next council meeting on Tuesday, April 26.

—Tori Hahn is an editorial intern for San Diego Community Newspaper Network, the parent company of the La Mesa Courier. Reach her at torihahn@cox.net. ■

## Tips to Safely Connect to WiFi Hotspots

Increasingly, access to the Internet is important for all areas of life. Whether you're looking up the best place to have lunch, checking your work email or connecting with friends and family, WiFi hotspots are a convenient way to stay connected when you're on the go. Using hotspots also can save you money on your mobile data plan. However, it's important to be mindful of activities that could put your security at risk. Here, Joe Andreozzi from Cox Communications, discusses how to safely connect to hotspots.

### How do I know how safe a WiFi hotspot is?

Some hotspots have security settings, while others do not. For example, hotels and coffee shops often require a password before you can connect. Other security settings may be seen by hovering your mouse over each WiFi connection in your WiFi settings. The name, signal strength and security type will display. WPA2, WPA and WEP are three types of secured connections. Others will say 'unsecured.' Once connected, be sure to select 'Public network' when prompted to select a network location. This will block some common routes for potential hackers.

### How can I protect my information when I connect to a public hotspot?

- Avoid tasks such as paying bills, accessing your bank information, and using your credit card online when using a public hotspot.
- Opt not to save passwords, especially when it comes to your financial accounts, like credit cards and banks.



Learn more about your digital security by visiting Store Manager Joe Andreozzi at the Hillcrest Cox Solutions store at 1220 Cleveland Ave., or call (619) 780-0800.

- Use HTTPS and SSL to make your connection to websites more secure. Both are protocols that provide encrypted communications. Many browsers offer notifications to show enhanced security, such as displaying a padlock next to a website address or turning the address bar a different color.
- Update your device when prompted. Often, these contain security updates to keep you protected.
- Keep WiFi off if you don't need it.
- Verify that you are connecting to a legitimate connection. For example, Cox enabled WiFi hotspots are named 'Cox WiFi' or 'CableWiFi.' In other instances, ask an employee the name of their hotspot before connecting.

### Where can I access a hotspot?

Hotspots will be listed in your devices WiFi settings. Cox customers have access to more than 400,000 hotspots across the United States, including 148 in Balboa Park, 40 new hotspots on the USS Midway and nearly 100 hotspots in Downtown San Diego. In total, customers can access more than 500 hotspots throughout San Diego County, just find 'Cox WiFi' or 'CableWiFi' in your WiFi settings. Noncustomers are able to access the hotspots by signing up for a free one-hour trial. Find a hotspot at [www.cox.com/hotspots](http://www.cox.com/hotspots).

### How much speed do I need?

The level of speed you need varies on the activities that you use the Internet for. Use the Cox Speed Advisor tool at [www.cox.com/internet](http://www.cox.com/internet) to determine what's best for you. Cox WiFi hotspots have download speeds of up to 15 Mbps and upload speeds of 4 Mbps. These can vary and are dependent on the number of devices connected to a hotspot at any given time. Cox High Speed Internet ranges from 15 Mbps up to Gigabit speeds.

### I keep hearing about Gigabit speeds. What is it?

Gigabit speed is Internet that's 100x faster than the average speed. With gigabit speed you can download 100 songs in three seconds, an HD movie in under one minute and upload 1,000 photos in about one minute!

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► **Plants**, from page 1

“They wanted to feature our old growth because they had determined there were some 100-year-old-plus trees and bushes here,” she said. “And our old growth and our beautiful rock formations were kind of the big draw.”

The focus on promoting native gardens in the park is relatively new, thanks to a couple of restoration programs. In the fall of 2013, the Mt. Helix Garden Party was formed to preserve and beautify the park landscape. In November of 2015, the Garden Party added the Adopt-a-Plot program, where volunteers take responsibility for a part of the park’s landscaping.

“It has made a dramatic difference, too, compared to last year,” said Junker, who in addition to being on the Mt. Helix Park staff is also the Adopt-a-Plot coordinator. “Last year was just a big mustard patch up there. This year, sages and all kinds of things are coming out of the ground. It’s just fantastic.”

Junker and Garden Party team leader Caroline Harrod credit much of the success of the programs to Ed Piffard, whom they call the park’s “plant aficionado.” Piffard has been working with native plants for 25 years, even though it is not his professional business.

“I’m just interested in them; I started growing them,” he said. “I grew from seed about 300 different species so I’m pretty familiar with all the local plants.”

Knowing the difference between native plants and weeds is the most important skill for the volunteers who adopt plots to restore. After signing up for a plot to take care of, volunteers must go through training to identify the plants the park wants to keep and those that are weeds to abate. Volunteers are also given a lanyard with pictures to help identify the plants and if there is still a question, they text photos to Piffard to make sure they are not removing an important native plant.

“What’s amazing to me is how fast the volunteers have picked up on identifying plants,” Piffard said. “Going from knowing nothing, what’s a weed and what isn’t, especially since these things start out pretty small, their identification abilities have just dramatically improved so quickly. It’s very encouraging.”



Susan Krzywicki (left) of the California Native Plant Society and Debbie Cressey from the Tree Of Life Nursery pose for a picture during the CNPS Garden Native Tour of Mt. Helix Park. (Courtesy of Mt. Helix Park Foundation); (right) Mt. Helix Park’s native plants and interesting rock formations were featured on the CNPS Garden Native Tour. (Photo by Jeff Clemetson)

The native plants and seeds are mostly donated from individuals who belong to groups like CNPS, which recently facilitated a \$250 donation to the park from Tree of Life Nursery. But the park is careful not to accept any donation of plants, no matter how good the intention, because people’s perceptions of what are and aren’t native plants varies, Harrod said, adding that a lot of people clip succulents from their gardens without realizing that most succulents are actually exotic plants.

“The succulents don’t provide a bush to nest in and they really don’t provide the flowers and the blooming for the pollinators to be going in and out of all year long and that’s why it’s so important to have these native plants, because we’re bringing back the wildlife,” Harrod said.

