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La Mesa COURIER

INSIDE THIS ISSUE

LOCAL NEWS

Visit our modern past



Historical Society tour looks at Mt. Helix's Mid-Century Modern architecture. **Page 4**

BEST OF LA MESA

Voting Ballot



Vote for your favorite restaurants, businesses and more! **Page 5**

THEATER

Bad girl



Lamplighter brings a horror drama production just in time for Halloween. **Page 12**

BOOKS

Soldiers' tales



Celebrate Veterans Day with these books by and about veterans. **Page 17**

ALSO INSIDE

Opinion	6
Politics	8
Puzzles	15
What's Cooking	17
Calendar	19

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Michael Sanchez belts one out on the battle round of "The Voice," which he won. (Photo by Tyler Golden/NBC)

Sing us a song, piano man

Local singer
gets a shot on
'The Voice'

Joyell Nevins

Michael Sanchez has gone from being a hometown piano player to a nationwide name — thanks to a load of talent, a dose of gumption, and Alicia Keyes.

The La Mesa resident is part of Team Alicia on season 11 of NBC's "The Voice," the singing competition. Tune in this Monday and Tuesday, Oct. 31 and Nov. 1, at 8 p.m. to watch him in the Knockout round. This is the final phase before the show goes live.

"I get to sing songs in front of 15 million people," Sanchez said, adding that whether he wins is not the focus — he's just glad to have the opportunity. "You know some people see the glass half-empty, some see the glass half-full. Me, I'm just glad I've got a glass!"

He almost didn't get that glass.

The first audition for "The Voice" was back in January. Sanchez's day job is actually his night job, as he plays piano for a living at restaurants such as Season 52, Trulucks and Brigantine. He is also well-known for his piano skills at weddings and worship leadership at The Chapel at Grossmont and Shadow Mountain Community Church.

One of his restaurant singing partners suggested he audition for "The Voice." Sanchez made it through the first callback before the producers and then into the blind

See **THE VOICE** page 2

Making men

Local nonprofit provides
guidance for fatherless boys

Joyell Nevins

What does it take to be a man? According to the Boys To Men mentoring program headquartered in La Mesa, it's more than knowing how to act macho, talk tough, or play a sport.

It's being able to tell your truth, and give others the space to tell theirs.

"We believe your truth is sacred," Craig McClain, co-founder and executive director, said. "It's not therapy, it's telling the truth. And when you tell the truth to a group of people, it just sets you free."

Seeing older men take off the mask of



An Adventure Mountain Weekend circle, led by Boys To Men mentor Gene McMahon. (Courtesy of Boys To Men)

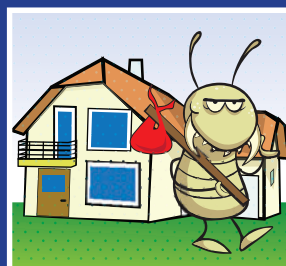
bravado is what first got Jose Garcia's attention. Garcia grew up with most of his family and friends involved in gangs. He was surrounded by what he calls the "old-school mentality" of men not showing fear or sadness, of always keeping their chest high no matter what's inside.

"But these older guys were telling their stories and pouring their hearts out,"

Garcia said. "It was shocking."

Garcia was first introduced to Boys To Men at his sophomore year in Gateway, where he had been sent after being kicked out of his regular high school for possession. Boys To Men mentors and facilitators came in once a week and met with

See **GUIDANCE** page 5



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ANALYSIS

Go vote

Jeff Clemetson
Editor

The election of 2016 will undoubtedly go down as one of the most bizarre and contentious in our nation's history and be remembered more for its breakdown in civility than a meaningful debate on policy direction. It is easy to see why at a time like this people may become discouraged and decide to sit out the election and not vote. That would be a mistake.

On page six of this issue, local author Kathleen A. McLaughlin sums up the cynical sentiment of many voters this election cycle when she asks, "Who can I trust?"

I think the answer is: yourself. When you vote, you empower

See **VOTE** page 18

► The Voice, from page 1

audition, which aired on television a few weeks ago.

The blind audition

The premise of the blind audition before the vocal coaches and superstars Blake Shelton, Alicia Keyes, Miley Cyrus and Adam Levine is that they all have their back turned to the performer so they only hear the voice. The coaches don't get to see what the person looks until they press their button saying "I Want You," which swivels their chair around. And if no one presses the button before the song ends, the singer goes back home.

Sanchez is a petite 25-year-old with square glasses and a studious look — Blake Shelton told him he looked like Rick Moranis. He chose for his audition the soulful song "Use Me" by Bill Withers.

"I play it a lot so I'm familiar with it, but it's the most opposite of what I look like," Sanchez said.

For the first part of the song, nobody was turning around; not even when he hit a high note. Then Sanchez realized that while the coaches couldn't see him, they could see the audience. So he started to go all out, pointing at the audience and amping up his performance. The audience ate it up.

"I threw out all the stops," he said. "I abandoned my safer route. It was one of those super crazy moments."

And in the final line of the song, Keyes pushed her button — Sanchez was in.

"I just freaked out," Sanchez said (in a YouTube video, he literally does a jump in midair). "I was so



Michael Sanchez (left) and Dave Moisan practice for their upcoming battle with coach Alicia Keyes and guest coach Charlie Puth. (Photo by Trae Patten/NBC)

surprised and thankful." Especially to be with Alicia Keyes: As a piano player, Sanchez had listened to her music since he was "super young" and respected her skills as a pianist. He found out at the first rehearsal her genuine kindness as well.

"Alicia is so nice. I couldn't get over how nice she is," Sanchez said.

He was also amazed at how, even though her voice is quiet and her personality subdued, she commands a room.

"When she talks, everyone listens," Sanchez said. "She is an amazing communicator in general."

The battle round

The next phase of competition is the battle round, where the coaches pair up two singers on one song to sing it together, and one of the singers goes home at the end. Sanchez was paired with his teammate and

friend Dave Moisan.

Moisan was the first person Sanchez bonded with when he got to "The Voice." All of the contestants are housed in the same hotel, and being musicians, jam sessions are common. In fact, that's been Sanchez's favorite part of the whole competition, getting to know other contestants.

"We're all a bunch of singers, we all love music, and we're all from all over," Sanchez said. "I loved meeting and learning from all the other contestants — everyone there is the best at something that you're not."

During the blinds (which actually last three weeks), Moisan was at the piano in the lobby and casually asked Sanchez if he wanted to play. As Sanchez started to press the keys, Moisan was impressed that "whoa, this guy can really play." Other contestants started coming around and asking what songs he could play, and then they would

Did you know?

- Even for the blind auditions, the contestants don't choose their own wardrobe. They only have input into what they wear and how their hair and makeup is done.
- Contestants only see their coaches for a couple of rehearsals per competition phase. But they live with their teammates day in and day out.
- There's a lot of free time between those rehearsals. When they're not practicing, those teammates hang out by eating — a lot — and doing other activities like bowling, tennis and visiting local hangout spots.

sing with him. That pattern of jamming around the piano became a regular thing.

"I became like the resident piano player," Sanchez said with a smile.

But Keyes didn't know about these jam sessions, that they were already buds, or that they were piano players when rehearsals started. Nor did her guest coach, Charlie Puth, a piano player, singer and songwriter who has written and produced songs for artists such as Stevie Wonder and Meghan Trainor.

But once she found out, and heard them play well (later on the show she referred to Sanchez as a "killer piano player"), the singing battle turned into a tag-team duet with a keyboard in the middle.

"Alicia and Charlie told me when you're behind the piano, you're a whole 'nother guy," Sanchez said.

The song Keyes chose for them was "Valerie" by The Zutons. Moisan and Sanchez took turns playing the keyboard during the battle performance. While their families cheered

them on (Sanchez is married to Maria and they have a 2-year-old son named Noah), the men plunked the keys, sang their hearts out and even put their arms around each other.

The performance got a standing ovation from Levine, who was already a fan of Moisan's, and told Sanchez he blew him away with his rich soulful tone and how he carried himself. Cyrus called it more of a show or performance than a boxing fight. But Keyes had to pick a winner, and Sanchez was selected to stay on for another round.

Sanchez was elated, though, to hear that Moisan was "stolen" by coach Levine — giving his friend one more opportunity to stay on "The Voice."

What's next?

The next round of competition is the Knockouts. Again, two contestants are chosen to compete together, with one going home. This time, the contestants choose their own song and sing back to back instead of head to head.

Unfortunately, Moisan sang "Like I Can" against Simone Gundy's "Midnight Train to Georgia" and was sent home. But if Sanchez makes it through his Knockout round, he will head into the live competition, where the American public does the elimination voting. And then, who knows?

"This is making me wonder, where do I want to go and what I do I want to do," Sanchez said. "With whatever I do, I want to get to encourage people."

—Freelance writer Joyell Nevins can be reached at joyelle@gmail.com. You can also follow her blog Small World, Big God at sublog.wordpress.com.■



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Mt. Helix's midcentury suburban heritage revealed

James D. Newland

Get ready to step back to a time when the suits were grey flannel, the ties skinny, the heels 3-inches high, the hair-dos higher, the cocktails flowing, the children prolific, and the "modern" suburban lifestyle was simply the ultimate.

This was the Midcentury and the ultimate in suburban life-style — and architecture.

On Nov. 5 the La Mesa Historical Society Historic Home Tour provides a chance to go back and see the ultimate in the ultimate of our local Midcentury Modern landscape.

This year, the society has chosen the Mt. Helix/Calavo Gardens area for its Annual Historical Home Tour with Mt. Helix providing another wonderful chapter in the society's Historical Home Tour legacy.

Midcentury rural suburbia

During the Midcentury era, the area around Mt. Helix provided a unique opportunity for realizing young San Diego's post-World War II version of the American dream — especially those dreaming of raising a baby-booming, post-war nuclear family in the California suburbs. The indoor-outdoor style, represented by a new modern house, was inspired through the forward-thinking, futuristic Midcentury Modern-designed landscape and subsequent lifestyle.



Mid-Century Modern homes were designed to highlight an indoor to outdoor experience. (Courtesy of La Mesa Historical Society)

La Mesa Historical Society Historical Home Tour

Saturday, Nov. 5
9 a.m. – 3 p.m.

Tickets and information at
lamesahistory.com

Tapping into that intersection of organic architecture and arts and crafts aesthetic made logical sense amongst the granite-filled view lots of Helix and environs. Larger, individual lots and a generally younger, professional generation found

the semi-rural landscape perfect for this version of suburban bliss. Visionary architects of San Diego's Modernist community found design palettes, and willing clients, here in Mt. Helix.

Stepping back into the Midcentury landscape

This year, the society's Historical Home Tour enters its 11th year — having earned a well-deserved reputation as one of the most popular and enjoyable home tours in the county due to its "free-style" touring that allows for ticket-holders to tour the homes at their own pace.

The society has arranged for tour guests to experience seven of the most pristine and high-quality examples of Mt. Helix's

Midcentury Modern heritage — homes designed and built for local professionals, including several doctors, lawyers, business leaders and their families.

The tour features designs by famed and revered midcentury San Diego architects and builders including Lloyd Ruocco, Homer Delawie, Henry Hester, John Mortensen, Tucker-Sadler and John Mock.

The society is also delighted to welcome distinguished and prolific local architects John Mock (Timken Museum, Hanalei Hotel), and Hal Sadler (San Diego County Operations Center, San Diego City Concourse) who are scheduled to be present at the homes of their

design featured on this year's tour.

These homes, although well-preserved examples of this distinctive period and style, are illustrative of how such well-designed and constructed houses continue to serve as family homes and not architectural artifacts.

This year's generous owners, who are the heroes of these tours, are sharing these architectural gems for the society and community's benefit. Although tastefully and compatibly period-furnished and landscaped, they continue to provide the current owners (several with young children) the same functions and assets that the original owners experienced well over 50 years ago.

Information and tickets are available at lamesahistory.com. Tickets can also be purchased on the day of the tour at the check-in, shuttle stop and parking center at Foothills United Methodist Church at 4031 Avocado Blvd. (Check the society's website for updates as the tour may sell out).

