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# La Mesa COURIER



Mayor Mark Arapostathis (right) helps tap a keg of beer at last year's Oktoberfest. (Courtesy McFarlane Promotions)

## The new and the old of La Mesa Oktoberfest

Margie M. Palmer

This year's Oktoberfest will again see some changes now that the city of La Mesa has officially gotten out of the event-planning business.

In 2016, city officials decided to take on the production of Oktoberfest when they realized that the future of the event was in jeopardy. This year, they've passed the torch to the newly formed La Mesa Village Association (LMVA).

La Mesa Senior Management Analyst Lyn Dedmon said that up until last year, Oktoberfest had been produced by the now-defunct La Mesa Merchants Association.

Locals say that prior to the LMMA's dissolution, the overall quality of Oktoberfest had begun to go downhill.

City officials said they felt it was important to both keep the event going and to reverse its downward trend.

"The city took over management of Oktoberfest last year because we realized that once an event like this stops, even for a year or two, it's hard to get going again," Dedmon said. "But now, the city has passed off management to the La Mesa Village Association (LMVA) after they put in a request to take over management of Oktoberfest. This year, the city has gone back to its original role, which is to process

permits, public works and police safety at the event."

And despite being happy to have passed the torch, Dedmon said the city feels that last year's event went very well.

"We received a lot of feedback on our website and we received verbal feedback at the City Council meeting afterward. It was overwhelmingly good and we heard a lot of good things about the entertainment lineup," he said.

"We did receive some complaints as well, which mainly focused on the food options not being authentic and not having enough places to sit down in the heat, but for the most part the

See OKTOBERFEST page 12 —>

## Howling for forever homes

Adoptable dogs featured at  
Howl-O-Ween Hounds event

Sara Butler

If you're looking for Halloween plans that are more sweet than spooky, Howl-O-Ween Hounds may just be the treat for you.

Howl-O-Ween Hounds, an adoption event at Grossmont Center, brings together dozens of pet adoption agencies — 25 and counting, at the time of

See HOWL-O-WEEN page 4 —>



The Howl-O-Ween Hounds event will feature an adoption event and dogs dressed in costume. (Courtesy Darlene White)



A place for healing  
Page 5

## Housing project approved with second vote

Design Review Board  
process under review  
after contentious decision

Jeff Clemetson  
Editor

At its Sept. 12 meeting, La Mesa City Council reversed an earlier decision to reject the proposed Little Flower Haven housing project at 8585 La Mesa Blvd.

The housing project by Silvergate Development will build 130 units on the property that used to be owned by the Sisters of the Divine Heart of Jesus. The project will keep some of the existing façade of the church building, and add additional buildings and a parking lot.

Many residents who live nearby oppose the project because Silvergate took advantage of a state law allowing for a reduced amount of parking spaces if it provided 10 percent of the units as affordable housing.

Kathleen Brand, a resident who spoke against the project, called the move a loophole and complained that Silvergate only offered the minimum number of affordable housing units.

"In a typical affordable housing project, they would have to provide 20 percent of the units at 80 percent [area median income] and increase the density on the number of units in order to get those concessions or waivers," she said. "So, if you are a proponent of more housing, we are losing out on more units and if you are a proponent of affordable units, we are losing out again."

Silvergate principal Ian Gill said that despite "some of the remarks made about [Silvergate]," he would work with residents on solutions to any "unlikely" parking issues that arise in the Porter Hill neighborhood. One such solution would be an amendment to rental agreements that Little Flower Haven residents would sign, directing them to avoid parking in surrounding

See SILVERGATE page 3 —>

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An artist's rendering of what will be the front of the Little Flower Haven housing project (Courtesy Silvergate Development)

► **Silvergate**, from page 1

neighborhoods and developing an expedited way to have violators towed.

Despite the concerns raised by residents, the City Council voted 4-0 to approve the project, overturning an Aug. 8 decision to reject it. Councilmember Colin Parent, who lives nearby, recused himself from the vote. Councilmembers cited the potential for a lawsuit by the developers and state laws that tie their hands at stopping affordable housing development as the main reasons for the about-face.

“As far as anyone suing anyone, this came down to, ‘What happens next?’” Mayor Mark Arapostathis said. “And what I was told was that this would go to court and based on other cases and based on communication with the state, we’ll lose. Then what next? Well, we’ll go to court and pay attorney fees and that will hurt, but what after that? Then we’ll be directed by the state to approve this. And then when we refuse? Then [we’ll] be held in contempt of court, each one of [us].”

Resident Steve Lumpe likened the threat of lawsuit to “intimidation.”

“I’m upset because now I’ve seen a bully come in and throw their weight around trying to get their way,” he told the council. “You didn’t give them what they wanted on the last vote, so what they did is what a typical bully does — threaten to sue.”

**A flawed process?**

In addition to issues with the parking, the state’s rules governing affordable housing and the lawsuit threat, another sticking point for residents and the City Council over the Little Flower Haven project was the city’s review process.

“The issue that caused me to vote last time is that I do not believe that the decision from the Design Review Board (DRB) was valid,” Councilmember Bill Baber said.

In the initial vote on Little Flower Haven, Baber saw the makeup of the DRB as problematic because there were members of city staff on the board who in essence were voting on their own work.

In a separate agenda item, the City Council discussed ways to avoid the issues that came up with the Little Flower Haven project. Although there was no vote to make changes to the DRB at the Sept. 12

meeting, several possible changes to it were discussed.

Some of the changes suggested for the DRB included banning city staff from serving on the board and increasing the time restriction on board members who previously worked for developers whose projects are up for review. One of the DRB members had worked for Silvergate just a little more than a year before the board made its recommendation.

**“Nobody was doing anything illegal; everybody was operating in their own world trying to do their best, but the system is wrong.”**

—Councilmember Bill Baber

“All of those created what I saw as an inherent system where the DRB wasn’t being objective,” Baber said. “Nobody was doing anything illegal; everybody was operating in their own world trying to do their best, but the system is wrong.”

Another possibility to correct the system that was floated was to scrap the DRB altogether and instead have that function be carried out by the Planning Commission.

Michael McSweeney, senior public policy advisor at the Building Industry Association, said he called five cities of similar size to La Mesa to find out if they had DRBs and found that none had them — that the job of design review was either handled internally by staff and the planning departments

or handled at the planning commission.

“My question is, ‘Why you feel you need to have a DRB?’ Because when it comes to design, everyone has an opinion,” he said. “What we have found is that ... it is important to have clear design standards, then you eliminate uncertainty. You also eliminate the need to go to another body to have people opine on something they don’t have a financial interest in, which then adds more time to the approval process.”

Several people spoke out in opposition to that idea, citing the need for qualified building and landscape architects to look at projects to make sure they fit in with La Mesa’s aesthetics.

John Schmitz, a La Mesa city staffer who also served on the DRB for about year, said his experience is that projects that go through a design review process are “better for it and better for the community.”

“I would strongly recommend that you keep the DRB,” he said. “If your concern is with the makeup of the DRB, change that as you see fit, but please do not eliminate the process. The Planning Commission has a much larger scope, its focus is on land use issues. They will not have the same focus as a DRB.”

After public comment and discussion, the council voted to direct staff to look at the options of keeping the DRB but adjusting its makeup to reduce conflicts of interest; and also look at folding the DRB function into the Planning Commission.

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

**How to Sell Your Home Yourself and Save the Commission**

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

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► Howl-O-Ween, from page 1

publication — in an effort to connect these animals with loving owners.

The second annual event features hundreds of pups, many dressed up in costumes for the holiday. While dogs make up the majority of the adoptable animals available, cats and turtles will also be in attendance.

Many of the animals available for adoption will be from San Diego. However, some rescues from Hurricane Harvey — taken in by the organizations Labradors and Friends Dog Rescue as well as Friends of Cats — may also be available for adoption. Additionally, dogs rescued from Baja California will join the pack.

The dogs featured at this event are the ones often overlooked by potential adopters and may end up stuck in shelters for months, according to Alondra Gomez of Animal Rescuers Without Borders.



Hershey, of Labradors and Friends Dog Rescue, dresses as a unicorn. (Photo by Foz and Boom Photography)

“Howl-O-Ween Hounds is guided toward animals that don’t get a lot of attention at shelters,” Gomez said. “Some may be less-desired breeds while others don’t photograph well in their online bios. When someone interested in adopting walks by [at the event], they may fall in love with a dog and their personality once they see and interact with the animal face to face.”

San Diego Animal Support Foundation (SDASF) hosts Howl-O-Ween Hounds and holds four other adoption events during the year. According to their website, the organization is “dedicated to improving the welfare of animals in overburdened, underfunded local shelters and rescues.” Darlene White, SDASF’s executive director, is the mastermind behind Howl-O-Ween Hounds and the other adoption events.

“I joke that small shelters like us have trouble networking — we prefer dogs to people,” said Adelle Schmitt, president of Dog Fur Days. “[White] does an amazing job at coordinating all of the organizations and making sure these pets find their forever homes.”