For the most part, Piffard said, the park doesn’t need many plants; in fact, the biggest cost of the restoration project is purchasing trash bags for the weeds because weeding the plots is the most important, and most difficult, aspect of the project.

“Once the weeds are gone, nature kind of takes care of itself. We’re just adding a few extra plants,” Piffard said. “The weeds were really bad here a couple years ago. So the deal with the

adopt-a-plot is that people would take a little ownership of it. And it’s worked, that’s exactly what happened.”

Although the native plant life on Mt. Helix has improved since the restoration project began, there is still work to be done.

“Since about 15 years ago, when I first started coming up here, there are some plants missing now, which is unfortunate,” Piffard said. “I’d like to reintroduce them.”

Right now, most of the plots being adopted are along the Yahkee Trail, and only a quarter of the park is being maintained by the program, Junker said.

“We have a 12-acre park and we can really adopt out every piece of it,” she said. “Eventually it would be nice to have the whole mountain taken care of, but some of the areas of the mountain are really inaccessible.”

Flietner anticipates the CNPS Garden Native tour will be back in the La Mesa area again in 2020 and said it would be great to see the progress made on the restoration project between now and then.

Harrod said she looks forward to their return, and to once again show off the work the volunteers do to maintain the park’s native beauty and bring recognition to



one of La Mesa’s prime jewels.

“[Being on the tour] was exciting because California Native Plant Society is statewide and it was the San Diego chapter and it’s a wonderful recognition countywide we never really received before,” Harrod said. “And a lot of people were still surprised there is a park up here and it’s not city-owned, it’s not county-owned, it’s not gov-

ernment-funded and we have native habitat and old species.”

For more information on the Mt. Helix Garden Party and Adopt-a-Plot programs, visit [mthelixpark.org](http://mthelixpark.org). For information about CNPS Garden Native tours throughout the county, visit [garnennative.org](http://garnennative.org) or [cnpssd.org](http://cnpssd.org).

—Jeff Clemetson is editor of the La Mesa Courier. Reach him at [jeff@sdCNN.com](mailto:jeff@sdCNN.com). ■

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A group of Helix Charter High School students visiting San Jose State University over spring break (Courtesy of Helix Charter High School)

## College tours inspire students



Jennifer Osborn

Students from Helix's junior class recently returned from a six-day college visitation trip. During spring break, 150 students participated in Helix's College 4 Me (C4Me) program, which provides students the opportunity to visit 10 to 15 colleges and universities in California. Three buses, carrying 50 students each, traveled the state and were greeted at each campus by Helix alumni attending that school, who provided tours to the students.

This program is an integral part of meeting Helix's mission to provide students with the opportunity to attend college, should they so choose. Being that approximately 90 percent of Helix graduates choose to continue their education, it is important that they are aware of the options available to them. Students are able to find out about each campus, and seeing the campus in person helps them to better decide which one may be a fit for them.

Helix also provided a field trip for the entire freshman class to visit the campuses of San Diego State University and the University of California, San Diego. In a "mini-C4Me" setting, each group of students was met by Helix alumni attending each school. They were introduced to the campus and the tour guides provided them with valuable information regarding their own experiences and how Helix prepared them for college.

It is because of the generous support of community donors that this program is able to continue. If you are interested in finding out more about C4Me, or in supporting the program, please contact me at josborn@helixcharter.net.

### Community volunteers needed

Volunteers are needed to judge

Senior Boards for the class of 2016. Senior Boards will take place on Monday, May 23, and Tuesday, May 24, from noon – 4 p.m. Senior Boards are the culminating step of Helix's Senior Project. Students must present to a panel of staff and community members. During this formal presentation, they discuss their Senior Project and reflect on their high school experience. We greatly appreciate any time you can give to this valuable activity. Judges can participate in either or both dates.

### Alumni activities

The Helix Alumni Association recently launched a new website. Visit [helixalumni.org](http://helixalumni.org) to find out about upcoming activities, opportunities to support Helix, and reconnect with classmates.

Important upcoming dates (check website for details):

Friday, May 6 - Helix Alumni Night at Off Broadway Live Theater.

Saturday, May 21 - Highlander Open Golf Tournament

Sunday, Oct. 9 - All-Class Picnic

### Helix staff vs. students basketball game

Helix staff recently took on students in a basketball game as a fundraiser for the Class of 2016. After a rousing battle, and a buzzer beater by the student team, the game ended in a 40-40 tie. Both teams look forward to a rematch next year to claim bragging rights on campus!

### Excellence in Education Tour

We invite the community to the Excellence in Education Tour, a one-hour tour and program during which we will share our vision of excellence in education. Tours are offered throughout the school year. The last tour for this school year will take place on Thursday, May 19, from 5:30 – 6:30 p.m., starting in the Helix library.

As always, we welcome your questions and comments. Please don't hesitate to contact me at [josborn@helixcharter.net](mailto:josborn@helixcharter.net).

—Jennifer Osborn writes on behalf of Helix Charter High School. Reach her at [josborn@helixcharter.net](mailto:josborn@helixcharter.net). ■

## Grossmont High School basketball programs net four league wins

Jay Steiger

Grossmont High School's Basketball program achieved a rare feat with four of its teams winning league championships, with one of them undefeated in league play and two advancing to California Interscholastic Federation playoffs.

The boys varsity, junior varsity, and freshman teams all secured a Grossmont Hills league win, with varsity, coached by Frank Foggiano, and JV, coached by Jacob Ober, only giving up one loss each and the freshman, coached by Tom Lore, going undefeated. The girls varsity, coached by Grace Campbell, also won league with only one loss.

Both varsity teams advanced to CIF playoffs with the girls winning their division and advancing to state playoffs. The boys varsity, with their strongest player, Tom Rutherford, temporarily injured and facing local powerhouse Foothills Christian, was unable to secure a win, but because they were playing in the Open Division, they automatically advanced to state playoffs where they won their first round.