All tickets are will-call and need to be picked up at the check-in on the day of the tour. All attendees must take the complimentary shuttles due to the narrow streets and there is no parking at home sites. No driving to the homes is permitted.

Once again, the La Mesa Historical Society's Historical Home Tour is a not-to-be missed event.

—James D. Newland is president of the La Mesa Historical Society. Reach him at newljones@cox.net. ■

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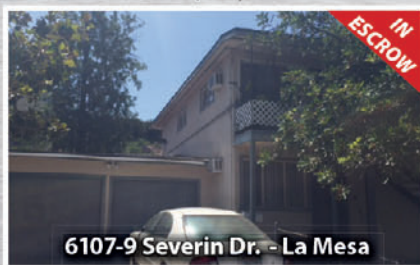
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► **Guidance**, from page 1

the boys in a special group. The group got Garcia’s attention, but what changed his perspective was attending an Adventure Weekend. Twenty adult men, 20 journey men (teens who have been through the week-end program before and serve as a bridge for the initiates) and 20 new boys go into the wilderness for a weekend. There’s camping, hiking, and a lot more truth-telling and self-discovery. “Gangs are big about familia or brotherhood. It drew me in because I was very lonely,” Garcia said. “But in Boys To Men, I found a true brotherhood. A family that isn’t fueled on hate or fear. They represent the family that loved me no matter what and always supported me — real unconditional love.”

How that family began

Twenty years ago, McClain and Joe Sigurdson were friends and neighbors. They noticed several of their sons’ friends and neighborhood boys didn’t have strong dads in their life. So McClain and Sigurdson decided to take them on a weekend trip. It ended up that 20 men and 12 boys went up to Camp Virginia. “We would tell our truth, and they would tell theirs,” McClain said. “So many were so angry and so sad.” But McClain and Sigurdson found that laying their souls bare in the wilderness had a positive impact on these boys’ lives. “I can remember it like it was yesterday. I watched them walk in, then walk out a different person,” McClain said. “I thought, ‘Wow, man, I guess I know what I’ll be doing for the rest of my life.’”



Boys To Men founders Craig McClain and Joe Sigurdson (Courtesy of Boys To Men)

McClain started to research the problem and was disturbed by the statistics — which haven’t gotten much better over time. According to the 2010 U.S. census, 33 percent of teenage boys are growing up without a father in their home. Since 1960, the number of American children without fathers has quadrupled, from 6 million to 24 million. Boys without fathers are nine times more likely to drop out of school, 10 times more likely to abuse drugs, and 20 times more likely to go to prison. “It’s a generational freight train out of control,” McClain said. The problem isn’t that those boys are inherently bad. It’s that they lack a role model to watch and someone to teach them. McClain noted that when mentors start to work with a group, they’ll ask them “who wants to be a good man?” All the hands go up. Then the question “who has a good man in their life” comes — and hardly any hand is raised. “If there is no man to show (a boy) how to use the tools of manhood, he doesn’t know how,” McClain said. McClain uses the real-life example

of a kid in the program who was doing some work for him at his house (which also serves as the office for Boys To Men). McClain had a stack of wood that needed the nails pulled out of them. He gave the young man a hammer and told him he’d be back in 30 minutes. Thirty minutes went by, and hardly any nails had been pulled. The boy was straining with the hammer, trying to lift the nails straight up, and almost breaking his back in the process. He was sweating, and angry, and not having much success. So McClain showed him how to work a hammer properly, using the leverage to pop the nail out with ease. “I’m a fool,” the kid declared. I said, ‘You’re not a fool, nobody ever showed you how to use a hammer. But now you know,’” McClain recalled. The next half hour, all the nails were out. And it hit McClain — this is what much of the problem in society is. “We’ve got a lot of pissed off boys with hammers in their hands, and they end up destroying instead of building,” McClain said.

Getting into the schools

From that first weekend, Boys To Men started unofficially meeting in a park every two weeks to BBQ and just talk. The word began to spread among single moms, and they got a lot of calls and started working with a lot more boys. The Adventure Weekends started happening every few months. They became a melting pot of boys and men from all backgrounds and walks of life. A website was designed, and all of a sudden other states and even other countries started calling McClain and his staff to ask how they did what they did. One gentleman from New Zealand even flew out to participate in a weekend and shadow McClain. Now Boys To Men-style programs are occurring in 34 individual centers across the world. Seven years ago, a principal asked them to come meet at her school. It started with one group of eight kids after school (McClain proudly notes that six of those eight are still involved with Boys To Men in some way). There are now about 700 boys a week that meet with mentors and facilitators in 24 schools throughout San Diego County, and three open community meetings that happen every other week. These meetings involve a lot of talking, sharing and roleplaying. Those showing disrespect or acting out are asked to leave for that day (and are almost always welcome to come back the next week). The groups become a safe place to tell your story. To be angry, or to cry if you need to. “Your tears are welcome here,” group facilitator Marco Rodriguez said of the groups. “The mentors

talk about how we cry as well. We try to make it as normal as it actually is.” Behind those tears lies strength. The mentors and facilitators are teaching these boys through example and a sacred space respect, truth, and choice. One of the major themes is that they don’t tell the young men what to do — they make sure boys know the consequences behind their actions, but the behavior choice still lies with the kid in the seat. “I didn’t know” is no longer an excuse for the participants in Boys To Men. Every three good meetings (meaning the boys don’t interrupt or get out of control), there is a meeting of pizza and play. Every three months, those who have earned the right through their behavior in group can be a part of an Adventure Weekend. And occasionally, benefactors provide special outings like deep sea fishing, golf course driving range practice, or laser tag. Again, those outings go to the boys who have “earned” it through their behavior and choices.

What happened to Jose?

The difference Boys To Men is making is clear. A case study by the University of San Diego from 2011 to 2013 found that participants’ grades improved, school attendance increased, and behavior problems decreased in high percentages across the board. Many facilitators and mentors are those who have been through the program themselves. “I think the best part of this whole thing is you go in in the beginning of the school year, and the boys are all over the place,”

See **GUIDANCE** page 15 —————>



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GUEST EDITORIAL

What parents need to know about opioid abuse

Dr. George Koumaras

For many teens, their first exposure to prescription painkillers is when they have their wisdom teeth pulled.

However, this rite of passage and the painkillers prescribed to manage the post-surgery discomfort may be the gateway to other problems such as the addiction potential of opioids.

Morphine, OxyContin, Vicodin, Percocet or codeine are some of the opioids commonly prescribed to relieve pain after wisdom teeth are extracted. While opioids can be effective at relieving pain, they are also highly addictive, which is why the American Dental Association and associated professional organizations such as the American Association of Oral and Maxillofacial Surgeons are educating their members about the pitfalls of using opioids as pain control substances.

A Harvard Research Team reported in the Journal of the American Medical Association (JAMA) that dentists are among the leading prescribers of opioid analgesics, particularly for tooth extractions. The study also found 61 percent of 14- to 17-year-olds who had a tooth pulled walked out of the dentist's office with a prescription for painkillers. Painkillers — typically prescribed for short term use — are often taken for years after the initial prescription.

In fact, research conducted by, HealthCore, a health outcomes company, the University of Arkansas for Medical Sciences, and the University of Washington found that more than half the people who take opioids for chronic pain are likely to still be taking the painkillers five years later.

As a health insurance company, we believe we are in an especially unique position to help individuals avoid dependence and curb prescription drug abuse

because we have real-time access to records for medication use that many doctors and pharmacists do not. This means we can help flag individuals who may be getting prescriptions from multiple doctors or pharmacies, or whose refill patterns fall outside of established norms. And through our integrated health care approach, we can share this important information with a member's primary physician.

In April, Anthem Blue Cross launched

the Pharmacy Home program. Designed to help reduce addiction to opioids and other prescription drugs, the Pharmacy Home program enrolls high-risk members in a "pharmacy home," which limits their drug coverage to one member-chosen home pharmacy (select exceptions are made where clinically prudent and in cases of emergency).

As a parent, you can help curb prescription drug abuse by taking two simple steps:

- Talk to your dentist. If your child has an upcoming dental surgery, talk to your dentist about starting with an over-the-counter pain medicine post-surgery. If a weaker drug provides relief, there may be no need to take a prescription opioid. If the pain requires a prescription, follow your doctor's instructions and take the minimum amount you need to cope with the pain.
- Dispose of unneeded medications properly. Those extra bottles of prescription drugs you have in your medicine closet?

Get rid of them — and do so properly. Hospitals, police and fire departments often host medication take-back days. Getting unneeded prescription drugs out of the house will not only help a loved one avoid mistakenly taking the wrong medication, it will also keep opioids out of the reach of children and teens.

There are no silver bullets to ending America's opioid crisis, but taking small steps like these can help keep your teens from being the next victims.

—Dr. George Koumaras is the dental director for Anthem Blue Cross. Since joining the company in 2013, Dr. Koumaras is responsible for clinical and dental policy, dental and medical integration initiatives, fraud and abuse, grievance and appeals and Professional Review.■

LETTER TO THE EDITOR

Poor choice of words

Re: "Hometown hero deserves recognition" [Vol. 6, Issue 9]

Clarke Stillwagen's article "Hometown hero deserves recognition" reminded me of Donald Trump shaking his hands while mimicking a handicapped reporter. In the article devoted to local resident John Bryant, Mr. Stillwagen wrote that he "... initially thought of John as one of the mentally-challenged crazies that dot the La Mesa landscape." To have referred to Mr. Bryant as "crazy" was appalling, and totally uncalled for.

Our city is home to many handicapped people who need our attention and understanding, not fear and ridicule. We should help them, if necessary, or just be kind and say hello.

I have never met John, but he does not look scary, particularly for a grown man like the author.

Mr. Stillwagen needs to either learn to be more considerate, or to just stop writing altogether. I am sure there are many writers who can fill his spot in your paper without needlessly offending their subjects. Or better yet, the retired Mr. Stillwagen can pick up a bucket and go help John in his chores.

How do you think John felt after being called crazy? My hair stands up every time I think about it.

I hope I don't have to read similar offenders again in your paper,

—Tuula Matosian, La Mesa

[Editor's note: Mr. Stillwagen is a neighbor of Mr. Bryant's and I'm sure there was no ill will. I believe Mr. Stillwagen's point was that his perceptions of people with disabilities changed for the better after meeting Mr. Bryant. If Mr. Bryant or anyone else was offended, we sincerely regret it and will be more considerate of word choices in future articles involving people with disabilities.]■

POLITICAL COMMENTARY

Who can I trust?

Kathleen A. McLaughlin

My husband and I were watching the evening news which was, as usual, reporting on all the sadness in the world. The commentary went to politics and the endless disparities. We both sat staring blankly at the TV when my husband says, "You know ... it all comes down to trust. The American people don't know who to trust." He paused for a moment and then sadly said, "We cannot trust anyone anymore."

I agreed. He was absolutely right. The following morning, I was lying in bed in that twilight zone between slumber and consciousness. I began replaying the previous night's conversation in my head. How do we fix this problem? It keeps growing like a category five hurricane chewing up our country and puking out the chunks in a spittoon. Who can I trust?

I cannot trust our governments: not the city, not the county, not the state or the federal government. I cannot trust my city council representative, my county supervisor, my state representatives, my federal representatives, or my local mayor. All of them appear to have hidden agendas, mostly based on making their friends rich. Some claim to care about the working class, but if you do not belong to the good-ol'-boy group or the correct political party, you don't matter. They certainly don't care about those of us whose annual income is less than a half of a million dollars or didn't contribute hundreds of thousands to their campaign. Who can I trust?

See **TRUST** page 8 →

Club to honor Marty Block

Davis, Ward, more to speak



Linda Armacost and Jeff Benesch

At our next meeting, just six days before the momentous 2016 presidential election, the La Mesa Foothills Democratic Club (LMFDC) will honor Sen. Marty Block as he faces his last couple months before leaving office. Our meeting will take place on Wednesday, Nov. 2, at 7 p.m. at the La Mesa Community Center, 4975 Memorial Drive, just North of University Avenue in La Mesa. Block, a longtime member and frequent guest at LMFDC, steps down after many years of service as assembly member and state Senator representing La Mesa and much of the city of San Diego. Block was elected to the California State Assembly in 2008 where he represented the 78th Assembly District until his election to the Senate. He served as chair of the Assembly Higher



Sen. Marty Block



Colin Parent



Rep. Susan Davis



Rich Grosch



Councilmember-elect Chris Ward

Education Committee for three years.

