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A MODEL DISPLAY

Local club shares history, culture of model railroading at Grossmont Center

Jeff Clemetson
Editor

Mike Forsys' first experience with model trains didn't go as expected. "My father came back from Europe, from the war, and he brought me a European train. I loved it

except that it didn't work because it had European power. But he went and bought me an American Flyer train later that year."

The well-intentioned gift to the 5-year-old boy in 1946 sparked a lifelong hobby that continues today. Forsys is now the president of the San Diego S-Gaugers model train club, which is best known for its display located in Grossmont Center that is open to the public on Tuesdays and Saturdays from noon to 6 p.m. There is also a window display with a button that passerbys can push and activate a train to ride around a track for a minute or so.

"We're one of the only layouts in the county that

See **TRAINS** page 14

Life after reality television

David Dixon

Fans of the 18th season of "Big Brother" ("Big Brother 18") are familiar with former La Mesa resident, Bronte D'Acquisto. The 2007 Miss Teen La Mesa was a contestant on the popular reality series.

However, 2016 was not the first year that D'Acquisto tried out to be on the CBS show.

"I auditioned in 2015 and made it pretty far in the process," she said. "My goal was to go on to win the \$500,000 prize to help in my pursuit of a doctorate degree. I was lucky that I got to be part of the 18th season."

D'Acquisto wanted to make the most of the little time she had to get ready for "Big Brother 18."

"I bought a couple of books to prepare, since you have a week

of down time locked up in a hotel room," she said. "I studied the science of psychological behavior and other similar topics."

One of the most memorable aspects of being a contender for D'Acquisto was interacting with the different contestants.

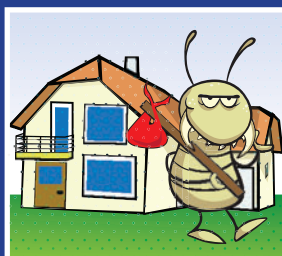
"It's like somebody found all your potential best friends and enemies and put them in a house," she said. "My favorite moments were when I realized how much I adored certain houseguests and despised others. You definitely have to know who your friends and enemies are."

Since being on television, D'Acquisto feels like she grew as a person. "I went into the competition with a lot of social anxiety," she said. "I did not go away for college and instead lived with my parents in San Diego. I

See **BIG BROTHER** page 12



"Big Brother" contestant Bronte D'Acquisto (Courtesy of Jonathan Vy/CBS)



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Kenya and back

Helix teacher's graduate program helps her promote conservation at home and abroad

Margie M. Palmer

Helix Charter High School biology teacher Yuchiao Wu-Walden wants to teach her students to engage in out-of-the-box thinking. To do that, she's doing some out-of-the-box learning herself.

Wu-Walden is currently pursuing a master's degree in teaching through Miami University's Project Dragonfly; in late June she traveled to Kenya as part of Dragonfly's Earth Expeditions graduate courses to study sustainable approaches to human/wildlife coexistence.

Dragonfly at Miami University promotes inquiry-driven reform, reaching millions of people worldwide through learning media, exhibits, and education programs. Since the program began 12 years ago, its Earth Expeditions graduate courses, on which the master's programs are based, have engaged more than 1,700 people in firsthand educational and scientific research at critical conservation field sites in Africa,

Australia, Asia and the Americas.

In her recent trip, Wu-Walden and her classmates joined Kenyan conservationists, educators, community leaders, and youth to study sustainable approaches to human-wildlife coexistence.

"[The nine-day program] focused on how we can save the wildlife and empower the local communities that live with the wildlife at the same time, and how we can all live together. I teach biology so this works really well because I teach ecology and how we interact with animals.

"[MIU] has created a really unique program that's unlike the typical master's in science. It's like a softer-science program. The whole point is really focused on us as students trying to engage with the community, getting us to ask questions and to get involved," she said, adding that many of her classmates are teachers who are wanting to use what they're learning to develop lesson plans that encourage kids to engage in creative thinking.

For Wu-Walden, that involves coming up with lesson plans about mountain lions.

"With my students, I'll teach them a little about mountain lions and give them some sort of activity where some of the kids pretend that they live in Alpine or Ramona, and a mountain lion comes and eats the family pet. I want to create an activity where students can think as the pet owner, where they are really sad and probably angry, and that they have a right to feel that way, but to also increase awareness that the mountain lion has every



(above) Yuchiao Wu-Walden shares photos on her camera with children in Maasai, Kenya. (left) Conservationists and game scouts at Amboseli National Park (Courtesy of Yuchiao Wu-Walden)

right to be there and that we have grown into their area," she said. "It's about learning how we can all live together."

Another unique component of Dragonfly involves where local coursework takes place. Although some of the classes are online, others involve in-person learning at the San Diego Zoo.

"[In San Diego] we meet up at the Wild Animal Park, which is where their research facility is. We get lectures from researchers and we get to go behind the

scenes at the safari park and at the zoo, we get to see how the animals' keepers work with them. It's really nice to get the opportunities that your average person who goes to the zoo cannot," she said.

All in all, Wu-Walden feels her coursework will help her better teach her students about the importance of both wildlife preservation and human-wildlife coexistence.

"Since I've been in the program I've created lesson plans for a lot of our classes where students will

do a project instead of a research paper," she said.

For more information on Miami University's Project Dragonfly, visit projectdragonfly.org. Additional information on Earth Expeditions can be found at earthexpeditions.org.

—Margie M. Palmer is a San Diego-based freelance writer who has been racking up bylines for a myriad of publications for the past 10 years. Reach her at mmpst19@gmail.com. ■

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(l to r) Rob Cerello, Bob Nevil and John "Hoot" McDonald belt out a tune at the clubhouse next to the Adult Enrichment Center. (Photo by Sara Appel-Lennon)

The Fun Bunch croons to the oldies

Sara Appel-Lennon

Do you want to sing but you don't — because you were told you don't have the voice for it?

Have no fear, The Fun Bunch is here. The Fun Bunch is a group of singers ranging in age from 30 to 90 years old, who attend a weekly class called "Fun with Music." The class meets at the clubhouse next to the Adult Enrichment Center in La Mesa. Everyone's welcome and no auditions are needed. It is a group singalong where lyrics are read from a screen karaoke-style or from a notebook. There's a sign-up sheet for anyone who wants to sing a solo or duet, with or without karaoke or accompaniment.

The Fun Bunch started as a kitchen kazoo band so kazoos are the instrument of choice, although maracas, drum sticks, and tambourines are also available, and toe-tapping is encouraged.

The Fun Bunch was founded by Art Bernard, who recently passed away at age 95.

"It really thrilled him to make people happy," said his widow Dorothy Bertrand. "He was doing this for other people."

Dorothy said Art started The Fun Bunch 18 years ago after retiring from a sales career. However, his love of music began much earlier in life, playing clarinet in a Chicago high school band. He even received a college scholarship in music, but his mother refused it.

"He always played the clarinet, no matter what," Dorothy said.

The Fun Bunch is now organized by James Brown who got involved after meeting Art Bernard two years ago.

"We were kindred spirits immediately," he said. "I specialize in really bad jokes and puns. We had this instant rapport based upon bad humor."

Brown, who calls his volunteer work with the group a "labor of love," prepares Thursday through Sunday for The Fun Bunch on Monday, creating and refining karaoke tracks for the 14 songs sung by the group and soloists. Everyone is invited to sing a solo



Fun Bunch organizer James Brown leads the group in a song. (Photo by Sara Appel-Lennon)

"Fun with Music"
Mondays
12:15 – 1:45 p.m.
Clubhouse next to Adult
Enrichment Center
8450 La Mesa Blvd., La Mesa
\$2 weekly, pay at the door

regardless of voice quality.

"Not everyone has a voice like Pavarotti you know," he said. "I feel glad they feel comfortable enough to sing. I do my best to try to make it fun."

Brown's love of music began at age 6, when he listened to records by Les Paul, Mary Ford, and Rosemarie Clooney. At 17, he bought his first guitar and taught himself to play. He later taught himself to play piano keyboard and bass guitar.

He studied Theatre Arts at San Diego State University for three years before enlisting in The National Guard during the Vietnam War. He then took a "temporary" job, lasting 33 years, doing installation and repair work for the Pacific Telephone Company.

Brown also did some professional music work — including composing and arranging music for the play, "The Tailor of Gloucester" based upon a Beatrix Potter book. He said he has no regrets about not making music his career because he made the best choices he could with the information he had.

In addition to amateurs and semi-pros like Brown, The Fun Bunch now draws retired professional musicians as well. John "Hoot" McDonald, a saxophone player, is a weekly instrumental soloist with the group. In the early '60s, he performed with the likes of Sonny and Cher, Glen Campbell, and the Righteous Brothers. In 1963, he and Carlos Santana played in Tijuana and in 1968 he performed with The Shirelles in downtown San Diego. He still performs with different bands but finds the singing class therapeutic.

"The Fun Bunch is the only fun I have anymore," he said. "It cheers me up since I'm suffering from Post-Traumatic Stress Disorder."

Robert Cerello is a regular soloist in the group. He began singing when he was a boy. In 1953, at age 12, when his voice was changing, he sang soprano.

"At that point I was just dreadful," he said. "I could hardly stay in the same room with myself. Even the dog left the room."

Even so, his dad and cousin, both wedding singers, encouraged him to practice.

Cerello was further inspired to become a singer when he was 14 and watched a TV show where a secretary at the station filled in for a cancelled soloist. She sang a song which sold 1 million records. Cerello thought if she could be a successful singer, then maybe he

See **FUN BUNCH** page 18 →

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Home for Sale

La Mesa - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

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► **Energy**, from page 1

CCA programs that he has worked with: Marin Clean Energy, Sonoma Clean Power and the city of Lancaster.

For example, he said the average residential monthly bill for Southern California Edison (SCE) customers is \$124. Lancaster Choice Energy's (LCE) base product is about \$1 cheaper with a higher renewable energy content of 35 percent, compared to Southern California Edison's renewable content of around 24 percent. Average commercial rates are cheaper, too.

One of the advantages CCAs have in fighting climate change is that cities can set up programs that allow customers to choose what level of renewable energy they want.

