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Learn about the Hermit Kingdom at the library. Page 18

NEWS Little Flower Haven fight



City Council vote on development brings spirited detractors, supporters. Page 3

EDUCATION New for back to school



Helix Charter High School builds creative lab in library. Page 11

▼ FOOD & DRINK Bonanza of breakfasts



La Mesa Bistro & Bakery has options galore for early diners. Page 12

HEALTH Nighty-night



Sleep apnea sufferers have new avenues for treatment. Page 14

M ALSO INSIDE

_ //200 ///0/02	
Opinion	б
Community	7
Politics	8
Classifieds 1	5
Village Voices 1	В
Calendar	9

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The Binney Ranch home on Echo Drive is now a historical landmark. (Photos by

This old house

Binney Ranch becomes latest historical landmark

Jeff Clemetson Editor

Just two years after Terry and Pam Hovland bought their house at 8602 Echo Drive in 1979, the couple got an unusual request from the city of La

"In 1981, they came and knocked on my front door and they said, 'We'd like to have your house included in our historic inventory of potential landmarks," Terry Hovland said. "From that point on, I had interest in finding out more about the house."

His interest soon grew into a passion once he was given an old photo of his home with a letter describing it.

"[The letter] said: 'This old house was built in 1902 and they called it the Warren

Terry Hovland next to the historical landmark plaque from the city that now hangs on his porch

Ranch. It stands here in the exact spot where Helen Riley built their home in 1952. This old house was slided west about 250 feet to a new site, remodeled and then renovated and then sold again to Opal Fitz and then later on to George Brown," Hovland said.

Through further research, Hovland discovered that the home he later bought and restored could possibly be the oldest residence in La Mesa

See OLD HOUSE page 17 -

Planning for MacArthur Park underway

Jeff Clemetson

Editor

Mesa.

At the La Mesa Community Services Commission meeting on Aug. 9, the city laid out its initial plans for the old Sun Valley Golf Course in MacArthur Park — and residents got a chance to give their input on those plans as well.

Director Sue Richardson said that since the city took over the golf course in July, it has worked on the following improvements to get it ready to

See PARK page 4



Mark and Lorraine Kelley, and Dave Parks add their comments on the shortterm concept for the golf course area at MacArthur Park at a meeting of the

Community Services Commission on Aug. 9. (Photo by Jeff Clemetson)

Pot businesses want to relocate day cares

🚺 🔰 VOICE of SAN DIEGO

Kinsee Morlan

Day care centers in La Mesa and Lemon Grove have been getting some strange offers. Marijuana entrepreneurs have been knocking on their doors, offering the owners money and other deals to either relocate or shut down.

Last year, residents in both cities voted to allow medical marijuana dispensaries. But the measures prohibit dispensaries from being too close to places like schools, churches, public parks and day care centers.

It turns out that's more restrictive than you might realize — small, in-home day care centers are all over the place. In small cities like Lemon Grove, there aren't many properties that are more than 1,000 feet away

That's a problem as a green rush envelops the state, with entrepreneurs rushing to scoop up real estate to cash in on the booming marijuana business.

Voters approved Proposition 64 last year, clearing the way for recreational marijuana in the state in 2018, but the law left regulating the industry up to local municipalities. Some cities and counties looking to reap the economic benefits of legal pot are passing new ordinances and regulations to help pot people navigate laws and figure out exactly where they can open up shop. Others haven't shown the same excitement.

The slow roll-out of regulations has left would-be pot business owners champing at the bit for commercial property in cities like La Mesa and Lemon Grove that have spelled out clear rules.

Finding space for a legal dispensary is made even more challenging because of a state law that mandates

See DISPENSARIES page 5 -





Sharp HospiceCare races for compassionate care

Sharp HospiceCare benefit dinner and regatta

Dinner and dancing

Aug. 25, 6 p.m. Hotel del Coronado

1500 Orange Ave., San Diego Tickets: \$195

Regatta

Aug. 26, 11 a.m. Coronado Yacht Club

Homes supported by philanthropy

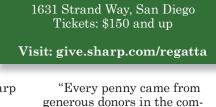
Cynthia Robertson

Though it's something none of us like to think or talk about, hospice care could likely be an important decision to make in a loved one's last days of life. Sharp HospiceCare of Grossmont Sharp Hospital has three hospice homes in the county, one in Bonita and the other two in Del Cerro and in La Mesa. The staff at the hospice homes have the know-how and compassion for easing both the patient and families through this stage of life.

Caring for patients since 1992, Sharp HospiceCare is a not-for-profit, Medicarecertified organization. Accredited by the Joint Commission and affiliated with several hospice care organizations including the National Hospice and Palliative Care Organization.

"The first home —
Lakeview in La Mesa —
was donated by the [previous] owner Lorrean
Tracy, who had the
foresight to provide the
community with this
precious asset," said
Marjorie MontemayorQuellenberg, senior
specialist of marketing
and communications at Sharp
Grossmont.

The second home, ParkView Home in San Carlos, was selected for its proximity between two Sharp hospitals, Sharp Grossmont and Sharp Memorial. May 2009 is when the ParkView home was built through philanthropy.



munity that wanted to sup-

port Sharp HospiceCare,"

Montemayor-Quellenberg said.
All of the HospiceCare homes have been purchased 100 percent through community support. They are staffed around the clock with registered nurses, hospice aides and a homemaker. In addition to the nursing care, hospice social workers, spiritual care counselors, music and pet therapists and physicians visit throughout a patient's stay.

"The focus of care is to provide expert medical care for symptoms associated with the end-of-life process in addition to the provision of psychosocial, spiritual and caregiver support," Montemayor-Quellenberg said.

All the specialized care and constant staffing at the homes translate to high operating costs, which exceed the revenue from insurance and Medicare.



Sharp HospiceCare's Lakeview home in La Mesa overlooks the lake behind Anthony's Fish Grotto.

"There are a number of programs and services offered to hospice patients — both in the hospice homes and in the patient's own home — that would not be possible without the help of our generous community members. The Memory Bear program, integrated therapies such as healing touch and aromatherapy, as well as our transition program are all funded through philanthropy," Montemayor-Quellenberg said.

Individual donations help pay for the unfunded capital and operational needs of the existing hospice homes, which can run \$50,000 to \$75,000 annually per home. The donations also allow for developing additional homes as well as programs to meet the growing demand for this type of care.

In addition, as a way to preserve the memory of their loved ones who have passed at the hospice homes, people can purchase bricks for donations of \$1,000 as well as tiles for \$10,000 for the back yard at the LakeView Home. At the Parkview Home, there is a Memorial Tree in the back yard. People can purchase personally engraved leaves for donations of \$1,000 or more. Most make donations in memory of their loved ones.

"Our signature event, the annual Sharp HospiceCare Benefit Dinner and Regatta, supports Sharp HospiceCare's Homes for Hospice program and is expected to raise over \$355,000 this year," Montemayor-Quellenberg said.

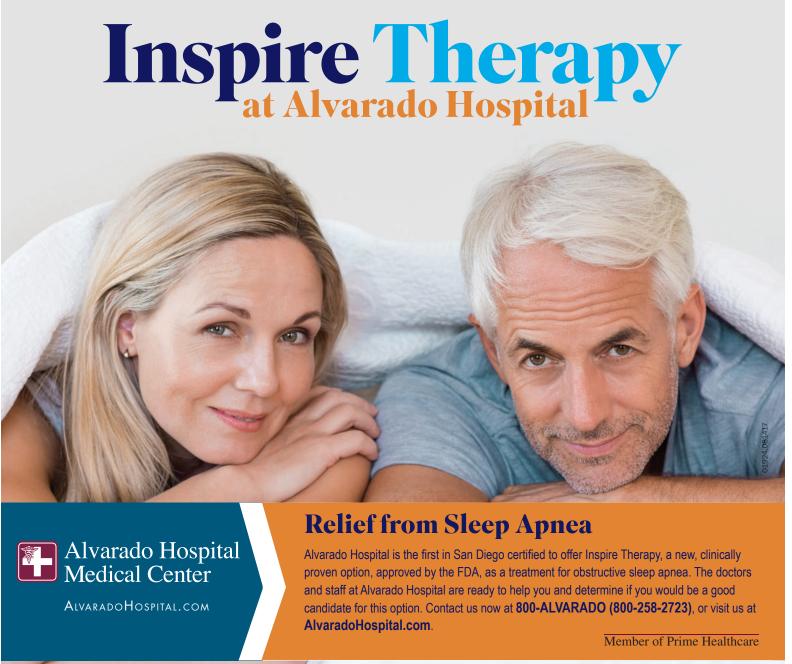
Beth Morgante, vice president and chief development officer of the Grossmont Hospital Foundation said that the Sharp Hospice Care Benefit Regatta is the largest fundraising event for Sharp Hospice Care.

"Operational expenses for each of the homes require

See **HOSPICE** page 5 —



A room in the Lakeview house (Photos courtesy of Sharp HospiceCare)





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NEWS La Mesa Courier Aug. 25 – Sept. 21, 2017

City Council rejects Little Flower Haven

Tied vote puts city in jeopardy of lawsuit

Jeff **Clemetson** *Editor*

It's not every day that a nun walks up to a microphone and says, "Please don't boo me." But that's what happened at the Aug. 8 La Mesa City Council meeting, during public comments before the council voted on the proposed Little Flower Haven housing project.

The contentious meeting — which had a City Council member chastise the opponents of the project for booing those in favor of it — ended with a tie vote; meaning the proposal to replace a former home for the elderly with a low-income housing development, would not be approved. Run by the Carmelite Sisters of the Divine Heart of Jesus, the Little Flower Haven facility at 8585 La Mesa Blvd. had operated from 1938 until June 2015.

The decision also brought a threat of lawsuit by the developers.

The project's details

The Silvergate Development group's proposed plan is to build 130 units in several new three-story buildings while keeping the existing frontage building.

"We really felt that the architecture of the existing tower, entry and chapel was so significant that even though it wasn't to be designated historic, we really loved the street scene, loved the building and wanted to retain that," Silvergate principal Ian Gill said.

The project would be a mix of one- and two-bedroom apartments and feature upgraded landscaping, a pool area, bike storage, a new bus stop and a parking lot.

Although the property currently has no parking, it was the number of parking spaces the developers had put in the plans that had residents from the neighborhood speaking up in opposition.