Coach Foggiano complimented the dedication and hard work of all teams and players, noting how much off-season time they spend working on their skills and preparing for the next regular season. Varsity captain Rutherford praised the team and stated that his basketball experiences have made him a better player, student, and person and he is grateful for this opportunity.

Coach Campbell also expressed great pride in her team and appreciation for their hard work and success. She noted that they believed in themselves and committed to work and win as a group. Team captain Symone Griffith said that playing four



(top to bottom) The 2016 CIF champion Grossmont Girls Varsity Basketball team; the Grossmont Hills League champion Boys Varsity team; and the Grossmont Hills League champion Boys JV team (Courtesy of Grossmont High School)

years of basketball for Grossmont was the best decision she made. She thinks of the team as part of her family and stated she will be sad to leave but will carry the lessons she learned with her for life.

The Grossmont teams and players will be recognized at a future school banquet and awards event. Grossmont Principal Dan Barnes called the basketball

program "a powerhouse" and said he is thrilled with their successes. The basketball program also has a youth skills clinic called Destined to Be Stars and is currently preparing for summer league competition.

—Jay Steiger is a Grossmont High School parent and District Advisory Council representative. ■

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# Students who return as staff



## Foothiller Footsteps

Connie and Lynn Baer

One of the things that makes Grossmont High School remarkable is the number of alumni who return as staff members. Two of our longest serving principals were Walter Barnett, Class of 1928, and Bill Davis, Class of 1948. Other early teachers returning to GHS included Elsie Moriarty Reed, Class of 1922; Coach Laurie Head, Class of 1928; Jim Parker, Class of 1931; Hal Doerr, Class of 1954; and Fred Helm, Class of 1964 among numerous others.

Once alumnus return to Grossmont, they almost always remain for most, if not all, of their careers. Today's Foothiller staff includes an amazing 21 GHS alumnus: 18 teachers and three staff members. The years of their graduation range from Frank Foggiano in 1968 to Carolyn Jungman in 2010.

The pride of the staff members is obvious in their comments about their school.

"Grossmont has a real sense of community," said Jeff Lee, Class of 2004. "I believe this is due to the many students who are children or grandchildren of GHS alumni. I am honored to be a part of a great community."

Bree Honeycutt Pagano, Class of 2001, is also from a family of Foothillers.

"My maternal grandparents attended Grossmont in the 1950s," she said.

"I love my students and I find them fascinating every day," said math teacher Yvonne Baer Vellone, Class of 1975. "I also love my co-workers who make my job easier every day. We help and support each other to make Grossmont a great place to be for students and teachers."

Returning teachers do have the challenge of learning to become colleagues of their former teachers. U.S. History teacher Don Ginn, Class of 1987, had Frank Foggiano for math in the same room that Foggiano teaches in now.

Although he still teaches in the same room, much has changed at Grossmont since Foggiano, Class of 1968, was a student.

"The student demographic has changed dramatically from a predominately white student body when I was in school to a completely diverse population," he said, adding that he is happy that student involvement has continued to happen because of the unique opportunities students have.

Teacher Carolyn Jungman, Class of 2010, has a unique deja vu about her current classroom.

"I have the bizarre experience of teaching in the same room where I was a student," she said. "Being



Yearbook pictures of current staff and faculty when they were students at Grossmont High School. (Courtesy of GHS Museum)

back on the other side of the desks is exciting and absolutely crazy, but I love it."

Brie Pagano said that "Señorita Park" (another GHS alumnus) still speaks to her in Spanish whenever she sees her, just as she does to all her students.

Tom Karlo, Class of 1992, current Varsity Football Coach, has daily reminders of being a player himself as he coaches his players.

Karen Willson Manns, Class of 1977, who has been teaching at Grossmont for 28 years, loves the individuality of each student and how they come together to bring spirit and pride to the campus.

"I can honestly say that there is not a better place to be than GHS where students are number one," she said.

Long-time teachers remark on the new buildings that have popu-

lated the campus in the past five years, but nostalgically remember being in the Old Main — the 1937 classroom building that housed the English Department and is now

part of the District Office.

"It's too bad that the kids don't get to experience having classes in the Old Main; I always loved being in an old building that so many Foothillers had passed through," said Jeremy Cooke, Class of 2001.

Pat Giovengo, Class of 1985, summed up how the alumni staff members feel about being at Grossmont.

"I have had several job opportunities at other schools and even had an offer to join a major corporation in teaching Computer Science teachers globally, but I really have no desire to be anywhere else than right here," he said.

Museum hours: noon – 4 p.m. May 4 or June 1; other Wednesdays by appointment. Contacts: phone: 619-668-6140; email [ghsmuseum@guhsd.net](mailto:ghsmuseum@guhsd.net); website: [foothillermuseum.com](http://foothillermuseum.com).

—Connie and Lynn Baer write on behalf of the Grossmont High School Museum. Reach them at [ghsmuseum@guhsd.net](mailto:ghsmuseum@guhsd.net). ■

## Upcoming Grossmont High School reunions in 2016

**Class of 1956 60th:** Sept. 7 – 8; Contact Zan Harbs Fink, [Billzan@cox.net](mailto:Billzan@cox.net).

**Class of 1961 55th:** Sept. 24; Contact is Bob Robeson, [bobroby@cox.net](mailto:bobroby@cox.net).

**Class of 1966 50th:** Oct. 22; Contact Connie McMahon, [Connie525@aol.com](mailto:Connie525@aol.com).

**Classes of 1971 and 1972:** Sept. 24; Contact Ken Wilson, [kbwilson6@aol.com](mailto:kbwilson6@aol.com).

**Class of 1986 30th:** July 29; Contact [reunion-specialists.com](http://reunion-specialists.com).

**Class of 1996 20th:** June 25; Contact Jeremy Hersch, [jersch@guhsd.net](mailto:jersch@guhsd.net).

Grossmont's 96th Anniversary Celebration: Homecoming, Friday, Nov. 4; Contact Connie and Lynn Baer, [ghsmuseum@guhsd.net](mailto:ghsmuseum@guhsd.net).