"So if you want to pay a little more and you are so inclined, you can get a 100 percent renewable energy in the program," Tosdal said. "That's not something you can get from SDG&E or Southern California Edison."

For Lancaster, that option averages costing about \$10 more per month.

"There's a premium on 100 percent renewable," Tosdal added.



Ty Tosdal explains Community Choice Aggregation programs to a special meeting of the La Mesa Planning Commission and the Environmental Sustainability Commission on Aug. 3. (Photo by Jeff Clemetson)

So how does a CCA stay competitive with utilities like SCE and SDG&E?

"There are some different components in the cost structure when you compare a CCA to a traditional utility," he said. "There is less overhead that comes along with a CCA program. They don't have the same tax obligation. They don't have the same incentives to return profits to their shareholders, so they are able to save costs on those sorts of things."

Just as some CCAs give residents choices on what kind of energy they want to buy, the CCA program itself is a choice.

"The program is optional to customers and they can opt-out at any time and return to service by the utility," Tosdal said.

However, there is no opt-in.

When a city decides to form or join a CCA, residents are automatically enrolled. Four separate notices are sent to residents about the switch to the CCA and

residents must opt-out if they do not want to be in the program.

"That's just the way the law was structured; there's nothing that can be done about that."

Also, the CCA wouldn't completely replace SDG&E.

"Forming a CCA does not mean you displace the utility," Tosdal said. "It means you provide an alternative service just to buy and sell energy. The utility continues to operate the transmission and distribution services and provides billing to customers."

What does change is where the energy is purchased and how rates are determined.

"If you start a CCA program here in La Mesa, the City Council will ultimately be responsible for general decisions about rates, power sources and you do that with input from experts in the field," Tosdal said.

Another option would be for the city to join other municipalities to form a larger CCA. In that case, a Joint Powers Authority (JPA) would be set up with elected officials to run the CCA. Tosdal pointed to Marin Clean Energy, which services residents in Marin County, parts of Napa and the city of Richmond, as an example of a multi-jurisdictional CCA.

A JPA is a good possibility for La Mesa to consider as

several local cities have already taken steps to form CCAs. The city of San Diego has funded a CCA feasibility study, Solana Beach has already conducted a feasibility study and Del Mar has a Climate Action Plan with a goal of 100 percent clean energy, which would likely use a CCA to meet that goal.

Tosdal said implementing a CCA has a specific order of steps for cities. First, learn what the program is through informational presentations like the Aug. 3 meeting. Next, a feasibility study is conducted that looks at rates, renewable content and program offerings. Then the city will design the program. After that it must pass a resolution, meaning a vote by the City Council to form the CCA. The council will then need to decide whether to join or form a JPA with other cities or form an enterprise program on its own. Finally, the CCA will procure power from sources, develop an organizational plan, enroll and serve customers.

After his presentation, Tosdal took questions from the commissioners and the audience.

Planning commissioner Janine Hurd Glenn asked what would happen to the CCA if SDG&E decides it will just purchase more renewables itself and offer its customers similar programs; basically cut out the middle man.

"That may be very far off in the future," Tosdal answered. "We currently have an energy system that is run by a monopoly and even though a lot of these programs are small in the jurisdictions that have launched these programs, the monopoly ends. So I think that is something concerning for the utilities."

Commissioner Polly Kanavel questioned whether a CCA offers enough competition to significantly bring down costs, using gas stations as an example.

"At Navajo [Road] and Lake Murray Boulevard there are three gas stations on the corners and it hasn't driven the price down," she said. "It has everyone within a penny of each other because [people] buy gas at which direction they're going, what's more convenient. There's not one that's 10 cents cheaper to lure in all the traffic."

"It's a better economic dynamic to have some competition than no competition," Tosdal replied.

During comments, Masada Diesenhof of the environmental group San Diego 350 spoke in favor of CCAs.

"A lot of the reason that other places have put these plans into place is to be able to comply with the state greenhouse gas emission reduction requirements," she said. "One of the reason [CCAs] are an improvement over SDG&E is because cities don't have any control over what the utilities do. So if the city wants to commit to reaching a certain target, this gives them the ability to say, 'We actually know where our power is going to come from; we can make these decisions.'"

Residents who want to learn more about CCA programs can attend the La Mesa City Council meeting on Sept. 13. The council will not be voting on CCAs but will hear Tosdal's presentation in order to consider the program.

—Reach Jeff Clemetson at jeff@sdcnn.com. ■

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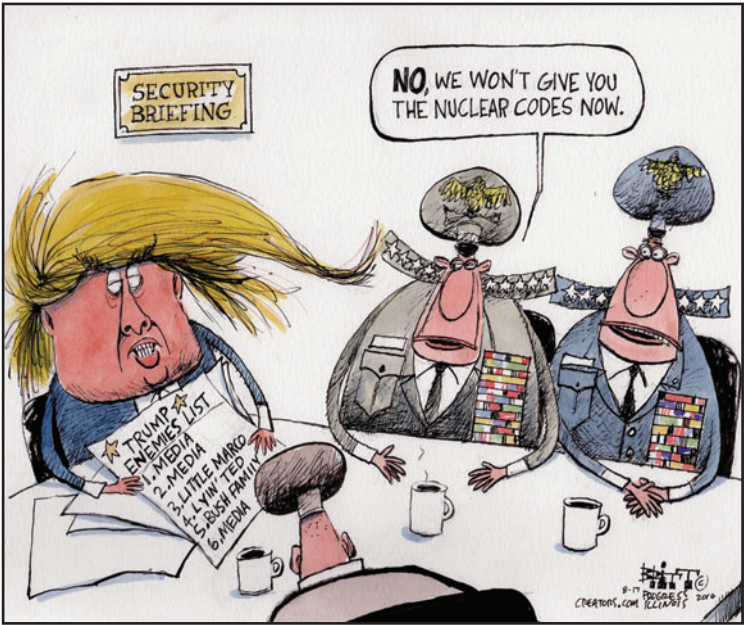


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GUEST EDITORIAL

San Diego County embraces water-use efficiency

Mark Weston

When I walk around my neighborhood, it's clear that a new level of commitment to water-use efficiency has taken hold at the grassroots level. About half the homes around me have upgraded from conventional turf-based landscapes to attractive, low water landscapes that are more appropriate for the climate of San Diego County.

I see the same phenomenon across the county; residents and businesses are making the most of our water supplies like never before. In fact, we collectively use nearly 40 percent less potable water per capita today than we did in 1990.

At the San Diego County Water Authority, we embrace "water smart" living even though our investments in drought-resilient supplies mean the region has all of the water needed to sustain our \$222 billion economy and the quality of life for 3.3 million residents even after five years of drought.

Our investments also mean that the region is no longer under emergency state mandates to reduce water use. On July 26, we launched a new outreach campaign — Live WaterSmart — in coordination with



our 24 member agencies to help San Diego County make the most of our water supplies regardless of drought conditions.

With state mandates removed, we have an opportunity to do the right thing for our long-term water security while enhancing our region's role as a leader in water-use efficiency. That tradition really began in the early 1990s, when the Water Authority sponsored landmark state legislation to mandate low-flush toilets that quickly became the national standard. Over the decades, we have created and supported numerous other efforts to hard-wire efficient water use into our everyday lives.

Live WaterSmart is the Water Authority's resolution to raise awareness about ways to make the most efficient use of water, reinforce positive behaviors and promote available water-saving programs.

One easy way people can find out what they can do to improve their long-term

water-use efficiency for a free home water-use checkup at WaterSmartSD.org. The website also offers numerous other resources, including an array of award-winning, water-efficient landscaping classes for homeowners and an on-demand video version of those classes to fit our busy lives.

You'll also start to see Live WaterSmart reminders around the greater San Diego region. Donated outdoor advertising in several regional malls already shows the Live WaterSmart message and restaurants will be placing gentle reminders on their tabletops. Related outreach in the works includes print and digital ads, social media messages, promotional items and partnerships.

In addition, the Water Authority is also working with partners — including the city of San Diego, the County of San Diego, and the Surfrider Foundation — to launch a new incentive program for sustainable landscapes in August. It's designed to help our region take the next step in water-efficient living, while improving storm water capture and enhancing the environmental benefits of our urban landscapes.

Let's all Live WaterSmart so we can carefully manage our most precious natural resource no matter the weather.

—Mark Weston is chair of the Water Authority's board of directors.■

LETTERS

Village people

Re: "A vision for the Village"
[Volume 6, Issue 7 or bit.ly/2af0Llq]

Thoroughly enjoyed your piece on the future of the Village.
—Jay Anderson, La Mesa

We were saddened to read in last month's issue that some business owners feel that a real estate office should be on a back street or upstairs and not on the boulevard. It's always been our belief that Pacific Sotheby's International Realty is an attractive and integral part of the heart of the village. All of our staff and salespeople shop and eat in the Village. Some even promote local businesses on their marketing materials as well as serve on local committees and charities.

We attract a myriad of customers from around the world as well as the local community. As a result of their visit, they shop and eat on the boulevard. Many actually discover the charm of the Village because of a visit to our office. We consider ourselves an important part of the energy and culture of the Village; any time day or evening, visitors and locals alike enjoy watching the luxurious homes and

castles on our flat screen window displays while dreaming which one they will choose when they win the Lottery. Yes, we do deserve to be on the boulevard. We ardently believe that folks should have as much right to shop for a home in the Village as they do for a cup of coffee!

—Joyce Hill, Branch Manager,
Pacific Sotheby's International Realty

Elevating La Mesa pride

On Saturday, Aug. 20, the self-titled Blackton Crew of Vista La Mesa performed a three-hour renovation of some very neglected street corner planting areas along Massachusetts Avenue, south of University. These corners are what are considered grey areas of ownership, caught somewhere between the city's responsibility and the responsibility of the adjacent homeowner. So rather than debate the issue, we took action removing weeds, dead shrubs and debris to replace it with drought tolerant succulents and landscape mulch.

The reason for initiating the project was mainly because, after living in La Mesa for 14 years, I have become attached to the spirit of the city and wanted to become a part of the upswing that is taking

place along its public streets and downtown areas. It's also fairly evident of the potential of La Mesa and it becoming, as my neighbor likes to put it, "the North Park of the East County." It felt as though the last part of La Mesa not getting the attention it deserves is Massachusetts and some adjacent streets in the southwest corner of the city. Surprisingly too, because it's a major through way for residents and tourist alike. And since it is either a first impression or a daily view, we wanted to help make it a good one.