Because Silvergate is taking advantage of a state program to encourage low-income housing, the Little Flower Haven development can get a waiver that allows for less parking spaces than the city normally requires. The city rule is two spaces for every unit, or 260 for Little Flower Haven's 130 units. However, because the project will dedicate 10 percent of the units to low-income residents, it is only required to have one per bedroom, or 186. The Silvergate plan has 193 parking spaces, 67 less than what the neighboring residents

The opposition

"Now that the property is for sale and redevelopment is inevitable, the proposed 130-unit complex, while keeping only a fraction of the historic façade – the bell tower and original chapel — will have an impact



The site plan for the proposed Little Flower Haven housing development (Courtesy Silvergate)

on the neighborhood," resident Susan Wayne said. "We want to be clear. We are not opposed to a residential development, but to the parking variance that deviates from the La Mesa municipal code."

Wayne was followed by many other neighbors who echoed her opposition to what they deemed as inadequate parking that would force guests and some residents of the development to park on already crowded and narrow streets. And those who parked north of the development in the Porter Hill area would also be tempted to jaywalk across La Mesa Boulevard, since there are no crosswalks in front of Little Flower Haven. Another argument was that Silvergate wasn't interested in providing low-income housing and was only offering it to side-step the city's parking requirements. One woman even equated the developers to "carpetbaggers," which drew cheers

The supporters

Although outnumbered, a few residents spoke in favor of the development. La Mesa Chamber of Commerce president Mary England pointed to the positive impact on local businesses of having more residents located next to the downtown village and nearby Grossmont Mall.

Christine La Marca, homeless veteran advocate and president of the San Diego County Apartment Association, originally wanted to see Little Flower Haven turned into a homeless shelter for veterans, but after talking with Gill she changed her mind and decided to support the project.

"The more I listened to his proposal, the more I understood the need for housing our families and our working population. It's extremely critical," she said. "We have gotten to the point where we need so many more housing units developed that this is the better and higher use for that property."

La Marca drew boos and jeers when she urged the council to not "make feel-good decisions" and "do what is fiscally responsible," despite the protests of "a small fraction" of residents.

Sister Mary Joseph of the Carmelite Sisters of the Divine Heart of Jesus followed La Marca, asking not to be booed. She urged people to accept the project because her order can no longer afford to keep the building open or make the necessary repairs, and said that a development there is "inevitable."

She also said the parking situation would be improved by the development.

"This question about parking spaces — it has none right now. There's zero parking spaces," she said. "We've been caring for 60 residents, 27 employees, eight to 10 sisters with zero parking spaces."

The council vote

Following public comments, the council deliberated the project and voted on the two resolutions needed to approve the project.

Councilmember Guy McWhirter said that he expected the meeting to be "pitchforks and torches" and chastised the booing and applauding during the meeting as "rude."

McWhirter voted to approve the project, saying that this was the best option for the site, given the state laws that govern development of low-income housing.

Councilmember Bill Baber, taking issue with the Design Advisory Board's vote because part of the board is made up of city employees, said he felt there was a conflict of interest and voted against the project.

While Vice Mayor Kristine Alessio lamented the state's authority to override the city's parking codes, she said all she could do was apply "fact to law" and voted to approve the project.

Mayor Mark Arapostathis voted against the project.

"I will say this, and no disrespect to the developer, I was not in favor of this because I think it does impact the neighborhood and so I'm being honest, that's how I feel," Arapostathis said.

Councilmember Colin Parent recused himself from the vote because he lives in the neighborhood that would be impacted by the project. During the

See FLOWER HAVEN page 16 -----

How Owners Lose Thousands When Selling Their Homes

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

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

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

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

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▶ Park, from page 1

reopen to the public: filling in trip hazards, cleaning up debris, tree maintenance, repairing irrigation systems, shrub removal and fence line clearing — also known as crime prevention through environmental design (CPTEC).

The CPTEC work involved enhancing line of sight so there are no bushes to hide in, making the park easier to patrol. The northern end of the golf course by the freeway was completely overgrown and vagrancy existed there. Brush by the pool was cleared as well.

"Now, if you're a lifeguard, you can see into the park," Richardson said. "Our number one goal was to make it a safe place and to deter any unwanted activities going on in the park. If you live around the park, we hope that you can be kind of a park watch, neighborhood watch person and keep an eye on the park as well. We want you to be able to look into the park and notify the police or notify us with anything that is going on."

Once the golf course area is deemed safe, it will open to the public and the city will start on some short-term plans for the area. Richardson pointed out that long-term plans, like rebuilding the aging aquatics center or constructing a new teen center, would not be discussed at the meeting.

"Short term is we have this piece of property that we want to open as soon as we can for public use," she said. "We don't want to do a lot of permanent infrastructure because the master plan process is where we're going to say 'What, as a community, do we need to put in this park for the long term?"

Richardson then presented a map of the golf course with the ideas the city had been working on and what improvements might be done right away.

First, the city would like to add more access points to the park. A main entrance would be added by the baseball field. There is already a parking lot at that location and it would be easy to add more handicapped parking spaces, Richardson said. Another access point is planned for the north side of the aquatics center.

One planned access point, across from the "tot lot," had a few residents pointing out that the crosswalk for that spot would be on a blind corner and unsafe. A final access point discussed for Pine Street will probably not be built, Richardson said, because neighbors felt it would cause too many cars to come park on their street.

After the new entrances are put in, a trail will be built that loops around the entire golf course with small picnic areas at various locations. Funding is already in place to build the access points, trail and picnic areas, Richardson said.

Also planned, though it does not have funding yet, is an off-leash dog park behind the aquatic center. "It is located up by the pool for a couple of reasons," Richardson said. "One is that we were looking to have it as far away from homes as possible so we weren't bothering [neighbors]."

The other reason is convenience — the area is already flat and next to parking.

Another short-term park improvement that will need some financial sponsors to build is a community garden by the new entrance near the ballpark.

Richardson said the city wants to model it after the College Area Community Garden and require a similar partnership, where the partner organization is the one that operates it, she said.

The last suggested short-term improvement for the park is a free, recreational, nine-hole disc golf course at the bottom of the canyon. A buffer zone — between the loop trail and the disc golf course — would be established to minimize any noise made by the disc golfers.

"Again, we will need a partnership because we don't have any golf baskets," Richardson said.

Public comments on the disc golf course showed only "lukewarm" excitement for it, Richardson said, so it will be at the bottom of the priority list.

The city has also started accepting request for proposals (RFPs) from businesses interested in opening something in the space where the old golf clubhouse, driving range and putting green were located. This would involve a



(top) The park before the city cut back bushes and trees to improve visibility; (bottom) the finished work showing improved sight lines (Courtesy City of La Mesa)

lease agreement to rent the property and the money would help offset costs to maintain the park.

After the presentation, Richardson said that the plans are still subject to change, depending on what the community thinks of them.

"The overall map is a concept that was created with the intention of getting feedback from the community. In particular, the entrance on Pine Street was not something that

the neighborhood supported, so we will not install it," she said

For organizations interested in partnering with the city on the proposed dog park, community garden or disc golf course, contact Sue Richardson at srichardson@ci.la-mesa.ca.us. To put in for an RFP, visit cityoflamesa.com/90/Purchasing.

-Reach Jeff Clemetson at jeff@sdcnn.com.

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TV TALK: Fantasy Football, Smart Searching and the Latest Video Technology



Whether watching "Game of Thrones" with friends, laughing at an animated movie with the family, or relaxing solo with the latest reality series, television should be entertaining and easy to experience. Contour, a video service offered by Cox Communications, makes the TV experience easy and fun when searching for something to watch or accessing your program on multiple devices, such as televisions, mobile phones and tablets.

Contour's easy-to-use features include a TV remote control you can talk to, smart search and recommendations that intuitively know what you want to watch, and personalized apps for every member of the household.

Here, three Contour users share their favorite TV experiences.

Tricia Cespin, DVR devotee

When Tricia Crespin relocated to California two years ago, she made sure she moved into a neighborhood with Cox services so that she continued to have access to the latest technology in her home

Cespin likes to record shows using voice commands with her Contour remote, then watch everything once she can sit down and relax.

"There are so many shows out there, but I love how you can search for a term with Contour's voice activated remote if you don't remember the name of the show or channel number."

Contour's Digital Video Recorder (DVR) and smart search are key features for Cespin. Contour's DVR offers two terabytes of storage, which can store up to 300 hours of high definition programming or 1,000 hours in standard definition. It can also record six programs at the same time. Equally helpful for Cespin is Contour's smart search, which allows her to search visually with show or movie poster art by category, network and genre.

Plus, she's able to find what she's looking for in seconds simply by typing the first few letters of a network, title, genre or actor on the remote control and get instant search results.



Ricardo Cuevas, soccer fan

"I really use the sports app during the NFL season, primarily to keep up with my fantasy football players. While watching a game, I can see on my TV screen who is doing well in other games, and where I stand in the rankings, without having to go online. It's awesome."

For Cuevas, the Contour sports app makes keeping up with games and players easy. With Contour, you can connect to the sports app simultaneously with other programming to get scores and stats without interrupting your current show or movie.

Stella Ford, retired TV techie

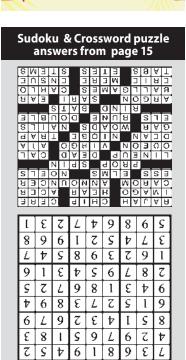
Stella Ford admits to being technologically impaired. But, she says Contour makes it easy to access the latest video technology.

"I am a huge fan of the voice controlled remote because it's very simple for the senior citizen community," Ford said. "I remember the days when I would tape off most of the buttons on my remote because it was too difficult to learn them all. Now, I can get to anything anyone else can just by speaking into the remote. I can even find a lot of older movies that I enjoyed watching years ago just by saying the actor's name."

For Ford, the Contour voice controlled remote has changed how she watches TV. Now, she can change channels, find new shows and classic movies, and get program recommendations without having to learn anything new.

Contour isn't about watching TV. It's about the personal experience. Learn more at www.cox.com/contour, and experience it yourself by visiting a nearby Cox Solutions Store or calling 888-552-4188.





NEWS / FEATURE La Mesa Courier | Aug. 25 – Sept. 21, 2017 sdcnn.com

▶ Dispensaries, from page 1

the addresses of in-home day cares be kept confidential to protect people's privacy. The issue has led Lemon Grove city officials to create a wacky, barely readable medical marijuana zoning map that obscures the more than 70 inhome day care addresses by putting pink blobs around exact locations, but also makes it hard to figure out where dispensaries are actually allowed.