All of the SDASF events average around 100 adopted pets in a four-hour time span. Most are themed, such as Santa Paws, Cupid and Canines, and Dog Days of Summer. In the past 15 years, Grossmont Center has opened up their outdoor space for these events pro bono.

“We are extremely grateful for the ongoing support of Grossmont Center,” White said. “They really do have the community in mind.”

While there won’t be any Halloween candy for the pups, there will be some other goodies. San Diego Pet Hospital will give free vet advice and a bag of kibble to new adopters. Grossmont Center’s booth will contribute free refillable pet waste bags that can hook

onto leashes. Great Pyrenees Association of Southern California Rescue’s booth will feature a photo booth where attendees can donate money to snap a shot with one of the pups.

Although adoption is certainly cause for celebration, the Halloween event will be mellow, with no food, alcohol, vendors or live music present. This ensures the animals are matched with safe, secure homes.

Gomez notes that Howl-O-Ween Hounds is intended to attract those who are serious about adding a new member to the family, but may be on the fence.

“Often these events get cold feet a little warmer in the adoption process,” she said.

Adoption eligibility depends on the rescue organization. Each participating group has their requirements listed on their website, along with a list of pets that are currently available. Interested adopters can fill out an application online or at the event.

All adoptable animals are spayed, neutered, microchipped and fully vaccinated. Many are also vet-checked and come from foster homes, which takes much of the guesswork out of adopting.

If you can’t commit to a lifelong friend at the moment, there are still ways you can help out.

“If people don’t want to adopt or aren’t ready, they are welcome to stop by and find out about temporary fostering,” White said. “It’s kind of like a job fair — interested individuals can talk to different groups about their programs and choose who they like best.”

Volunteers are also encouraged. An average of 60–100 volunteers, ranging from high school students to individuals fulfilling court-ordered community service, help out at the rescue organization booths.



Peacock dog at last year’s Howl-O-Ween (Courtesy Great Pyrenees Association)

Whether you are looking to adopt, foster or volunteer, all are welcome at the free event.

“Howl-O-Ween Hounds gives people the opportunity to see that there are so many adoptable dogs in San Diego and generates awareness about how many rescue organizations are out there,” said Kimberly Keller, adoption/foster coordinator at Great Pyrenees Association of Southern California Rescue. “The event also promotes the philosophy ‘adopt, don’t shop’ and can segue into more adoptions outside of the event.”

Howl-O-Ween Hounds will be held on Saturday, Oct. 12, from 11 a.m.–3 p.m. at Grossmont Center, 5500 Grossmont Center Drive. While the outdoor space will be packed with booths, all stores in the shopping mall will remain open.

Visit the Facebook event page at [bit.ly/2fp5NxP](http://bit.ly/2fp5NxP) for an updated list of participating organizations. For more information, contact the San Diego Animal Support Foundation at [info@SDShelters.org](mailto:info@SDShelters.org), [sdshelters.org](http://sdshelters.org) or 619-847-8755.

**Bonus events**

In addition to Howl-O-Ween Hounds, there will be other local Halloween-themed adoption

events happening next month held at Harry Griffin Park.

The Canine Corner’s Annual Halloween Party and Dog Costume Contest will be held Saturday, Oct. 14 from 11 a.m. to 2:30 p.m. hosted by the Canine Corners Dog Park in La Mesa. The event will feature a dog rally, agility course, food, lots of vendors, rescue groups and a costume contest.

On-leash activities will be held in Harry Griffin Regional Park’s grass area and off-leash events held in the dog park.

Contact [palmerfamily2@cox.net](mailto:palmerfamily2@cox.net) or visit [bit.ly/2vUNVAV](http://bit.ly/2vUNVAV) for more information.

Also, La Mesa Boulevard Stroll’s next event — billed as “Halloween on the Boulevard” — will feature Lionel’s Legacy Senior Dog Rescue. The El-Cajon based nonprofit will bring along older, adoptable dogs available for adoption. There will also be a Pet/Kidz Halloween Costume Parade at 1–3 p.m. at the Yogurt Mill Courtyard.

The free, family-friendly event also offers other festivities such as trick-or-treating and live music. “Halloween on the Boulevard” will be held on Sunday, Oct. 22 from noon–5 p.m. on La Mesa Boulevard. Visit [bit.ly/2xcbGIA](http://bit.ly/2xcbGIA) for more information.

—Sara Butler is the web editor and social media manager at SDCNN. Reach her at [web@sdenn.com](mailto:web@sdenn.com).

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### Sudoku & Crossword puzzle answers from page 19

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

DOWN	ACROSS	DOWN	ACROSS	DOWN	ACROSS	DOWN	ACROSS	DOWN	ACROSS
1	DOWN	2	DOWN	3	DOWN	4	DOWN	5	DOWN
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86	DOWN	87	DOWN	88	DOWN	89	DOWN	90	DOWN
91	DOWN	92	DOWN	93	DOWN	94	DOWN	95	DOWN
96	DOWN	97	DOWN	98	DOWN	99	DOWN	100	DOWN



# A destination to better health

## Women's retreat brings healing to mind, body

Joyell Nevins

Love heals.

That is the foundational belief behind Destination Healing retreats, founded and ran by Michelle Tambaoan of La Mesa, Peggy Hamerly of Poway, and Deane Vallejo of southern San Diego.

"Everything we do is bathed in love," Tambaoan said. "It's the healing balm."

The retreats are three days long and seek to offer refreshment, renewal and restoration for all areas of life. Stretch and nourish your physical body with yoga and healthy meals. Nurture your soul with therapeutic workshops and deep conversation. Invest in your spiritual health with mindfulness and prayer.

"Our heart is for women to experience breakthrough," Vallejo said.

All three founders have had their own stories of breakthrough and healing, and each is eager to bring her skill set to the table.

"With the gifts we have, we want to pour into the (women)," Vallejo explained.

It started with Tambaoan, a self-care specialist working through Revive Spa in La Mesa. She offers her clients both skin care services and relationship healing therapy. Tambaoan is a firm believer in connecting mind, body and

spirit — taking care of her clients from the inside out.

It was through one of those skin care sessions, actually, that Tambaoan first connected with Hamerly. They had met at a "Moms Helping Moms" group, and Hamerly decided to drive all the way from Poway to La Mesa to receive a facial.

But what she really got was a new mission. Tambaoan had the vision of a destination retreat, but was having difficulty working out the logistics.

"I said, I own a place (we could use)," Hamerly said, referring to a house in Palomar Mountain. "We just clicked. Michelle's a go-getter, and we had our first retreat a month later."

Hamerly is a health coach with a background of 42 years in teaching French and English as a Second Language. She dived into coaching after losing 60 pounds for health reasons and discovering a new outlook on life. Hamerly provides nutritional counseling and is the chef for the weekends. Both the founders and attendees noted her food is both beautiful and delicious!

There was still one more piece missing, however. Tambaoan first met Vallejo's husband, Angel, at a business function. Always networking, she started talking about Hamerly and her vision for a retreat, and Angel said, "you should talk to my wife."

Vallejo is a certified fitness instructor and the founder of

"Healing in Stretching," an exercise program combining the physical and spiritual through yoga moves. Vallejo refers to it as an "opportunity for freedom."

"My life mission, with and through His strength, is to bring spiritual, emotional and physical freedom through a guided stretch along with scripture and prayer," she described. That's how each morning of the retreat starts: with an optional (at the retreats, it's always your choice how you want to spend your time) stretching session. The sessions are often accompanied with affirmations, healing words, essential oils, and meditation.

Incorporating the whole body, mind and soul is a running theme throughout the weekend. There are opportunities for nature walks, spa services, and time for reflection.

"As women, we seem to take on the world," attendee Jennifer Cassel, a nurse from Ocean Beach, said. "This is a good space for me. A way to bring back healthy balance."

Each retreat also includes an art or craft project designed to explore your heart. Destination Healing groups have done vision boards, flower plaques, and even a "Healer Fine Art Therapy" workshop that required a lot of tissues as the women went deep.

Attendees can also go deep through one-on-one sessions



Attendees of the winter Destination Healing retreat display their art projects from the Healer Fine Art Therapy workshop. (Photo by Joyell Nevins)

with the founders. Again, it's the attendee's choice to sign up for who they would really like to work with and where they would like to spend their time.

"Those are really powerful times," Hamerly said of the individual counseling.

Meal times are full of colorful foods designed to bring life to the body, served family style. Conversation is encouraged throughout the retreat.

"There is a really good sense of community — everyone's open," Tracy Duhs said. Duhs is the owner of Sanctuary Wellness Experience.

That sense of community and creating a safe space is very important to the founders. They set the stage and provide the tools, but expect the healing to come from the women themselves.

"A lot of breakthrough comes in the women talking," Vallejo said.