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## FEATURED EVENTS

**APRIL 27** **Wellness Wednesday: "Dispelling Myths about Organ and Tissue Donation"**  
Wednesday, April 27

This free presentation at the Dr. William C. Herrick Community Health Care Library (9001 Wakarusa St., La Mesa) will be held from 10 – 11 a.m. Representatives from Donate Life San Diego will be speaking about their work to promote organ and tissue donation. Wellness Wednesdays are typically held on the fourth Wednesday of the month covering various health topics. Visit [herricklibrary.org](http://herricklibrary.org) for more information.



**APRIL 28** **Spring Fling Business Expo 2016**  
Thursday, April 28

The La Mesa Chamber of Commerce will host this spring-time expo at the La Mesa Community Center (4975 Memorial Drive) from 5:30 – 8 p.m. The expo will feature chamber members showcasing their goods and services. The public is welcome to come peruse the display tables and enter raffles for giveaways from vendors. Tickets are \$10. Beer, wine, soda and water will be available for purchase. Visit [bit.ly/1WcXy6w](http://bit.ly/1WcXy6w) for details and to register.

**APRIL 30** **Wine blending seminar**  
Saturday, April 30

This unique event will be held at San Pasqual Winery (8140 Center St., La Mesa) from 3 – 5 p.m. The seminar will take place in the winery's production facility to allow for fun experimentation with wine straight from the barrel. Attendees will learn about blending and get to create their own Mediterranean blend — which they can then take home. Wines used to include: Tempranillo, Teroldego and Barbera. Registration \$50 per person (\$45 for wine club members). Visit [bit.ly/1WcYul4](http://bit.ly/1WcYul4) to sign up.

**MAY 1** **Lei Day**  
Sunday, May 1

Held annually, Lei Day celebrates the making and wearing of leis fashioned from flowers, shells, nuts, leaves or feathers. Leis are the unspoken expression of "Aloha" meaning "greeting," "farewell," "love," "hope," "joy," and more. United Church of Christ of La Mesa (5940 Kelton Ave.) will host their Lei Day celebration during their 10 a.m. worship service. There will be special "Praise Hula" dancing with Auntie Kahanoa, teacher and hula instructor at San Diego's Halau Ka Lei Kukui Hi'ilani. Attendees are encouraged to wear Hawaiian attire. Visit [tableucc.com](http://tableucc.com) for more information.

**MAY 1** **Spring Festival fundraiser**  
Sunday May 1

The Waldorf-inspired charter school National University Academy's Sparrow Charter Program is hosting its fifth annual Spring Festival at their school (4207 Spring Gardens Road, La Mesa). The family friendly event will include a maypole ceremony at 10:30 a.m. followed by festival activities through 3 p.m. There will be crafts, face painting, food, drawings and more. Live music will be provided by Hullabaloo, Kathryn the Grape and The Yes Team. Funds raised will support the school and pay for specialty classes, teacher aides and field trips. Visit [nuasparrow.org](http://nuasparrow.org) for more information.

**MAY 7** **3rd annual Women's Opportunity Conference**  
Saturday, May 7

The Soroptimist International of La Mesa group will present this conference at the Corporate Education Center at San Diego City College (1551 C St., Downtown) from 8 a.m. – 3 p.m. The conference is designed for women who are trying to overcome/move beyond personal obstacles and challenges including: limited education or job training, domestic violence, trafficking, homelessness, abuse or addiction issues. The goal is to provide information and resources along with support and inspiration to these women as they work to improve their lives. Visit [silamesa.org](http://silamesa.org) to register.

**MAY 14** **3rd annual Butterfly Festival**  
Saturday, May 14

This yearly festival will be held from 9 a.m. – 4 p.m. at the Water Conservation Garden (12122 Cuyamaca College Drive West, Rancho San Diego). The event will feature activities for all ages. There will be tours of the butterfly pavilion and "butterfly discovery lab," workshops by local experts and a butterfly habitat plant sale. For little ones, Ms. Smarty-Plants will host a "Pollinator Party" and Miss Metamorphosis will lead story time. There will also be local artisans on hand plus live music, food and crafts. This event marks the beginning of butterfly season at the garden — from May 15 – July 31. The Dorcas E. Utter Memorial Butterfly Pavilion will be open showcasing up to 12 native butterflies. Tickets are \$5 for adults and \$1 for children ages 3 – 17 (children under 3 are free). Visit [thegarden.org](http://thegarden.org) for a full program of events and tickets.

## MUSIC NOTES

**Cuyamaca College's 2016 'Spring Concert Series'**  
Various dates

This concert series is underway with several more performances scheduled through May. A few installments just around the corner include: The Danny Green Trio (jazz) on Thursday, April 28 at 7:30 p.m.; the Cuyamaca College Rock, Pop and Soul Ensemble performing The Beatles' classic album "Abbey Road" on Friday, April 29 at 7:30 p.m.; and the Cuyamaca College Choir at 7:30 p.m. on Friday, May 6. Admission to these performances is \$8, or \$5 for students and seniors. Cuyamaca College's Performing Arts Theatre, located at 900 Rancho San Diego Parkway, Rancho San Diego. Visit [gcccd.edu](http://gcccd.edu).

**MAY 7** **Coyote Music Festival**  
Saturday, May 7

This annual festival will return to the Grand Lawn at Cuyamaca College (900 Rancho San Diego Parkway, Rancho San Diego) for its eighth year. The student-run festival provides a free afternoon of live music for anyone who wishes to attend and celebrates the culmination of a semester of work for students studying music, technology, recording and business. Visit [gcccd.edu](http://gcccd.edu) for more information.

**MAY 5 - MAY 8** **Gator by the Bay**  
Thursday, May 5 – Sunday May 8

This annual zydeco, blues and crawfish festival will once again take over Spanish Landing Park (3900 N. Harbor Drive, Harbor Island) with four days of festivities. Over 90 performances on seven stages will span genres from Cajun to country to jazz and, of course, plenty of zydeco and blues. There will be large dance floors plus free dance lessons offered. A Louisiana food court will feature tasty eats plus there will be cooking demos for those who want to try their own Cajun and creole cooking at home. 10,000 pounds of live crawfish will make its way to San Diego for the occasion as well. Visit [gatorbythebay.com](http://gatorbythebay.com) for the full music lineup and tickets.