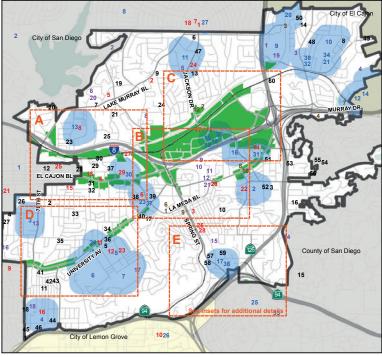
Lemon Grove and La Mesa started accepting medical marijuana dispensary applications in March. Neither city has yet to approve a single application.

Business owners submitted 17 applications for medical marijuana dispensaries in Lemon Grove, but just three are advancing toward approval. The rest of the applications were denied, mostly because they were too close to in-home day care centers. Four of those denials have been appealed, and one was upheld by the Lemon Grove City Council last month. The other three are scheduled to make their cases in front of the City Council on Aug. 15.

Some marijuana entrepreneurs have taken the issue into their own hands, hitting the streets to find small day care centers to try and make deals. One day care provider, in a letter to the city of Lemon Grove, gave a detailed account of her bizarre interactions with a medical marijuana dispensary owner who wanted her to move her business in exchange for money and things like tickets to the San Diego County Fair.

La Mesa has a better zoning map that makes it easier to find places where dispensaries are allowed while keeping day care addresses confidential. Business owners have submitted about 25 applications for medical marijuana facilities there, all of which are still waiting for decisions from the city's planning commission.

Carol Dick, who oversees development in La Mesa, said the city's 60 in-home day cares haven't caused much of an issue, though a few entrepreneurs have used the city's zoning map to guess the locations of day cares. They then make the



La Mesa's dispensary location constraint map; the green areas are where dispensaries are zoned for; the light blue are sensitive areas near schools, churches and parks. (Courtesy City of La Mesa)

owners offers to move or close so they can open up a dispensary nearby.

"A few of these folks have worked with them and accepted the offers and the businesses have disappeared," Dick said. "Then we'll get a document from these day cares that they're no longer in business — that's happened a few times already."

Gina Austin, an attorney who represents clients trying to open dispensaries in the San Diego region, said La Mesa has a better system, but Lemon Grove is making things pretty difficult.

"Their map is a big, vague blob, so it's too hard to make sense of," Austin said.

She said Lemon Grove city officials have also failed to take barriers, like walls and hills, into account, even though the voter-approved measure requires that they do. She said she has clients whose proposed locations in Lemon Grove have clear barriers blocking access and visibility to nearby in-home day cares and churches.

At the August City Council meeting, she'll be asking council members to redo the zoning map to include barriers.

"That's what we're asking and we've been asking for from day one," she said.

Lemon Grove City Councilman Jerry Jones said the size and geography of the city is partly to blame for the

difficulty finding appropriate places to locate marijuana dispensaries.

"Everything in our business district is close to a residential area, and it's really long and narrow so there's not a lot of depth," he said. "So that 1,000 square feet becomes problematic.

But he said he recognized that at least a few of the denied applications, especially one proposed for a building at the edge of town near a strip club, need to be re-examined.

"When that appeal comes before us, I'll take a closer look at it," he said. "I really need to work with staff on how they're drawing lines and we'll figure this stuff out."

Austin said she's been getting an influx of calls asking her to help clients find suitable locations for marijuana businesses. If Lemon Grove takes too much longer to straighten things out, it'll miss a potential economic boom, she said.

"Once other cities with more robust regulations come online, there won't be any reason to go to Lemon Grove," she said. "The cities that get this right are poised to benefit majorly."

—Kinsee Morlan is the Engagement Editor at Voice of San Diego and author of the Culture Report. Contact her directly at kinsee.morlan@voiceofsandiego.org.■

► **Hospice,** from page 2

continued monetary donations from the community, and we wouldn't be able to provide this much-needed service without that support," explained Morgante.

Boating enthusiasts and health care professionals flock to the annual Benefit Regatta, hosted by Sharp HospiceHome Care, Coronado Yacht Club and Cortez Racing Association.

Jack Bollinger has been a participant in the regatta, sometimes racing, other times offering his own yacht for sightseers to watch the race around the bay.

"It's a great cause. We all know a loved one who has died from a terminal illness. Hospice is a wonderful service

for them," Bollinger said. "It is kind of like the way you think about a fire extinguisher. We never want to have to use it. but we couldn't get along without it.'

Bill Navrides, of Sharp Grossmont Foundation, knows this first-hand. His mother-inlaw passed at the ParkView home on Aug. 7 of this year.

"The care was fabulous and my wife and her siblings were blown away on how well mom was taken care and how comfortable she was for the last week of her life," he said.

—Cynthia Robertson is a San Diego-based freelance writer. Reach her at c1g2robertson@ gmail.com.



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Guest Editorial

Education opportunities for veterans just got better

By Rep. Susan A. Davis

In the current political climate, bipartisanship can be a rare thing. But it is not extinct. Proof of that was on display this month when Congress passed legislation to expand education opportunities for our veterans.

The Forever GI Bill, as it is commonly known, which I am proud to have co-sponsored, will ensure that this critical education benefit will always be there for future generations of veterans. It also just became the law of the land.

The GI Bill began in 1944 for veterans to invest in themselves and their futures. The expansion of the GI Bill will provide veterans with access to education and workforce training that will ease their transition from active duty to civilian life.

The most important aspect of the new law is that we will see the end of the "use it or lose it" component of the education benefit. In the past, veterans had 15 years to use their benefits. The end of the 15-year limit also applies to surviving spouses and dependents as

Veterans will now be able to access their education benefits anytime in their

An ever-evolving economy means the need for an evolving higher education. One never knows when new skills and knowledge might be needed later in life. Having this education benefit always available means our veterans can keep up with an economy that is always on

The new law also expands the GI benefit to even more Guard and Reserve members. Previously, servicemembers called to active duty by the President were eligible. Now servicemembers

called into action when a governor asks for federal aid in response to a major disaster or emergency would be able to take advantage of the

No Purple Heart recipients will be left behind under the Forever GI Bill. Currently, at least three months of active duty is a requirement to receive GI benefits. Thanks to my colleague Rep. Scott Peters, 100 percent of Purple Heart recipients are eligible regardless of time served.

Recipients of the GI Bill will also see an increase in their overall benefits. The amount of the benefit is ultimately based on time served. but veterans should see an annual increase of \$2,000.

I have heard from too many veterans who used their GI benefits only to have the school they are attending close or the school will lose its accreditation. In the past, the veteran would have been out of luck and not reimbursed for their lost tuition.

No longer. A veteran who finds themselves in such a situation will get their money back.

Our world is more technological than ever. It is likely to become more so in the future. We need to encourage our veterans to get into STEM (Science, Technology, Engineering and Mathematics) education.

The Forever GI Bill launches these benefits into the 21st century with a strong emphasis on technology.

Veterans who have already used their GI benefits but are working toward a STEM degree can get a boost with the creation of a new scholarship created under the new law. The scholarship program will pay veterans up to \$30,000 to help achieve that degree.

Veterans already with a STEM degree who want to pass along their knowledge to others can also get paid if they are working toward a teaching certificate.

A new High Technology pilot program will cover the cost of high tech training to ensure our veterans have the skills needed to compete in the global economy.

Of course, these benefits won't help if our veterans are not fully aware of them. In my role as a senior member of the House Armed Services Committee, I am working to direct the Defense Department to better educate servicemembers on their earned GI Bill benefits before they leave the service.

The Armed Services Committee also continues to expand and improve apprenticeship programs for servicemembers separating from the military. As Ranking Member of the High Education Subcommittee, apprenticeship programs will be high on my list when it comes to building on higher education programs. Apprenticeships allow students, including veterans, to earn while they

Providing access to higher education and workforce training through the GI Bill has always been a recognition to the men and women who serve that we appreciate their sacrifice. The Forever GI Bill furthers that acknowledgement.

—Rep. Susan A. Davis represents Congressional District 53, which includes the San Diego communities of Old Town, Kensington, Mission Hills, University Heights, Hillcrest Bankers Hill, North Park, South Park, Talmadge and Normal Heights, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista.■

Letters

Tribulations for pedestrians, too

Re: Letters: Pedestrian traffic tribulation [Volume 7, Issue 7 or bit.ly/2vMaJqm]

The people of La Mesa do walk on our streets as individuals, twosomes, threesomes, joggers, individuals with dogs. parents pushing strollers, and so forth. And yes, they are hazarding themselves and vehicles by walking in roadways.

Does J. S. Anderson not walk in our community? If this citizen of our city does walk, he would know that there are lovely areas which do not have sidewalks. Moreover, many sidewalks are partially blocked by trees, shrubbery and more often, utility poles and boxes, as well as the necessary fire hydrants. Some curb cutouts at driveways are so sharply cut as to be a tripping hazard and unsafe passage for a senior citizen, baby stroller or wheelchair.

The city of La Mesa takes better care of the streets than sidewalks, and walking in the roadway on a non-busy street provides a reasonably safe walking surface. Those who walk frequently know that the pedestrian must watch out for vehicles, which may mean not crossing where curves or hills block sightlines, making it better to walk on the "wrong" side. The narrow hilly areas are enjoyable for walking, which requires sharing the

The benefits of walking are well documented: Physical and mental health, time spent with children, friends or man's best friend, the dog. A quick web search of reputable sites shows that walking may improve blood pressure, weight management, and depression. Pedestrians keep an eye on the neighborhood. They reduce environmental negatives by walking to the library, post office, stores and coffee shops, and patronize local businesses.

Where sidewalks are unavailable or hazardous, the street can be shared. In short, the people of La Mesa are the city's most important asset, not a tribulation.

-K. Russell, La Mesa

Thank you, senators

There are several progressive action groups in San Diego County that represent thousands of people. Three of these groups – Standing Up for Women, San Diego Indivisible. and Together We Will San Diego – sent a letter of thanks to Senators Murkowski, Collins and McCain for their vote to block the repeal of the Affordable Care Act. This is what we submitted:

We are fighting to keep our civil rights, human rights, and our dignity. Some of us are Democrats, some are Republicans, some are Independents, and some are aligned with other parties. What brings us together is a desire for a government that

See LETTERS page 14 _____

Mattress Makers on a mission to help orphanage

Karla Rodriguez

Mattress Makers prides itself on being local and providing the best quality mattresses and other bedding items to their customers. Mattress Makers has now been open for a little over 45 years and has just opened up a second location in La Mesa after its first one in Mira Mesa.