In Sacramento, many think his crowning achievement is SB850. This game-changing legislation for higher education will allow a number of community college districts across the state to develop four-year degree programs, increasing access for quality higher education in areas that have a demonstrated workforce need. Block's long career as a lawyer, teacher, dean, trustee, magistrate and legislator is an incomparable model of altruism and devotion to public and community service.

We'll have another star-studded group to talk both about Senator Block and give us a little insight as to what we can expect in the election.

Rep. Susan Davis, whose background mirrors Block's, represents California's 53rd Congressional District and therefore most of our membership. Her



interest in public affairs and service grew out of her experiences as a social worker, parent, youth mentor, and military spouse.

Prior to Congress, Davis served three terms in the California State Assembly (1994-2000) and served nine years as a member of the San Diego Unified Board of Education (1983-1992).

Chris Ward serves as the chief of staff to Sen. Block and is a city councilmember-elect who will represent San Diego's District 3.

In this capacity, Ward is strongly committed to excellence in constituent services, facilitating public participation in policymaking, and organizing state and local resources to make our neighborhoods a better place to live. In the June primary, Ward won the District 3 seat outright and will take his place on the San Diego City Council in January.

Rich Grosch was the district director when Block served as assembly member. He currently serves as executive vice president on the San Diego Community College Board of Trustees. Over the years, he's been a teacher, university alumni director, city councilmember, school administrator, and community planner. He's also a business owner and proprietor of the Ocean Beach Hotel.

Colin Parent is in the home-stretch of his vigorous campaign for La Mesa City Council and will be urging all members and guests to participate in six more days of

get-out-the-vote efforts by walking precincts and making calls from our local campaign office. Parent is Policy Counsel for Circulate San Diego, a nonprofit advocacy group that promotes better transportation and living choices for more vibrant local communities. Parent is, by far, the most informed and progressive of the three candidates running for City Council.

The La Mesa Foothills Democratic Club represents the communities of San Carlos, Del Cerro, Allied Gardens, College Area, La Mesa, Mt. Helix, Santee, Casa de Oro, and other nearby East County communities. Watch for event updates on our website: Lamesafoothillsdemocraticclub.com or follow us on Facebook.

—Linda Armacost is president and Jeff Benesch is vice president of programming for the La Mesa Foothills Democratic Club. Reach them at jeffbenesch@gmail.com. ■



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Jason Roe to analyze election results at Nov. 15 meeting



Judy
McCarty



Since Election Day is a higher priority than our regular meeting day, we have moved our meeting of the Navajo Canyon Republican Women, Federated (NCRWF) to Tuesday, Nov. 15. Everything else remains the same. We'll meet at The Brigantine in La Mesa; check-in time for the 11 a.m. meeting is 10:30 a.m. A full-course luncheon will be served at noon, followed at 12:30 p.m. by our speaker, Jason Roe.

Roe, co-owner of Revolvus consulting firm, is a favorite speaker due to his work as Mayor Kevin Faulconer's political consultant (particularly on Chargers issues) and on numerous campaigns throughout the country. We are looking forward to his analysis of campaign results. Cost of the luncheon meeting is \$20 and reservations are required. Please RSVP to NCRWF99@gmail.com or call 619-990-2791.

Registering voters is one of our club's primary missions and we've garnered many new voters in October. As usual, we were at the New Citizens ceremony and registered many new Americans. Oktoberfest in La Mesa was another chance for us to exercise our civic leadership. NCRWF had a booth for all three days of Oktoberfest and braved the heat and the crowds to spread our



Oktoberfest booth coordinator Glenda Boerner. (Courtesy of NCRWF)

Republican message.

We spoke to more than 800 people and conducted a straw poll to gauge which issue was most important to them. Here are the results in order of most important:

- Military/national security.
- Immigration/border security.
- Healthcare.
- Economy/debt.
- Crime/justice.
- Foreign policy/trade.

Thanks to volunteers Kathy Petersen, Ruth Weiss, Kat Culkin, Gloria Harpenau, Nancy Murnahan, Waskah Whelan, Marjorie Faris, Lois Gubitosi, Jan Lewis, Maryann Alianelli, Sandra Giordano, Marie Buesing, Carolyn Lawson, Pat Dolbeck and Charlotte James. Also, special thanks to Glenda Boerner, who coordinated this project, and San Diego GOP's Alex Phillips and intern Skyler Shibuya for their help with logistics.

Although campaign

activities kept us very busy in October, we also devoted time to our Hearts4Heroes project. Several of our members decorated 400 hand-made Valentine's cards to be delivered to veterans on Veteran's Day. We want them to feel remembered and appreciated for their sacrifices.

Reminder: Last day to register for the Nov. 8 election is Oct. 24.

It's a long ballot with many tax and bond proposals and propositions. Fellow San Diegans have spent months running for non-partisan and partisan local, state and national offices — they deserve thoughtful consideration. Please make your choices and then make them count by voting.

Membership in NCRWF is open to any woman who is a registered Republican. For more information on all our activities, visit navajocanyonrwf.org and Facebook.

—Judy McCarty is publicity chair for the Navajo Canyon Republican Women, Federated. Reach her at jhmccarty@cox.net. ■

► Trust, from page 6

I cannot trust our police. The news is filled with stories of policemen soliciting favors from women in exchange for dismissing tickets. I haven't been able to trust the clergy for a while, or high school coaches, or teachers, or the guy up the street. Who can I trust?

I cannot trust our corporations or the banks. How can I trust a CEO who knows his bank is going to get a bailout several months before it happens and already has plans on how to spend the billions? How can I trust a CEO who arrives at a "bailout" session in his chauffeur-driven limo or his private jet? How many jobs could he have saved by ditching that jet in the Hudson? How can I trust a corporation who gives its outgoing CEO a multimillion dollar bonus after they just laid off 35,000 employees? I thought you only got bonuses for being successful ... or do they call that success? Who can I trust?

Of course, we all know we cannot trust the oil companies. For the past 30-plus years they tell us the price of a barrel of oil has risen and, as a result, they need to raise the price of a gallon of gas by 10 cents ... and another dime and another dime. It has always amazed me that this happens right before a three-day weekend or spring break or summer

vacation. But when the price of oil drops, they lower it a measly two cents. Then they proudly report the highest earning ever and wonder why us working-folk grumble. Who can I trust?

I cannot trust our grocery stores. It shouldn't be cheaper to eat at a fast-food, heart-attack-waiting-to-happen, full-of-creepy-chemicals restaurant than to prepare slightly healthy food at home, but it is. The grocery stores have obviously learned from the oil companies. Raise the prices, but never lower them. Who can I trust?

Politicians? It's almost laughable to think we could trust them. They don't even trust each other. Politicians are the epitome of the idiom "two-faced." They advocate lower gas prices, but when the prices keep rising, we discover they own stock in the oil companies. They discuss the need for jobs and then we discover they are only referring to jobs in their town at a factory owned by their brother. The politicians (aka representatives) fight against health care benefits when they have the best benefits in town. They don't pay for anything; not doctors, dentists, vacations, or trips to visit their illegitimate children. They don't even pay for their spouse and family to join them on a trip to Europe for an international

conference. Who can I trust?

Now with campaigns, it has always fascinated me that those in the same political party tear each other apart during the primaries and then miraculously become "buddies" during the final election. Somehow that doesn't instill a whole lot of trust. How can I have faith in a candidate who cheated on his taxes or one who lied to media? Of course, I can't trust the media either. Bad news sells, so let's tell it as "bad" as we can to keep up the ratings. The truth? Let's just push that under the bus.

The country cannot come together until we have trust. But how can we accomplish that? Is our country capable of finding representatives in law enforcement, theology, education, and government who are capable of the following?

Keeping their pants zipped and/or their legs crossed.

Not being a racist, bigoted, sexist or any other annoying discrimination.

Provide the same benefits for the American people that they enjoy (health, medical, dental, vacation).

The list goes on and on.

I give up. Who can I trust?

—Kathleen A. McLaughlin is a La Mesa resident, artist, playwright and author. Reach her through her website mclaughlin-artstudio.com. ■

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Helix High School engineering teacher Jennifer Bullock is nominated for a national LifeChanger of the Year award. (Courtesy of National Life Group Foundation)

Helix teacher nominated for national award

Matt Kane

Helix Charter High School architecture and engineering teacher Jennifer Bullock has been nominated for the 2016-17 national LifeChanger of the Year Award. Sponsored by the National Life Group Foundation, the national LifeChanger of the Year program recognizes and rewards the very best K-12 public and private school educators and employees across the United States who are making a difference in the lives of students by exemplifying excellence, positive influence and leadership. Bullock was nominated by Gail Young, a member of the community. Bullock became an educator after attending graduate school for her teaching certificate in Career and Technology Education. When she transitioned to education, she was one of many teachers who opened one of the first STEM academies. She has formed strong relationships with her students by incorporating project-based learning into her instruction. Additionally, she has worked with Texas A&M graduate students to develop a lesson plan book for other educators seeking to build a project-based learning classroom. “Ms. Bullock puts the students in charge of their own learning,” said Young. “She encourages and lets her students know that being smart and putting your most authentic self forward is what will place you on a fulfilling journey. Due to the fact that she is not at the front of the room lecturing and more of a facilitator, Ms. Bullock is able to talk with her students and get a glimpse of who they are.” Bullock has particularly enjoyed empowering female students, and it has been fun for her to see more “girl power” in the media. “So many students put themselves in boxes and don’t venture out because they think they are

going to fail,” Bullock said. “But failure is good, it’s how they learn.” Each school year, the LifeChanger of the Year program receives hundreds of nominations from all 50 states and the District of Columbia. For 2016-2017, there will be a total of 15 individual LifeChanger of the Year awards. In addition, the “National Spirit Award,” is given to the school and nominee whose community demonstrates the most support for their nomination. Each winner will receive a cash award that is split between the individual winner and their school. The national Grand Prize award is \$10,000. Winners are announced via surprise award ceremonies held at their schools. The top five winners will also be honored at a national awards ceremony in Naples, Florida. Winners will be announced in Spring 2017. Winners will be chosen by a selection committee comprised of former winners and education professionals. Nominees must be school district employees. Award winners are selected based on the following criteria:

- A proven ability to make a beneficial difference in the lives of students.
- An ability to positively add to the development of the school’s atmosphere.
- Is involved in leadership activities at the school and/or community level.
- A demonstrative record of excellent performance at the professional level.
- A commitment to producing a nurturing atmosphere.
- Adherence to high moral and ethical standards.

For more information, visit lifechangeroftheyearnominees.com/showspirit/. To view Ms. Bullock’s LifeChanger of the Year nominee profile, or to nominate someone from your school community, visit LifeChangeroftheYear.com.

—Matt Kane is a communications consultant for LifeChanger of the Year. ■

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La Mesa - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible. To assist home seller's, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace. Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible. In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home. You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money. Order your free report today. To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-866-220-9502 and enter 1023. You can call any time, 24 hours a day, 7days a week. Get your free special report NOW.

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Students and police officers met to discuss issues for senior Asia Duncan's The Linking Intergenerations Together Project. (Courtesy of Mt. Helix Charter High School)

News from Helix Charter High School



Helix Highlights

Jennifer Osborn

Police/student relations

In fulfillment of the Helix Senior Project, senior Asia Duncan recently hosted a forum for Helix students and police officers. The Linking Intergenerations Together Project (L.I.T.) is Duncan's brainchild that she has been bringing to life for almost a year.

"My overall goal for that night was to bridge the gap of mistrust and miscommunication amongst young people and law enforcement," she said.

Duncan's work started with the Resolution Leadership Academy, a program offered at Helix through the Health and Human

Services Agency (HHSA). She connected with Dr. Janet Castanos from HHSA and developed partnerships with the La Mesa Police Department (LMPD) and the National Conflict Resolution Center (NCRC). She also received donations from La Mesa Sunrise Rotary to support the project.