## GALLERY VIEWS

**APRIL 22 - APRIL 28** **'Under Pressure: printmaking today'**  
Through Thursday April 28

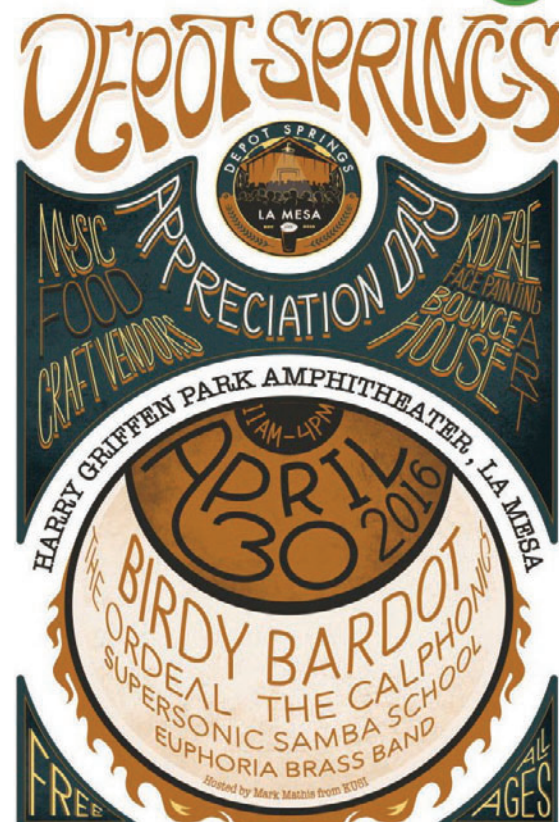
Grossmont College's Hyde Art Gallery (Building 25, 8800 Grossmont College Drive, El Cajon) presents this exhibit featuring works from 18 artists who range in style from traditional to experimental. One traditional style showcased is the intaglio process, which involves etching onto the surface of a plate. On the experimental side of things is a unique print created by jacking up a truck and using it as an embossing tool. "Under Pressure: printmaking today" is curated by Grossmont professor Jennifer Anne Bennett. The gallery is open from 10 a.m. – 6 p.m. Monday through Thursday. Visit [grossmont.edu/artgallery](http://grossmont.edu/artgallery).

**APRIL 22 - APRIL 30** **'7 Printmakers'**  
Through Saturday, April 30

Ladybug Art Center, located at 4685 Biona Ave. in Kensington, is hosting a unique art exhibit through the end of the month, showcasing more than 30 examples of the art of printmaking in various forms. This group of printmakers has been exhibiting together since 1990 featuring techniques from woodcuts to lithographs and more. The art by the seven printmakers will be available for sale. The art center is free and open to public from 11 a.m. – 4 p.m. Tuesday through Saturday. Visit [ladybugartstudio.com](http://ladybugartstudio.com).

**APRIL 30 - MAY 1** **Mission Federal ArtWalk**  
Saturday, April 30 and Sunday, May 1

For the 32nd year, ArtWalk will take over 17 blocks of Little Italy with thousands of attendees expected. From 11 a.m. – 6 p.m. each day there will be opportunities to purchase artwork, enjoy live music and dance performances, and participate in interactive art experiences. Visit [artwalksandiego.org](http://artwalksandiego.org) for details and a festival map.



**APRIL 30** **Depot Springs Patron Appreciation Day**  
Saturday, April 30

Depot Springs Beer Company and Table 1888 will soon come to La Mesa with an onsite brewery, kids zone, restaurant and outdoor entertainment area for music, comedy, movie nights and more. The 25,000-square-foot facility is scheduled to open this summer at 9176 Fletcher Parkway. This appreciation day will be family friendly with activities for all ages including bounce houses, face painting, photo booths and crafts. The party will be hosted at Harry Griffen Park (9550 Milden St., La Mesa) from 11 a.m. – 4 p.m. with live entertainment from Birdy Bardot, The Ordeal, Supersonic Samba School and the Euphoria Brass Band. Food trucks will be on hand as well. There will also be raffles with various prizes from Depot Springs. Visit [dsappreciationday.com](http://dsappreciationday.com) for more details.

## STAGE CUES

**APRIL 22 - MAY 1** **'The BFG (Big Friendly Giant)'**  
Friday, April 22 – Sunday, May 1

SDSU School of Theatre, Television and Film will celebrate the 100th birthday of Roald Dahl with a theatrical adaptation of his book, "The BFG (Big Friendly Giant)." The beloved story follows an orphan named Sophie who teams up with the titular giant to save the children of England. Tickets are \$10 for children under 10, \$15 for students and \$17 for adults. Shows are at 7:30 p.m. Thursdays and Fridays and 2 p.m. Saturdays and Sundays. The performances will be held in the Don Powell Theatre at SDSU, located at 5500 Campanile Drive. Visit [theatre.sdsu.edu](http://theatre.sdsu.edu).

**MAY 13 - JUNE 12** **'Chapter Two'**  
Friday, May 13 – Sunday, June 12

Lamplighters Community Theatre (5915 Severin Drive, La Mesa) presents Neil Simon's comedy-drama with performances on Friday, Saturday and Sunday nights. The story follows recent widower and writer George Schneider as he attempts dating at the prompting of his brother Leo and meets a keeper — Jennie Malone. Meanwhile Leo has a fling with Jennie's neurotic — and married — friend, Faye. Visit [lamplighterslamesa.com](http://lamplighterslamesa.com) for tickets.