This business was built by three brothers, Pablo, Gabriel, and Samuel Hernandez, who have set out to provide people with mattresses that are worth their hard-earned money. They are knowledgeable on all the products that they handle and believe in dealing with customers directly.

Gabriel Hernandez explained that they chose La Mesa for the second location because they "loved the community of La Mesa and we see how people in La Mesa want to support and shop local.

"We see a lot of new development happening in the village and it is something we want to be a part of," he added.

What's as important as running their business successfully is making a difference where they can. The three brothers set a mission called "Change a World." This mission helps children in the Rayito de Luz orphanage located in Tijuana, Mexico. Rayito de Luz in English means ray of light. They built a strong relationship with the orphanage through their church.



Andrew Hayes (left), district representative for Sen. Joel Anderson, presents a Senate Certificate of Recognition to Gabriel Hernandez of Mattress Makers at La Mesa Chamber of Commerce Business Expo in August. (Courtesy Sen. Joel Anderson's office)

As parents, they wanted to help children who were not as fortunate. For every mattress sold, they donate \$25-\$50 to help the orphanage's children with clothing, food, medical bills and more. Every person who makes a purchase is given the option to receive updates on how the donation gets used.

Mattress Makers was among more than a dozen local businesses that received a Senate Certificate of Recognition from Senator Joel Anderson in special recognition of their unyielding dedication to fostering economic growth at the La Mesa Chamber of Commerce Business Expo on Thursday, Aug. 17.

"Pablo, Gabriel, and Samuel have shown that determination and dedication are pathways to success," Anderson shared. "It's fantastic to have business leaders in our La Mesa community who are so focused on using their success to help others."

The brothers said they plan on continuing the success of Mattress Makers through high quality products, impeccable customer service, and continuing to be a ray of light in orphans' lives.

—Karla Rodriguez is a legislative intern for Senator Joel Anderson and a graduate of the University of California, San Diego with a bachelor of arts degree in political science.■

News and notes from your County Supervisor



Fighting for families:
San Diego County recently rolled out a powerful new tool to help families find quality residential care for the elderly. It's called Choose Well. It's an online search tool and ratings system designed to guide families to the most appropriate assisted living facility for their loved one.

I first proposed the site in 2014. About 120 facilities have volunteered to fully participate in it, with more expected to be added in coming months.

When you stop by a local assisted living home for the elderly, look for the new Choose Well logo on display. If you don't see it, ask the facility to join it! Check out the site at choosewell.org.

Danger data: Want to get a better fix on any potential hazards at your home and workplace?

A new county website, found at readysandiego. org, allows you to input any local address to learn about possible hazards, like whether you live in a highrisk wildfire or earthquake zone.

The debut of the Know Your Hazards search tool couldn't be better as we move into peak wildfire season.

Around town: Getting out and about in East County is the best part of my job. Among the recent events and gatherings I've had the privilege of attending:

A groundbreaking for a new Boys & Girls Club in La Mesa. Basketball legend and fellow Helix High alum Bill Walton was among those at the event. Bill has always been a great booster of youth programs.

A meeting of Lions Club leaders in East County. Thanks, Lions, for all you do for our community.

Special gatherings held by the Lakeside Chamber of Commerce, Grossmont-Mt. Helix Improvement Association and many other community groups!

Have a great East County day!

—Dianne Jacob is San Diego County Supervisor for District 2. For more District 2 news, go to diannejacob.com or follow her on Facebook and Twitter. For assistance with a county issue, please call her office at 619-531-5522 or email dianne.jacob@sdcounty. ca.gov.■



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Democracy in America: 'The Bad, the Ugly and the Good?'



Yahairah Aristy

In 2017, our democracy has been infused with a lack of civility, diplomacy and wisdom. In other words, our democracy is witnessing "the Bad, the Ugly and the Good." What exactly is "The Bad, the Ugly and the Good?" It is the title of our next discussion where political pundit Dr. Carl Luna answers these questions and more. He will talk about the state of the Democrats, state of the Republicans, and how we move forward to rebuild a true republic representing all people. Dr. Luna will share his political insight and wisdom on Sept. 6 at the La Mesa-Foothills Democratic Club General Meeting.

Dr. Luna is known to many as one of the region's most quotable political pundits. He has been a political analyst for Fox 5 News since October 2013. He also has been a frequent commentator on politics for local, national and international media, including KPBS radio and television, KGTV News 10, KFMB, KNBC, the CBS' "This Morning" and "Evening News," NBC's "Today Show," the BBC, the Associated Press, New York Times, Washington Post and Los Angeles Times.

Dr. Luna has been a frequent contributor to the oped pages of the San Diego Union Tribune and wrote the UT's first political weblog from 2003-2007. He has also been a columnist for San Diego CityBeat magazine, which hosted his blog, "Political Lunacy." He has been a contributing author to the anthology of presidential biographies, "Public Pillars/ Private Lives" and a revised volume on the presidency, "Imperial Presidents: The Rise of Executive Power from Roosevelt to Obama." He also wrote "Motherland," a novel of Russian political intrigue. As a minor footnote to history, a brief written by Dr. Luna formed the closing argument presented to the United States Senate by Presidential Counsel Greg Craig in the impeachment trial of President William Jefferson Clinton

Luna was instrumental in founding Restoring Respect, a collaborative effort aimed at bringing civility to the political arena. He is the director of The Institute for Civil Civic Engagement, whose projects include sponsoring conferences on political civility while working with local school districts, colleges and universities to promote public dialogue that builds community consensus and resolves problems for the common good. Dr. Luna is a professor at San Diego Mesa College and visiting professor at the University of San Diego.



Yahairah Aristy (Photos courtesy LMFDC)

A graduate from Mira Mesa High School, Luna earned his bachelor's degree in political science, history and philosophy from the University of San Diego and his Ph.D. in political science from American University in Washington, D.C. before return-

Meet the new president

ing to San Diego in 1988.

LMFDC has a new president. Yahairah Aristy is a Deputy Public Defender in the County of San Diego since 2005. She earned her Juris Doctorate from Thomas Jefferson School of Law and a Masters in Clinical Psychology from Roosevelt University.

Aristy is bilingual in English and Spanish; an alumna of The Women Campaign School at Yale University; and an active citizen, serving on several boards including the board of the La Mesa-Foothills Democratic Club.

Aristy is a strong advocate for women's issues and believes in creating opportunities that advance the status of women in the judiciary, politics, and society.

La Mesa-Foothills Democratic Club serves the communities of Allied Gardens, Del Cerro, San Carlos, the College Area, La Mesa, Santee, Mt. Helix, Casa de Oro, and other close-by East County areas. Meetings take place the first Wednesday of every month starting at 6:30 p.m. at the La Mesa Community Center, 4975 Memorial Drive and are open to everyone. Come join the resistance.

—Yahairah Aristy is president of the La Mesa-Foothills Democratic Club. Reach her at lmfdemclub@gmail.com.



Dr. Carl Luna

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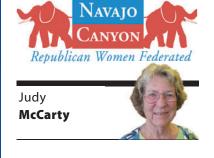
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Winterble kicks off fall Republican Women luncheons



Brett Winterble, popular radio host on KFMB 760, will be our featured speaker as we kick off the fall season luncheons Sept. 12 at The Brigantine.

Winterble is appreciated especially because of his insights on interesting current events and his humorous, high energy style. Before he came to his current position, he was executive producer of the Roger Hedgecock show among other positions. A very interesting tidbit about Winterble: he produced and screened calls for six years as Mr. Snerdly for Rush Limbaugh!

This is a program you won't want to miss and we hope you'll join us. Check-in time for the 11 a.m. meeting is 10:30. A full-course lunch will be served at noon with Winterble's talk following at 12:30 p.m. Cost is \$25 and reservations are reguired. RSVP to NCRWF99@ gmail.com (put luncheon rsvp in subject line) or call Marjie at 619-990-2791.

Our annual fundraiser and fashion show is Oct. 10 from 11 a.m. to 2 p.m. in the pavilion at the Bali Hai, 2230 Shelter Island. Fashions this vear will be by Glamour Girlz and the event will include a luau buffet, no-host bar, opportunity baskets which includes a Mystery Box, Pot of Gold, an assortment of restaurant gift cards and a 'road show' of hol iday-only items. Cost is \$40 per person. RSVP to

NCRWF99@gmail.com or call 619-990-2791. You can mail checks to Navajo Canyon RWF, 2295 Needham Rd #4, El Cajon 92020.

Glamour Girlz' presentation will include fashions, accessories, jewelry, and gifts, many of which will be available to purchase. We are so pleased that long-time friend Monica Zech will be our emcee.

Since the Mission Times Courier is published after the date of the fashion show, we hope you will refer to our website, navajocanyonrwf.com



Conservative talk show host Brett Winterble (Twitter)

for more information on the show and on all our other activities. You can also like us on Facebook.

We had a full crowd and a lot of fun and good conversation at our Navajo Nights in August. We can't wait to do it again!

We'll meet again on Nov. 14 for our regular luncheon at The Brigantine in La Mesa.

-Judy McCarty is publicity chair for the Navaio Canvon Republican Women, Federated. Reach her at jhmccarty@cox.

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Homecoming to celebrate Grossmont's 97th year



Foothiller Footsteps

Connie and Lynn Baer

On Tuesday, Aug. 15, 2,200 students and 120 staff members began Grossmont High School's 97th year. Amazingly, this year's freshman class, Class of 2021, will be the 100th senior class to graduate as Foothillers.

Homecoming 2017

Friday, Sept. 15 from 4-7 p.m., Grossmont will celebrate Homecoming and its 97th anniversary. The GHS Museum will be open from 4-7 p.m. with campus tours at 5:30 p.m. Join us for another chance to celebrate all that Foothillers have in common.

The Associated Student Body (ASB) will, of course, continue its tradition of decorating the campus using this year's theme of Safari and its slogan of "GRRRRosssmont!"