Hamerly added, "It's always a surprise, isn't it, which people bond with each other."

Because aside from everyone being female, the attendees comprise an eclectic group of backgrounds and interests. Mothers, grandmothers, business women, singles, married, seniors, millennials, from North County to Ocean Beach, they are all invited to come. And come back.

As attendee and art therapist Bri Atterberry said, "When you get a taste of this, you want more."

The next Destination Healing retreat is on the theme of "gratitude." It will be held Oct. 20-22 in Palomar Mountain. For more information or to register, call 858-472-3798, email [dhretreat@gmail.com](mailto:dhretreat@gmail.com), or visit [destinationhealing.strikingly.com](http://destinationhealing.strikingly.com).

—Freelance writer Joyell Nevins can be reached at [joyelle@gmail.com](mailto:joyelle@gmail.com). You can also follow her blog *Small World, Big God* at [swbgblog.wordpress.com](http://swbgblog.wordpress.com).



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

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Guest Editorial

You can continue to count on Covered California

Covered California Staff

With everything going on at the national level, it would not be surprising if some are a little confused about what's happening with Covered California — the only place to get financial help to pay for health care coverage through the Affordable Care Act.

Here's the bottom line: The Affordable Care Act is still the law of the land. Open enrollment in California begins on Nov. 1 and runs through Jan. 31, 2018.

That's the main thing consumers need to know. Despite all the uncertainty swirling around, Covered California remains strong and stands ready to help Californians get the health coverage that best suits their needs.

Those who do not have health insurance can go to CoveredCA.com now and use the Shop and Compare Tool to see their options for 2018. Consumers can compare plans and benefits and find out if they are eligible for financial assistance to help bring the cost of coverage within reach.

Once the calendar hits Nov. 1, Californians can enroll online or click on the "Get Help" tab on the website to find a certified enroller near them if they want in-person assistance. Covered California has thousands of experts around the state ready to help people sign up for coverage. Consumers who qualify for Medi-Cal do not have to wait to sign up; they can get low-cost or no-cost health care right now.

Approximately 120,000 residents of San Diego County are already enrolled in a plan through Covered California and their renewal period will begin in October.

Consumers in the San Diego area will be able to choose from Blue Shield of California, Health Net, Kaiser Permanente, Molina Health Care and Sharp Health Care.

While Covered California has helped bring the state uninsured rate down from 17 percent in 2013, the year

before the Affordable Care Act went into effect, to 7.1 percent by the end of 2016, a lot of work remains. Covered California is committed to getting everyone insured. We all know people who have lived without insurance or with inadequate health care for too long. It doesn't have to be this way. Help is out there, and open enrollment is the time to sign up for life-changing care. Nearly 90 percent of Covered California enrollees qualify for some level of financial help, and health plans can cost less than a monthly cell phone bill.



Plus, Covered California plans all come with a patient-centered benefit design that allows members to access a wide variety of care that is not subject to a deductible, meaning they get more value from their coverage. These benefits mean that most outpatient services in Covered California's Silver, Gold and Platinum plans are not subject to a deductible, including primary care visits, specialist visits, lab tests, X-rays and imaging. In addition, some Enhanced Silver plans have little or no deductible and very low copays, such as \$3 for an office visit. Even consumers in Covered California's most affordable Bronze plans are allowed to see their doctor or a specialist three times before the visits are subject to the deductible.

Covered California is also the first health exchange in the country to adopt benefit-design changes to improve access to high-cost specialty drugs. A vast majority of Covered California members will have their specialty drugs capped at \$250 per month, per prescription, and the caps range from \$150 to \$500. That ensures they have affordable access to the medications they need to fight chronic conditions.

Covered California believes that health care coverage isn't just about making insurance more affordable, it's about doing things to make it easier for consumers to get the right care at the right time.

So if you know people who do not have health insurance — whether they are a family member, a friend or someone you just met — let them know about Covered California. Give them a call or send them a text. If they have questions, tell them how they can get answers from one of Covered California's experts. The help is free and confidential.

Together we can build a healthier city and state. We can get people covered to help them overcome an illness or injury and give them the freedom to pursue their dreams.

—The health reform legislation (*Patient Protection and Affordable Care Act*) signed into law in March 2010 by President Obama, created state-based health insurance exchanges. States can choose to operate their own exchanges or participate in a multi-state exchange. California early on chose to operate its own exchange, now known as "Covered California." Their mission is to increase the number of insured Californians, improve health care quality, lower costs, and reduce health disparities through an innovative, competitive marketplace that empowers consumers and small businesses to choose the health plan and providers that give them the best value. Visit [coveredca.com](http://coveredca.com). ■

Letters

**Compromise at Little Flower Haven**  
Re: "City Council rejects Little Flower Haven" [Volume 7, Issue 8, or [bit.ly/2ffnhQe](http://bit.ly/2ffnhQe)]

The development of this property is inevitable, why can't the La Mesa city, representing its citizenry and Silvergate Development come to a honorable compromise? The major hang-up appears to be off-street parking.

Why not take the magnanimous course and split the difference of 67 off-street parking spaces (i.e. 33.5 — the .5 could go to a Vespa.) The city could avoid an uncertain, costly lawsuit and a delayed increase in its tax base. The developer could, by adding spaces, expedite its project and ingratiate itself to the community.

There is too much rancor in this world today, here is an opportunity for all to take the high ground and shine.  
—Carlos Miller, La Mesa

**Stop HR38 CCR**  
I want to state opposition regarding a dangerous gun bill that will be coming up for a vote in the House soon, HR38 Concealed Carry Reciprocity (CCR). This bill would essentially nullify all of California's hard-won gun laws.

CCR does NOT create a national standard for who can carry guns in public in the country. In fact, it would gut our country's gun laws, override state laws, and make the weakest link the law of the land. Many states do not have training or permitting requirements to carry a gun in public and, under CCR, gun owners would be allowed to carry their guns from state to state, no questions asked.

CCR would force all 50 states — including those like California's with strong, sensible gun safety laws — to allow violent criminals, domestic abusers, and convicted stalkers to carry hidden, loaded guns in public.

I ask you to call and urge your Congress members to VOTE NO on CCR. We cannot allow this dangerous bill to affect the safety of our citizens!

—Wendy Wheatcroft, Moms Demand Action for Gun Sense in America ■



# Supreme Court insider featured at next Dem Club meeting



Yahaira Aristy and Jeff Benesch

The upcoming fall term of the U.S. Supreme Court may prove to be momentous. Among other issues, multiple immigration cases, same sex marriage, district gerrymandering, and voting rights will take center stage. We may also hear of the retirement of one or more justices, extremely significant given the current occupant of the Oval Office and the likely conservative direction of his court appointees.

The keynote speaker at the Wednesday, Oct. 4 meeting of the La Mesa Foothills Democratic Club will be none other than former La Mesan James Crooks, who as a clerk for Justice Anthony Kennedy, gained a unique perspective of the inner workings of the Supreme Court and the decisions they handed down during the second term of the Obama administration.

We'll hear about his clerkship, how it came about, how he ended up with Justice Kennedy (a Reagan appointee), and what it was like to spend a year at the highest court of the land. We're also likely to hear the details of his interactions with the other judges, and just maybe some personal insights into Ruth Bader Ginsburg and her gym workout regimen.

Crooks will also answer current questions about the court, like what does he think of the whole Merrick Garland-Neil Gorsuch imbroglio? How badly will this political manipulation hurt progressive causes for decades? What is the state of the Supreme Court? How does it interact with the other branches of government? What tools does it have if it seeks to rein in the executive? Who is likely to retire and what direction is the court likely to take on upcoming cases this fall?

We hope he'll dissect the entire Trump affair. Is impeachment possible or likely?



James Crooks was a former clerk for Supreme Court Justice Anthony Kennedy. (Courtesy LMFDC)

What about the dismantling of the administrative state and accepted norms, the "limits" of executive power and how he keeps pushing the boundaries (like the pardon of Arizona Sheriff Joe Arpaio), the role of state and city governments in the Trump era, and the consequences of the Citizens United decision? Any chance it gets further review? How about Roe vs. Wade? Are existing abortion laws and freedoms in trouble with the Gorsuch appointment?

Crooks will touch upon the role and nature of the special prosecutor, as we are fascinated with the daily revelations and leaks about the Trump-Russia scandal, the cover-up, the many instances of obstructions of justice, and the Trump Organization's money laundering of Russian mob revenues — ultimately the real reason behind the president's predicament. It's now clear that there was collusion at the highest levels of the Trump campaign and in the Trump White House with Russian nationals. Crooks will analyze where this is likely to go, and how the power of the Presidential pardon can affect the investigation, the inevitable indictments, and the consequences of illegally interfering with the U.S. electoral process.

Crooks is a La Mesa native who works at the Los Angeles law firm O'Melveny & Myers LLP, where his practice group focuses on Supreme Court litigation, as well as federal and state appellate cases. He has worked on cases involving many aspects of federal law, including copyright and trademark, constitutional law, financial services, education, anti-trust, and administrative law.