The event was very well attended. Original attendance estimates hovered around 30 students, but more than 200 people participated, including almost 50 adults and community members.

The forum featured discussion groups — students gathered at tables, each manned by a police officer from LMPD or San Diego Police Department. Ten officers, including LMPD Chief (and Helix alumnus) Walt Vasquez, volunteered their time for the event. Students and officers were able to have open discussions and express themselves.

Students from alumnus Nate Howard's Movement BE program performed poetry to express the stereotypes and pressures they feel as young people or people of color. Duncan facilitated a Q&A session

with Chief Vasquez, and Carson Cooper of the NCRC facilitated mini-workshops throughout the event.

"The feedback from the event was awesome," Duncan said. "It varied from, 'I felt like my voice was actually being heard,' to 'We need more L.I.T. Projects!' My hope for the future is to work with different high schools and communities to inspire them to be the change in their communities and share their stories as well."

SADD (Students Against Destructive Decisions) Club

On Thursday, Oct. 16, Helix partnered with AT&T and LMPD to bring driving simulators to the campus. Students were able to learn about the effects of texting and/or drinking and driving. The presentation took place all day in the science quad.

Helix students, Mugen Blue, Shawn Corrao, and Kirk Williams have been selected to the National Teen Advisory Board, which focuses on keeping teens safe while driving. The organization is out of Texas A&M and the boys are the only representatives from California.

The SADD club is conducting seat belt checks in the mornings to collect data regarding students remembering to buckle up.

2017-18 enrollment

Inquiries regarding enrollment for the 2017-18 school year are already coming in. Information on upcoming meetings and more details regarding the enrollment process are in the works. We anticipate having this information by early January. When information is available, it will be found on the school website, helixcharter.net (click on "Entrance Boundary/Lottery Information" on the left side of the page).

If you are interested in finding out more about Helix Charter High School, please attend one of our Excellence in Education Tours, held twice monthly. The tours for November are full, however, more dates are available starting in January. Reserve your spot using our website, helixcharter.net.

As always, we welcome your input. Please don't hesitate to contact me.

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

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Homecomings past and present



Connie and Lynn Baer

Homecoming has been a tradition at Grossmont High School since 1921, when it was called Alumni Day, the year after the graduation of its first class. Over the past 95 years, homecoming has changed. In the 1920s, the type of the school celebrations varied, but often included an alumni play, a basketball game, a dance, and alumni attending classes of their favorite teachers. In 1930, the yearbook states, at "its annual 'visiting day' at Grossmont as many 'old grads' as can possibly do so return to the familiar haunts and halls of their alma mater to live again, for a while, in memories of the time when they, too, were students here."

GHS alumni, retired staff, and community members are invited to join us at homecoming, our 96th Anniversary celebration on Friday, Nov. 4.

Tentative Schedule

3-4 p.m.: Visit the 1922 Original School; tours led by superintendent Dr. Tim Glover at 3 p.m. and 3:30 p.m.



The 2016 Grossmont High School ASB class (Courtesy of Grossmont High School Museum)

4-7 p.m.: Museum open.
4:30 p.m.: JV Football vs. West Hills in Jack Mashin Stadium.
5-6 p.m.: 2016 GHS Office open.
5:30 p.m.: Office Dedication of the following:
• Bill Davis plaque.
• 1920 medallion floor tile.
• Four new display cases.
• 1985 watercolor of GHS.
• Seven new campus benches.
• Carl Quicksall and Pageant plaques in 1937 Old Gym.
• 55 Endowment Founder and 196 Friends tiles.
6 p.m.: Campus tours led from GHS Museum.

5:30-7 p.m.: 2015 Hall of Honoree Jim Nichols; Memorial Gathering in the library.

7 p.m.: Varsity Football vs. West Hills in Jack Mashin Stadium.

Homecoming student traditions are part of Grossmont's culture. The tradition of homecoming themes began in the 1960s. 1966 marked the first time Grossmont celebrated an entire week of homecoming festivities. The first homecoming queen was named in 1947; the first homecoming king in 1974. The announcement of the queen is part of the halftime program; the homecoming king is announced at the homecoming dance.

This year's ASB class has planned a week of fun centering on the homecoming theme

of "Grossmont Palooza: Music Festival." During a week-long celebration, students and staff will show their creativity through daily dress up contests: Halloween, Rock 'n' Rock, Hip Hop/Rap, and Country. On Friday, Foothiller spirit will be on display at a Pep Assembly and later at the varsity football game and in the halftime skits, where the newest homecoming queen will be crowned.

New this year, the ASB has planned Saturday activities with a student carnival from 4-7 p.m., followed by an "Out of the World" themed dance from 7-10 p.m. in the Old Gym, where the homecoming king

will be announced. Students are encouraged to glow in the dark with glow sticks and white shirts. Today's Foothillers certainly know how to have fun!

Please join us to learn more about one of San Diego County's oldest and most prestigious high schools and to help us celebrate the wonders of Grossmont's past and present.

Visit the Museum: noon-4p.m. Nov. 2; 4-7 p.m. Homecoming, Nov. 4, or other Wednesdays by appointment. Contact ghsmuseum@guhsd.net or 619-668-6140.

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

WiFi Hotspots 101:

A recent Cox Business survey found that 59% of respondents said WiFi is the best perk that small businesses can offer their patrons - not a surprising statistic considering that people use the Internet to stay connected with their world, whether at home or on the road.

As more and more people use WiFi hotspots to stay connected, it's important to know the basics of how to safely connect to a hotspot.

What is a WiFi hotspot?

A WiFi hotspot is an Internet access point that allows you to connect to the Internet wirelessly through your mobile device.

How does a WiFi hotspot work?

A wireless access point communicates with computers or mobile devices using radio signals. The access point is connected to the Internet and usually connected to a router or server. Most current mobile devices will recognize wireless networks that you can connect to.

Should I be concerned about my online security when connected to a WiFi hotspot?

There are many advantages to connecting to WiFi hotspots, including saving money on your mobile data plan, and accessing the Internet on the go. However, some activities could put your security at risk since not all hotspots offer a secure connection.

How do I know if a WiFi hotspot has a secure connection?

Examples of secure connections include hotspots that 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.



Cox tech installs Cox WiFi hotspot at Liberty Station in San Diego.

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. But, remember that even password-protected WiFi hotspots are not as secure as your home network.

What can I do to protect my information?

- 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 such as credit cards and bank accounts.

- Update your device when prompted. Often, these contain security updates to keep your device protected.
- 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 the business or store hotspot before connecting.

How do I connect to a WiFi hotspot?

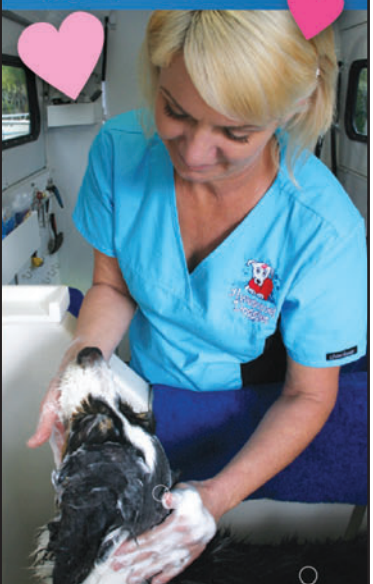
Depending on your mobile device settings, your phone may prompt you when wireless networks are available. WiFi connections can be found in the network settings on your mobile device. Often times, coffee shops, restaurants, parks and other public places will provide WiFi hotspots for customers, and may require a password and accepting a terms of use agreement before you connect.

To help its Internet customers stay connected with their world wherever they are, Cox Communications has been building WiFi hotspots in the communities it serves. In San Diego, Cox Internet customers have free access to more than 1,000 hotspots countywide, including in Balboa Park and downtown San Diego.

Cox Internet customers also have free access to more than half a million hotspots nationwide through CableWiFi. Just find 'Cox WiFi' or 'CableWiFi' in your WiFi settings. Non Cox customers can access the hotspots through a free one-hour trial.

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A live Halloween treat

David Dixon

One of the few venues in San Diego County currently providing a Halloween-themed play is Lamplighter's Community Theatre, where theatregoers can watch a new version of the popular horror drama, "The Bad Seed" through Nov. 20.

Based on the 1954 novel and later adapted into an Academy Award-nominated movie, a homemaker Christine Penmark (Melanie Williams), believes that her daughter, Rhoda (Catherine Singer) is a smart and caring child. After a tragic drowning near Rhoda's school, Christine starts to realize that her kid is a dangerous murderer.

Having the rendition start on Halloween weekend was an intentional choice by the director/head of Lamplighter's playwrighting committee, Kristen Fogle. "Everybody is looking for that creep factor around this time of year," she said.

Most shows that Fogle and the two leads have worked on were not as dark as "The Bad Seed."

"I primarily direct comedies," Fogle said. "I have a background in rhetorical studies and it's

"The Bad Seed"

Lamplighters
Community Theatre
5915 Severin Drive, La Mesa
Oct. 28-Nov. 20.

For tickets
and information, visit
lamplighterslamesa.com
or call 619-303-5092

interesting to get into the text and also talk to actors about their characters. There is more room for that here than in a Neil Simon joke fest."

Singer's favorite part about working on "The Bad Seed" is acting with other performers. "Getting to rehearse with other people is a lot of fun," she said.

In the past, Williams focused more on musical theater than straight drama. She enjoys getting to depict a deeply layered protagonist.

"I like delving into a complex character," she said. "You have to tap into a lot of different sides of yourself to make the role authentic or relatable. It's a good challenge to portray a person who isn't two-dimensional and

doesn't just sing or dance."

Fogle's direction features some retro touches.

"Although not quite like a black and white motion picture, there are some black and white elements," she said. "The costumes, set, and lighting are mostly black, white, grey, and pale with just small spots of color. The visuals should hopefully give everyone a little bit of a throwback feel."

There have been plenty of tales with more explicitly violent content than what is featured in Maxwell Anderson's script. William March's was considered shocking and realistic during the mid-20th-century.

"By today's standards, Rhoda is not considered the scariest villain in the world," Fogle said. "Patrons of a certain age remember this adventure the same way some of our parents remembered 'The Exorcist' and other horror movies. Those that saw the film or the Broadway interpretation were really freaked out by a little girl committing such atrocious acts."

One particular aspect that freaks Williams out is Rhoda's sociopathic behavior. "For me, a scene that is frightening occurs when Rhoda nonchalantly talks about being excited by someone drowning," she said. "She has no remorse or pity for her actions."

A timeless theme that connects with Fogle, revolves around "nature vs. nurture." "That particular debate is still going on in a different form," she said. "I think



Catherine Singer stars as Rhoda, a homicidal child, in The Lamplighter Theatre's production of "The Bad Seed." (Courtesy of Lamplighter Theatre)

that's why people are still drawn into the narrative."

An important reason Fogle says San Diegans shouldn't miss "The Bad Seed" is because the terrifying cautionary tale isn't produced often in La Mesa.

"I hope audiences see the great cast in a show that hasn't been staged often in a long time," she said. "I think they'll be surprised and delighted by the caliber of acting."

Horrible behavior and savage moments have the potential to add up to a wickedly haunting night. There might not be any ghosts or zombies in "The Bad Seed," but that doesn't mean Rhoda won't be a chilling and scary antagonist.

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

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Using pumpkins to create a unique fall décor

Gary Jones

Fall in San Diego is measured by the arrival of pumpkins, not changing leaf colors like most areas of the country. For those who miss out on that festive, autumn feeling, there are many ways to give your home an autumnal look. Pumpkins, a fall seasonal staple, are great for carving, but they can also be used to create a unique fall décor.

It begins with color

When most people think of fall, no matter the temperature outside, warm colors such as red, yellow and orange come to mind. These colors are a guaranteed way to bring out the desired seasonal style. Colors like brown and purple can be included for accents.