The GHS JV football game against Eastlake begins at 4:30 p.m. followed by the Varsity football at 7 p.m. both in the Jack Mashin Stadium. Come and see the Royal Blue Regiment wearing their new uniforms! The ASB halftime skit leads into the crowning of the Homecoming Queen.

On Saturday, Sept. 16, the Homecoming Carnival will be held in the upper quad from 4-7 p.m. followed by the Homecoming Dance in the Old Gym at 7 p.m., where the Homecoming King will be announced.

GHS Endowment Fundraiser

This past year the Grossmont High School **Educational Foundation** contacted thousands of its parents, alumni, and retired teachers to solicit donations for its Endowment Fund. Since 2012, the goal of the fund has been to raise \$100,000; the funds are invested with the San Diego Foundation. Now, as we near our goal, we hope to raise our goal to \$200,000!

Donors at the \$250 level receive a Friend 4-by-8-inch gray tile etched with blue letters, which are displayed on a



The 2017-18 staff at Grossmont High School is ready for the new school year, the school's 97th. (Courtesy GHS Museum)

wall on the 2013 Humanities Building; donors at the \$1,000 level receive a Founders 8-by-8inch gray tile etched with blue letters, which are displayed at the entrance to the 1937 Old Gym.

We welcome donations of any level to help us reach our goal; donors are celebrated in our Homecoming programs

as well as on the Foundation website. Through this endowment fund, donors from as far back as 1932 have shared the gratitude and joy they feel for the education they received at Grossmont. We have received donations from alumni living worldwide such as Edward Moss, Class of 1957, a retired teacher from the La Mesa Spring Valley School District, who is now living in a remote farming community in Thailand, helping a village of 15 people.

The tiles allow proud Foothillers to commemorate themselves, their families, and/or their teachers. Here are a couple of the inscriptions from this year's campaign that recognize the amazing impact of Grossmont's former teachers and staff. Bill Woolman, Class of 1962, shares, "Most sincere person I've ever known; I credit Jack Mashin for my life success." Class of 1967 graduate Thomas Pollock describes Curt Fauth as "a great teacher and math magician."

The yearly interest from the Endowment Fund allows the Foundation to assist Grossmont staff and students through teacher mini grants, campus improvements, needed equipment, student recognitions, student scholarships, and more.

"I am very proud of the work our Grossmont Educational

Foundation members do each month as parents, staff, alumni, and museum directors," said principal Dan Barnes. "They continue to help sup-

port Grossmont High School through their generous giving of time and money. It is great to see how they care about present, past, and future Foothillers on a regular basis and continue to build a quality community for all of our families.'

For more information or to make a donation, please visit the Foundation website at foothillerfoundation.com or visit the GHS Museum Sept. 6 from noon-3:30 p.m.; Sept. 15 from 4-7 p.m.; or Sept. 23 from 4-6 p.m. Contact:

619-668-6140 or ghsmuseum@guhsd.net.

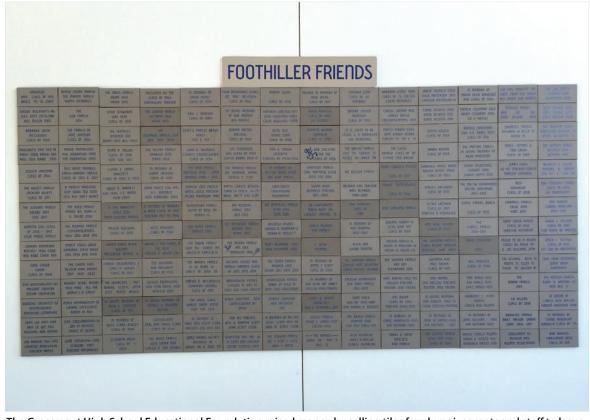
Upcoming Foothiller Reunions

Class of 1956's 61st Reunion combined with El Cajon Valley HS Class of 1956 on Sept. 22. Contact: classof-56@cox.net.

Classes of 1971 and 1972 Reunion on Sept. 23. Contact: ghs7172@gmail.com.

Class of 1977's 40th Reunion on Sept. 23. Contact: cin91941@yahoo.com.

-Connie and Lynn Baer write on behalf of the Grossomont High School Museum.



The Grossmont High School Educational Foundation raised money by selling tiles for alumni, parents and staff to leave special messages on. (Courtesy GHS Musieum)



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What's new at Helix this yea



Helix Highlights

Jennifer Osborn

Welcome back, Scotties!

The 2017-18 school year started on Aug. 9 for Helix students. There is a great energy on campus, with lots of activities and students and families eager to become involved.

The new administration building is in use, essentially moving the front of campus to the south side of the facility. Students and families can access reception, attendance, nurse, records, grade level teams, and the executive director's office in this new facility, located at 4200 Lowell St.

Helix EDGE Maker Lab

The Helix library underwent a transformation over the summer. While there is still traditional library space on one side, the other side has been converted to a Maker Lab, where students can learn 3-D printing, vinyl cutting, Arduino, T-shirt production, coding, robotics, sewing, and other "making" skills. Students can also take workshops, participate in design and maker challenges, and earn digital badges to demonstrate mastery.

As part of the Helix EDGE career and technical education program, the goal of the lab is to provide an "extended classroom" where students can get exposure to 21st-century technology, develop high-demand job skills, explore personal interests, and produce professional-looking materials.

In addition to being a dropin spot where students can explore and tinker, the space will also serve as a resource for classes, clubs, and students completing their senior projects.

Teachers present at Comic-Con

While Hollywood stars and comic fans cavorted through Downtown San Diego this summer, a few Helix teachers participated in a panel discussion regarding the use of graphic novels and comics in the classroom. Social studies teachers Ben Stone and Julie Damschen, and math teacher Chris Mosteller, participated in the discussion, which was organized by Ashley Golden.

The advantage to using these materials is especially effective with students reading below grade level, as well as with English learners. The illustrations accompanying the text help to provide context, helping the students to strengthen their reading and language skills.

New athletics website

Helix's athletics department launched a new website for this school year. Access helixscotties.com for the latest



(I to r) Helix staff presents at Comic-Con: Ashley Golden, Julie Damschen, Ben Stone and Chris Mosteller. (Photos courtesy Helix Charter High School)

schedules and scores for our fall sports teams!

Event Calendar

- Helix Alumni Picnic -Sunday, Oct. 8
- Homecoming Friday, Oct. 20
- Vocal Music Concert "Haunted Helix" - Tuesday, Oct. 24 and Wednesday, Oct. 25

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Charter High School, please attend one of our Excellence in Education Tours, held twice monthly. The tours for September are Sept. 8 at 8:10 a.m. and Sept. 21 at 5:30 p.m. Reserve your spot using our website, helixcharter.net. As always, we welcome your input. Please don't hesitate to contact me at josborn@helixcharter.net.

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



The new 3-D printer in the library's Helix EDGE Maker Lab

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Decisions, decisions

Sabatini Jr.

The name is a misnomer. La Mesa Bistro & Bakery more closely resembles an all-American diner rather than some quaint bistro serving rustic French fare. The menu and chalkboard listings bombard you with hearty food choices for breakfast and lunch, and despite its small façade, the interior greets with two sizable



The "everything salad"

"We used to make muffins, but no longer," said manager Felipe Dominguez, admitting the word "bakery" could potentially be dropped from the establishment's identity since muffins, bagels and breads are sourced from outside vendors.

Though unlike classic greasy-spoon diners, La Mesa Bistro offers a sturdy selection of trendy coffee drinks and fresh-fruit smoothies. You'll also find house-made sauces, dressings and breakfast hashes; seasonal vegetables

comprising sprightly salads; and meats such as corned beef roasted onsite.

The bistro is owned by Dominguez's uncle, Jaime Osuna, who operates Swami's cafes all over San Diego County, including one a half-mile down

the road from here. The concepts are similar, except that Swami's serves



corn pancakes

dinner and the bistro doesn't. It actually closes at 3 p.m. daily, but compensates with so many morning and midday options, you can easily burn 20 minutes mapping out a meal.

Arriving with an equally ravenous friend in tow, we plunged into both the breakfast and lunch menus, starting with a triple stack of organic blue corn pancakes. Imagine thick, fluffy buttermilk flapjacks sporting a dark-blue hue and fibrous texture.

My friend hoped for a stronger corn flavor. I liked them exactly as made, applying light drizzles of maple syrup contained in cute, little Coke bottles.

Excellent finely ground corned beef hash made in-house came with two eggs cooked



Grilled turkey sandwich with Ortega chilies, onions and Swiss cheese (Photos by Frank Sabatini Jr.)

over-medium as requested, plus well-seasoned roasted potatoes and fresh fruit. It's a permanent dish listed only on one of several chalkboards. Although from the large, printed menu you'll find "bistro hash," a busier version of flat iron steak, potatoes, avocado, green onions, tomatoes, jalapenos and pepper jack cheese.

A couple of thick smoothies carried us through our visit: dragon fruit (pitaya) blended with summer berries and another called "gone grapefruit," which puts the subtropical fruit at the forefront amid strawberries and bananas. It was semi-bitter and uniquely delicious.

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The "everything salad" with basil dressing we ordered is a new offering described on a separate, smaller chalkboard perched atop the order counter. Expect a garden's worth of

See **DECISIONS** page 13 —





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Julie White

Pulled pork

Slow-cooked pork is a delicious main course with a fall feel. You can put it in a Crock-Pot in the morning and come home to a tender, wonderful dinner. Try it in a tortilla or on a soft roll. I served it recently by itself with a coleslaw and watermelon — it was a hit. Enjoy!

Ingredients

- 4- to 5-pound pork shoulder or pork butt (fat trimmed off)
 - Adobo seasoning mix
- Salt and pepper to taste (about a teaspoon each)
 - 1 onion sliced
- 2 cloves of garlic, peeled and cut up
- 1 can or bottle of beer, any type
- 1 11-ounce can of Kerns Guava Nectar
- 1/4 cup of brown sugar
- 1/2 cup of apple cider vinegar

• 2 tablespoons of Worcestershire sauce



(Pinterest)

• 2 tablespoons of mustard (I use honey mustard)

Directions

Cover the roast with the Adobo seasoning and salt and pepper.

If you have the time, brown the meat till golden brown in a skillet. If time is pressing, you can put the roast directly into the Crock-Pot.

Put the remaining ingredients into the pot, stir well and cover. Turn Crock-Pot on high for seven hours.