We have a tight group of neighbors on Blackton Drive that are always up for helping each other out and doing what it takes to upgrade the neighborhood, so when it came time to make a change, it wasn't hard to get the gang together. We even had a generous resident from another part of La Mesa, Karen Gibson, come and help out after seeing the notice put out on the Nextdoor website — a website that has become a great way to get connected with other residents and keep our neighborhood safe. One resident, Joe Hunnefeld, has even been able to set up a new and improved neighborhood watch through the help of Nextdoor.

So completing this phase of the Massachusetts cleanup not only elevates the pride of the city, but unites the residents to make it a safer community. We hope that by spreading the word about our group and the good deeds done that others will be motivated to do the same.

Thanks to Sharon Flack and her crew at La Mesa Public Works Department for all the mulch and safety equipment, C & D Auto for providing refreshments and the Blackton Crew and company for all their efforts.

—Jack Sellinger, Blackton Drive, La Mesa

Local politics

Re: "Foothills Dems examine gun violence at next meeting" [Volume 6, Issue 7, bit.ly/2b[XZLB]

"Parent touched on the clear divisions in his race against two incumbents, one of which denies that climate change is real, and the other an ardent Trump supporter."

Really? Councilmember Alessio is neither.

Parent should be told that lying about his opponents will only come back to bite him.

—Craig Maxwell, via Facebook ■

Local Dems to discuss gender politics



Linda **Armacost** and
Jeff **Benesch**

In our second installation of “Stark Contrasts,” La Mesa Foothills Democratic Club will hear a panel of experts delve into the differences the parties have to offer voters this November about women’s issues. Democrats are looking to elect the first woman president in our nation’s history. Republicans are running a man who is a serial misogynist, famous for insulting women, and is even losing the support of Republican women. The Republican candidate is being advised by Roger Ailes, who was recently fired from his Fox News fiefdom for habitual sexual harassment. We’ll also examine the platforms of the respective parties out of their national conventions.

Democrats support a woman’s right to choose, pay equity, raising the minimum wage, paid family leave, debt-free higher education, access to family planning and affordable health care, middle class tax relief, higher taxes for the 2 percent, and



Marti Emerald



Doreen Mattingly



Shirley Weber



Laura Fink

equal opportunity for executive promotion, while Republicans offer as regressive a platform on women’s issues as we have seen in decades. Trump would name judges that share his economic and social views, while Clinton would look to further our judicial gains in social justice and equal treatment under law, preserving and extending voting rights, gender and racial equality, and economic regulation that works for our middle class, not just for the very wealthy.

Did you know that while women comprise 33 percent of the Democratic caucus in Congress, Republican women number less than 9 percent of electees? And their numbers are shrinking.

At our Sept. 7 meeting, we’ll have a star-studded panel discuss these issues and much more.

We’ll be honored to entertain District 9 City Councilmember Marti Emerald, Assemblymember Shirley

Weber, San Diego State University (SDSU) associate professor of Women’s Studies Doreen Mattingly and local political analyst and strategist, and one of our repeat favorites, Laura Fink. The panel will be moderated by longtime club member Carol Perkins, herself a longtime Women’s Studies professor at SDSU and elsewhere. These five women have a keen sense of the growing role of women in politics, business, education and media, and will each offer a unique and personal perspective on their own struggles and achievements, the current political landscape, and how important it is that we share and educate voters this cycle of the consequences of choosing the wrong candidate and party, and the affect for future generations of all Americans and women in particular.

Doreen Mattingly holds a PhD in Geography from Clark University, and master’s degree from UCLA, and a bachelor of arts from UC Berkeley. Dr. Mattingly regularly teaches courses titled: Women’s Work, Sex, Power, and Politics, Women in International Development, and Women’s Movements and Activism, and has led SDSU travel study trips exploring women’s lives in Asia, Latin America, and Europe. Her academic publications are on a range of topics, including women’s employment, domestic work, immigration, urban politics, feminist research methods, and women’s activism in the 1970s. She is the author of “A Feminist in the White House: Midge Costanza, the Carter

Years, and America’s Culture Wars.”

Laura Fink is founder of the consulting firm Fink & Hernandez Consulting and assists political candidates and groups, corporations, nonprofits and labor unions with communications, civic engagement and public policy endeavors. Her experience includes facilitation of multimillion-dollar campaigns for state and national political candidates. Her client list includes Assembly Speaker Emeritus Toni G. Atkins, U.S. Rep. Susan Davis, City Councilmember Todd Gloria, state Sen. Marti Block and many others, including her fellow Wellesley College alum Hillary Clinton. Fink is also a political analyst for several San Diego and national news outlets and is very involved with San Diego Grantmakers.

La Mesa Foothills Democratic Club serves members from the communities of San Carlos, Allied Gardens, Del Cerro, College Area, La Mesa, Mt. Helix, Santee, Casa de Oro and other nearby East County communities. We meet the first Wednesday of every month at the La Mesa Community Center, 4975 Memorial Drive, La Mesa, starting at 6:30 p.m. Please find us on Facebook or visit online at lamesafoothills-democraticclub.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.■

Centurian celebration

Nancy **Daugherty** and
Lisa **Sprague**

On July 22, Cecile O. Brown celebrated her 100th birthday at her home in La Mesa. She was joined by friends at a party that included balloons, food, cake and an arrangement of 100 roses to honor the local centurian. Brown also delighted guests by singing some of her favorite oldies — the longtime Padres fan even included a rendition of “Take Me Out to The Ball Game.”

Brown was born in Queen City, Missouri. Her childhood was spent on her family farm with her father, mother, two sisters and one brother. She studied education at Northeast College in Missouri, and received her master’s degree from San Diego State. She taught from 1944 through 1972 for the San Diego Unified School District.

Cecile and her husband, James R. Brown — Marine Corps Captain, POW survivor and accomplished artist — bought their La Mesa home in 1960. During the time her husband served in the Marine Corps, Cecile learned to speak and write in Chinese, while stationed in China.

Cecile is a voracious reader, talented artist and loves to travel. She regularly attends the annual Small Image Show in Balboa



Cecile O. Brown blows out the candle at her 100th birthday party. (Courtesy of Lisa Sprague)

Park’s Spanish Village Art Center that her husband helped found in 1976 and after each show, she honors him and supports local artists by purchasing a piece of art each year. Although she has

not been able to personally attend the Small Image Art Show the past few years, she has sent an entrusted proxy to be present and purchase an art piece on her behalf. ■

November ballot measures analyzed, explained at next meeting



Judy
McCarty



Walking into your ballot booth holding two huge sample ballots could be intimidating if you haven’t had the benefit of listening to an analysis of the measures by Richard Rider, founder and chairman of San Diego Tax Fighters.

Besides the two opposing Chargers initiatives are an avalanche of other critically important local and statewide issues that need to be considered carefully and voted on. Rider has been a tax fighter all his life and can help us understand the truth and consequences of the approximately 33 propositions that will be on the general election ballot in November.

In addition, Tony Krvaric, Chairman of the San Diego Republican Party, will discuss differing political philosophies and bring us up to date on party election activities. Shirley Kaltenborn will share a brief history of Federated women in San Diego.

All this will happen Tuesday,



Richard Rider

Sept. 13, at the Brigantine Restaurant in La Mesa at the Fuerte exit off Interstate 8. Check-in time for the 11 a.m. meeting is 10:30 am. A full-course luncheon will be served at noon with the speakers to follow at 12:30 pm. Cost is \$20. Due to space limitations, reservations are required. Please RSVP to NCRWF99@gmail.com (RSVP in the subject line) or call 619-291-2791.

Participation in local grassroots political activity is fun. Registering voters at events like Oktoberfest or working at the Republican headquarters builds friendships and connects you to your community. Contact waskahwhelan@aol.com if you’re interested in joining us.

Membership in Navajo Canyon RWF is open to any woman who is a registered Republican. For more information on all our activities, visit our newly-designed website, navajocanyonrwf.org and check us out on Facebook.

—Judy McCarty is publicity chairman for the Navajo Canyon Republican Women federated. Reacher her at jhmaccarty@cox.net.■

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Foothiller G-Crew members wear bright gold shirts and are responsible for helping incoming freshmen adjust to high school campus life. (Courtesy GHS Museum)

Foothillers welcome freshman class



Connie and Lynn Baer

Historically, the transition from middle school to high school is challenging. Since 1965, gone are the days of freshmen initiation with embarrassed freshmen wearing white shirts to distinguish them as lowly ninth graders, carrying upperclassmen's books to class, and white washing the G on Cowles Mountain.

Since then, there have been many ways to welcome incoming Foothillers. In 1996, according to the yearbook "El Recuerdo," freshmen were welcomed to school with a Freshman Picnic, sponsored by the Girls League and Boys Federation, featuring games and contests. In 1997, upperclassmen signed up to be Big Brothers and Big Sisters to freshmen.

In 2002, Link Crew began at Grossmont.

"Link Crew is responsible for easing the transition from junior high to high school for all freshmen," wrote Coach Nikki Vanderhyde in the 2003 yearbook. In 2009, Link Crew's name changed to G-Crew.

Megan Long has been the group's advisor for the past 11

years. According to Megan, G-Crew welcomes incoming Foothillers and shares Grossmont's spirit, traditions, and expectations with the freshmen.

G-Crew members can have two roles.

Mentors, who are upperclassmen, meet with freshmen in a group and guide them through their first year of high school. Typically, there is a ratio of two mentors to 10 freshmen in a group.

Another G-Crew role is Organizers, who can be sophomores and upperclassmen. Organizers serve the club by organizing, setting up, and interacting with incoming freshmen, but are not "linked" to freshmen. Organizers insure that events run smoothly.

This year there are 90 Mentors and 120 Organizers in G-Crew.

Usually there are two planned yearly events that encourage the groups to meet. The goal is for mentors to be making intentional, meaningful connections with their freshmen three times a month.

Before Freshmen Orientation, which this year was on Thursday, Aug. 11, G-Crew trains for three nights so they can provide a fun, welcoming experience that makes the incoming class feel comfortable as they enter high school.