Tall pumpkin topiary

For a unique take on a fun fall topiary, try stacking pumpkins of all sizes. Start by choosing three or four varying sizes that are somewhat flat on the top. Traditional orange pumpkins or heirlooms like



the Cinderella or Ghost pumpkins work well. Select a container that is slightly smaller in diameter than your largest pumpkin. Rest the largest pumpkin on the rim of the container, then begin stacking the next biggest directly above it and finish with the smallest pumpkin on top. Fill in gaps with moss or fall leaves. For extra support, insert a sharpened wooden dowel through the middle of the pumpkins with a mallet.

Pumpkin planter

Container gardening is a popular way to create beautiful seasonal color. Medium and large pumpkins make perfect containers to be used as decorations for Halloween or Thanksgiving. Simply cut off the top, scoop out the seeds and coat the inside of the pumpkin with petroleum jelly to help slow down the decomposition process by keeping moisture from seeping into its flesh. Fill the pumpkin with a one or two-inch layer of fine charcoal to absorb moisture. Then fill the pumpkin half way up with potting soil.

Croton, a mum or two, ornamental peppers and golden variegated ivy work well together all season long. If desired, try any five or six plant combinations that you like. Arrange them however you want and fill gaps between the plants with more soil. Lightly sprinkle water and you



(left) Pumpkins can be turned into decorative, holiday planters; (above, left) a spooky pumpkin topiary; (above, right) pumpkin topiaries are great accents for your patio. (Courtesy of Armstrong Garden Centers)

Quick pumpkin centerpiece

Are you short on time? Try a tumble of gourds and small pumpkins as a centerpiece for any dining room table. Another quick solution is to lay an autumn wreath flat on a side table with a small pumpkin resting in the middle.

Feel free to share your favorite pumpkin designs with us. We might include some of them in a future issue of Mission Valley News/Mission Times Courier.

—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@armstronggardens.com. ■



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► News Briefs, from page 3

are presented by nurse.com, the largest print and digital magazine dedicated to registered nurses. The Rising Star Award honors nurses who have worked in health care for less than five years, but have been identified by their colleagues as nursing's best and brightest.

"I have passion to make my workplace the best and safest place to work, as well as for patients to receive the best care," said Straub in a press release. "It feels great for my work to be recognized."

A clinical nurse, Straub began her career in the Telemetry Unit at Sharp Grossmont this year and quickly became an asset to her team. She is a member of the Shared Governance Unit Practice Council and serves as its chairwoman. She has also been involved in several projects that address patient safety, healthy work environments and staff recognition.

This has been a banner year for Straub, who in May was also honored as Sharp Grossmont's Nurse of the Year.

Nurse.com has publicly recognized and celebrated nursing excellence, making it part of its mission. After nearly three decades, the GEM Awards program is the largest and most prestigious of its kind in the nation. Nurse leaders act as judges to evaluate and score all nominations. Finalists, regional winners and, ultimately, national winners are recognized.

Grossmont High School opens new buildings

On Sept. 28, Grossmont Union High School District (GUHSD) held a building dedication ceremony for the new student support services and arts classrooms buildings on Grossmont High School campus.

The \$10.9 million project involved the demolition of several outdated structures, including the original administration building, old auto shop, classroom building 100, student resource center, special education office buildings and other ancillary structures.

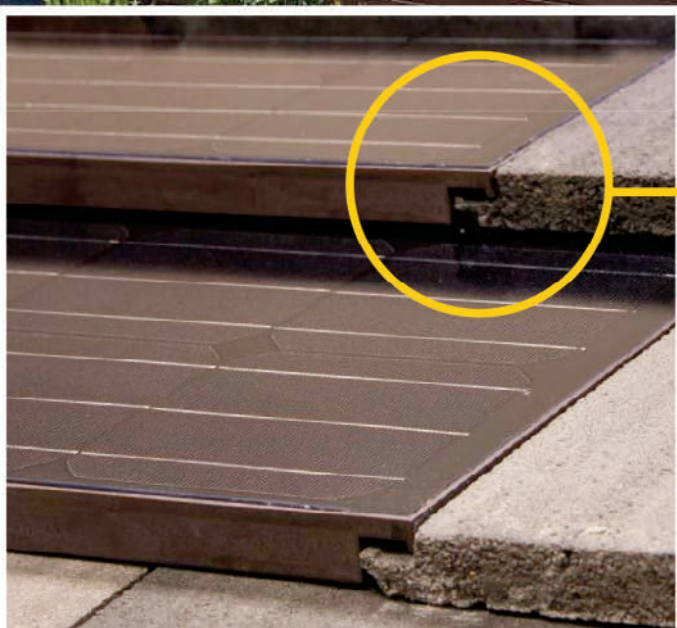
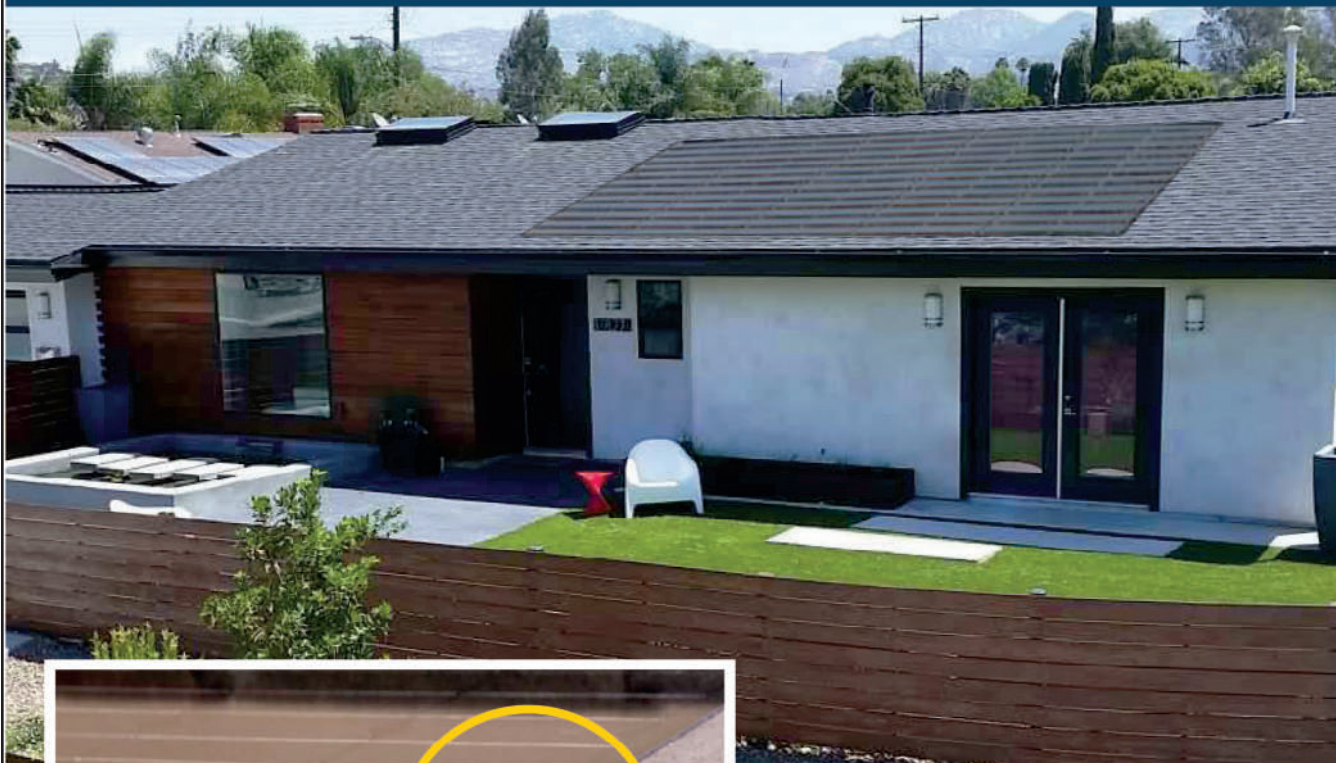
A new two-story, 12,200-square-foot Student Support Services Building consolidates activities into a single location to enhance student/staff interaction, according to a press statement from GUHSD.

Another two-story, 11,640-square-foot Arts Classroom Building was constructed to create new district standard instructional spaces for ceramics, metals, 2-D art, photography and digital arts, as well as a classroom and store for the ASB and a special education classroom.

Extensive site work was completed to provide new accessible pathways, additional parking and a revamped bus drop-off area, site lighting, security cameras and a new ADA restroom building to support the student population during the day and stadium events after hours.

Participating in the building dedication ceremony were Dr. Tim Glover, GUHSD Superintendent; Dan Barnes, principal of Grossmont High School; School Board Trustees Jim Stieringer and Dr. Gary Woods; a representative from the Student Governing Board; GHS' head school counselor, as well as students and staff from the arts department.■

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Guidance, from page 5

Rodriguez said. “Then you see them start to open up, and by the last day of school, you see a totally different person.”

For Garcia, his first weekend helped him make the decision to get out of the gang life — and his first life goal became to graduate high school. Leaving the gang environment was the hardest thing Garcia says he ever had to do. It took a couple years of learning a new way to talk, behave and dress. Now at 20 years old, he’s graduated high school, jail isn’t even in the cards, and he is a group facilitator for Boys To Men (oh, and he was able to do some soul-searching and life exploration for a stint in Hawaii).

“I love the way I am now,” he said. “I’m at peace with my family and I’m at peace with myself.”

Boys To Men has a waiting list of schools

that want their program, but they need the finances to make that happen. So the organization is looking for donations, and they are looking for older male mentors. The requirement for mentors is show up (consistency is a rare quality in many of these boys’ lives), shut up, and when you do speak, don’t talk at the kids; talk to them as equals, and tell your truth.

“We’re not above them, we’re with them,” Rodriguez said.

For more information, visit boystomen.org or call 619-469-9599. While only males can be mentors, anyone can participate in fundraisers such as the One Wave Challenge supported by the Century Club of San Diego on Jan. 21. Register at onewavechallenge.com.

—Freelance writer Joyell Nevins can be reached at joyellc@gmail.com. You can also follow her blog *Small World, Big God* at subgblog.wordpress.com. ■

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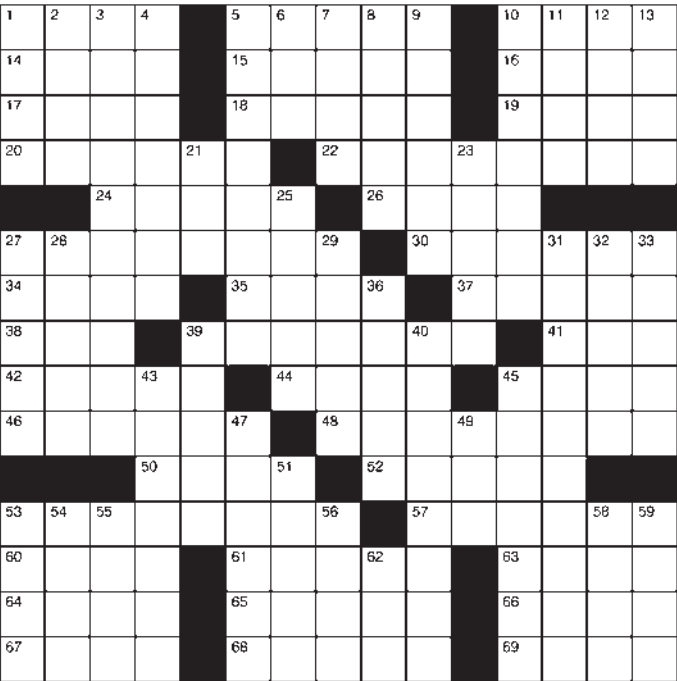
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PUZZLES | ANSWERS ON PAGE 3

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By Charles Preston

ACROSS

- 1 Jokes
- 5 Some are quick
- 10 Inventor's middle name
- 14 Woodwind
- 15 Style of architecture
- 16 Celtic name
- 17 ___ monster
- 18 Gaucho's equipment: var.
- 19 Civilian space agcy.
- 20 Loom cord
- 22 Dissolving agents
- 24 Dyestuff
- 26 Duck
- 27 Sound plausible
- 30 Bad drives
- 34 Eons
- 35 Beltor's concern
- 37 Ancient Thracians
- 38 ___ sauce
- 39 Los ___
- 41 Printer: abbr.
- 42 Iron
- 44 Organic compound
- 45 Graf Maximilian von ___
- 46 Tax
- 48 Pittsburgh team

- 50 Clusters
- 52 Accusation
- 53 Officer
- 57 Shun
- 60 Nevada city
- 61 ___ Allen
- 63 Bantu language
- 64 Sense stimulus
- 65 Respond
- 66 Comfort
- 67 Progeny
- 68 ___ Kefauver
- 69 State: abbr.