Before joining O'Melveny, Crooks served as a law clerk to Associate Justice Anthony Kennedy of the U.S. Supreme Court during the court's 2014-15 term. During that term, the Supreme Court heard cases involving nearly every area of federal law, including anti-discrimination law, the First Amendment, Obamacare and Justice Kennedy wrote the majority opinion in *Obergefell v. Hodges*, in which the Court recognized a constitutional right to same-sex marriage.

Part of our meeting will be devoted to learning more about the upcoming La Mesa City Council vote on whether to adopt a meaningful Climate Action Plan. In this most important action, Councilmember Colin Parent and executive director of the Climate Action Campaign Nicole Capretz, will highlight steps that our members and guests can take to influence the direction of that vote, and have significant input into if the La Mesa City Council will follow in the steps of San Diego and Solana Beach in adopting a Climate Action Plan.

The Oct. 4 meeting will be held at the La Mesa Community Center, 4975 Memorial Drive starting at 6:30 p.m.

Learn more about La Mesa Foothills Democratic Club on our website, [bit.ly/2vQbPgU](http://bit.ly/2vQbPgU), and like us on Facebook. Be sure to visit our booth at the upcoming 44th annual La Mesa Oktoberfest.

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

# Republican Women Fashion Show at the Bali Hai



Judy McCarty



"Shine, Wine and Dine" at the Navajo Canyon Republican Women's annual fundraiser and Fashion Show Oct. 10 from 11 a.m. to 2 p.m. at the Bali Hai Pavilion, 2230 Shelter Island.

The bayside setting is perfect for a social hour and extensive luau buffet. Opportunity Baskets will include a Mystery Box, Pot of Gold (full of lottery tickets) and an assortment of discounted restaurant gift cards. We'll have a "road show" (silent auction) of Halloween, Thanksgiving and Christmas items to brighten up your holidays.

The Fashion Show will be presented by Glamour Girlz with our own members as models. The styles will be available for purchase as well as a large assortment of fashion accessories, jewelry and gifts. We are so pleased that long-time friend Monica Zech will be our emcee.

Cost is \$40 per person and reservations are required.

RSVP to [NCRWF99@gmail.com](mailto:NCRWF99@gmail.com) (please put FS on subject line) or call 619-990-2791. You can mail checks to Navajo Canyon RWF, 2295 Needham Road #4, El Cajon, Ca. 92020. Registration will begin at 10 a.m. and the grand finale will be a drawing for \$100.

A portion of the proceeds will benefit the Warrior Foundation Freedom Station. The Fashion Show is always a highlight of our year and we hope you'll join us.

Those who were able to join our sold-out luncheon with KFMB radio host Winterble were so glad they did. He related great stories, especially as Rush Limbaugh's Mr. Snedley, and shared his thoughts on current events.

We'll be back at The Brigantine in La Mesa Tuesday, Nov. 14, for our regular luncheon. Details for our speaker are not yet set, but it looks to be a very substantive discussion of California's future.

For more information on all our activities, visit us at our website, [navajocanyonrwf.org](http://navajocanyonrwf.org).

—Judy McCarty is publicity chair of the Navajo Canyon Republican Women, Federated. Reach her at [jmcarty@cox.net](mailto:jmcarty@cox.net). ■



(l to r) Carol Reed, Joan Hayes, Shirley Jones and Judy McCarty at last year's Fashion Show (Courtesy NCRWF)

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# Anderson connects with community at local events

Isabella **Virzi** and  
Matthew **Bagdasar**

## Community coffee town hall

On Thursday, Aug. 24, at the American Legion Post 282 in La Mesa, over 80 community members came together to ensure their state and city representatives heard their voice. At a community coffee town hall hosted by California State Senator Joel Anderson and co-hosted by La Mesa Councilmembers Kristine Alessio, Bill Baber, Guy McWhirter, Colin Parent, and the La Mesa Chamber of Commerce, energized and passionate constituents discussed the issues that are affecting our political climate today.

One constituent, Jennifer Berguoy, stated the importance of attending events like these.

“Be open to listening to different ideas whether you agree with it or not, but just listen to it and keep an open mind about it,” she said.

This event was an opportunity for individuals in Anderson’s district to learn about legislation and receive new insight on state issues, regardless of their political preference.

A significant amount of young adults attended the community coffee. Attendee Vic Martin, the Veteran Advocate for Shelter to Soldier, believes that “more young people need to be involved in politics.”

“Fortunately, events like this allow for the entire public to be a part of it,” Martin added. “I was kind of excited to see so many young people at this meeting.”

These events are an excellent way for constituents of any age to involve themselves in the creation and adoption of laws.

Community coffee town halls are an opportunity to let legislators know the issues and concerns the community has with state government. Anderson shared that voicing one’s beliefs at an event with their local representative is the best and most effective way to influence them. It also gives residents the opportunity to hear responses directly from the representative themselves. Anderson highly

encourages his constituents to come and to speak with him.

“You’re my boss, I work for you,” he said. “I need to hear from you how I can make government work for you.”

For help on an issue with a state agency, or to submit a legislative idea, please contact the office of State Senator Joel Anderson at 619-596-3136.

—by Isabella Virzi



Sen. Anderson addresses constituents at the coffee town hall. (Courtesy Sen. Anderson)

## Padres Pedal the Cause

Community members gathered on Saturday, Sept. 9 at CrossFit Kivnon fitness center in La Mesa to raise funds and awareness for the Padres Pedal the Cause event happening the second weekend of November. Padres Pedal the Cause is an annual cycling event that allows participants to bike through the gorgeous landscapes of San Diego while raising money for cancer research. CrossFit Kivnon hosted the Padres Pedal the Cause’s “Workout of the Day” (WOD). This unique fundraiser allowed participants to get a rigorous CrossFit style workout, while also supporting the cause.

One of the organizers, Megan Parker, who is a development associate with Padres Pedal the Cause, took pride in the work she was doing.

“Working for Padres Pedal the Cause is very rewarding to me for my history with cancer and losing my father,” she said. “It’s just inspiring to see so many people want to rally behind this cause and really support funding cancer research to save lives.”

Since 2013, Padres Pedal the Cause has raised over \$4.7 million dollars towards funding cancer research projects and has had continued participation growth every single year.

State Senator Joel Anderson provided Senate certificates of

recognition to the Padres Pedal the Cause and CrossFit Kivnon Staff, Megan Parker, and co-owner Mick Wilson for organizing the event that encouraged La Mesans to easily participate in the fight against cancer.

“It is always an inspiration to witness individuals, businesses and organizations in my district come together to support such a worthy cause. CrossFit Kivnon has found a unique way to give back to the community, and I am honored to recognize their selfless efforts,” Anderson said.

Participant Rich Esperanza was thrilled to know that Anderson was involved in the event.

“I think it’s awesome that the senator is reaching out to a place like a CrossFit where there is a huge community of people who come out and attend events such as this,” he said.

CrossFit Kivnon is located at 8333 Case St. and if you are interested in learning more about Padres Pedal the Cause or would like to participate, visit their website at [gopedal.org](http://gopedal.org).

—by Matthew Bagdasar

—Isabella Virzi and Matthew Bagdasar are legislative interns for the office of Senator Anderson. ■

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## News from your County Supervisor

### DIANNE'S CORNER

Dianne  
Jacob



Also in the works are new dog parks in Lakeside, Rancho San Diego and Spring Valley.

**Be careful out there:** The most hazardous time of the year is here. Are you prepared for the fall wildfire season?

Among the things you can do: Maintain 100 feet of defensible space around your home; create a disaster plan and emergency supplies kit; sign up for the Alert San Diego emergency notification system; and download the SD Emergency app on your cell phone.

For more on all these, and for additional help, go to [readysandiego.org](http://readysandiego.org).

The county has significantly ramped up fire and emergency services since the deadly firestorms of 2003, investing more than \$400 million on improvements that include new rural fire stations and aerial resources.

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](http://diannejacob.com) or follow her on Facebook and Twitter. For assistance with a county issue, call 619-531-5522 or email [dianne.jacob@sdcounty.ca.gov](mailto:dianne.jacob@sdcounty.ca.gov). ■

**Don't get hooked:** I encourage seniors and caregivers to sign up now for a special forum I'm hosting Nov. 1 on how to fend off financial scammers and other crooks.

The free, two-hour gathering will start at 9 a.m. at Skyline Church, 11330 Campo Road, La Mesa.

Deputy District Attorney Paul Greenwood and other experts will offer tips on how to avoid becoming a victim of the “grandmother scam,” “IRS scam” and other common ruses targeting older residents.

To register, call 844-899-1597 or go to [surveymonkey.com/r/dontgethooked](http://surveymonkey.com/r/dontgethooked).