**MAY 20 - MAY 22** **'The Masque of Beauty and the Beast'**  
Friday, May 20 – Sunday, May 22

The drama club of Grace Christian Schools will present this play at First Baptist Church or Lemon Grove (2910 Main St.). This retelling of the classic fairy tale will be performed by homeschooling students from around the county under the direction of Caryl Lipnick. Performances are at 5 p.m. on Friday, 2 and 7 p.m. on Saturday and 5 p.m. on Sunday. Tickets are \$10-\$15. Visit [conta.cc/1LV9OXk](http://conta.cc/1LV9OXk) for tickets. ■



# Local artists to look out for at ArtWalk

Margie M. Palmer

The 32nd annual Mission Federal ArtWalk will return to Little Italy on April 30 and May 1; as in previous years, the event will continue to celebrate San Diego's rich arts and culture landscape. More than 300 fine artists, including La Mesa residents John Straub, Chris Schwimmer, Monique Straub and Stephen Fishwick will be showing and selling their work.

## John Straub

Photographer John Straub has been telling stories through his camera lens for decades. "[It] plays out because it's all there, just waiting to be found, waiting to be experienced, waiting to be captured," he said, adding that exploring, engaging and clicking allows him to take a scene and make it his own. Although his original medium was film, Straub has since migrated to a digital format because it's given him a way to advance his art. "Today there are no barriers with what can be done on a computer; my camera is an amazing tool," he said. "It's a black box between me and the world that lets me translate what I see with my eye and feel in my soul when I finish making my image."



A close-up, enhanced image of a succulent by digital photographer John Straub (Courtesy of John Straub)



Paintings by artist Chris Schwimmer (Courtesy of Chris Schwimmer)

## Chris Schwimmer

Abstract painter Chris Schwimmer said that while she didn't officially become a full-time artist until about 10 years ago, her love of art has been with her since she was a child. "I began dreaming of becoming an artist ever since my fifth-grade art teacher praised a piece of work I'd done in class," she said. Schwimmer, who was born and raised in Chicago, said that spending 30 years in such a multi-cultural metropolitan area definitely had an impact on her as an artist. "Between the beauty, the grime and grit, the poorest to the richest, raw and refined, perfect yet imperfect, all of these influences are woven into the fabric of my art."

## Monique Straub

Painter Monique Straub said that it wasn't until 2001, after half a lifetime of non-creative occupations, that she decided to take a risk and follow her dreams of becoming a full-time artist. It all started with a vintage box of 300 Grumbacher soft pastels that were given to her by her father-in-law. Straub admits that she didn't have any formal training and relied solely on "high school art lessons and a few pastel instruction books," but she decided to run with it. "Within the first year, I was entering the San Diego County Fair, local juried art shows, and [was] selling my work through a shared art studio at Spanish Village Art Center in Balboa Park," she said. "I filled my days with experimentation and non-stop painting, and my unique style developed quickly. I believe my design and composition skills are attributed to having extensively studied photography in my younger years. I compose and photograph all of my own material, and paint from my photos in the studio every day."



A portrait of The Beatles by artist Stephen Fishwick (Courtesy of Stephen Fishwick)

## Stephen Fishwick

Stephen Fishwick best describes his painting style as Spontaneous Realism, as his style allows him to be free of the confinements of traditional techniques. "I tend to use everything from brushes and sponges to forks, knives and spray bottles, to my bare hands," he said. "My work has a chaotic-ness to it, but there is a bit of reality that I hope shines through." Fishwick, who has partnered with a number of corporate and professional clients including but not limited to the National Football League, Apple, Microsoft, Disney and the San Diego Padres, also has a deep-running philanthropic streak. To date, he's raised more than \$1 million for different charities. "My goal is to have my artwork

do something bigger than myself," he said. The 32nd annual Mission Federal ArtWalk will run from 11 a.m. to 6 p.m. on Saturday, April 30 and Sunday, May 1 and will feature professional artists from all throughout the region. The free, family-friendly event will not only include art, but also live musical performances, street food, interactive art activities and Kids Walk, which will offer a wide range of creative projects. For more information on this year's ArtWalk, visit [artwalk-SanDiego.org](http://artwalk-SanDiego.org). —Margie M. Palmer is a San Diego-based freelance writer who has been racking up bylines in a myriad of news publications for the past decade. Reach her at [margiep@alumni.pitt.edu](mailto:margiep@alumni.pitt.edu). ■



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## Memoirs worth remembering to read