On the first day of school,

G-Crew wears their bright gold shirts with a large royal blue G and serve as friendly, helpful faces. The G-Crew are friendly, excited, and demonstrate the attitude and behaviors expected at Grossmont. G-Crew also models Foothiller spirit and participation, which improves the school culture.

Some of the activities planned for this school year include Freshmen Orientation, Nacho Lunch, Freshmen Assembly, Fall Sponge War and Freshmen Sport Support.

"The goal, ultimately, is that G-Crew inspires the incoming class with a desire to be positive contributors to the Grossmont campus, which we hope will produce motivated learners and quality citizens," said Long.

Integrating freshmen into Grossmont was certainly a goal of the entire staff as they welcomed all four classes to Grossmont on Aug. 15 — the 96th anniversary of the first day of school for Foothillers!

To learn more about Grossmont's unique heritage, visit the museum this fall: noon – 4 p.m. Sept. 7 or Oct. 5 or by appointment. Contact Information: ghsmuseum@guhsd.net or 619-668-6140. Please browse our website: foothillermuseum.com.

—Connie and Lynn Bae write on behalf of the Grossmont High School Museum.■

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New and newish programs for a new school year



Helix Highlights

Jennifer Osborn

Helix students and staff kicked off the new school year on Aug. 3, so we are already well into our first term of 2016-17. Our newest students from the class of 2020 are entering Helix at an exciting time.

For the second year, incoming students participated in the “One Book, One Helix” summer assignment. Over the summer, all of this year’s freshmen read the book “I Am Malala: How One Girl Stood Up For Education and Changed the World,” the story of a Pakistani girl who fought for her right to an education, and was shot by the Taliban for speaking out. The book was chosen because we want all students to understand the power and importance of education, and also the power that one person can

have in making change. Students completed a creative project in response to the book, and teachers across subjects have also incorporated “Malala-related” discussions and assignments in their classes.

Another exciting program taking place this year is “Helix 2.0: Innovation for a new generation.” This program focuses on “1:1 technology,” which means that each student is provided with a device so that teachers and staff can integrate technology into the curriculum in a consistent way. Last school year was the pilot year for the program.

Approximately 250 freshmen received school-issued Chromebooks. In addition to these students, eight freshmen teachers received Chromebooks and together our students/teachers were 1:1 in eight classrooms. The intent of the pilot program was to help us gather information about the devices, how they’re used, and what instructional practices are most effective. After evaluation, the program was deemed successful enough to expand it to the entire class of 2019, and add the class of 2020.

This year, approximately 1,250 Chromebooks were issued to incoming freshmen, as well as sophomores. All Helix teachers also received a Chromebook. We are excited to work with the teaching staff to continue to use technology to deliver effective curriculum, allow for better collaboration, and to engage students.

Another addition to this year’s

program is the creation of a help desk that is easily accessible for all Chromebook users. The help desk will be staffed by Helix’s tech specialist, who will oversee student workers. Help will be available during the entire school day, and for a half hour before and after school.

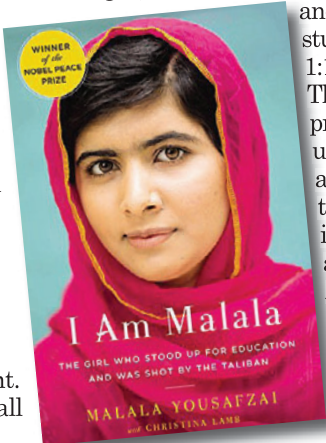
Alumni Picnic

If you missed it last year, we have good news! The Helix Foundation and Alumni Association will host the 2nd Annual Helix All Class Picnic on Sunday, Oct. 9, on the school campus. The day will begin with an alumni softball game from 9 – 10:30 a.m., then the picnic will follow from 11 a.m. – 4 p.m. This will be a great opportunity for alumni to reconnect with old friends, and celebrate their alma mater. Families are welcome. The picnic will feature:

- Food available for purchase from noon – 3 p.m., or bring your own.
 - Music and entertainment by the Highlander Band, and bands of alumni members.
 - Activities for kids.
 - “Excellence in Education” Tour (highlight campus and Helix academic program/achievements.
- Bring a chair, ice chest, shade, and a picnic basket. Learn how you can volunteer, support, and give back to Helix. Visit the “Helix High School Alumni Events” page on Facebook for the most up-to-date information.

As a reminder, no alcohol, glass, or pets are allowed on campus. Thank you for your cooperation.

—Jennifer Osborn writes on behalf of Helix Charter High School. Reach her at josborn@helixcharter.net. ■



Education Briefs

Twins fund school supplies for kids in foster care

La Mesa 11-year-olds Jacqueline and Sheridan Crisafulli want to make going back to school a little bit easier for fellow students in foster care. On July 28, the twins delivered over 100 backpacks and other school supplies to the Walden Family Services, a San Diego-based nonprofit foster care, adoption and youth services agency.

“We want to do this because it must be really hard to be a foster kid and not have your real mom and dad to be there to support you when you start out the school year,” wrote the twin girls in their letter asking family and friends to support the project.

Walden Family Services received the supplies at their July 28 event celebrating the agency’s 40th anniversary.

“We are honored that Jacqueline and Sheridan chose to give foster children and youth the tools they need to start the school year,” said Walden Family Services CEO Teresa Stivers in a press statement. “These backpacks are not only a gift to the children who receive them, they are also a reminder that every one of us can help prepare foster children and youth to thrive.”

Jacqueline and Sheridan first learned about Walden several years ago from their parents, who regularly attend Walden’s annual Wine D’Vine fundraiser. Their mother, Jennifer, explained that both girls became concerned that children in foster care didn’t have their parents to tuck them in or support them. The girls first gave to Walden in

2014, when they donated their birthday presents to foster children and youth.

At the 40th anniversary open house for Walden Family Services, the girls also met San Diego District 6 Councilmember Chris Cate and District 7 council representative Sheldon Zemen, who presented Walden with a proclamation recognizing the agency’s role in preparing children and youth to reach their full potential as members of the community.

La Mesans nominated for Teacher of the Year

La Mesa residents Stuart Douglas and Mykie Evans are two of the 43 teachers nominated for this year’s “Cox Presents: A Salute to Teachers” County Teacher of the Year award.

Douglas teaches at Granger Junior High School in National City and Evans teaches at San Altos Elementary School in Lemon Grove.

The two teachers are each in the running to be named one of five County Teacher of the Year award recipients at the annual gala event held by Cox, which is broadcast on television and held at Downtown’s historic Balboa Theatre on Sept. 10 at 8 p.m.

The top five teachers are selected based on student achievement, professional development and community involvement, teaching philosophy and personal style, knowledge of educational issues and trends, promotion and development of the teaching profession, accountability, and their ability to serve as ambassadors of education.

The County Teacher of the Year winners will go on to represent the region at the California Teacher of the Year program later this year. ■



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La Mesa Arts Academy teacher (and city mayor) Dr. Mark Arapostathis (left) shows Assemblymember Dr. Shirley Weber around the school. (Courtesy of LMAAC)

La Mesa Arts Academy's amazing 2-year progress

Jay Steiger

Once upon a time, two teachers had a vision of a school in La Mesa dedicated to building the academic and creative potential for every child. That vision became reality when the La Mesa Arts Academy (LMAAC) opened its doors in August 2014. LMAAC was a bold educational experiment within the La Mesa-Spring Valley School District, an experiment which has seen notable success and the highest school site enrollment within the district. The academy has been visited by educational leaders and elected officials, including County Supervisor Dianne Jacob and Assemblywoman Dr. Shirley Weber.

LMAAC was the brainchild of La Mesa-Spring Valley teachers Jon Hayman and Dr. Mark Arapostathis. Dr. A, as he is more popularly called, is also the current mayor of La Mesa. Hayman and Arapostathis began planning the school over 16 years ago and the design was revised and improved through research and input from respected district arts teachers. Prior to the great recession, a summer school pilot program was tested, but budget issues and curriculum requirements of the No Child Left Behind (NCLB) program delayed additional progress. Finally, in 2013, the district school board formally approved the creation of the academy, and it opened in August 2014 on the site of the former La Mesa Middle School.

LMAAC is a fourth-through-eighth-grade school which incorporates both specialized arts classes — such as orchestra, jazz band, hip-hop dance — and theater, along with core academic studies.

Following on the success of LMAAC, the La Mesa-Spring Valley School District opened the La Presa STEAM (Science Technology Engineering Arts and Math) Academy in August 2015, and will see the Spring Valley Academy (which has applied for

accreditation as an International Baccalaureate school) and a kindergarten-to-third-grade literacy academy at Kempton Elementary open in August 2016.

Arapostathis has repeatedly noted that LMAAC is not designed to graduate the next “American Idol” performers, but rather to allow children to grow in their individual abilities, confidence, and knowledge.

Commenting on the first two years of this school, Principal Beth Thomas said that the surprise is not the overall success of the school, but rather how quickly the school has evolved. She said that it is not a school that waits for a new year to change. They will change, if needed, on a daily basis and that the driving force for progress comes from parent input, the PTSA (Parent Teacher Student Association), staff, and even students.

“Our main goal has always been about developing leadership and character in children and a big part of that process is teaching them how to articulate and express themselves,” Thomas said.

Hayman said that the school conducts regular tours for prospective parents and the students are encouraged to talk with the visitors. “We don’t prep the children, they speak from the heart and are naturally skilled at communicating their observations,” he said.

Thomas also said that the staff demands high achievement from the students. They know that if they are not performing in their academic classes, they will not be able to perform on stage. Students learn the essential lesson that hard work will pay off and it is considered a core school value to ensure that children are thinking as self-directed and self-reflective learners.

Thomas gave high praise to her staff for consistently supporting all students and the central visions of LMAAC. She said that keeping such a large staff motivated and coordinated can be a challenge but they all work together and draw on a collective creativity to overcome issues. She also expressed her gratitude to both district and other school sites’ staff for their essential contributions

to the success of LMAAC. District Superintendent Brian Marshall has been a longtime supporter of the planning for the school and has repeatedly said how thrilled he is with their achievements.