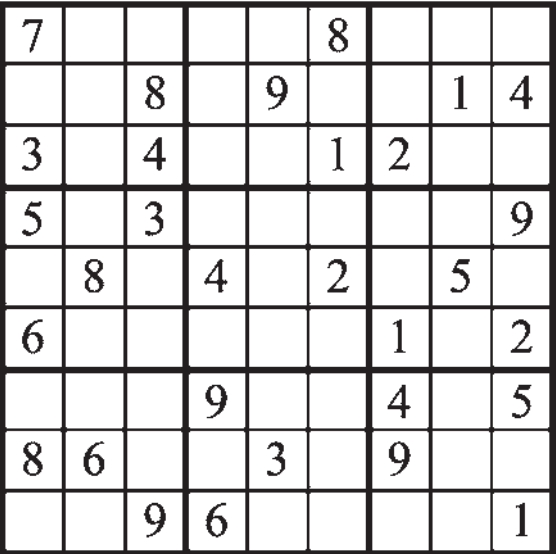
DOWN

- 1 Vincent van ___
- 2 Famous Broadway character
- 3 Diving ducks
- 4 Billy Bones and Captain Flint
- 5 Wheel changer's tool
- 6 Fictitious name, at law
- 7 ___ much as
- 8 ___ tube: for measuring fluid velocity
- 9 Climbs
- 10 Earthworm
- 11 Spare
- 12 Enormous

- 13 "___ , poor Yorick!"
- 21 Abbreviated boat
- 23 Poetic for valleys
- 25 Push gently
- 27 Scraper: Sp.
- 28 Stravinsky's
- 29 Paradises
- 31 Snake
- 32 Sign up
- 33 Fathers
- 36 Las Vegas machine openings
- 39 Fools
- 40 Factors
- 43 Photoelectric cells
- 45 Moderate
- 47 Ball
- 49 Noun suffix
- 51 Satisfies
- 53 Certain siblings: abbr.
- 54 Make over
- 55 Soon
- 56 ___ is to say
- 58 Miss Lanchester
- 59 Year division
- 62 Hole in one

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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(Courtesy of La Mesa Park & Recreation Foundation)

Cornhole for a cause

Gen-X in a millennial world

Genevieve
Suzuki



When someone yelled out at last year's Park & Recreation Foundation gala dinner, "They're playing cornhole outside!" I couldn't even begin to imagine what that meant.

Was it a game born on Midwestern farms, where one throws ears of corn into some kind of hole in a board? It also briefly occurred to me it could also be a profane nickname for some other kind of sport.

"Dude, I can't believe that ol' cornhole."

"Shhh, Grandma's nearby and she's using her hearing aid today." Well, I was kind of right on both fronts.

Cornhole consists of players taking turns throwing beanbags (or bags of corn) at a raised platform with a hole in the far end. You get three points for getting a bag in the hole and one point if you only make it onto the platform. The game is

up once you get to 21.

Little did you know all those times you were throwing beanbags at the clown face as a kid at the fair you were actually training for your big cornhole moment.

And while it sounds easy enough, when those little bags land somewhere away from the hole, far from the platform, that's when it very likely could get profane.

La Mesa Park & Recreation Foundation recognized the potential in this activity after it hit big at last year's dinner. (No kidding; adults of all ages were lined up to try to get the beanbags in the hole – not gonna lie, the fact there was a little imbibing helped the games along.)

This fall, the foundation is hosting its first Cornhole Tournament and free family festival Nov. 5 from 11 a.m. to 5 p.m. at La Mesita Park, 8855 Dallas St. in La Mesa. The event will feature a barbecue, kids' activities, craft vendors, a beer garden (more imbibing to ensure true focus), shaved ice and more.

If your team wins your division, you could actually walk away with more than just bragging rights: The overall open team winner gets \$1,250 and the winning novice

team gets \$500.

While the Cornhole Tournament promises family fun, it also benefits a cause close to my heart. Shucks, most parents' hearts: our La Mesa parks, which offer free family fun on a daily basis.

"The La Mesa Park and Recreation Foundation is a valuable partner of the city because they raise funds to provide free fun programs in the parks such as the Cornhole Tournament and Family Festival," said Mayor Mark Arapostathis. "This volunteer group also works to provide funding for capital improvement projects such as new playgrounds in the parks. The foundation is working on funding a new playground at Vista La Mesa Park, which is under design now."

So if you and a pal think you have what it takes to be the first champions of La Mesa Park & Recreation's inaugural Cornhole Tournament, sign up at lamesaparks.org. Open teams are \$100 (\$50 per player) and novice entries are \$50 (\$25 per player). Contact Misty Thompson at 618-667-1300 or at friends@lamesaparks.org for more information.

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

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Get your copy of a unique and easy to read guide entitled "Home Safety Tips" completely free from me to you! According to the CDC, more than one third of adults 65 and older fall each year in the United States and 20%-30% of them suffer injuries that decrease mobility, decrease independence and increase their chance of life threatening complications. I have written this important guide to help provide peace of mind and safety strategies for those concerned about safety within the home, whether for themselves or elderly family and friends. My guide includes advice on safe access, potential hazards to avoid, easy home modifications, simple changes to routines and gentle activities to perform that can be implemented straight away to reduce the risk of falling and remain safe at home. There are limited copies of my free "Tips" guide available, so please contact me on the phone number below as soon as possible. I will personally send it out to you the next business day. The "Home Safety Tips" guide can help you or your loved ones by increasing confidence with mobility and independence and hopefully allow you to live at home longer.

"Darren has been providing In-Home/ Mobile Physical Therapy and increasing home safety for seniors in San Diego since 2004."

Call (858) 692-5835 now, for your free guide.

News and notes from your County Supervisor

Dianne's Corner

Dianne
Jacob



Backcountry boost: My colleagues on the Board of Supervisors recently joined me in approving plans for a new fire station in Pine Valley.

The two-story, 14,000-square-foot facility will replace the existing station and include expanded

engine bays and sleeping quarters. Construction is expected to start around the middle of next year.

Since the deadly and massive Cedar Fire in 2003, the county has invested about \$350 million in fire and emergency preparedness improvements across our region. The improvements include new stations and engines, a better trained firefighting force and expanded paramedic services. Keeping our roads safe: Sacramento clamped down further on drunk driving with the recent passage of state Senate Bill 1046.

It requires all convicted drunk drivers to have an ignition lock on their cars, including first-time offenders. The device detects alcohol. A driver must blow into it to start the car.

Mothers Against Drunk Driving joined me earlier this year in calling for passage of the law. Those who are intoxicated have no business behind a wheel. Ever.

Helping families: The Alzheimer's Project, our county-led effort to combat the region's third leading cause of death, was recently awarded a \$1 million federal grant to boost patient and family services.

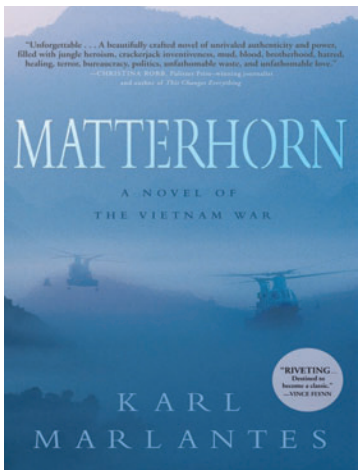
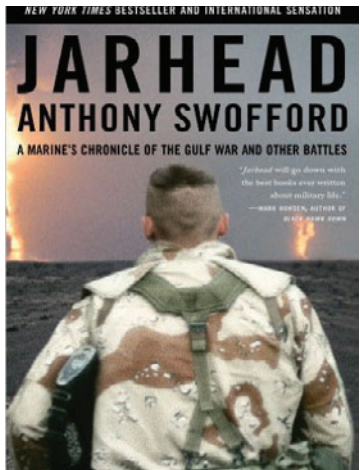
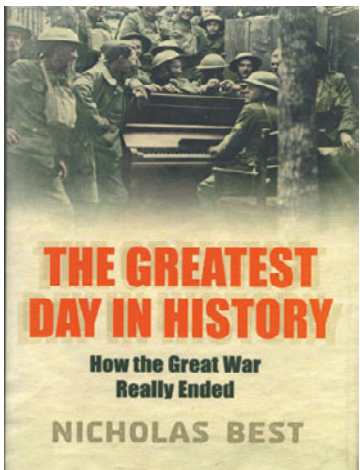
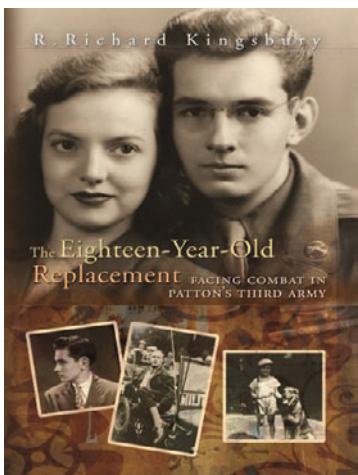
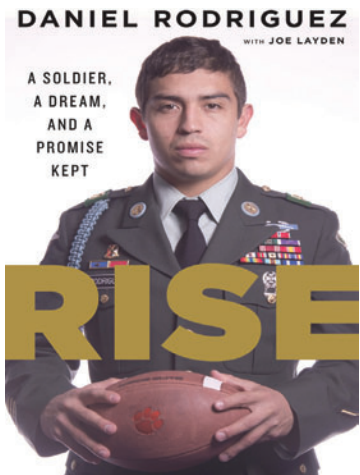
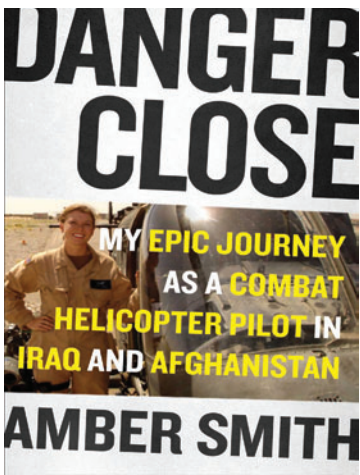
The money will also be used to bolster training for social workers who assist Alzheimer's caregivers and to better identify those with the disease and other forms of dementia.

Families dealing with Alzheimer's are often under terrible stress and they need all the assistance we can give them. These federal funds will help us do that.

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

Have a great East County day!

—Dianne Jacob is San Diego County Supervisor for District 2. ■



Books by and about veterans



Heather Pisani-Kristl

Veterans Day was originally known as Armistice Day for the cessation of fighting between Allied forces and Germany during “the eleventh hour of the eleventh day of the eleventh month” of 1918. Armistice ended “the Great War,” where technological advances had enabled troops to battle each other with previously unknown ferocity. Mortality was high and a quiet generation of veterans, with wounds visible and invisible, returned home.

Readers familiar with World War I who would like to focus on armistice can find it in “The Greatest Day in History” by Nicholas Best, a detailed narrative tying together memorable names from early-20th-century Europe and the United States. Among the accounts constructed from diaries, letters, memoirs and government reports are those from a much younger Douglas MacArthur, Charles de Gaulle, and Adolf Hitler, long before they would see the next conflict.

It took only 21 years for the Great War to lose its grand name and become World War I, as World War II took over the headlines. World War II is the subject of so much quality nonfiction that it’s difficult to settle on one, so we’ll focus on a memoir. “The Eighteen-Year-Old Replacement: Facing Combat in Patton’s Third Army” is Richard Kingsbury’s story of being drafted to Patton’s 94th Infantry Division just six weeks after D-Day. Kingsbury’s honest trepidation about shooting at fellow humans creates an intimacy with the reader that can’t be achieved in a historical narrative of war.