Jake  
Sexton



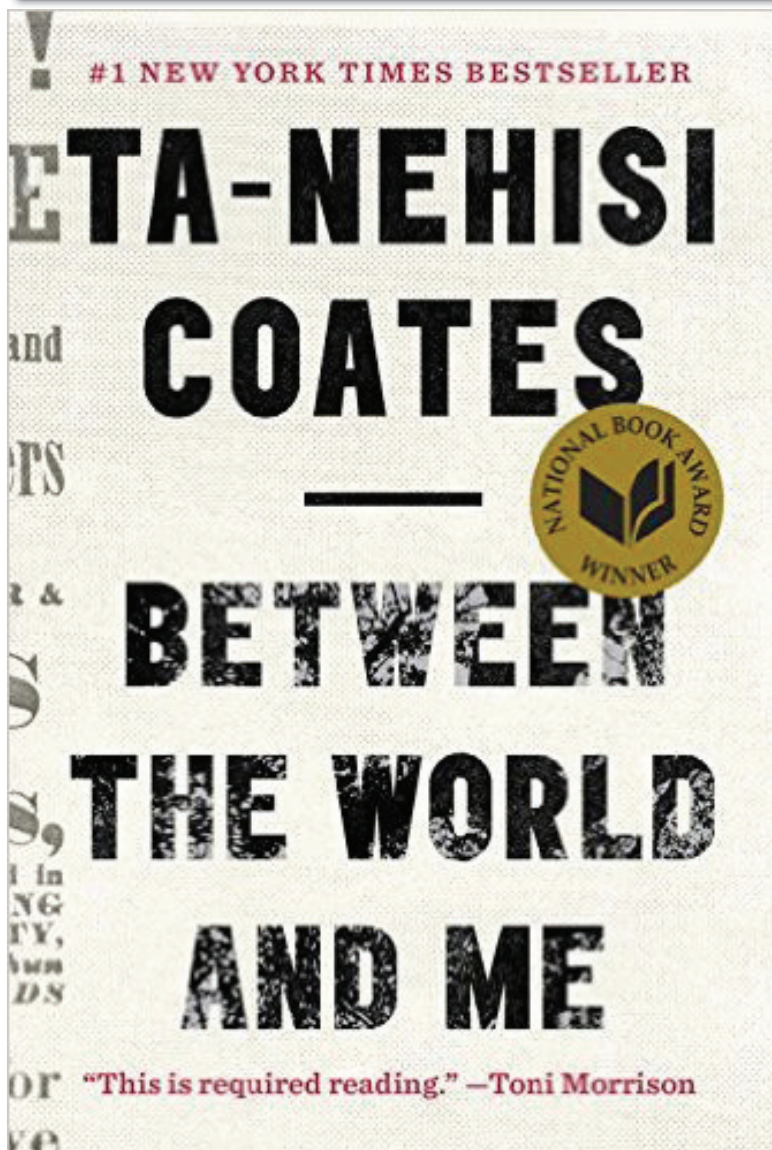
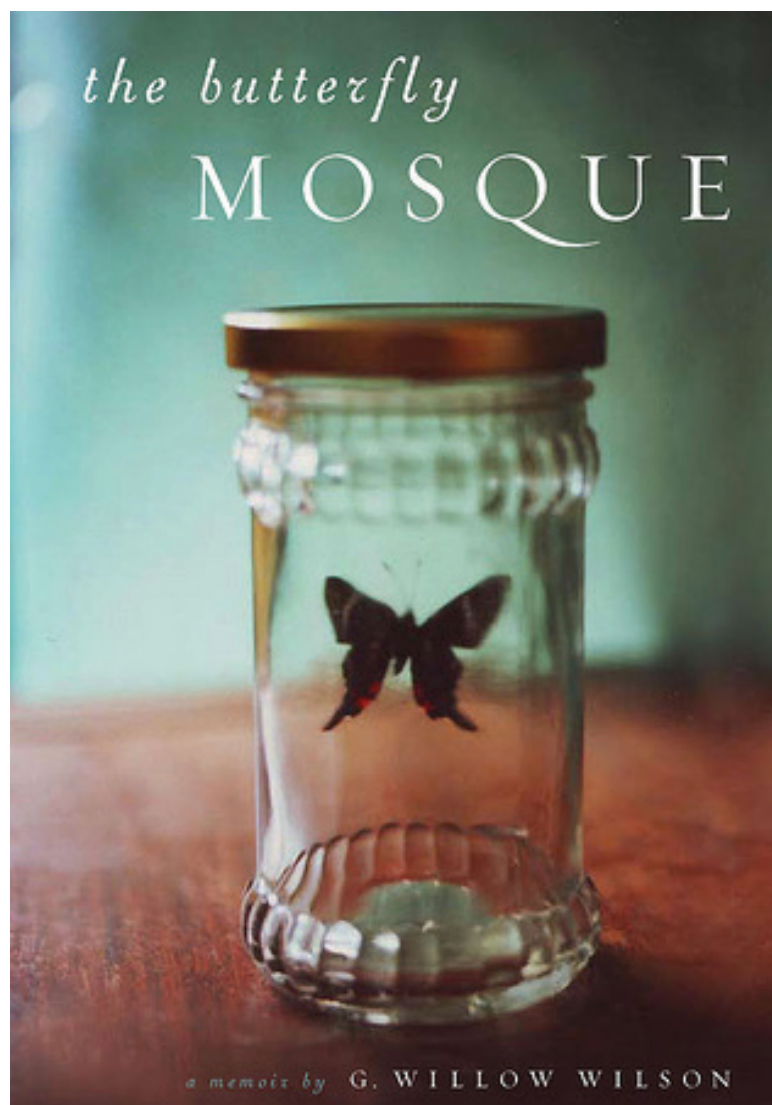
In May, the library will be hosting a memoir-writing class by local author and writing coach Marni Freedman. Writing a memoir is a way to reflect on your own past achievements and triumphs, and even to see your failures and regrets as something that helped build you into the person you are. Reading someone else's memoir can be a way of expanding your own perspective, and hopefully enhancing your own wisdom by experiencing the struggles and successes of another. So let's look at some interesting and well-crafted biographies from recent years.

Born in India and transplanted to Northern England, Aasif Mandvi grew up as a Muslim in a British industrial town, while dreaming of becoming an actor. A series of unusual events led him to the world of comedy, and he spent many of his recent years as a prominent "correspondent" alongside Jon Stewart on the satirical and influential "The Daily Show." His memoir "No Land's Man" tells 16 short stories, all vignettes from his life, about his childhood, the casual racism of the British schoolyard and the Hollywood audition room, his stubborn parents, and the unexpected opportunities that allowed him to make an impact.

"The Other Wes Moore" is a pair of narratives, about two men of roughly the same age, who grew up in the same city, and were given the same name. One Wes grows up to be a scholar with a successful career in politics and business, and is startled by a news article about this other man with the same name: the other Wes is serving a life sentence in prison for murder. The one Moore writes a tentative letter to the man in prison, and the two begin to learn about the similarities and differences in their lives, and the decisions that determined their wildly divergent outcomes.

Ta-Nehisi Coates has become lauded for his compelling essays for the Atlantic Monthly on culture and political issues. His memoir, "Between the World and Me," combines his political insight, intimate personal story, and thoughts on the future. It's written as a series of letters to his son, as Coates discusses his experience of growing up black in America, tying his past to the past of the nation, how all history shapes the present, and what his son can hope to expect as he grows older. The book has received much acclaim both as literature and political analysis.