Community engagement is one of the key goals of the academy. Music students work in collaboration with Helix High School and the East County Youth Symphony, under the direction of Alexandra Keegan. A high point came this year with the performance of “Grease,” coordinated through a partnership with the Arms Wide Open production company, by special-needs students at LMAAC.

“These children, when given a little encouragement and a lot of love will give an amazing, epic performance,” Thomas said.

Hayman said that this project enabled development of talent in students that sometimes are overlooked.

“This is not about them being special needs, but special individuals,” he said. “The changes we have seen in these children are amazing.”

While giving high praise to the arts classes, Thomas gave equal credit to academics. A blending of arts and academics was always a central component of the school’s vision and to that end they contracted with professional developers to engage both arts and academic subject teachers to enhance curriculum standards for visual and performing arts and fully incorporate arts themes into core subject instruction.

During this school year, LMAAC plans to have paired arts and academic instructional development teams to continue this process. Arapostathis said that that LMAAC has gained a reputation in East County for excellence in both the performing arts and academic rigor.

—Jay Steiger is a parent and youth sports and school volunteer. Reach him at steigerjl@yahoo.com.



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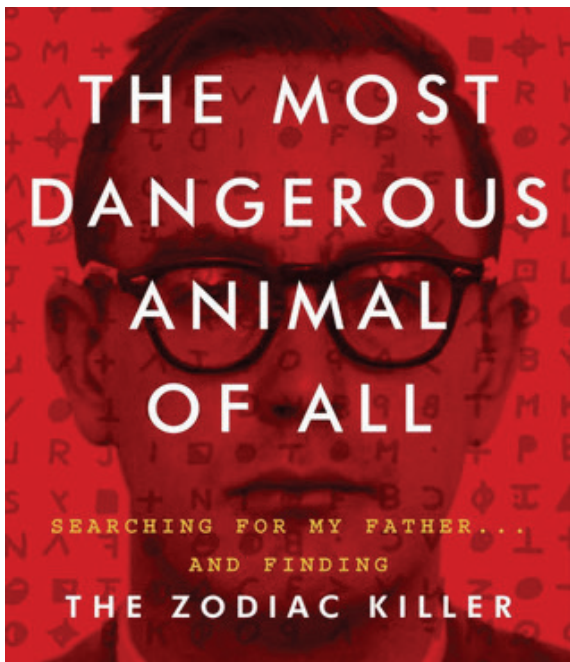


Heather
Pisani-Kristl

Like most political campaigns, the current presidential race has been replete with hilarious but frankly groundless rumors, easily debunked by a visit to your local library. We've gathered the craziest rumors about some of the Republican candidates here, along with books from La Mesa Library's collection that shed light on the truth.

The internet has been buzzing with the "revelation" that onetime Republican presidential candidate Ted Cruz was the 1960s serial murderer the Zodiac Killer. The root of the rumor seems to be Cruz's reputation as a "wacko bird" (per Senator John McCain) whose views place him outside the Republican mainstream.

True-crime fans seeking a less-presidential suspect can read the downloadable audiobook "The Most Dangerous Animal of All: Searching for My Father – and Finding the Zodiac Killer" by Gary L. Stewart with Susan Mustafa. Stewart believes that his estranged father — not Ted Cruz — committed the Zodiac murders while hanging out with



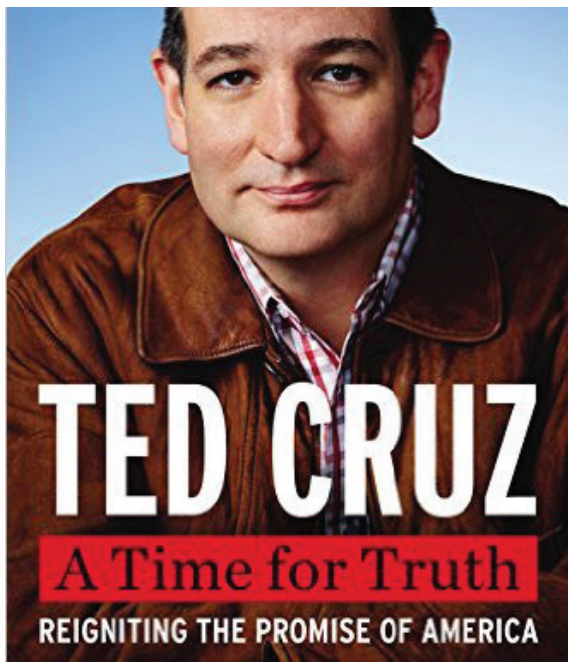
Church of Satan founder Anton LaVey. As the San Francisco Chronicle wrote in their review of Stewart's story, everyone's got a favorite for this case, and yet the murders are still unsolved.

Stewart's memoir is available to download from the San Diego County Library's website at sdcl.org/ebooks.html (click on OverDrive). For accuracy's sake, we hasten to point out that Cruz was born one year after the last Zodiac murder, and thus his involvement is unlikely. You can read Cruz's own story in his 2015 memoir "A Time for Truth: Reigniting the Promise of America."

Having weathered the Zodiac rumor (although not the primaries), Ted Cruz is now ignoring a National Enquirer story that

his father distributed pro-Castro pamphlets in New Orleans with Lee Harvey Oswald prior to John F. Kennedy's assassination. Readers wanting to refresh their memories of November 1963 can pick up a copy of "Parkland" (formerly "Four Days in November") by "Helter Skelter" author Vincent Bugliosi. With over 600 pages of analysis and citations, this should reveal whether or not Rafael Cruz ever hobnobbed with Kennedy's killer. Hint: "Cruz" doesn't appear in the index.

Speaking of things not appearing... in a campaign photo shot at Chili's restaurant, Republican vice presidential candidate Mike Pence's daughter Charlotte seemed to be absent from the mirror next to her family's booth, which reflected only her father



and mother.

Scholars of the supernatural know that vampires do not reflect in mirrors, so an alert was immediately sent out over the internet to protect good Americans from poor Charlotte. If you were unaware of this vampire quirk, consult "A Practical Guide to Vampires" by Treval Vorgard, a well-illustrated quick read that provides tips for identifying vampires and arming yourself against them. One fact in favor of Charlotte Pence's alleged humanity: vampires are repulsed by garlic, which is featured throughout Chili's menu.

All of these edifying books are available in the San Diego County Library system. To request them, go online with your library card at sdcl.org or contact

the La Mesa Library at 619-469-2151. And stay tuned as we debunk rumors about Democratic candidates next month.

News from our friends
At their annual meeting on July 28, the Friends of La Mesa Library approved an \$8,700 budget for books and movies at La Mesa Library, which will be matched by the County of San Diego to \$17,400. In 2016-2017, you'll find twice as many New York Times bestsellers, box-office hits, picture books for children, new non-fiction, and other titles available for borrowing at your local library.

The Friends also budgeted \$6,400 for La Mesa Library events such as the Food for Thought Festival in March, summer reading challenge, Saturday gentle yoga series, and live musical performances. All library materials and events are free to the public, and are made possible through your Friends membership and patronage of the Friends Bookstore.

If this sounds like a bargain, you're right! Join the Friends of La Mesa Library to support library fundraising, and become involved by volunteering in the bookstore, staffing a table at a community event, or donating your newer, gently-used books at the library. We hope to see you soon.

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

Internet Speeds: How much do you really need?

At its onset, Internet was relegated to dial-up connections that provided very slow speeds. Those old enough may recall the times of busy signals and interrupted connections due to shared phone lines. As technology changed, a broadband connection offered much higher speeds and uninterrupted connections. Extremely slow connections may be measured in kilobits per second (Kbps), although most speeds are now measured in megabits per second (Mbps). The higher the number of bytes you are able to download per second, the faster your connection.

In order to fully understand how Internet speeds work, let's define a few key terms:

- **Streaming.** Content you stream is audio or video data transmitted continuously and refers to the delivery method, not the data itself. Streamed content is not saved anywhere on your device.
- **Downloading.** When you download a file, whether it be a movie, a song or something else, the item is copied onto your device from another source. This is typically done over the Internet.
- **Uploading.** When you upload a file, you are copying it from your device to another location, such as uploading your weekend photos to your social media accounts.

Perhaps you stream, download and upload, maybe you only do one of these. There are several factors to keep in mind when determining how much Internet speed your household needs, including the number of users, the types of use (basic web browsing, media sharing, streaming content, file downloading, online gaming, video chat, cloud

storage, streaming music, etc.), frequency of use and the number of devices in your home. Keep in mind that even if you live solo, your home may have several devices connected to your home Internet, including mobile devices, TVs, gaming systems, laptops, tablets and other electronics.

- 10 Mbps speeds are good for light Internet users who check email and surf the Internet a few times a week and have one standard-definition television.
- 100 Mbps speeds are good for more advanced web browsing and watching high-definition video streaming.
- 300 Mbps speeds are good for gaming, teleconferencing, ultra-high-definition streams, and a household of high end users.
- Gigabit Internet speed is the next generation of broadband Internet service, delivering speed to power all your devices in the home at the same time, whether you're using your mobile devices, video streaming, gaming or have a home office.

What can you do with gigabit Internet speeds?

Gigabit speeds offer Internet that is 100 times faster than the average speed in the U.S. today. With a gig, you can:

- Run ALL your devices at the same time
- Download an HD movie in less than 60 seconds
- Download 100 songs in three seconds
- Upload about 1,000 photos in about a minute

How can I be sure I have the appropriate Internet speed?

Now that you have a clearer picture of Internet speeds and how much your household needs, it's best to consult an expert. Visit cox.com/speedtest and use the Cox Speed Advisor tool for a customized look at your needs or visit a Cox Solutions store today to discover the Internet speed package that's best for you. You could save time, money and bandwidth!



Director of Product Marketing, Ryland, is always happy to share tips on Internet speeds and so are Cox in-store representatives. Visit the Cox Solutions Store in Hillcrest today at 1220 Cleveland Ave. or call (619) 780-0800 for more information on Internet speeds.

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Bronte D'Acquisto was part of the "Spy Girls" alliance on "Big Brother" and hopes to one day work for the CIA or NSA. (Courtesy of Jonathan Vy/CBS)

► Big Brother, from page 1

never experienced getting out of my comfort zone until being on the latest season."