By the time Armistice Day was renamed Veterans Day in 1954, as a tribute to the military service of

all veterans, the Korean War had been over for a year. “The Coldest Winter” by David Halberstam provides the most comprehensive view of the Korean conflict. If you’ve already read it, you might choose “A Christmas Far From Home” by Stanley Weintraub, which follows the commanders behind the Battle of Chosin Reservoir and the U.S. Marines and soldiers who managed to escape Chinese forces during this infamous fight.

Like Korea, the Vietnam War was a “conflict,” never officially declared a war by Congress, but unlike Korea, it has produced a huge field of literature and memoir. The autobiographical account “What It Is Like to Go to War” by Karl Marlantes is informed by the author’s years fighting in Vietnam, but his observations about the psychology of warfare apply to the present day as well. Given Marlantes’ skepticism of war and the inner conflict with his status as a decorated war hero, his memoir would be an excellent choice for a book discussion. Marlantes is also the author of “Matterhorn,” considered one of the finest novels on the Vietnam War, which took him over 30 years to write.

From Vietnam we travel to the Persian Gulf, and although there is little literature about the 1990-91 Gulf War, we can’t pass over the bestselling memoir “Jarhead: A Marine’s Chronicle of the War and Other Battles” by Anthony Swofford. Don’t conflate Swofford’s experience with that of the many narratives from the recent Iraq-Afghanistan War, such as “Danger Close” by Amber Smith, a chronicle of an elite female helicopter pilot, or “Rise” by Daniel Rodriguez, the author’s story of surviving Iraq and triumphing over PTSD by earning a spot on the Clemson University football team. The soldiers, sailors and marines serving in Iraq and Afghanistan are publishing as they come to terms with what they have experienced, and I expect we will ultimately see a body of literature that will rival that from the Vietnam War.

News from our friends

Our first-time Oktoberfest booth was a huge success. Thank you to all who stopped by to purchase art books, join the Friends of the

La Mesa Library, or register your opinion on La Mesa’s library. Your purchases and memberships support books, movies, magazines, and special events at the library all year long. We hope to see you again!

—Heather Pisani-Kristl is managing librarian 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 go online at sdcl.org.



Julie White

DREAMY PUMPKIN BARS

Halloween or Thanksgiving is such a fun time to make an unusual pumpkin treat. These might become a favorite!

Ingredients:

- 1 stick or 1/2 cup of butter, softened
- 1/3 cup of granulated sugar
- 1 teaspoon ground ginger
- 3/4 cup flour
- 1 cup of uncooked oatmeal

Filling:

- 16-ounce block of softened cream cheese
- 1 cup of granulated sugar
- 1 can of solid-packed pumpkin (16 ounce)
- 1/2 cup of light corn syrup
- 4 eggs, beaten
- 3 tablespoons cinnamon
- Pinch of cloves, optional

Directions:

- Grease a 13-by-9-inch baking pan
- Preheat oven to 350 degrees
- Combine butter, sugar and ginger until well blended, add flour and oats.
- Spread in the bottom of the baking pan, bake for 20 minutes until browned. Cool.
- Beat cream cheese and additional sugar until fluffy. Add eggs one at a time. Add the remaining ingredients and blend well. Pour over cooled crust. Bake for 40 to 50 minutes or until the center of the bars is done or until a toothpick inserted comes out clean.
- Cool and cut into bars.■



With so many things to do, we suggest getting an early start on your want-to-do list.

There’s a lot to do at La Vida Real Senior Living Community — clubs, events, socializing, and more. So, go ahead and make your want-to-do list. But please don’t include a bunch of chores. We’ll take care of most of those for you. We invite you to see all that we have to offer (including assisted living services if needed) at a complimentary lunch and tour. Please call now to schedule.

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► **Vote**, from page 1

yourself to begin engaging in the political process. Whether your preferred candidate wins or loses, you learn about their platforms; you read about propositions and the arguments for and against them; and you become aware of the processes and institutions that can enact or block change — nationally as well as locally.

In La Mesa, there are several important races and issues local on the Nov. 8 ballot that will affect local governing bodies.

There are two seats up for City Council and three candidates vying for them. For the first time ever, Grossmont Union High School District (GUHSD) board members will be voted in by local areas, rather than the district

as a whole. Water is a major issue while California still is in a draught and the Helix Water District has two seats up for election. Voters in the unincorporated parts of La Mesa will decide the makeup of the San Miguel Fire District board, which will decide whether the district returns to a stand-alone agency or continues working for CalFire.

Voters will also decide several local issues. Measure U in La Mesa will determine whether the city will allow medical marijuana dispensaries within the city limits and how they will regulate them. Measure BB is a \$128 million bond proposal for GUHSD. Measure A is a sales tax proposed by SANDAG to fund transportation infrastructure around the county but could also affect La Mesa's abil-

ity to raise its own sales tax.

There are also many statewide races and ballot proposals dealing with everything from recreational marijuana, the death penalty and plastic bags.

All of these issues are important and when you make the decision to vote, you take the initiative to educate yourself and to care a bit more about the community you live in.

To learn more about the election, including about local races and ballot initiatives, visit these helpful resources:

- San Diego County Registrar of Voters, sdvote.com
- BallotPedia, ballotpedia.org
- League of Women Voters San Diego, lwvsandiego.org

—Jeff Clemetson can be reached at Jeff@sdccn.com. ■



Constituents gathered at Toyota El Cajon for Sen. Joel Anderson's Holiday Legislative Open House in 2015. (Courtesy of Toyota El Cajon)

Anderson sets date for holiday open house

Lea Park-Kim

California State Senator Joel Anderson (R-Alpine) has announced that his annual Holiday Legislative Open House will be held from 6 to 8 p.m. on Wednesday, Dec. 7, at Toyota of El Cajon, 965 Arnele Ave., El Cajon.

The free event is an opportunity for Anderson and his staff to meet with constituents and hear ideas on new legislation for 2017. All attendees will receive a 2016 legislative update and an opportunity to submit ideas to improve state government.

Sen. Anderson represents the 38th Senate District in the California Legislature, which includes Lemon Grove, El Cajon, La Mesa, Santee, Poway, Escondido, San Marcos, Lakeside, Valley Center, Rancho Santa Fe, Julian, Ramona, Rancho San Diego, Bonsall, Borrego Springs and Fallbrook. He was first elected to the State Assembly in 2006 and to the state Senate in 2010.

Anderson says several of the bills he has introduced in the past originated from suggestions by attendees of this annual event.

"My top priority is making government work for you," Anderson

said. "This event gives me an opportunity to hear directly from my constituents about their opinions and legislative ideas. Forty to 60 percent of the bills I introduce come from the people I serve. I want to hear directly from you, about your concerns and your ideas for improving state government."

At last year's open house, several constituents praised Anderson's local approach to legislation.

"People come to this event because they can speak directly to Joel as a legislator," said president and CEO of East County Economic Development Council Jo Marie Diamond.

"It is truly nice to have someone up in Sacramento that cares about us and will listen to our responses and then do something about it," said Danny O'Brien, the owner of O'Brien Insurance Agency in Santee. "He is a man of action and he will get things done for us."

"[Senator Anderson] really wants to make sure that young people of today actually have a place for their future," Ramona Unified School District Board member Rodger Dohm said.

Donated hors d'oeuvres and refreshments will be provided by local businesses and community partners.

Check out a video of the 2015 Senator Anderson's Holiday Legislative Open House at youtu.be/ADTd4icnPB4

—Lea Park-Kim is communication director for Sen. Joel Anderson's office. Reach her at lea.park-kim@sen.ca.gov. ■

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FEATURED EVENTS

OCT 29 Grossmont College's fall preview
Saturday, Oct. 29

This event on the school's campus (8800 Grossmont College Drive) will be held from 10 a.m.–2 p.m. and will showcase information on the college's more than 150 certificate and degree programs. There will also be workshops for prospective students to complete their application and apply for federal and state financial aid. Campus tours will be given every 30 minutes starting at 10:45 a.m. This is a family-friendly event with a fall theme and kids are encouraged to come in costume. There will be live music provided by music department students as well. Visit grossmont.edu for more info.

OCT 30 Masquerade party
Sunday, Oct. 30

East County Magazine will hold this Halloween eve party with food, a costume contest, ghost stories, prizes and more at the editor's home (4438 Hideaway Place, La Mesa). The 21-and-up event will feature music by the Bad Randies string band and Paul Nichols. Tickets are \$12 and attendees are asked to bring a dish for sharing. RSVP by calling 619-698-7617 or emailing editor@eastcountymagazine.org.



NOV 5 Cornhole Tournament and Family Festival
Saturday, Nov. 5

This tournament and festival will be held from 11 a.m.–5 p.m. at La Mesita Park (8855 Dallas St., La Mesa). The event will include a beer garden and food vendors. For the tournament, there will be two divisions of play with team entry fees ranging from \$50-\$100 and prizes ranging from \$500-\$1,250. Entry fees include food and drink tickets. Visit lamesaparks.org to register.

NOV 5 The Leukemia and Lymphoma Society's
'Light The Night Walk'
Saturday, Nov. 5

Friends, family, children of all ages, and co-workers form fundraising teams and enjoy an evening of fun and inspiration as they walk along a two-mile route at Petco Park (100 Park Blvd., East Village) for this event. Walkers can carry colored lanterns to signify their connection to the cause — red for friends and supporters, white for cancer patients and survivors, and gold for a lost loved one. The walk funds research to find cures and ensure access to treatments for all blood cancer patients. The walk starts at 4:30 p.m. For more information or to register for this event, visit lightthenight.org/sd.

NOV 5 11th annual Historic Home Tour
Saturday, Nov. 5

The La Mesa Historical Society has partnered with Modern San Diego and San Diego Home/Garden Lifestyles to put on this event. The tour will feature seven homes nestled in the hillsides of Mt. Helix. Architect John Mock will be present at ones of the homes of his design. Check in and parking for the event will be at Foothills Methodist Church (4031 Avocado Blvd.) starting at 8:45 a.m. The first shuttle will leave at 9 a.m. It is recommended that attendees arrive by 1 p.m. in order to view all the homes on the tour. Tickets are \$40 in advance and \$45 on the day of. La Mesa Historical Society members receive a \$15 discount. Visit lamesahistory.com for more information.

NOV 5 'Angels among us' fundraiser
Saturday, Nov. 5

The Women's Club at Saint Martin of Tours Church (7710 El Cajon Blvd., La Mesa) will be hosting a lunch and card party to raise funds for their nonprofit. The event will be held from 10 a.m.–3 p.m. Cost is \$15. RSVP to 619-464-2950 or 619-469-3976. Visit stmartinoftoursparish.org for more information.

NOV 14 'Sex in Our City'
Monday, Nov. 14

Join Alvarado Hospital for the popular "Sex in Our City" event with renowned Dr. Irwin Goldstein. The evening includes dinner, discussion and decadent desserts. Dr. Goldstein and a panel of experts will discuss sexual health in adult women of all ages, pre- and post-menopause solutions, low libido, HRT, and how to spice things up in the bedroom. The dinner is free, but seating is very limited. Pre-registration is required by Nov. 10. Call 800-258-2723 or visit AlvaradoHospital.com for more information and to pre-register.

NOV 20 'If your heart stops, what happens next?'
Sunday, Nov. 20

This event sponsored by The Hemlock Society of San Diego will feature Dr. Jim Dunford, the city of San Diego's Medical Director of Emergency Medical Services and professor in the Department of Emergency Medicine at UCSD Medical Center. Dr. Dunford will discuss Do Not Resuscitate (DNR) and CardioPulmonary Resuscitation (CPR) orders along with when to call 911 and what DNR jewelry is. This free lecture will be held from 1:30–3 p.m. followed by "Hemlock Chat" from 3–3:45 p.m. at the Scottish Rite Event Center (1895 Camino del Rio South, Mission Valley). Visit hemlocksocietysandiego.org. ■

MUSIC NOTES



NOV 2 'Jewgrass: the
Appalachians meet the
Carpathians'

Wednesday, Nov. 2

Special guest, Hot Tuna's Barry Mitterhoff, will join Yale Strom and Hot Pstromi to perform "mountain music" from the klezmer of the Carpathian Ukraine to Old Time Americana from Appalachia. Mitterhoff, a virtuosic mandolin player, will present music that is an essential part of both Eastern European Jewish and Southern mountain Christian cultures. Both traditions, born in isolated and rural mountain communities, meld together spirituality, culture and geography. The free and public concert will also feature Jeff Pekarek, Duncan Moore, Walt Richards, Fred Benedetti, Tripp Sprague, and Elizabeth Schwartz. 7 p.m. at Smith Recital Hall at SDSU (5500 Campanile Drive). Visit jewishstudies.sdsu.edu/lectures_events.htm for more information.