**Barks and recreation:** The Board of Supervisors recently approved an updated park development plan that includes \$13 million in general fund money, along with other funds, for park improvements in many East County communities, including Campo, Descanso, Jamul and Julian.





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# A history of the Grossmont High School Museum



## Foothiller Footsteps

Connie and Lynn Baer

In October 2008, a dream finally came true — the Grossmont High School Museum had its grand opening.

For years, the community, alumni, and staff wanted to establish a Grossmont High School Museum to preserve Grossmont's amazing history.

In 2007, upon their retirement from being high school English teachers and sisters Connie Baer (Class of 1965) and Lynn Baer (Class of 1969) spent 18 months creating the museum

displays from the remarkable memorabilia, which had been cherished for so many years by teachers, staff, and alumni.

The museum is currently located in its temporary location, downstairs in the Math Building, but there are plans to move to the 3300-square-foot Dance Room upon the completion of the new GHS Performing Arts complex.

Since its opening, thousands of students, staff, alumni, and community members have visited the museum's exhibits which are organized by decades, from 1920s to the present. There are also special exhibits on our three astronauts, the 39-member Hall of Honor, a War Memorial, as well as exhibits on our Instrumental Music Program, the Nominating Convention, a Spirit Display, Perpetual Graduation Trophies, and more.

Second semester, ninth-grade English classes visit the museum as an orientation to

Grossmont's 97-year-old history. We are open each Wednesday at lunch for the students to drop in to see what's new; we're open to the public the first Wednesday of each month and by appointment on other Wednesdays.

Each year, reunion classes visit the museum to relive their Foothiller memories. This summer, five different classes — 1982, 1977, 1972, 1971, and 1967 — visited the museum as part of their reunions, and enjoyed touring the campus.

In 2007, as we were organizing memorabilia, Paul Miller (Class of 1966) stopped by to see what he could do to help. We suggested that he might like to become the GHS Alumni Director. From 1977-2009, Ruth Wolin, Class of 1952, had organized a multiclass Foothiller reunion, but in 2009, she "retired" and shared her alumni information with Miller.

Using that as a starting point, Miller organized an alumni website, with alumni addresses and emails and reunion information available to alumni. Since then, we have grown to having nearly 5,000 alumni emails and addresses; being able to communicate our alumni has been essential to our success.

Today, the GHS Museum and the GHS Alumni Association share one website at [foothillers.com](http://foothillers.com), where we recognize our 39 Hall of Honorees as well as share current and past programs, columns documenting Foothillers history, museum donors, photographs, and more.



Class of 1967 50th reunion (Photos courtesy of GHS Museum)

On the alumni pages, there is information about reunions, class contacts, Foothillers in the news, as well as Foothillers we have lost by year. Alumni can also register to receive our emails about all things GHS.

"As each of us graduates and leaves this campus to start building our lives, our careers, and for some a family, we can always pause and remember our time at Grossmont. Our life lessons at Grossmont ultimately shaped our futures," Miller shared. "From this view, Grossmont casts a long shadow. We are Foothillers, and when we bleed, we bleed Blue and Gold. It's a part of who we are, and that will never change. So, if, or when, you do look back, know that there are thousands just like you. You may not remember them all, or recognize them after all these years, but it's fun to re-connect, relive,

and share the past. We are here. Come join us."

You may contact Miller directly at [FoothillerAlumni@gmail.com](mailto:FoothillerAlumni@gmail.com).

Little did we know, 10 years ago, that Connie, Lynn, and Paul would meet so many wonderful people and receive so much support in our efforts to preserve, display and celebrate GHS history. The love and pride that Foothillers share is truly amazing. We hope to see you soon at the museum!

For more information or to make a donation, please visit our website at [foothillerfoundation.com](http://foothillerfoundation.com) or visit the GHS Museum Wednesday, Oct. 4 from noon-3:30 p.m. or by appointment. Contact: 619-668-6140 or [gghsmuseum@guhsd.net](mailto:gghsmuseum@guhsd.net).

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



(l to r) Lynn Baer, Connie Baer and Paul Miller

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# Helix Homecoming and other fall events



Jennifer Osborn

Homecoming season is approaching at Helix! This is a time to celebrate our students and welcome our alumni back to campus. There are several ways we will celebrate Homecoming.

First, all alumni are invited to the Alumni Picnic, which will take place on Sunday, Oct. 8, from 11 a.m. to 3 p.m. on the Helix campus. The event will feature areas for each graduating class, entertainment by Helix students, food available for purchase from student groups, music by alumni bands, a campus tour, an alumni car show, and other great attractions. More information can be found at [helixalumni.org](http://helixalumni.org).

Next, the Homecoming Game will take place on Friday, Oct. 20 against West Hills High School. Kick off is 7 p.m. The team is currently ranked second in the county. A carnival-themed halftime show will feature the crowning of the 2017 Homecoming Royalty.

Finally, alumni and other members of the community

have the opportunity to be a part of the Helix campus, while supporting students going to college. The new Brick Yard is located in front of the new Student Service building, and is the focal point of the new entry to campus.

There is space for 1,200 bricks to be sold to support the Helix Foundation's scholarship program, with 100 percent of the profit going to college scholarships for Helix students.

There are two sizes — a 4-by-8-inch brick is \$100 and can be engraved with three lines of text. An 8-by-8-inch brick is \$250 and can be engraved with six lines of text. The order form will be available on the Helix Foundation link found on the school website: [helixcharter.net](http://helixcharter.net).

**Sports medicine program**

As part of the Helix EDGE program, students will be able to participate in a Sports Medicine Career Tech Education program on campus.

We are interested in partnering with community members in the medical field to make this program a valuable experience for our students. Please contact [josborn@helixcharter.net](mailto:josborn@helixcharter.net) for information on a kickoff event coming up Sept. 29.

**Performing arts calendar**

The Highland Players present "Lucky Stiff," a musical by Stephen Flaherty and Lynn



The Helix Brick Yard raises money for the Helix Foundation. (Courtesy Helix Foundation)

Ahrens. Show dates are Oct. 4–7, and Oct. 13 and 14. Show time is 7 p.m. in the Black Box Theater. Tickets are available at [helixdrama.weebly.com](http://helixdrama.weebly.com).

The Helix Vocal Music Department presents their "Haunted Helix" concert on Oct. 24 and 25 in the Helix Mainstage Theater. Show times are 7 p.m. each night. Tickets will be available at [ticketleap.com](http://ticketleap.com).

**Excellence in Education Tour**

If you are interested in finding out more about Helix Charter High School, please attend one of our Excellence in Education Tours, held twice monthly. The tours for October are Oct. 6 at 8:10 a.m. and Oct. 19 at 5:30 p.m. Reserve your spot by using our website, [helixcharter.net](http://helixcharter.net).

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

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

# Colleges looking to fill food pantry cupboards

Della Elliott

Grossmont and Cuyamaca colleges have long been filling the minds of students with knowledge. Now they are looking to help fill their stomachs as well, and are seeking the public's help.

Studies, including a survey of the two colleges, have shown that food insecurity among college students is a significant problem, so the campuses are both setting up food pantries to help needy students. Cuyamaca College's Harvest Pantry started Aug. 21, the first day of the fall semester. Grossmont College's Gizmo Kitchen kicked off Aug. 25, with a noon-2 p.m. grand opening in Griffin Gate in the student center.

Both pantries are located in health services offices in each college's student center. (Bldg. 60-130 at Grossmont College; I-134 at Cuyamaca College.)

"These food pantries are critically needed at our colleges," said Chancellor Cindy Miles. "We assist students in other ways through scholarships and emergency grants for unexpected expenses, but until now, we haven't had the resources to help with basic sustenance. Students who are hungry can't focus on their studies."

The two East County colleges are stocking their

pantries with the help of the Foundation for Grossmont & Cuyamaca Colleges, the philanthropic arm of the college district, student government and the San Diego Food Bank, but are also seeking donations of non-perishable food and drinks, including snacks, bottled water and fruit juices.

"We have had students referred to us by teachers and other departments in the past, but we had minimal resources — granola bars/water — available here at Health Services," said Cuyamaca College Health Services supervisor Lori Senini.

Grossmont and Cuyamaca colleges were among 70 community colleges from 24 states that took part in a large-scale survey conducted in 2016 by the Wisconsin HOPE Lab at the University of Wisconsin-Madison and the Association of Community College Trustees. That survey found that of the 700 students at the East County colleges who responded, more than 60 percent reported a low or very low level of food security in the past 30 days. The colleges' numbers exceeded the regional and national figures of 58 percent and 56 percent, respectively.

Another recent study by San Diego State University found that half of the local

See COLLEGE PANTRY page 20 —>

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## Cox Digital Academy Offers Free Online Resources to Make Learning Fun

Cox Communications has launched the Cox Digital Academy, a website that gives families access to free online resources such as educational games, social media safety, do-it-yourself science projects, and computer basics. Whether it's homework help and a "making it rain in a jar" activity for students, or computer and internet basics to financial literacy for parents, families can take advantage of a host of resources to improve their digital literacy skills.