Some of her closest friends from "Big Brother 18" are Natalie Negrotti and Bridgette Dunning. "We were in an alliance called the 'Spy Girls,'" she said. "It was our goal to gather information that would be helpful to us. They were my true friends and I hope we remain close once the season is over."

While D'Acquisto is taking a break from reality TV, she would consider being a part of "Wipeout" if the series returns to cable. "The idea of doing a funky athletic competition really excites me," she said.

One of her dreams is to be a mathematician. "I think I was born to be a mathematician," she said. "I really want to work for the NSA (National Security Agency) and the CIA (Central Intelligence Agency). I'd like to use numbers to work in cyber security and fight against hackers."

For season 19, D'Acquisto has words of wisdom to share with future cast members. "Don't always think about how you are

going to make it to the finale," she said. "Sometimes you have to focus on how you are going to make it through the week. I needed to be more short sighted and not always think about what would pay off in the long run."

Even though she starred on the small screen, the competitor is still proud of her roots in California.

"I fully believe San Diego is the best city in the entire world," she said. "I was fortunate to grow up here, because besides shy of Hawaii, I think the city is America's paradise. When I move back to San Diego, I would definitely want to live in La Mesa."

Despite being eliminated on "Big Brother 18," D'Acquisto plans on being a part of the season finale on Sept. 21. During the concluding episode, she will likely have more interesting stories to share about her time on the immensely successful game show.

"Big Brother 18" is on CBS through Sept. 21. For more information, visit cbs.com.

—David Dixon is a freelance writer with a bent toward theater and film. Reach him at david-dixon0202@gmail.com.



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Theory about heart attacks debunked with exercise

Gen-X in a millennial world

Genevieve A. Suzuki



One of my longtime fears of working out is that I will work out so hard I will have a heart attack.

It's a completely baseless fear. In fact, the one time I went to the emergency room for what I thought was a heart attack was merely anxiety to which I was prescribed "a nice big glass of wine."

That feeling of my heart going "Boom! Boom! Boom!" in my chest after exerting myself for a few minutes historically had me freaking out enough to sit down, drink a big glass of cold water and resume couch potato position.

Unfortunately, the best way to lose weight and get healthy is by giving you and your heart some exercise. It isn't enough to just take leisurely strolls that allow you to carry on 30-minute conversations with a best friend. (Well, unless those strolls are Forrest Gump-type strolls that take you clear into Arizona.)

So it was serendipity when I was on Facebook several months ago and spotted the ad for the new La Mesa Orangetheory Fitness. My interest was initially piqued by the bright, happy color



Genevieve A. Suzuki gives a thumbs up to exercise now that she knows it won't give her a heart attack. (Photo by Genevieve A. Suzuki)

surrounding the smiling fit people in the photo.

But then I saw that it was interval training and I began to have images of me clutching my chest in pain as I fall off a running treadmill.

Still, I knew I had to do some-

thing. I really wasn't sweating enough with the minimal exercise I was doing. So I called to sign up for a trial session.

Studio manager Erin patiently listened as I laid out my worries of having a heart attack. She chuckled a little before assuring

me I would probably not have a heart attack and in the unlikely event my heart did accelerate to an unhealthy rate, they would see that on the screen.

See my heart rate on the screen? Say what?

That's right. You see, I discov-

ered the orange studio isn't really what it's all about. What it's really all about is that each individual has a heart-rate monitor hooked up to him or her so they can monitor their progress on the screen. If your heart rate is at 84 percent or higher of your maximum heart rate, you will be in the orange or red zone. You really only want to be in the red zone for five minutes or less. (I figure the fact it is paired with the color red says enough.)

The theory behind this method is if you can get 12 minutes or more in the orange zone, you will continue to burn calories 24 to 36 hours after your workout. Additionally, every minute spent in orange or red earns you "splat points," which egg you on the next session to get more to beat your score.

And that's where it's really at: competition. I also recently signed up for the weight loss challenge, which kicks off on Sept. 11. You can compete with other members to see who can lose the most percentage of weight for a cash prize. It's exciting and it gives you motivation to attend more classes.

So far, I've really enjoyed my Orangetheory membership. And while I really like trying to accumulate splat points, I especially appreciate the fact I can continually monitor my heart rate to keep myself off the couch.

—Genevieve A. Suzuki is a La Mesa resident who practices family law. Visit her website at sdlawyersuzuki.com. ■

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S-Gauger Bob Graves shows the water tower scene on the model train display at Grossmont Center. (Photo by Jeff Clemetson)

Trains, from page 1

is totally interactive,” Forsys said.

Besides the push-button window display, visitors can come in on Tuesdays and Saturdays and operate the other features along the 18 modules that circle around the Grossmont Center display area, including a model train yard and a working crane.

“The least reliable but most fun is the sawmill,” Forsys said.

Other scenes in the display include a dairy farm, winery, ice house, fishing cabin, Arizona mesa (complete with a Wile E Coyote figure), and a sand house.

“In the front of an engine, they would put sand in there and when going through the mountains in the rain or the snow, they’d drop sand on the tracks in front of the driver wheels for better traction,” said Bob Graves, the club’s treasurer.

Like Forsys, Graves got hooked into model trains when he was a boy.

“My dad bought me, slash himself, a train set when I was 5 and a half for Christmas,” he said. “My dad used modeling as an informal play school where I learned all this stuff about trains. Plus, I spent a lot of time with my dad. And I share that with a lot of fathers who come in here with their kids and they say ‘hmm, that’s a good idea.’”

San Diego S-Gaugers got their name from the size of the models they use.

“We like to joke around and say the ‘S’ is for superior,” Forsys said.

There are several different gauges in model trains, including HO, O, N and G gauges, however “gauge” is a misnomer, Graves said.

“Gauge is the distance between the tracks. Scale is the proportion between the model size and a real-life engine. So, technically, one should say HO scale, O scale, N scale, etc.

“Back in the 1950s, they confused gauge with scale because the larger scales had greater distance between the rails, but in a real railroad there was a standard gauge — 4 foot, 8 and a half inches. That’s the distance between the rails on a real railroad. Then there’s another gauge they used in the mountains where they had to do tighter curves and things and have rails closer together — usually 3 feet. So some modelers will model a narrow gauge in one of the



(top) Interactive modules on the model train display like the crane and sawmill scenes are a big hit with visitors. (bottom) The window display is a smaller train track that can be turned on by an outside button at any time of day. (Photos by Jeff Clemetson)

scales, so the words ‘gauge’ and ‘scale’ get really mixed up and confused.”

Since the club formed in 2008, it has focused on making displays for model train shows and to educate and entertain the public. In its first year, it displayed at the Great Train Expo in Del Mar and before moving to Grossmont Center, had a public display at Liberty Station in San Diego. The club also travels out of the area for shows.

“When we took this module to Sacramento for the national train show, we were already members of the NMRA (National Model Railroad Association) and the local chapter there didn’t even know about us because we were brand new on the scene,” Forsys said. “But the four of us that were at the show earned what is called the Golden Spike Award, which is the first step in becoming master model railroaders. Since then, two more guys in the club have earned that award as well.”

Most of the modules used in the S-Gaugers display come from kits that are then modified by club members.

“One [modification] is usually lighting because most of the kits

don’t put lighting in,” Forsys said.

Although he initially played with model trains for fun, learning lighting and all the other power needs of model trains had a real impact on Forsys’ life.

“I became an electrical engineer so I can figure out how all of this works,” he said, laughing.

Forsys and Graves like to think their display will have the same kind of educational impact on the young visitors as model railroading had on them.

“We really want the general public to know about us,” Forsys said. “And bring their kids and nieces and nephews (girls like trains too, believe it or not) and share the one thing we really like about model railroading — that it teaches a lot of different skill sets like electronics, carpentry, even computerized engineering, landscaping and crafts.”

“And how to fix things that break,” Grave added. “You learn a lot.”

For more information on San Diego S-Gaugers, visit sites. google.com/site/sdgaugers.com.

—Reach Jeff Clemetson at jeff@sdenn.com.



Julie White

SWEET CORN SUMMER SOUP

Ingredients:

- 4 cups of fresh corn cut from the cobs (about 6 ears)
- 4 tablespoons butter
- 1 clove garlic, minced

1 sweet onion, diced
4 cups vegetable stock (32-ounce box)
Juice of 1 lime
1/2 teaspoon of turmeric
1/4 teaspoon of cayenne pepper (optional)
Salt and pepper to taste
Plain yogurt, chopped chives and chopped cilantro for garnish. You can reserve some cut corn for garnish also.

Directions:

Melt butter in a heavy soup pot over medium heat. Add onion and garlic. Cook for two minutes or until soft. Add corn and sauté for an additional two to three minutes. Add the vegetable broth and spices and simmer over low heat for 10 minutes. Cool mixture.
Puree in a blender or with an immersion blender. Chill well in the refrigerator until very cold. Serve in bowls with any of the garnishes. Serves four. ■

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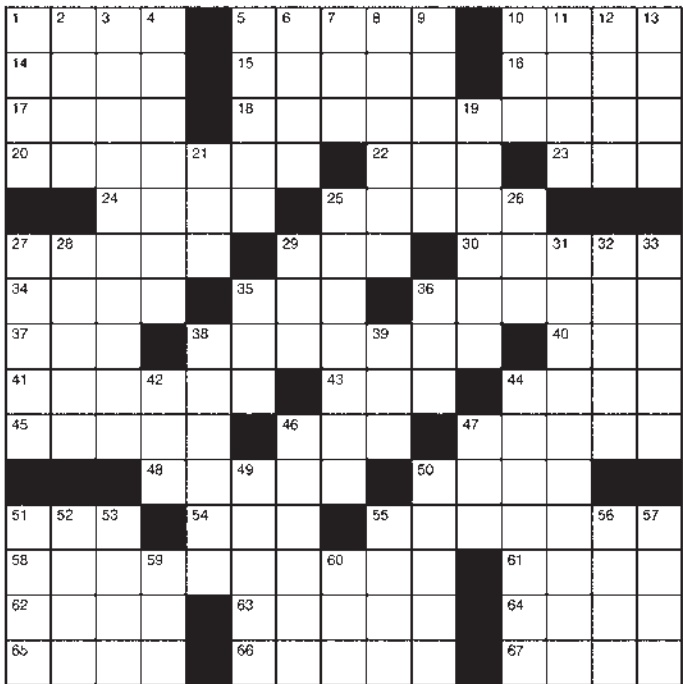
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PUZZLES | ANSWERS ON PAGE 16