When tender, shred with two forks. Let remain in the sauce till you serve. You can add more vinegar if you want a more tangy taste.

Serve on tortillas, rolls or as a main course.

If you don't have a Crock-Pot, you can put into an oven-proof pot with a lid. Cook in the oven at 300 degrees for seven hours. Never leave the house with an oven on. You can leave the Crock-Pot unattended.■



produce, including freshly roasted beets and colossal cucumber wedges, plus pumpkin seeds and a mound of sliced chicken breast sporting chili seasoning along the edges. The medley could have easily fed an additional two people.

Before toting home a payload of leftovers, we ordered the "grilled Ortega" turkey sandwich and a vegetarian cheeseburger with avocado and smoky soy bacon.

The deli-style turkey was generously stacked and layered with squishy panels of the mild green chilies, caramelized onions and melted Swiss cheese — all captured between buttery, griddled sourdough. Though enjoyable when eating some of it at the restaurant, the ingredients unleashed sturdier flavors when I reheated the sandwich in the micro later that evening.



(I to r) Pitaya and grapefruit smoothies



The veggie burger with cheddar-jack cheeses, avocado and mock bacon

Conversely, the veggie burger was as sloppy and savory as any meat burger, especially after dousing it in ketchup and mustard – not something you want sitting in your fridge hours later.

With the exception of appetizers and desserts, which we didn't see listed anywhere, the bistro obliges to whatever your palate desires, from omelets, assorted pancakes, chilaquiles and breakfast burritos to Cubano sandwiches, tacos, seared ahi tuna and much

The trick here is to order with your brain and not your stomach, a lesson we realized could take a couple of visits to learn.

—Frank Sabatini Jr. is the author of "Secret San Diego" (ECW Press), and began his local writing career as a staffer for the former San Diego Tribune. Reach him at fsabatini@san.rr.com.■



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Causes and treatments of sleep apnea

Benjamin Macapugay

(This article is provided for general informational purposes only. It should not be considered as a substitute for medical treatment or advice from a qualified physician. You should consult your doctor for any medical needs.)

Lou and his wife used to joke about it. "I come from a family of snorers," he explained. "I warned my wife before she married me, so she had no excuse! Maria knew what she was getting into!" They used to joke how it was a good thing that they used to live near a train track so the sound of the trains at night would block out Lou's snoring.

But as time went on, Lou noticed that he started to feel more and more fatigued during the day. "Around my late 30s, I started to feel tired all the time, even when I made sure to go to bed early the night before," he said. "I would look in the mirror, and I looked way older than I was. It didn't feel normal." His wife noticed this before he did.

"At night his snores would stop, and his breathing would stop, like he was choking," she said. "And then he would gasp for air, like a plug was pulled out of his throat. It was scary."

What Lou and Maria would eventually learn was that Lou was exhibiting the classic symptoms of obstructive sleep apnea syndrome (OSA). Simply put, sleep apnea is when a person's breathing becomes interrupted when his or her airway is blocked during sleep. If a person has an unusually thick neck, or large tonsils, or even a larger than usual tongue, these can fall into a person's airway as their muscles relaxed during sleep, cutting off the flow of air to the lungs. The disrupted sleep and

breathing typically results in fatigue, headaches, irritability, excessive sweating during sleep, and general difficulty in concentrating or focusing for the sufferer. These symptoms can even lead to depression, cardiovascular disease and sexual dysfunction. In children, OSA can lead to bedwetting, fatigue, and difficulty in school.

OSA occurs in both men and women, but tends to affect more men. The young and old can be affected, but more often so in adults. Obesity can increase the occurrence of OSA, as can smoking, diabetes and high blood pressure.

Of course, if you suspect that you might suffer from OSA, you should consult a physician. He or she may prescribe that you undergo a sleep study, either at a sleep lab or at your home, where you would be monitored during sleep to track your breathing patterns, oxygen levels, brain activity, eye movements and heart rate. A physician can make a proper diagnosis based on the collected data.

Sometimes, the treatment of OSA can be as simple as changing the position that that you take when you sleep. Sometimes losing weight can alleviate the symptoms. In some extreme cases, the specialist may even suggest surgery to keep the patient's airway open. Or, it may be determined that the best way to treat the patient is with a continuous positive air pressure



Inspire Therapy is a new sleep apnea treatment, an alternative to wearing a breathing mask. (Courtesy Inspire Medical Systems)

machine (CPAP). The CPAP regulates the air pressure around the patient's airway to keep it open via a mask that the patient wears on his or her face. While these machines have proven to be effective tools for treating OSA, they are not fool-proof. Sometimes it can be tricky to get a proper fit with the mask, and some patients have complained about excessive discomfort from wearing them, making sleep difficult.

An alternative to the CPAP is Inspire Therapy, a clinical treatment for OSA recently approved by the FDA. Unlike the CPAP which is worn externally, Inspire Therapy is a miniaturized system fully implanted in the patient's body. A breathing sensor and a stimulation lead are placed in the body to sense when the patient's breathing pattern is interrupted during sleep, and then apply appropriate

stimulation to the muscles around the patient's airway to keep them open. These are powered by a tiny generator, which is also placed within the patient's body. The whole system is controlled by a handheld remote.

"We believe that this therapy represents a major advance in sleep apnea treatment, especially for vulnerable patients who cannot achieve benefit from CPAP," said Dr. Brian Weeks of Alvarado Hospital, the first San Diego physician trained to offer this procedure and the only physician offering it currently. "Inspire therapy provides us with an effective new treatment to use in a select group of our CPAP-intolerant patient population."

—Benjamin Macapugay is regional manager of marketing and communications for Alvarado Hospital and Paradise Valley Hospital.■

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▶ **Letters,** from page 6

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We thank you, Senators, for sharing our values and beliefs regarding the bills to repeal the Affordable Care Act. We deeply respect your desire for bipartisan efforts to improve the Affordable Care Act, and hope that you are successful in influencing the debate on health care for the American people.

—Emily Green, La Mesa

Cover charge for Oktoberfest

Charging a nominal fee of say, \$10 for adults and \$5 for children might be a better test of whether Oktoberfest is of real value to the La Mesa Community. In El Cajon, the German-American Club charges a nominal fee, plus the cost of a genuine German dinner, beverage and entertainment provides a more authentic experience. Security presence is built into the cost.

The restaurants and bars seem to be the true benefactors of La Mesa's Oktoberfest. Why should the over-taxed, hard working citizens of this great community subsidize a private enterprise? Watering lawns and maintaining your property is a more direct method of maintaining home values than the Oktoberfest as recently suggested by a local restaurateur.

The past disastrous experience of the city's involvement speaks for itself.

For a City Council member to say the city should "give back to the community" and not just provide police, fire and public works, gets into the political mud of what government, at any level, should provide with limited resources. When it takes six months to get a simple building permit to replace a deck and railing, maybe the city should get back to its basic services.

Utopia has proven to be a failed experiment. Disneyland is not free.

—Carlos Miller, La Mesa

City should provide public restrooms

At the turn of the 20th century, the outhouses and chamber pot were being replaced with the flush toilet! It was a major advancement in public health. Modern sanitation had separated drinking water from contamination of human feces and feces-spread diseases.

In 1848, there were major epidemics from feces-borne diseases in American cities. In Philadelphia and Cincinnati, hundreds of thousands died from typhoid, dysentery, cholera. The greatest cause of infant mortality was diarrhea and feces-borne diseases. Today we can add hepatitis A to the list.

In 1920, the United Kingdom began building public toilets in their major cities. In Finland, public toilets were built which automatically disinfected after each use. In the U.S., subways, train stations, bus stations installed public johns. Public toilets are a boon to mothers with children and old men with prostate problems who no longer have to urinate in the bushes. The World Health Organization states that public health requires that human waste is separated from human contact.

But La Mesa seems to still be in the Middle Ages. Where are our public toilets? If one is near the library, or buys a Starbucks coffee, or a Big Mac at McDonald's, one is welcome to use a toilet there. Otherwise, "No Public Toilet" signs abound. If one is not near the library, or has no money to make a purchase, urinating or defecating in the bushes is what is left.

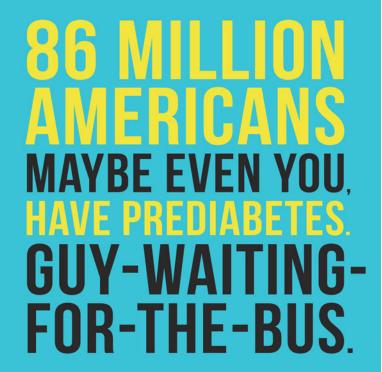
City Hall and some businesses have built protective fences and gates. For the cost of building these structures, the money could be used toward public toilets. The maintenance of the toilets would be offset by the cost of sending the homeless to the ER with feces-borne diseases. An Aug. 1 report shows 295 cases — 202 have been hospitalized with hepatitis A, and 10 have died.

Some bewail that having public toilets will attract the homeless. Folks, the homeless are already here. Let's treat them as human beings who must defecate and urinate, as we all do, and provide them with a loo, a john, a restroom, a public toilet.

It is a modern convenience from which we will all benefit!

—Carol Biederman, La

Mesa■



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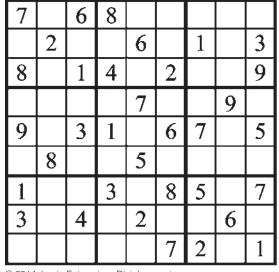
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ANSWERS ON PAGE 4

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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▶ Flower Haven, from page 3

discussion of an earlier item in the meeting, Parent and Alessio introduced a proposal asking the city to consider developing parking districts, where residents would have permits to park in their neighborhood and police could then ticket or tow cars belonging to non-residents that were parked there.

What's next?

Because the project needed a majority to get approval, the council's 2-2 vote means the Little Flower Haven project is a no go — for now.

But following the Aug. 8 City Council meeting, Silvergate sent a letter to the city expressing their intention to bring the matter to court. In response, the City Council held a special closed-session meeting with City Attorney Glenn Sabine, to discuss options and any legal grounds the council has to uphold its decision, Councilmember McWhirter said.

"As a result of that meeting, we will be reconvening



Sister Mary Joseph addresses the City Council in favor of the plan to transform Little Flower Haven into apartments. (Photo by Jeff Clemetson)

that hearing [on Little Flower Haven] on the Sept. 12, our first council meeting in September," he said.