The Cox Digital Academy features tools and resources provided by Common Sense Media, EVERFI, and the Public Library Association, which have partnered with Cox Communications through its Connect2Compete program. The Academy is an expansion of the Connect2Compete program, which provides low-cost internet for families that have a K-12 student in the home and receive government assistance.

**The Cox Digital Academy offers:**

- **Computer and internet basics**, teaching users how to conduct web searches, create and manage email accounts, and how to navigate search engines.
- **Educational games** and resources for students and teachers, providing homework help, teaching strategies, and more.
- **Job skills**, enabling parents to easily navigate job search engines, create resumes and fill out online applications.
- **Social media and online safety**, giving parents and children the tools to help prevent cyberbullying, learn about social media basics, and protect social media privacy.
- **Online financial literacy**, such as setting up or managing a checking account online and managing an online budget.

Cox supports local communities and technology adoption through the Cox Digital Academy and Connect2Compete. In San Diego County, Cox provides free internet access to the community at more than 40 Cox Technology Centers in Boys and Girls Clubs and community, youth and senior centers across the county. Each Boys and Girls Club Technology Center includes computers, monitors, laptops, printers, and internet service, enabling students to complete their school assignments and learn critical digital literacy skills that are important to their future success.

Since 2012, more than a quarter million people have been connected nationwide to the internet via Cox's Connect2Compete program. For more information, or to sign up for Connect2Compete call 1-855-222-3252, or visit <https://www.cox.com/aboutus/connect2compete.html>.

The Digital Academy is available at [www.cox.com/aboutus/connect2compete.html](http://www.cox.com/aboutus/connect2compete.html).





(Photos courtesy of McFarlane Promotions)



## ► Oktoberfest, from page 1

responses were overwhelmingly positive and we felt like we got the arrow pointing back up again.”

LMVA Chairman Aaron Dean said the association took all of that feedback into consideration; they also hired San Diego event coordinator and planner McFarlane Promotions to help build upon what the city did last year.

“We wanted to make sure that Oktoberfest moved in the direction the community was asking for. We wanted to make it a lot more family friendly and this year, we’ll have two kids areas and a Ferris wheel. We also wanted to make the entertainment and music more approachable for families,” Dean said. “The second part of what we looked at was the vendors. In the past, the majority were corporate and not crafts or artists. This year, we’re trying to make the transition into having a lot more craft and local vendors.”

McFarlane Promotions self-proclaimed “Event Jedi” Camille Riley said McFarlane is committed to bringing

Oktoberfest back to the way people saw it before.

“A lot of us at McFarlane had gone to this when we were kids and we continued to go as adults, and we really want to bring it back to where it used to be. We wanted to incorporate more arts and crafts and family things while also bringing in new elements, like a German car show,” she said. “There will also be a lot of hands-on workshops because we wanted to make the event more interactive. We’re also bringing in a craft-spirit garden, so while we’re trying to bring Oktoberfest back to what it was in the past, we’re also trying to make it more modern.”

Last year’s seating concerns are also being addressed, she said.

“We’re working with Rafael’s Party Rental to address a lot of those concerns. We’ve ordered more seating and more types of seating,” Riley said. “One of the problems last year was that you could order food but you had no place to sit and enjoy it, so we’re going to have a mix of seating that includes belly bars, picnic tables, we’ll have chairs and

tables sprinkled throughout the event and we’ll also have a large amount of seating in the beer garden.”

Dean said that the LMVA is excited about all the changes and that the organization looks forward to producing a successful event.

“Our hope for this year is a combination of everything. We hope to have great weather, we hope the atmosphere is lively and fun and that the community feels engaged by the event and that it is something that they want to get behind, and be part of, year after year.”

The 2017 La Mesa Oktoberfest will take place on Friday, Sept. 28 from 4 to 10 p.m.; Saturday, Sept. 30 from 10 a.m. to 10:30 p.m.; and on Sunday, Oct. 1 from 10 a.m. to 6 p.m. Admission is free. For more information, visit [lamesaoktoberfest.org](http://lamesaoktoberfest.org).

—Margie M. Palmer is a San Diego-based freelancer who has been racking up bylines in a myriad of news publications for the past decade. Reach her at [margiep@alumni.pitt.edu](mailto:margiep@alumni.pitt.edu). ■



## WORKSHOP

Get more out of the Oktoberfest experience by enjoying free classes and workshops throughout the weekend at the Inspiration Station. From Laughter Yoga to pottery, macramé, and succulent displays, there’s a little something for everyone! Some workshops have a small fee to cover material expenses.

### FRIDAY

4:30PM - Water Conservation On Tap  
5:45PM - Laughter Yoga  
7PM - Orangetheory Fitness  
8:15PM - Zumba

Join in on some competitive fun at the 1st Annual Glucklich Games hosted by Pro-TF Fitness! At Noon Saturday & 2PM on Sunday a collection of brass musicians will lead a musical procession down the Hauptstrasse (Main Street) of the La Mesa Oktoberfest to kick off the Glucklich Games! Registration is located at 3rd & La Mesa Boulevard.  
Individual Entry - \$5 | Team/partner Entry - \$10

### SATURDAY

10:30AM - Pottery  
11:45AM - Pottery  
1:15PM - Macramé  
2:30PM - Laughter Yoga  
3:45PM - POUND!  
4:45PM - Creating Space for Community  
6PM - Orangetheory Fitness  
7:15PM - What Jewelry Have You Created Lately

GAME ROSTER: TUG O’ WAR | BEER STEIN RACE | PARTNER CARRYING RACE | TIPSY WAITER  
ELEPHANT RACE | BEER SQUAT CHALLENGE | KEG HAUL RELAY

### SUNDAY

10:30AM - DIY Fall Signs  
11:45AM - Laughter Yoga  
1:15PM - DIY Fall Succulent Pumpkins  
2:30PM - Intro to Quilting  
3:45PM - Plant Based Food replacements and Cooking Tips  
4:45PM - Paint a Coaster







# La Mesa OKTOBERFEST

1973 VILLAGE 2017

2017 SCHEDULE

EVENT HOURS: FRIDAY 4PM - 10:30PM | SATURDAY 10AM - 10:30PM | SUNDAY 10AM - 6PM  
CAR SHOW HOURS: FRIDAY 4PM - 8PM | SATURDAY 10AM - 5PM | SUNDAY 10AM - 5PM

MUSIC LINE-UP EACH DAY (BY STAGE)

## HOFBRAUHAUS BIER GARTEN STAGE

### FRIDAY

4PM - The Bavarian Beergarden Band  
4:30PM - BirdBath  
5:30PM - The Bavarian Beergarden Band  
6PM - Creature and the Woods  
7PM - The Bavarian Beergarden Band and opening Ceremony- Tapping of the Keg  
7:30PM - Buckfast SuperBee  
8:30PM - DJ Valtaik  
9AM - The Young Wild

### SATURDAY

10AM - The Bavarian Beergarden Band  
12PM - Super Buffet  
1PM - Polka Band-TBD  
1:30PM - Exit6  
2:30PM - Polka Band  
3PM - Groove Kitty  
4PM - Polka Band  
4:30PM - Manganista  
5:30PM - Polka Band

6PM - Unsteady

7PM - Polka Band

7:30PM - Cheap Trick

8:30PM - DJ Valtaik

9PM - Way Cool Jr.

### SUNDAY

10AM - Polka Party

12PM - Jason Mann Trio

1PM - Polka Party

1:30PM - Coldplay

2:30PM - Polka Party

3PM - IdolX

4PM - DJ Valtaik

4:30PM - The Who Generation

## OKTOBERFEST CRAFT SPIRITS GARDEN

### FRIDAY

4PM - 10PM - Escobar

### SATURDAY

10AM - 4PM - Shadowman

4PM - 10PM - Escobar

### SUNDAY

10AM - 2PM - Shadowman

2PM - 6PM - Escobar

## DER DEUTSCHE DANCE SQUARE

### FRIDAY

4PM - Center Stage Dance Group  
6PM - Flavor Company Dance Group  
7PM - Center Stage Dance Group  
8PM - The Bavarian Beergarden Band

### SATURDAY

12PM - The Bavarian Beergarden Band  
3PM - Flavor Company Dance Group  
4PM - Polka Band  
6PM - Center Stage Dance Group  
7PM - Polka Band

### SUNDAY

12PM - Flavor Company Dance Group  
1PM - Center Stage Dance Group  
2PM - Flavor Company Dance Group  
3PM - Dance Group  
3:30PM - German Dance Group







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# The hidden meat smoker at Grossmont Center

Frank Sabatini Jr.

Past pretty flower beds leading to the indoor food court, and then through its second set of doors near Dante's Pizza, is Grossmont Center's big barbecue secret. But if you're sniffing around for it on weekends or any late afternoon, you'll be let down.