CROSSWORD



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- 1 Cause of a duel
- 5 Siberian tribesman
- 10 Entertainment
- 14 Wife of Zeus
- 15 Icon
- 16 Head
- 17 Special office
- 18 Hoosier high spot
- 20 Asiatic
- 22 Mr. Wallach
- 23 Hang down
- 24 Islamic country
- 25 Supports
- 27 Holding tool
- 29 Craze
- 30 Expectations
- 34 Western city
- 35 Weapon
- 36 Follow
- 37 Printer's measures
- 38 N. African port
- 40 Head part
- 41 Kitchen utensils
- 43 Sphere
- 44 Grecian river
- 45 Slowpoke
- 46 Enemy
- 47 Mentioned
- 48 Unadorned

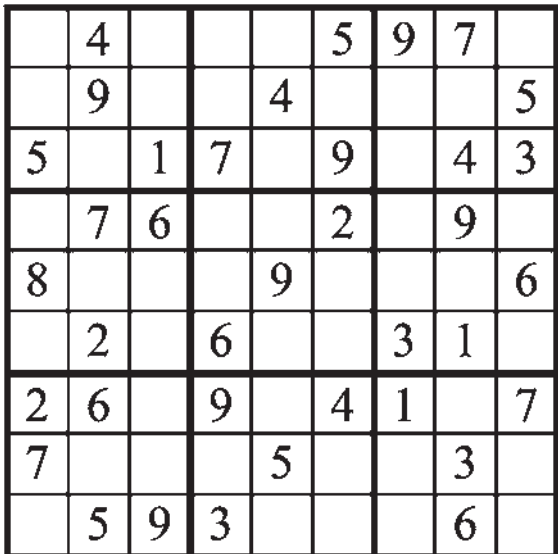
- 50 Alto, CA
- 51 Greek letter
- 54 Water bird
- 55 Football play
- 58 Geographic area
- 61 Costa
- 62 Cheese variety
- 63 Cocktail relish
- 64 Numerical prefix
- 65 Desires
- 66 Drive back
- 67 Certain votes

DOWN

- 1 Injection
- 2 Jacob's son
- 3 Indian Ocean arm
- 4 Capital of Sicily
- 5 Strong man
- 6 Prayer word
- 7 Salt
- 8 Were harmonious
- 9 Frontier dances
- 10 Belgian city
- 11 Pull
- 12 Man's name
- 13 Show sorrow
- 19 To this place
- 21 Faucet
- 25 Burma's capital
- 26 Signal
- 27 Salad green
- 28 Famous Russian
- 29 Merriment
- 31 Caribbean country
- 32 Delight
- 33 Fine fiddle
- 35 Fuel
- 36 Mutineer
- 38 Bank employee
- 39 Anger
- 42 Notable
- 44 Airplane part
- 46 Ending
- 47 Civet
- 49 Shaded grove
- 50 Discussion group
- 51 Quarry
- 52 arms
- 53 Terrible Russian
- 55 Active
- 56 Deed: Fr.
- 57 Far East land
- 59 W. German river
- 60 Dinky drink

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.



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

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

Prepare your lawn and garden for fire season

Gary Jones

Due to a unique combination of climate and terrain, California will always suffer from wildfires. But with appropriate planning, planting and maintenance, these fires won't be devastating to homeowners.

A large portion of our state is a Mediterranean-type climate, situated in a region close to the sea with hot, dry summers, recurring winds and mountainous terrain. All of these create favorable conditions for fire. In drought conditions, the risk of fire is even greater.

Wildfires can destroy everything in their path if they are not stopped quickly. It has been shown time and again that the proper selection of landscape plants and good maintenance will go a long way toward reducing fire danger. Behind roof type, the plants surrounding a house have an enormous influence in determining a home's survival during a wildfire. "Fire-scaping" rationale states that vegetation will either lead a fire to a structure or stop it.

One of the greatest impacts a homeowner can have on protecting property and personal safety is to create and maintain a fire-resistant landscape. Planning ahead and consistent maintenance can help stop devastating property loss and even loss of life. With careful planning,



Plant your yard in zones with the least amount of fuel near your home. (Courtesy of Armstrong Garden Centers)

a home garden or landscape can be both fire-resistant and water-wise.

As you make plant choices for fire-prone areas, remember that there is no such thing as a fireproof plant — only fire resistant. Just about any plant will burn if temperatures get hot enough. Also, keep in mind that it takes about a year for plants

(water-wise, fire-resistant or not) to become established.

Here are helpful preventative steps to take in fire-scaping your lawn and garden:

- Understand which plants are fire-resistant. Research their fire retardant abilities as well as their drought tolerance.
- Remove any dead, diseased or dying trees or shrubs.

- Flammable trees and shrubs should be replaced even if they have adapted to require little water.

- Keep brush and dried grass removed from the perimeter of your property so that you have a firebreak.

- Keep shrubs and trees thinned out. Dense brush leads to dead debris buildup and more fuel. Keep skirts removed from palms.

- Keep irrigation systems in good working order and regularly check for adequate coverage. Even in a drought, do not stop watering. Water within the guidelines and restrictions of your city or local municipality.

- Keep your landscape in good condition: Feed with organic fertilizers to reduce quick, soft growth that often results from high-nitrogen chemical fertilizers; keep plants free of pests and diseases, reducing damaged or dead growth; and keep yards and gardens free of weeds.

- Reduce thatch buildup (dead leaves and stems) on groundcovers like ivy and lantana. Mowing every two years will keep the dead material removed.

- Keep roofs and gutters free of dead leaves and other debris.

As you plan your water-wise, fire-resistant garden, think in terms of four zones. Each planting zone is designed around a particular purpose.

Zone 1 is the Garden Zone, the space next to your home outward to 30 feet. It is best to keep this

space open. Plants in these areas will be the highest water users of your low-water palette, a typical practice of Mediterranean-climate gardens.

Moving away from your home from 30 to 70 feet, plants should be able to stop a ground fire.

Zone 2 is called a Fuel Break. Plants chosen for this zone should reach a height of only 18 inches and be able to resist embers.

Zone 3 is a Transition Zone and designed to slow fires. It is approximately 71 to 120 feet from the house. It is composed of drought-tolerant plants and is typically not watered once established. It might be comprised of, for instance, a barrier planting of shrubs like rockrose that can survive on rainwater.

For residents whose gardens adjoin foothills or natural, open spaces, these Natural Zone areas make up Zone 4. If your home and garden is surrounded by other homes, you won't have a natural area.

Not all wildfires can be prevented, but we can all certainly help deter wildfires from our homes and do our best to keep everyone safe.

—Gary Jones is the Chief Horticulturist at Armstrong Garden Centers, which has locations on Friars Road and Morena Boulevard. Email your drought and gardening questions to growingdialogue@armstrong-garden.com. ■

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La Mesa sisters co-star in a musical hit 'Gypsy'

David Dixon

Since mid-July, a hit production of the famous Broadway musical, "Gypsy," has been running at the Cygnet Theatre. The 2016 version features 24 artists, which is a big ensemble for the intimate Old Town space. Two of the performers that are heavily used in the opening moments of the show are La Mesa sisters, 10-year-old Gabriella Dimmick and 12-year-old Sophia Dimmick.

The siblings' involvement in the arts began when they co-starred several years ago in "The Nutcracker" at the San Diego Civic Theatre.

"Afterwards, I wanted to try out theater to see what I thought of it," Sophia said.

On certain performances, Gabriella plays Baby June, the daughter of the fiercely determined stage mother, Rose (Linda Libby). Baby June is one of the singers of the opening musical number, "May We Entertain You."

Her favorite songs from composer, Jule Styne, and lyricist, Stephen Sondheim, are ones that happen after the first big number.

"One of the best songs has to be 'Madame Rose's Toreadorables,'" Gabriella said. "It's really hilarious and too funny. Another one I like a lot is 'Baby June and her Newsboys.'"

Playing the comic relief role of a Balloon Girl competing against Baby June is Sophia Dimmick.

"It's really fun to have Libby come over and pop the balloons on my costume," she said. "That always surprises me no matter how many times I'm in the scene."

Sophia loves her sister's introductory tune, and she is also a fan of a couple of Rose's solo melodies.

"Mr. Goldstone, I Love You" is really funny," she said. "I also really like 'Rose's Turn.' That song makes me cry every single time Libby sings the musical number."

One of the dark themes that Gabriella and Sophia are touched by is the theme of parents forcing their kids to perform in entertainment. Although neither sister relates to the situations Rose's daughters go through in the musical, they find Louise (Allison Spratt Pearce) and Dainty June's (Katie Whalley Banville) stories to be fascinating.

"Parents pushed their kids more in the 1920s," Sophia said. "Adults were crazy back then trying to get their children to perform."

"Moms were insane about their kids participating in the arts, even if they were not good," Gabriella added.

Both ensemble members have only positive things to say about their fictitious mama, Libby.

"She is born for the role of



Sophia (left) and Gabriella Dimmick are cast members of the Cygnet Theatre production of "Gypsy." (Courtesy of Sherri Dimmick)



Rose," Gabriella said. "Libby has that force in her that keeps pushing her on."

Artistic director, Sean Murray, is responsible for the intense adaptation. A unique aspect about Murray's style is he finds ways to allow well-known sequences to be fresh for a modern audience.

"Murphy interpreted the script differently than I did," Sophia said. "He really opened up the script and taught me that the text is different for everyone. It's really exciting to work with directors that have a sharp and accurate vision of what they want."

One aspect about Murray's direction that Gabriella praises is his passionate way of explaining certain moments in the text.

"He's very expressive with talking about what the lines mean," she said. "It was really interest-

ing to hear what the dialogue in my major monologue meant to him."

Each sister is happy to be working together. "Working with my sister has been very helpful," Gabriella said.

"It's amazing working with my sister," Sophia said.

Audiences and critics are praising the summer tale for combining well-respected adult artists and rising talent. Seeing Gabriella, Sophia, and the rest of the cast onstage should be an unforgettable way to celebrate the end of the season.