NOV 4 Campanile Music Festival public concert
Friday, Nov. 4

This free public concert will feature San Diego State faculty and visiting artists performing pieces by Prokofiev, Verdi and Faure. The festival is put on by SDSU's School of Music and Dance faculty, with the goal of allowing students to work with professional musicians for several days. The festival culminates with this concert at 7:30 p.m. in Smith Recital Hall at SDSU (5500 Campanile Drive). Visit CampanileMusicFestival.SDSU.edu for a full schedule of events and other details.

ON FILM



NOV THUR 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. Upcoming films will be announced soon. Visit cityoflamesa.com for more information.

GALLERY VIEWS



NOV 5 - DEC 2 'Four of a Kind'
Saturday, Nov. 5–Friday, Dec. 2

Mission Trails Regional Park Foundation is presenting this exhibition featuring four award-winning photographers: Janine Free, Jill Rowe, Kirk Sullivan and Jennifer Wolf. A public reception for the show will be held in honor of the artists on Saturday, Nov. 12 from 1–4 p.m. The exhibit will be on display in Mission Trails Regional Park Visitor Center Art Gallery (1 Father Junipero Serra Trail) through Dec. 2. Visit mtrp.org for more details.

NOV 6 'Art from the Heart'
Sunday, Nov. 6

This garden art show and auction will feature donated pieces by local artists. This event will also feature a wine reception and entertainment from 2–6 p.m. and a \$10 donation is requested at the door. Proceeds from this event will benefit Las Memorias, an HIV/AIDS hospice in Tijuana, Mexico. Art from the Heart will be held at 5100 Memorial Drive in La Mesa. For more information, email gardenexhibit2016@gmail.com

NOV 12 'Animalia: A Group Show'
Opening Saturday, Nov. 12

This group art show will host its opening reception from 6–9 p.m. with refreshments and small bites. Artists featured will include 32 local San Diego artists with several from the East County area, including: Jon Barnes, Alexander Arshansky, Brennan Hubbel, Laura Ball, Perry Vasquez and Neal Bociek. Pieces will include oil paintings, watercolor, iron and marble works, photography, archival prints and more. "Animalia" will be on display at Sparks Gallery (530 Sixth Ave., Gaslamp) through Sunday, Feb. 12, 2017. Visit sparksgallery.com for more information.

STAGE CUES



OCT 28 - OCT 29 'Blue'
Friday, Oct. 28 and Saturday, Oct. 29

This play based on a children's book explores the concepts of bullying, tolerance and inclusion with a story set under the circus big top. Blue is the quiet clown in the Circus of Colors and Red is the ringmaster who picks on Blue. The other clowns don't like what they see but what can they do? Performances will be held on Friday, Oct. 28 at 7:30 p.m.; and Saturday, Oct. 29 at 2 p.m. and 7:30 p.m. at Grossmont College's Stagehouse Theatre (8800 Grossmont College Drive, El Cajon bordering La Mesa). Visit bit.ly/2efnnou for \$10 tickets.

OCT 28 - NOV 20 'Bad Seed'
Friday, Oct. 28–Sunday, Nov. 20

Lamplighter Community Theater (5915 Severin Drive, La Mesa) will present this twist-laden production about a family living in a small Southern town; daughter Rhoda is charming and sweet by outward appearances but her mother feels uneasy about her especially after one of Rhoda's classmates drowns at a picnic. 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.

NOV 4 - NOV 13 'Julius Caesar'
Friday, Nov. 4–Sunday, Nov. 13

This unique production of the classic Shakespearean play comes to SDSU's Experimental Theatre (5500 Campanile Drive) with Delicia Turner Sonnenburg of Moxie Theatre as guest director. The cast for this modern take on Shakespeare's classic tale of conspiracy, politics and betrayal will be entirely comprised of women. The timing of the show is deliberate to coincide with the national elections. Tickets are \$15 for students and \$17 for general admission. Visit ttf.sdsu.edu for tickets and show times. ■

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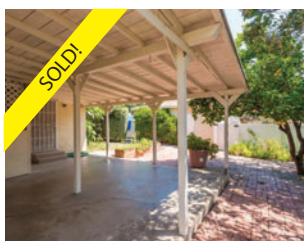
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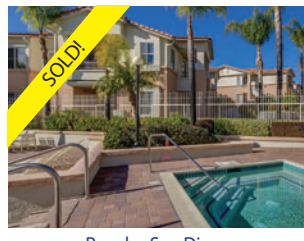
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Rancho San Diego



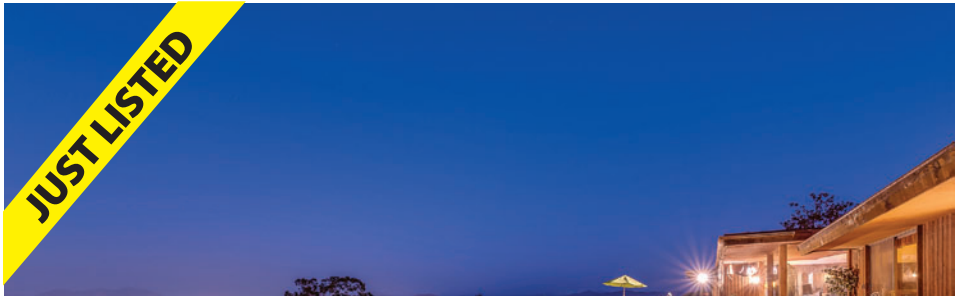
Rancho San Diego



Mission Valley



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2852 Windwood Way, Steele Canyon, Executive Home on 1 Acre! 6Br, 4Ba, Pool, Spa + Casita! \$1.3M



9080 Terrace Drive, Mt. Helix Foothills, Private Home in Tropical Setting! 3Br, 3 Ba, Pool, Spa + Tiki Bar! \$600k - \$625k



La Mesa



Windsor Hills



8018 Pasadena Ave., Windsor Hills, Groovy 1968 Home with Stunning Views! 3Br, 2 Ba, Add-On Potential, 1550 s.f. \$550k



1350 Calle Loreto, Campo, 8.5 Acre Horse Property with 2000 s.f. Barn! 3Br, 3Ba, Approx 2000 s.f. \$399k - \$420k



Mt. Helix



Mt. Helix



Mt. Helix



La Mesa Village



La Mesa Village



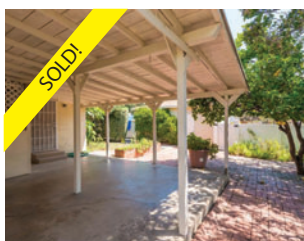
La Mesa Village



Talmadge



San Carlos



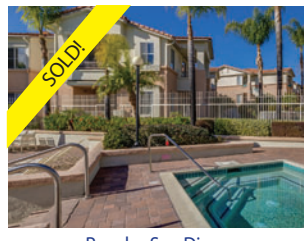
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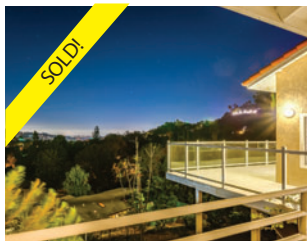
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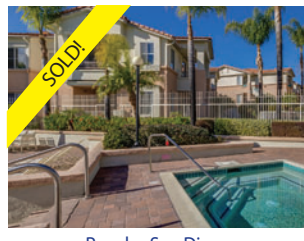
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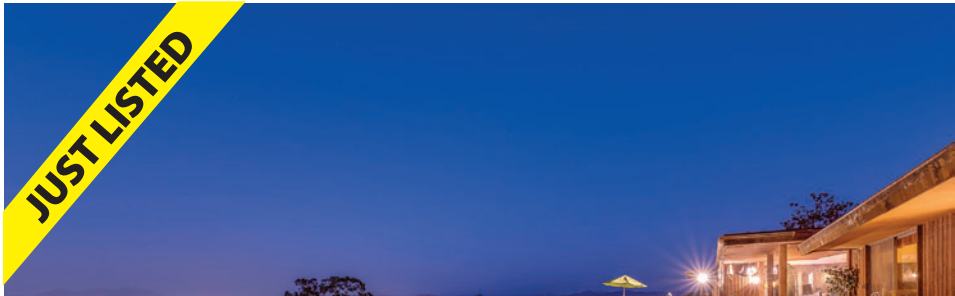
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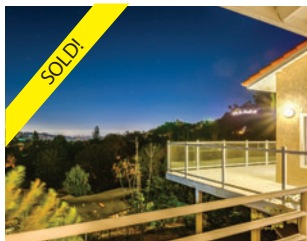
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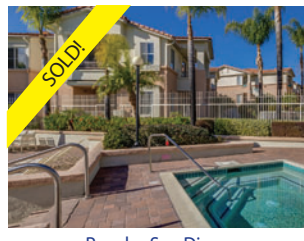
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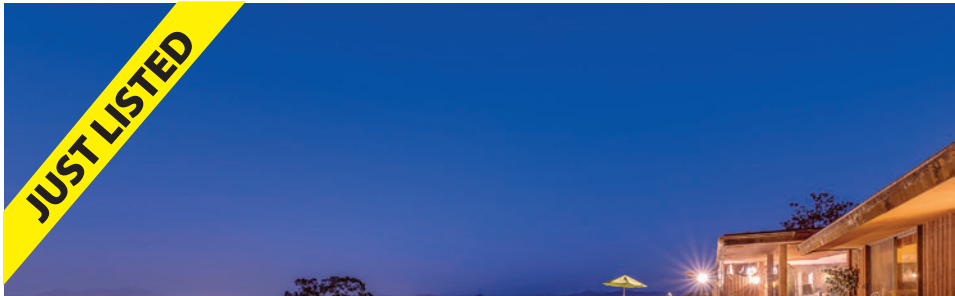
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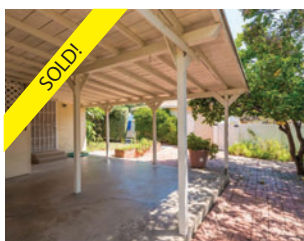
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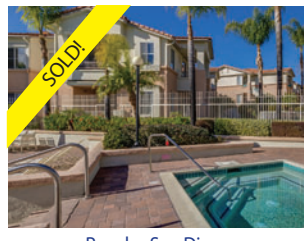
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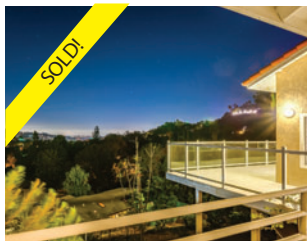
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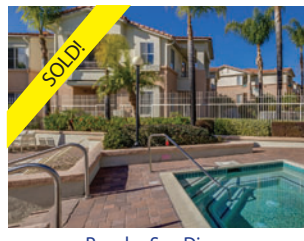
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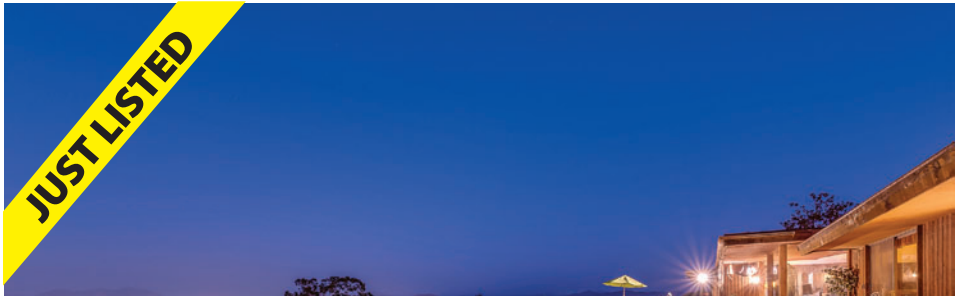
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