G. Willow Wilson's "The Butterfly Mosque: A Young American Woman's Journey to Love and Islam" is filled with liberation and thoughtfulness about the meaning of faith and society. After years of spiritual malaise, young Wilson finds herself comforted by the words of the Quran, explores its meaning and learns Arabic. She then travels to Egypt to become an English teacher, meeting her future husband. But the story does not follow the path



of a woman on an adventurous, romantic journey, it spends more time examining what about Islam she finds most honest, and the ways that she navigates her faith and identity through both her native and adopted cultures.

New Yorker cartoonist Roz Chast turns her pen and sense of humor to her own life in "Can't We Talk About Something More Pleasant?" Alternately funny and tragic, the grim topic of caring for her aging and ill parents is treated with warmth, under-

standing, and exasperation. The memoir is told in graphic novel form, combining colorful cartoon illustration with ironic narration and dysfunctional dialogue.

The aforementioned Memoir Writing Class at the library will be held Wednesday, May 18 from 4 - 6 p.m. Call the library to sign up, 619-469-2151.

—Jake Sexton is librarian at the La Mesa Branch Library. Call the library at 619-469-2151; visit at 8074 Allison Ave.; or online at [sdcl.org](http://sdcl.org). ■





What's Cooking with Julie

Julie White

ROASTED ASPARAGUS WITH SHERRY DRESSING

A very fresh and elegant dish. If you have never tried roasted asparagus, I think you will become a fan. This is a recipe worthy of being served at a Mothers Day lunch.

Ingredients:

- 1 1/2 pounds of fresh asparagus. Toss with 2 tablespoons olive oil, pinch of salt and pepper before roasting
- 1 tablespoon of sherry vinegar or rice wine vinegar
- 1 minced shallot
- 1 teaspoon Dijon mustard
- Pinch of salt and pinch of pepper
- 3 tablespoons of extra-virgin olive oil
- 2 tablespoons chopped fresh herbs (parsley or tarragon would be best)
- 1 hard-boiled egg, chopped to be sprinkled on roasted asparagus

Directions:

Preheat oven to 400 degrees. Trim tough ends off of asparagus and place on baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast in oven for 25 minutes. Cool. Whisk together remaining ingredients in bowl. Toss over the asparagus and sprinkle hard-boiled egg on top. Enjoy! ■

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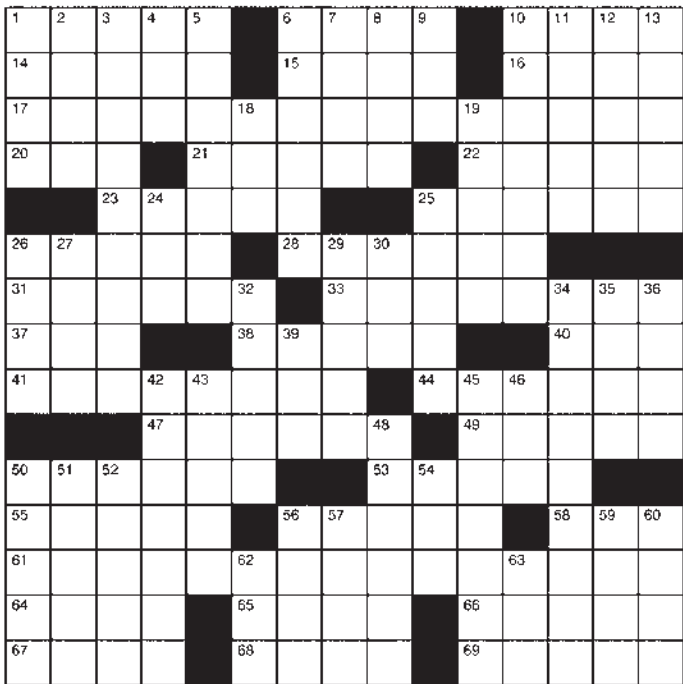
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PUZZLES | ANSWERS ON PAGE 3

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By Charles Preston

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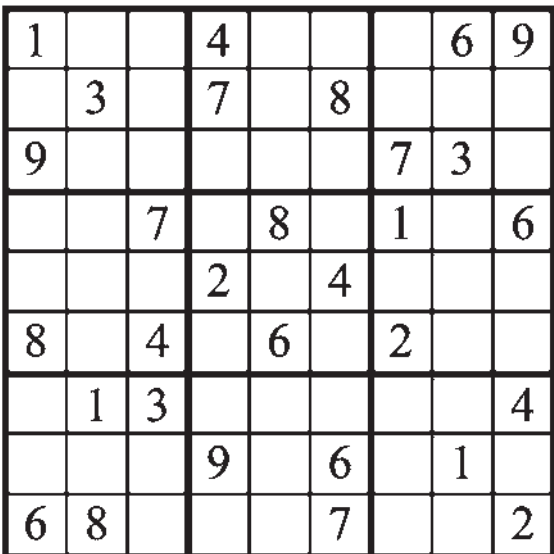
DOWN

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- 48 The Kaiser's fixation
- 50 Horse
- 51 \_\_\_\_ vincit amor
- 52 Eyes
- 54 Born
- 56 Greek contest
- 57 Festive
- 59 Galley power
- 60 Limerick lingo
- 62 Officeholders
- 63 Omaha Beach officer: abbr.

SUDOKU

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



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# Call Me. Let's get your property SOLD!

A Richard George Wheeler House - 1951 Mt. Helix Mid-Century Modern Home. 5 BR/4 BA, views to Pt. Loma, two fireplaces, organic orchard, salt-water pool.



[www.9306MesaVistaAvenue.tobuy.me.com](http://www.9306MesaVistaAvenue.tobuy.me.com) \$750k



Mt. Helix



La Mesa Village

## Cul-de-Sac Home in Spring Valley!



Approximately 1700 s.f., 3br, 2 ba on 1/4 acre.  
9043 Joan St., Spring Valley / Price to be Determined.

## Laura's 2016 SOLD properties so far...



Windandsea La Jolla



Windsor Hills



La Mesa Village



La Mesa Village



La Mesa Village



La Mesa



Talmadge



Del Cerro



La Mesa Highlands



Rancho San Diego



Mission Valley



Rancho San Diego



Allied Gardens

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