"Gypsy" is performed at Cygnet Theatre Aug. 26 - Sept. 4. For tickets or more information, visit cygnettheatre.com or call 619-337-1525.

—David Dixon is a freelance theater and film writer. Reach him at daviddixon0202@gmail.com. ■

► Fun Bunch, from page 3

could, too. The song she sang, "Let Me Go Lover" became his favorite.

Cerello was awarded a National Merit scholarship to Pomona College, where he earned a Bachelor of Arts in Theatre Arts and Rhetoric, which led to pursuing a Masters of Theatre and English from University of Virginia where he developed a knack for imitating foreign accents and doing musical theatre, performing in productions of "Brigadoon," "Camelot," and "Carousel." A theater company in Hungary and Romania also hired him to be a soloist in the musical, "Oklahoma." He also tested his wings in the Big Apple, where he was artistic director of American Art Theatre in New York. But the money ran out before the curtain call. Although Cerello did not land a career as a professional singer, he still has been singing for 60 years.

With his many years of



John "Hoot" McDonald shows how he got his nickname. (Photo by Sara Appel-Lennon)

experience, Cerello has a lot of advice to impart on new singers.

"Find something interesting. Wonder if you can be good at it. No fear. The worst is, you go on to something else. The possibility is there. Why deprive yourself of the music?" he said. "If I'd left the room in 1953 because I couldn't stand myself, I never would have grown as a singer."

The Fun Bunch gives him a place to practice singing, listen to others sing, and enjoy the camaraderie with those who love music.

"I can listen to anyone sing anything and enjoy it. If they're being sincere, they deserve my respect and my affection."

—Sara Appel-Lennon is a creative writing instructor, children's author and a former professional clown. Her website is sara-appel-lennon.vpweb.com. ■

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FEATURED EVENTS

Vote for La Mesa Chamber Board of Directors
Through Thursday, Sept. 22

Ballots are being distributed to vote for the Chamber’s Board of Directors. Return these ballots by mail or in person to the Chamber office (8080 La Mesa Blvd.) by Friday, Sept. 16 or in person at Hooley’s Irish Pub (5500 Grossmont Center Drive, #277) on Thursday, Sept. 22 between 5:30 – 6:15 p.m. Contact Mary England with questions at maryengland@lamesachamber.com or 619-251-7730.



La Mesa Wine Works grand opening
Saturday, Aug. 27

This new co-op between San Pasqual Winery and Wyatt Oaks Winery will open for business at 4 p.m. Local band Barnyard Casanovas will perform from 7 – 10 p.m. The co-op plans to have live music on Saturday nights and trivia nights with food trucks featured on Thursday nights starting Sept. 15. La Mesa Wine Works is located at 8167 Center St. in La Mesa. Visit lamesawineworks.com for more information.

Free blood pressure screenings
Tuesdays, Sept. 6 and 20; and Friday, Sept 16

No appointment necessary for these free screenings on Sept. 6 from 9:30 – 11 a.m. at the Sharp Grossmont Senior Resource Center (9000 Wakarusa St., La Mesa); on Sept. 16 from 9:30 – 11 a.m. at the La Mesa Adult Enrichment Center (8450 La Mesa Blvd.); and on Sept. 20 from 11:30 a.m. – 12:30 p.m. at College Avenue Senior Center (6299 Capri Drive, Del Cerro). Call 619-740-4214 for more information. Open to the public.

Meet the candidates forum
Thursday, Sept. 15

The La Mesa Chamber of Commerce is hosting this event for chamber members and the public to meet candidates participating in the General Municipal Election in November. This free forum will be held at the La Mesa Community Center (4975 Memorial Drive) from 5:30 – 7:30 p.m. The moderator will be Chamber board member and local business owner Bill Hammett. Seating is first come, first served – no RSVP needed. Visit lamesachamber.com or call 619-465-7730 for more information.

California Note Catchers holiday concert rehearsals
Monday, Sept. 19 – Monday, Dec. 12

Local women’s a cappella chorus group California Note Catchers along with community singers will be part of a holiday concert on Sunday, Dec. 18. Singers will meet for weekly rehearsals on Mondays in the Social Hall of the La Mesa First United Methodist Church (4690 Palm Ave.) The full rehearsal time is 7 – 9 p.m. however community singers are only required to stay for the first hour. No singing or music experience is needed to join. A deposit of \$20 is requested to cover the cost of sheet music and will be refunded when the sheet music is returned at the end of the program. Visit californianotecatchers.com for more information.

Resources and tools for family caregivers
Thursday, Sept. 22

Andrea Holmberg, Program Coordinator of Grossmont Hospital’s Senior Resource Center will discuss health and community resources, placement options, support groups and more for family caregivers. This free class also includes discussion about emotional issues people face when caring for a loved one. The discussion will be held from 2 – 3:30 p.m. at the Sharp Grossmont Hospital Brier Patch Campus in (9000 Wakarusa St., room 15, La Mesa). Reservation required. Call 1-800-827-4277 or register online at sharp.com. ■

MUSIC NOTES



7th annual Santee Bluegrass Festival
Saturday, Sept. 10

This yearly bluegrass festival will feature wine, beer and food tasting mixed with live music throughout the day. This year’s music lineup will showcase the talents of The Homesick Hitchers and MohaviSoul. There will also be an opportunity drawing, a silent auction and more to raise funds for the local rec programs. Tickets are \$45 in advance and \$50 at the door. Attendees will receive samples of several varieties of beer, wine and food from local restaurants. The festival will take place from 5:30 – 9:30 p.m. at the Town Center Community Park East (550 Park Center Drive).

Suzanne Shea
Saturday, Sept. 17

Suzanne Shea will perform at San Pasqual Winery Tasting Room (8364 La Mesa Blvd., La Mesa) from 7 – 10 p.m. The singer-guitarist performs both originals and class cover songs. No cover for performances at the tasting room. Wine by the glass, snacks and dessert available for purchase. Seating is first come, first served. Visit sanpasqualwinery.com for more information.



ON FILM



Movies at the city of La Mesa Adult Enrichment Center
Thursdays

Each Thursday, the Adult Enrichment Center (8450 La Mesa Blvd.) hosts a movie screening in its main hall. The movies start at 1 p.m. and cost \$1 to attend. Sept. 1’s screening will be “Picnic,” a 1955 film about a handsome drifter (William Holden) who arrives in a small Kansas town the morning of a Labor Day celebration. Additional September selections will be announced soon. Visit cityoflamesa.com for more information.

‘Best of the Best Film Fest’
Wednesday, Sept. 14 – Thursday, Sept. 15

This two-evening program will be presented by Arts Alive SDSU at the Don Powell Theatre (5500 Campanile Drive, College). It will feature a variety of fiction and documentary short films by SDSU students in the Television, Film and New Media Production programs. Each evening’s program will start at 7:30 p.m. and feature 90 minutes of new work plus highlights from past festivals. Tickets are \$10. Visit artsalive.sdsu.edu for more information.

GALLERY VIEWS



‘Workers Working’
Through Tuesday, Sept. 13

This district-wide faculty art exhibition will feature works from teachers at both Grossmont and Cuyamaca community colleges. The artwork showcased will represent the various disciplines used in both school’s art departments. The exhibition will be on display at the Hyde Gallery (8800 Grossmont College Drive, El Cajon bordering La Mesa) with an opening reception on Tuesday, Aug. 30 from 5 – 7 p.m. Admission is free and the gallery is open to the public. Visit grossmont.edu for more information.

Watercolor exhibit
Through Friday, Sept. 30

The Herrick Community Health Care Library (9001 Wakarusa St., La Mesa) is hosting a watercolor exhibit featuring the work of plein air painter Marilyn Hadley Hallum. There are 19 pieces on display, many featuring San Diego and Southern California landmarks and landscapes. Visit herricklibrary.org for more information.

‘Nature’s Expressions’
Saturday, Sept. 10 – Friday, Oct. 7
Mission Trails Regional Park (1 Father Junipero Serra Trail) will present this exhibition in the Visitor Center Art Gallery featuring six award-winning artists who work in various mediums. The works of Robyn Garcia, Elaine Harvey, Joan Nies, Jennifer Spencer, Penelope Vining and Cathryn Ward will be on display through Oct 7. There will be a public reception from 1 – 4 p.m. on Saturday, Sept. 17. Visit mtrp.org for more information.

STAGE CUES



‘Duck Hunter Shoots Angel’
Friday, Sept. 2 – Sunday, Oct. 2

Lamplighter Community Theater (5915 Severin Drive, La Mesa) will present this comedy written by Mitch Albom. The play is “an out-of-this-world tale full of magical moments, stereotype projections, unexpected second chances and has a surprise ending that few theater-goers see coming.” Performances will be held at 8 p.m. on Fridays and Saturdays with Sunday matinees at 2 p.m. Tickets are \$20 for adults and \$17 for seniors, students and military. Visit lamplighterslamesa.com for more information.

‘Peerless’
Sunday, Sept. 11 – Sunday, Oct. 9

Moxie Theatre (6663 El Cajon Blvd., Suite N, Rolando) will stage a production of a new comedy called “Peerless.” The play is inspired by Shakespeare’s “Macbeth” and tells the story of ambitious twin sisters with a sinister plan to secure their future. Previews run Sept. 11, 15 and 16 with opening night on Sept. 17. Performances will take place at 7 p.m. on Thursdays, 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays. Visit moxietheatre.com for more information and to purchase tickets. ■

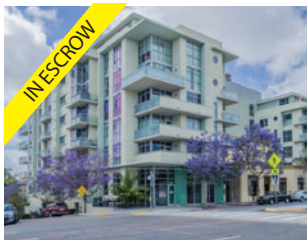
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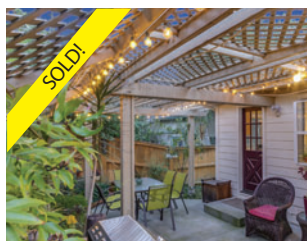
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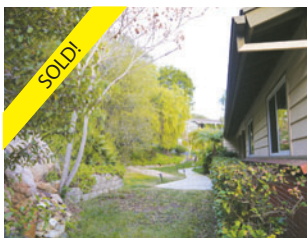
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