At that meeting, the council will, once again, vote on the proposed development.

 $-Reach\ Jeff\ Clemetson\ at$ $jeff@sdcnn.com.\blacksquare$





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▶ Old house, from page 1

— definitely one of the first — and on Aug. 10, he hung a plaque from the city recognizing it as a La Mesa historical landmark.

The Binney Ranch

Although he did much of the research himself, Hovland eventually enlisted the help of architectural historian Sari Johnson to double-check his work and help prepare the report submitted to the La Mesa Historic Preservation Commission. It was Johnson who discovered the home's true identity.

"Terry had already done a ton of work, so we had a fun session where we kind of scanned everything, went over what he found and then there was a problem with the original documents. It said 'unknown' on the original tax records, so we had to dive deeper to find out who the original owner was," Johnson said. "Because how do you name the property if you don't know the original owner?"

The original owner turned out to be Fredrick and Marta Binney, who purchased 33 acres to grow citrus trees and raise animals.

"The Binneys were immigrants — Fredrick was English and Marta was Swiss," Johnson said. "They came to this area looking to set down roots. They had done farming in other areas. They learned about our coinage so they bought the property with 12 gold coins."

There is some debate as to when the Binney Ranch home was built. Officially, the records say 1891, making it one of the oldest homes in La Mesa; if built earlier, it would be the oldest home in the city.

"I really think the house was built in 1890 and I'm sticking to it, but the taxes say 1891," Johnson said. "Marta [Binney] had twins in 1890, so they were kind of busy. They might have had outbuildings before they had an actual house."

Another sticking point on the oldest home designation is that the house was rebuilt after a fire consumed it in 1897. Though records indicate that the fire completely destroyed the house, there are elements of the original dwelling in the rebuild.

"When I took the staircase apart, I remember seeing burn marks and I thought, 'That's odd, there must have been a fire." Hoyland said.

A wood window frame in the bathroom that used to be a window to the porch also has visible burn marks on it, which Hovland discovered after removing layers of paint.

After a family tragedy — one of their twins died from tuberculosis — the Binneys sold the home to JMC Warren, who started the Lemon Grove Association and was the first president of Helix Water.

"There's a lot of history,"
Hovland said. "A lot of doctors
lived here; a guy who was
convicted of felony fraud and
money laundering lived here;
movies were filmed here [a horror movie titled 'Meagan' was



An old photo of the Binney Ranch home before it was moved 250 feet to its current spot on Echo Drive. (Courtesy Terry Hovland)

filmed but never released]; weddings here; births here."

Sometime in the early 1940s, most of the property was sold to build more housing in the area. The home was even moved nearly 250 feet from its original location to make room for the new construction.

Former owner Dr. George Brown told Hovland that the home was moved by dropping it on its side onto telephone poles and then pulled by horses.

"Which is why the [original] chimney fell down," Hovland said

At the same time, other changes were made to the home like adding plumbing and electrical — which currently run along the outside of the house — and a garage was added on.

The original carriage house to the Binney Ranch was left at its original location. It was eventually restored as a separate home and is now owned by a neighbor named Helen.

When the Hovlands bought the home in 1979, the "plaster was falling off the walls," Terry said.

The family had to live in the front room area of the home while the restoration work was done.

Terry sanded off the paint that covered the finely crafted original woodwork for the molding, doors and cupboards, and removed nearly six layers of wallpaper.

"So, the house got a lot bigger when we took all the wall-paper out," he quipped.

Becoming a landmark

Just like restoring an old home, getting one listed as a historical landmark is no easy task. It involves thorough research into the building's architecture, history and its former owners to complete a nomination report with a statement of its historical significance.

"For the Binney Ranch house, a nearly 200-page report was compiled by a cultural resources professional [Sari Johnson] at the request of the owner and submitted to the city," said Allyson Kinnard, associate planner for the city of La Mesa.

After a landmark designation request is received, the Historic Preservation Commission conducts a public hearing to consider the nomination and makes a recommendation to City Council. The City Council then holds a second hearing to approve the

landmark and Mills Act agreement, if requested.

"The Mills Act is a statewide preservation program that allows owners of qualified historical properties to enter into agreements with local jurisdictions to ensure the preservation, maintenance and restoration of historic properties in exchange for a reduced property tax assessment," Kinnard said.

There are currently 45 locally designated historic landmarks in La Mesa. On average, the city reviews two landmark nominations each year, which are considered "resources of cultural or architectural value that are important to the city's heritage," Kinnard said.

So how can La Mesans find out if they live in a culturally significant home?

"The La Mesa Historical Society is a great place to start searching for information about your house and its former owners," Kinnard said.

The Historical Society's Palermo Building Research Room is open to the public on Saturday afternoons from 1–4 p.m. Visit lamesahistory.com for more information.

 $-Reach\ Jeff\ Clemetson\ at \\ jeff@sdcnn.com. \blacksquare$









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Connecting with the people of North Korea

La Mesa Reads

Heather Pisani-Kristl

This summer, it's been impossible to avoid media coverage of North Korea's leader Kim Jong Un and his country's nuclear capability. We read far more about the 33-year-old Kim — characterized in the news as an unstable, unseasoned dictator spoiled by a life of privilege — than we read about the people who live under him.

Because several generations have passed since the Kim family took power, there are few

North Koreans who remember life before dictatorship. The majority of North Korean citizens were born into an all-encompassing public fealty to a godlike ruler, having no perspective to challenge this. What are their hopes and motivations?

Consider the documentary "Under the Sun," written and directed by Ukrainian-born Vitaliy Manskiy, who was given a script by the DPRK but smuggled out unedited footage to show his side of the story. This film follows Zin-Mi, an 8-year-old from a Pyongyang family, as she is accepted into the Korean Children's Union and prepares for the annual celebration of Kim Jong Il's birthday.

Zin-Mi is very serious, perhaps even overwhelmed, about her responsibility to her government. As director Manskiy told the Los Angeles Times, "In the Soviet Union, people still had private lives. In North Korea, people don't belong to themselves." It's not clear that Zin-Mi has personal wants, especially those that don't directly benefit the Kim dynasty.

"Escape from Camp 14: One man's remarkable odyssey from North Korea to freedom in the West," a biography of Shin Donghyuk written by Blaine Harden, can be understood as truth with an invisible thread of omission, guilt, and trauma woven through it.

Shin is viewed by the West as a naïve but idealistic youth who bravely escaped the only home he had known — a prison camp in North Korea's frozen mountains - because of visions of city life described by a fellow inmate. Shin and his family had labored within the confines of barbed wire until his brother and mother were killed and Shin resolved to make it out alone.

Later, after the 2012 publication of this book, Shin admitted to Harden that he betrayed his family and caused their deaths by execution when they had planned to escape, because he was angry that his mother was taking his brother instead of himself. Shin's unreliability as a narrator is a symptom of the dark self-preservation that prevails in many stories of captivity, not just those from North Korea.

Outside of prison camps, however, there are cracks in the seemingly-impenetrable dome that covers the DPRK. "North Korea's Hidden Revolution: How the information underground is transforming a closed society" by Jieun Baek shows how technology has made it easier for South Korean soap operas, news, and other media to be sent to North Korea via DVD or USB drive.

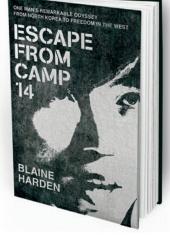
Knowledge about the world outside North Korea, and reports of the luxuries enjoyed by General Kim Jong Un, foster distrust in the dictatorship. Such revelations won't undercut North Korean government all at once, but they begin to erode the fear that is the basis for North Korean citizens' compliance. Baek closes the book with an analysis of reunification and the possibilities for undermining the North Korean regime. These titles are all available for borrowing or request from the La Mesa Library at sdcl.org.

Afterschool Wednesdays at the library

As summer reading ends, the La Mesa Library continues to foster learning outside of classrooms and homes by providing educational afterschool programs for children and their

During the summer, we partnered with Maker Camp (makercamp.com) and provided activities for kids to explore STEAM (Science, Technology, Engineering, Arts, and Mathematics). During the La Mesa Library Maker Camp, kids learned soldering, designed a 3-D keychain using Tinkercad (an open source software tool), and created circuits using LEDs.

On Wednesdays at 4 p.m. during the school year, we're



offering a Science Club with hands-on experiments that teach science in a fun setting, and the Advanced Makers program with different activities that foster technological and motor skills. Programs like these hold kids' attention and inspire them to use creativity and collaboration along with technology.

We will also host a variety of fun one-time events, such as a Teddy Bear Sleepover for younger children, and more! Please check our Events Calendar at sdcl.org or call the library at 619-469-2151 for more information.

Second Saturday concert series

The monthly Second Saturday concert series returns on Sept. 9 at 1 p.m. with popular local singer-songwriter Jim Earp. Enjoy free live musical performances in a relaxed, family-friendly environment, sponsored by the Friends of La Mesa Library.

—Heather Pisani-Kristl is branch manager for the La Mesa branch of the San Diego County $Library. \blacksquare$

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Getting more out of summer activity options

millennial world

Genevieve Suzuki



Sorry to sound like Archie Bunker, but kids these days have no idea how lucky they are.

When I was in grade school, I had two choices: attend "summer fun" — a glorified day care across the street that boasted teenage junior leaders flirting with each other while we wildly ran around the playground — or stay home and watch one of four or five channels on television as we didn't have the thousand-channel service that confounds us today.

Of course, I always chose the first option, because what child wouldn't want to play all day? After three years of this, however, my mom got wise to the whole "program" and decided to keep me home with her, where she worked as the resident manager of a 100-unit apartment building. As entertaining as tenant issues were, there were days where I would stare longingly across the street at old summer friends screaming and running back and forth while teens feigned interest.

These days, however, parents have quite the job when it comes to planning their children's summers for we no longer have one or two choices. Now we are tasked with creating our own amazing summer program featuring weekly activities for our kids.

And it ain't cheap.

Weekly summer camps around San Diego County can cost anywhere from a little less than \$200 to more than \$1,000, which places many parents in a financial pickle. Thankfully, there are a few organizations, such as the local YMCA, which offer scholarships for families who need help funding these

In the meantime, if a family does not qualify for financial assistance, saving for the summer may as well start in September.

This year, we signed our daughter, Quinn for six camps, several of which were through the city of La Mesa, which offers affordable options for the summer. Initially, I admit I was wary. Like the shoppers who pay more for brand name bags that serve the same function as the generic versions, I didn't know if paying less would translate into getting less.