Smokin' Blaine's BBQ operates only from 11 a.m. to 2:30 p.m., Monday through Friday. Marked by a quaint wooden façade with two windows flanking the entrance, the 600-square-foot eatery resides in an unseen nook partly enclosed by an outer wall of Macy's.

Outside is a common patio area with a restful water fountain. Inside, seating is limited to several stools running along the window ledges amid automo-

bile-theme décor that includes an antiquated Mobilgas pump in pristine condition.

The business is owned by Blaine Sellers and his wife, Lorrie. They previously operated Izzy's Café in El Cajon for nearly two decades before opening Smokin' Blaine's last year as their entry into semi-retirement.

Blaine is the smoke master. He uses hickory wood to smoke meats ever so gently, thus allowing you to actually distinguish the flavors between beef and pork. In other words, the proteins I tried didn't resemble remnants from some an intense house fire, which diehard fans of Texas-style barbecue tend to prefer.

The brisket, for example, tasted beefy with moderate nuances of smoke surfacing through peppery vinegar-based barbecue sauce. The flavors were in harmony rather than in competition with the smokiness. I ordered it on a sandwich, which

**Smokin' Blaine's BBQ**  
5500 Grossmont Center Drive (La Mesa)  
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smokinblainesbbq.weebly.com  
Prices: Salads and starters, \$3.99 to \$8.99; sandwiches, \$6.50 to \$10.99; plates, \$11.50 to \$22.99

came with the bonus of a puffy potato-bread bun that screamed of freshness from the touch of a finger.

For the smothered house-cut french fries called "the bomb," I chose pulled pork as my meat choice. The classic essence of the swine mingled succulently with Carolina-style barbecue sauce, which revealed whispers of mustard and sugar. Unless you possess a bottomless steel stomach, this is a shareable item fortified also by cheddar cheese, sour cream and green onions.

The aforementioned potato bun captured a crispy, buttermilk-battered chicken breast with lettuce, tomato and a smear of mayo. Before hitting the deep fryer, Blaine uses what he described as "a special machine" to marinate the chicken in secret ingredients.

Indeed, the filet was moist and flavorful throughout. And the craggy



Owners Blaine and Lorrie Sellers (Photos by Frank Sabatini Jr.)

outer crust sported the addicting crunch of potato chips — just how I like my fried chicken.

A third house-made barbecue sauce, which goes into the baked beans and can be requested to augment sandwiches and plates, beckons to Oklahoma. It's thick, smoky and sweet from molasses, a sassy enhancement for adding a little caramel action to the baby back ribs.

In addition to the beans, other sidekicks include house-made coleslaw, red potato salad and regular or sweet potato french fries.

Most of the menu affords shoppers atypical mall food, from deep-fried pickles and

okra to the authentic smoked meats and sinful sandwiches such as the Texas Twister, made with brisket, a beef hot link and bacon.

If you make it to the finishing line, the signature dessert is deep-fried peach pie, which was out of the question on this visit. But I

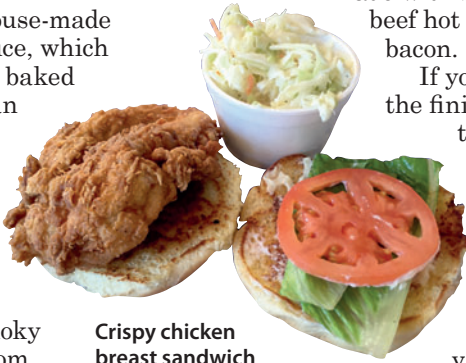
did toss into my doggie bag an oven-fresh chocolate chip cookie, which are free on Mondays.

—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. ■



Smothered french fries are called "the bomb"

Brisket sandwich



Crispy chicken breast sandwich

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# Family Wellness Center offers new therapeutic services

Cassandra Penalver

Often, when somebody thinks of children, they envision them playing at a park with friends or perhaps eagerly learning in school. It might not be often that people think of or realize that children are struggling with behavioral, emotional or developmental disorders — and even less often are people aware that help and support is not typically readily available for these children and their families.

Thankfully, in San Diego County, there is the San Diego Center for Children that focuses on exactly that — to protect the joy of childhood, prevent emotional suffering, and to incite change by inspiring a world where all children and families live joyful, healthy lives.

The San Diego Center for Children, the oldest nonprofit for children in San Diego, opened in 1887 and is celebrating their 130th anniversary this year. Currently, the center has a total of eight program sites and also offers community-based services in hundreds of homes all throughout San Diego County. With such county-wide coverage, the San Diego Center for Children touches the lives of nearly 1,000 children every day.

The newest location, the Family Wellness Center in La Mesa, is an outpatient center that focuses on a holistic approach and offers therapeutic

programs that have been approved by accrediting agency the Joint Commission. Beyond its therapeutic programs, the center also offers foster care and educational programs for youth as well.

The Family Wellness Center in La Mesa recently received a \$200,000 grant from the Price Philanthropy Foundation that will allow the center to provide enhanced evidence-based therapeutic services by utilizing new methodology to expand the program for mental, behavioral, and emotionally challenged youth.

Moises Baron, CEO of the San Diego Center for Children, explained that this grant will allow the center to broaden the scope of care to work with the individual needs of families.

Rather than simply looking at the needs of only the child with the disorder, the center properly assesses more diverse needs such as what assistance families might need financially, and also the needs of any siblings in the family as well. The center is also assessing these aspects of the families prior to each intervention as well as after to determine any further steps needed to move forward with this approach.

After only three years since it was opened, the Family Wellness Center in La Mesa is the only program within the San Diego Center for Children that is currently offering the new methodological approach to its therapeutic programs. Although the center is planning



A child rings the graduation bell, marking the successful completion of therapeutic goals at the Family Wellness Center in La Mesa. (Courtesy Family Wellness Center)

on implementing that approach in all of its eight programs, La Mesa is currently the only community with access to the new methodology in the entire San Diego County.

The San Diego Center for Children accepts most types of insurance and also offers a reduced fee in order to ensure the appropriate access families need for their children to thrive. If you are interested in more information about the San Diego Center for Children, please visit [centerforchildren.org](http://centerforchildren.org) or call 858-277-9550.

—Cassandra Penalver is a freelance writer living in San Diego. Reach her at [cassie-penalver@gmail.com](mailto:cassie-penalver@gmail.com). ■

## NEWS BRIEFS

### Chamber holiday giving programs

The La Mesa Chamber of Commerce has announced two special programs for giving during the upcoming holiday season.

The first is an annual program to “adopt” homebound seniors. This year, 20 women and four men will be the recipients of collected items such as canned soups and vegetables, lotions, soaps, socks, breakfast cereals, tissues, rice, gifts cards and more.

The deadline to drop off donations to the program is Nov. 30.

The Chamber is also supporting the families of military personnel living in La Mesa military housing. Toys, diapers and other items that are helpful for young families with children ages 2–13 years old will be collected through Dec. 4.

A special Toy Drive party will be held on Dec. 5 at BJ's Restaurant and Brewhouse from 5:30–7 p.m. that will include drink tickets in exchange for unwrapped toys for chamber members and for non-members who also contribute a \$10 to \$20 donation and an unwrapped toy.

Items for either giving program should be delivered to the chamber office at 8080 La Mesa Blvd., Suite 212, or next

door to Fran Smith in suite 214 between 10 a.m. and 4 p.m. Mondays through Fridays. If you need someone to pick up items, call Mary England at 619-251-7730.

For more information, visit [lamesachamber.com](http://lamesachamber.com).



Sikh youth speaker Aseemveer Singh (Courtesy Interfaith Council of La Mesa)

### International Day of Peace

Over 180 people gathered at Aztec park on Sept. 18 for the UN International Day of Peace.

The event was put on by the Interfaith Council of La Mesa and featured speakers from a broad range of religious beliefs, including Buddhism, Hindu, Mormon, Judaism, Muslim, Sikh, Baha'i, Christian and Native American religious beliefs.

After Suellen Treadwell of the Interfaith Council welcomed everyone, United Nations Association of the United States of America, San Diego Chapter president Bettina Hausmann read a statement of this year's theme. City Councilmember Colin Parent gave the proclamation and a Peace Pledge was delivered by Kids for Peace.

After the various religious prayers, the entire group held hands in a circle and sang “Let There Be Peace on Earth.”



La Mesa Highland ad from a 1928 issue of the La Mesa Scout (Courtesy LMHS)

### Lecture series highlights home tour

On Oct. 28, the La Mesa Historical Society (LMHS) will host a roundtable discussion

See BRIEFS page 19 →



BRINGING MUSIC TO THE TABLE IN LA MESA

Jen Lothspeich

When I moved from La Mesa to Normal Heights four years ago, I thought I was going to reside in a hotbed for live music, as I'd be walk-ably close to Adams Avenue and North Park with their plentiful venues and numerous street fairs.