In the end, of Quinn's favorite summer experiences, one of her top three camps was via the city of La Mesa.

And although she also tried out comic art and volleyball, her favorite was actually fencing, hosted by LionHeart Academy.

Okay, sure, what 8-year-old wouldn't want to run around with a pseudo weapon, but this program was extremely well done. She learned the difference between epee, foil and sabre, and basic etiquette for fencers.

My husband, a teacher who has summers off, came home one day with Quinn animatedly discussing what she had learned. Quinn admitted she wasn't the best, but she enjoyed competing, and for us, that was a huge accomplishment. Another bonus was she made friends she has since seen at other La Mesa events, such as Sunday at Six at Harry Griffen

For anyone interested in worthwhile summer camps that don't break the bank. I highly recommend checking out our local city of La Mesa offerings. In fact, the city offers year-round classes for a fraction of the cost of other similar programs.

This year, I learned to buy local when it comes to my daughter's activities. It not only benefited us financially, but also helped us continue to get to know our community.

Interested in signing up your kids for local fun? Go to "Explore La Mesa" at www.cityoflamesa.com.

-Genevieve A. Suzuki is a local attorney who lives and works in La Mesa. Her website $is\ socal famlawyers.com. \blacksquare$

FEATURED EVENTS

Chaldean Culture & Traditions celebration 28 Monday, Aug. 28

Leaders of the local Chaldean community will be on hand for a special Chaldean Culture & Traditions celebration. Highlights include an abundance of Chaldean food, music and dance. 2-3 p.m. on the Grand Lawn at Cuyamaca College, 900 Rancho San Diego Parkway. Visit bit.ly/2wwaVdr or contact Anne Krueger at anne.krueger@ gcccd.edu.





13

SEPT. SEPT. SEPT. Caregiver Support Group 20 Wednesdays; Aug. 30, Sept. 6, Sept. 13, Sept. 20

Caregivers are welcome to this inclusive support group that offers relevant information and resources. Free parking. Ring the bell upon arrival. 10 a.m. at Tifereth Israel Synagogue, Braun Library, 6600 Cowles Mountain Blvd., San Carlos. Contact Sandy McCauley at 858-442-8412.

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La Mesa Classic Car Show Thursday, Aug. 31

La Mesa Village

Association presents their last La Mesa Classic Car Show on Aug. 31. The event features pre-1974 vehicles, live music and shopping. 5-8 p.m. on La Mesa Boulevard. Visit bit.ly/2qTTeiy.



Walk to End Alzheimer's Saturday, Sept. 9

Join the fight for Alzheimer's first survivor. The route length is 5K. 8:30 a.m. registration; 9:30 a.m. ceremony; 10 a.m. walk. The walk takes place at Crown Point Park, Mission Bay. Contact Edward Jones at 858-551-9811 or visit bit.ly/2w7W490.

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San Diego Costume Guild annual sale Saturday, Sept. 9

San Diego Costume Guild and San Diego Steampunk are hosting their annual costume sale. Over 20 vendors will be featured. Free entry. Cash sales only. 9 a.m.-3 p.m. at the American Legion Hall, 8118 University Ave. Contact Lisa Root at 619-553-5252.

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'Twilight Tasting at the Trails' Saturday, Sept. 9

Members of the Kiwanis Clubs of Lake Murray, La Mesa and Fletcher Hills invite you to their sponsorship fundraiser. The event will feature local craft beers, wines and food. Tickets are \$40.6–9 p.m. at Mission Trails Regional Park Visitor Center, 1 Father Junipero Serra Trail. Call 619-212-9132 for reservations or contact Bob Battenfield at 619-465-8305 for more information.

Afternoon Tea at Noah Homes Saturday, Sept. 9

La Mesa Sunshine Rotary Club will host afternoon tea at Noah Homes. Mingle with friends and neighbors while eating finger sandwiches and cakes. \$50 per person. A portion of the proceeds will be donated to four local organizations honored at the event. 1-4 p.m. at Noah Homes, 12526 Campo Road in Rancho San Diego. Contact Christine Evans at 858-967-9531 or visit bit.ly/2wweDDM.

Household Hazardous Waste Drop-off 16 Saturday, Sept. 16

Drop off your household hazardous waste including batteries, electronics, paints, propane and more. Free for La Mesa residents. Appointment required via email 9 a.m. at La Mesa EDCO Station, 8184 Commercial St. Call 619-287-5696 ext. 4270 or visit bit.ly/2ww3fbk.

Golden Acorn Casino Trip 20 Wednesday, Sept. 20

Hop on the bus and head to the casino with city of La Mesa's Adult Enrichment Center for their monthly trip. \$7 for members and \$9 for nonmembers. Receive \$20 in free play upon arrival. The bus leaves at 8:30 p.m. sharp from the Center, 8450 La Mesa Blvd. RSVP at 619-667-1322.

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Small Business Expo Thursday, Sept. 21 21

Network with thousands of business owners and entrepreneurs at America's biggest business-to-business trade show. Free. RSVP required. 9 a.m.-5 p.m. in Hall H at San Diego Convention Center, 111 West Harbor Drive. Visit TheSmallBusinessExpo.com.

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MUSIC NOTES



26 16

SEPT. SEPT. Live music at San **Pasqual Winery** Saturdays; Aug. 26,

Sept. 2, Sept. 9 and Sept. 16

San Pasqual Winery presents music acts: Gealy & Robinson on Aug. 26; Geary Thompson on Sept. 2; The Waits on Sept. 9; Jim Earp & Bill Benzil on Sept. 16. Seating is first come, first served. No cover. 7–10 p.m. at La Mesa Village, 8364 La Mesa Blvd. Visit bit.ly/2kIRWXx.

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20

SEPT. SEPT. Summer of Sycuan Concerts

Sycuan Casino hosts a concert series this summer. Must be 21-and-over to attend. Buy tickets online or at the Live & Up Close box office. 5469 Casino Way, El Cajon. Visit sycuan.com or call 619-445-6002.

Upcoming concerts:

- Sunday, Sept. 3: Chubby Checker, 7 p.m.
- Thursday, Sept. 7: Lita Ford, 8 p.m.
- Wednesday, Sept. 20: Night Ranger, 8 p.m.



17

SEPT. SEPT. Free Concert Series

The Mission Trails Regional Park Foundation

presents at least two free concerts each month. All concerts begin at 3 p.m. and are performed at the Visitor Center, 1 Father Junipero Serra Trail. Donations for the musicians are appreciated. Visit bit.ly/2wsl4rt.

Upcoming concerts:

- Sunday, Sept. 3: West Coast Quintet
- Sunday, Sept. 10: San Diego Native American Flute Circle
 - Sunday, Sept. 17: TBD

SEPT. California Note Catchers' guest night 25 Monday, Sept. 25

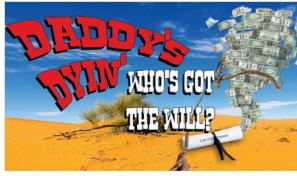
California Note Catchers, a group of female a cappella singers specializing in the barbershop harmony style, will host a guest night. Female singers of all ages and musical backgrounds are encouraged to attend. 7 p.m. at the La Mesa United Methodist Church Social Hall, 4690 Palm Ave. Visit californianotecatchers.com.

STAGE CUES



AUG. SEPT. 'Daddy's Dyin' Who's Got the Will?' at Lamplighters Theatre Friday, Aug. 25-Sunday,

Lamplighters Community Theatre presents a dark comedy by Del Shores about a greedy family looking to strike it rich. Tickets \$17-20 online, through the box office or by phone at 619-303-5092. Group rates available. 8 p.m. on Fridays and Saturdays; 2 p.m. on Sundays. 5915 Severin Drive. Visit bit.ly/2sxarPE.



(Courtesy Lamplighters Theatre)



AUG. AUG. The San Diego Watercolor Society's art gallery Friday, Aug. 25 and Saturday,

Aug. 26

La Mesa artist Nell Barlett has her painting "Tipping Point" featured at The San Diego Watercolor Society's art gallery. The gallery is open Wednesday–Sunday, 10 a.m.–4 p.m. at the Arts District Liberty Station, 2825 Dewey Road, Building 202. Visit sdws.org.



31

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AUG. AUG. SEPT. SEPT. Nainsook Framing & Art classes

Saturday, Aug. 26; Monday, Aug. 28; Thursday, Aug. 31; Wednesday Sept. 6; Thursday, Sept. 7

Nainsook Framing & Art offers events including "Intermediate Watercolor" and "Find the Rabbits" with Lisa Bebi. Art styles and times vary. \$35 cost per person. Events held at Nainsook Framing & Art, 8310 La Mesa Blvd. Visit bit.ly/2lsypYK.

AUG. Nainsook Framing & Art Gallery reception

Saturday, Sept. 2

Nainsook Framing + Art will be hosting the latest works of several local artists. Stop by and bring a friend. Wine and cheese will be served. Free. 6-8 p.m. at Nainsook Framing & Art, 8310 La Mesa Blvd. Visit bit.ly/2wvYmz5.



'My Boy' by Gaye Lingley (Courtesy MTRPF)

SEPT. 'Nature of the Brush – Modern Japanese Brush Paintings' Through Friday, Sept. 8

Mission Trails Regional Park Foundation will display the work of two award-winning artists: Julia Roth and Gaye Lingley. Free admission. The exhibit is open 9 a.m.-5 p.m. at MTRP Visitor and Interpretive Center, 1 Father Junipero Serra Trail. Contact Vicky DeLong at 619-286-1361.

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SEPT. SEPT. La Mesa Craft Corner 24 Sunday, Sept. 10 and Sunday, Sept. 24

Calling all artists and art lovers! La Mesa Craft Corner is back. Show, sell or buy handmade items every second and fourth Sunday at La Mesa Craft Corner. 10 a.m.–4 p.m. at La Mesa Boulevard and Allison Avenue. Visit bit.ly/2q8NrZd.

SEPT. Herrick Library's Summer 2017 **Art Exhibit** Through Saturday, Sept. 30

The Dr. William C. Herrick Community Health Care Library hosts their second photography exhibit. The collection features art features 45 paintings by La Mesa resident Michael Dayon. 9001 Wakarusa St., La Mesa. Visit herricklibrary.org.■



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