Little did I know La Mesa was going to experience a live-music renaissance of its own, with an up-and-coming culinary scene to boot.

What started with a handful of music venues in the area, has blossomed into a saturated scene where one can find live performers in the usual locales like coffee shops and dive bars, but also in offbeat spots like ramen shops and sports bars.

For fans of rock 'n' roll and alternative music, the Riviera Supper Club remains the premier spot to find such acts with a consistent lineup and live music most nights of the week. Pete's Place also hosts the occasional rock show and both Bolt Brewery and Helix Brewing Co. attract such acts on weekends.

With many locations in La Mesa and its nearby areas incorporating music into their business model, some bands have adapted — playing in stripped-down configurations to fit the atmosphere of smaller eateries.

Blues-rock band Black Market III is one such band who can be raucous and heavy in the right setting but also play acoustic sets as a duo in places like Sheldon's Service Station and Blvd Noodles.

"The Village is still quaint, but the level of dining, drinking, and music offered is on a higher level," said Black Market III frontman Scottie Blinn. "As I've maintained for years, if a venue offers quality music on a consistent and regular basis, they'll find attendance on the whole increase."

It seems a lot of places are following that motto, much to the delight of customers.

Sheldon's Service Station might be making a name for itself serving breakfast and lunch with inviting outdoor seating; but coffee shop hasn't shied away from employing local talent. On Saturdays and Sundays, solo artists and duos fill the patio with melodies and

rather than fade into the background, the artists enhance the experience.

When I stopped in for a quick weekend morning coffee, I was welcomed by the sounds of a duo playing both slowed-down covers of familiar songs along with original numbers.

It was refreshing to see brunching friends pause to take photos of the performers, older couples applauding after each number and a dad walk his adorable toddler up to drop a tip in the singer's guitar case.

A similar experience can be had a bit further east on La Mesa Boulevard where The Hills offers a sports bar setting with a little something extra.

The bar has lengthy list of craft beers plus cocktails and even decent wine selections. Their bar fare is notable for balancing tradition and taste. And along with chicken wings and pretzel bites, you may just find a live performer looping tracks and performing recognizable songs solo and with guest accompaniment.

On a recent Saturday afternoon visit, I was pleasantly surprised to find that the music was not merely a footnote to the experience offered, but rather an enthusiastically welcomed addition. Cheering for the singer was louder than any for the college football or baseball games on their numerous TVs.

For those that might not venture out late at night, the timing of performances around La Mesa also holds an appeal.

"The La Mesa demographic is older and family-oriented, so there are a lot of performances happening during the day or earlier on in the evening, since that's when the venues are operating," said singer-songwriter Ezekiel Jay who performs around La Mesa regularly. "The performances are often geared toward being a part of a dining or drinking experience where you can still hear conversations, but also get up and dance."

While La Mesa venues do have a more mature audience to appeal to, there are some making a concerted effort to bring out a younger set.

Local radio station 91X DJ Tim Pyles, who champions local music in all its forms, has set his sights on engaging under-age music lovers in the area.



Big Bad Buffalo performs at Public Square. (Photos by Jen Lothspeich)

Pyles is bringing his keen ear and immense passion to La Mesa with a "Locally Grown" series at Public Square Coffee in the Village area.

The first outing earlier this month was a seeming success with wall-to-wall people and even some spilling out onto the sidewalk to enjoy three local bands that played as loud as they would in a rock club.

As all these venues flourish with music in their lineup, it will be interesting to see the directions in which the scene grows.

La Mesa Village garners large crowds with their car shows, antique events and annual Oktoberfest; it seems the area could become an epicenter for live music with a street fair to rival established events like Adams Avenue Street Fair and North Park Festival of the Arts.

And I'm not the only one who thinks so.

"The charm of the Village is fantastic," said Blinn. "[I] can definitely see it becoming a hot spot like Adams Avenue. La Mesa Boulevard and its side streets would be ideal for hosting a new Street Scene — one that is more like the original ones held in Downtown San

Diego before all the corporate [expletive] ruined them."

"I would say that La Mesa Village would be a great place for street fairs, since so many people already seem eager to come out on the weekends," said Ezekiel Jay. "If La Mesa focuses on the more family, mature demographic, I really think it can pull some big crowds and become the new Normal Heights."

So it looks like my journey has come full circle right on time. I moved back to La Mesa this month — excited to be even closer to family, in walking distance to a selection of entertainment and eateries, and, hopefully, coming home just in time to see this music scene really take off.

Blinn, a seasoned San Diego musician, summed it up well:

"My hope is that things continue to progress for music and the arts in La Mesa, but never gets too big to where it loses its small town vibe."

—Jen Lothspeich is a wine-drinking, cat-cuddling native La Mesan who dreams of writing a best-selling true crime novel. Find her on Twitter at @Jen\_Evel.■



The Blonde Bombers perform on the back patio of BLVD Noodles, one of La Mesa's new restaurants offering live music entertainment.

Where to see live music in and around La Mesa with upcoming show selections

**The Bancroft**  
9143 Campo Road  
(Spring Valley)  
bancroftbar.com  
Nov. 18: Spice Pistols,  
Schizophonics and Pony  
Death Ride

**Bolt Brewery**  
8179 Center St.  
boltbrewery.com  
Oct. 20: Camino Paz

**BLVD Noodles**  
8325 La Mesa Blvd.  
blvdnoodles.com  
Oct. 7: Heather Nation

**De Oro Mine Co.**  
9924 Campo Road  
(Spring Valley)  
deoromineco.com  
Oct. 6: The Homesick  
Hitchers

**Helix Brewing Co.**  
8101 Commercial St.  
drinkhelix.com  
Oct. 6: Hank Easton

**The Hills**  
8758 La Mesa Blvd.  
thehillspub.com  
Bands play Saturday  
afternoons

**Hoffer's Cigar Bar**  
8282 La Mesa Blvd.  
hofferscigar.com

**Hooley's La Mesa**  
5500 Grossmont  
Center Drive #247  
hooleys.com  
Sept. 30: Sara Petite

**La Mesa Wine Works**  
8167 Center St.  
lamesawineworks.com  
Sept. 29: The Sock Monkeys

**Public Square  
Coffee House**  
8278 La Mesa Blvd.  
publicsquare.coffee  
Oct. 27: Manganista

**Riviera Supper Club**  
7777 University Ave.  
rivierasupperclub.com  
Oct. 14: Tori Roze & The  
Hot Mess

**San Pasqual Winery  
Tasting Room**  
8364 La Mesa Blvd.  
sanpasqualwinery.com  
Oct. 28: Stage IV Jazz

**Sheldon's Service Station**  
8401 La Mesa Blvd.  
ssslamesa.com  
Oct. 21: Ezekiel Jay

**Wong's Dragon Room**  
7126 University Ave.



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# An unexpected lesson

Gen-X in a  
millennial world

Genevieve  
Suzuki



As citizens of the World Wide Web, we’ve never been so vulnerable to depression than we are today.

We are all privy to the latest news, thanks to our smartphones and social media accounts. We know about acid attacks in Paris almost immediately after they occur and about North Korea’s latest missile launch over Hokkaido, Japan.

My early morning routine these days begins with me scanning Twitter to see what’s going on in our nation. By the time I’m out the door to work, I’ve already read about Russian threats to democracy, the most recent outrageous thing the U.S. president has done or tweeted, and whatever natural disaster is looming ahead.

It’s easy to feel overwhelmed.

Last month, however, I was reminded by how important it is to be present in my own life and to relish any opportunity to spend time with loved ones.

In 2014, my daughter, a kung fu student of White Dragon of La Mesa, wanted to compete in a tournament in San Francisco. She was 5 and also hadn’t learned her entire technique, but the optimist in me believed her when she promised she could do it within a couple of weeks.

Gritting my teeth at prices while I booked the expensive trip, I told myself it would be worth it — and it was, although not the way I thought it would be.

In fact, what began as a costly trip wound up being priceless.

My husband Derek’s Uncle Cary and Auntie Carol lived in San Francisco. They had been happily married since 1966 and always welcomed us when we visited.

Uncle Cary, a kung fu film aficionado, was especially excited to learn about Quinn’s tournament. He and Auntie Carol insisted on attending

and taking us to dim sum afterward.

During Quinn’s routine at the tournament, I felt bad when I realized she would not be able to win a top medal. After all, she never learned the entire technique. “Oh man, she’s so not ready. We shouldn’t have done this,” I said.

“What do you mean?” Uncle Cary asked. “She looks great! It’s enough that she competed and gave it her best effort!” His pride in my daughter woke me up. He was right, I admitted. I needed to appreciate that she wanted to travel to San Francisco just to be in the contest.

Later that day we enjoyed a delicious meal and a day trip to Golden Gate Park with Uncle Cary and Auntie Carol. We didn’t know it would be the last time we would see them together.

Uncle Cary unexpectedly died a few short months later in January 2015 and in August of this year, Auntie Carol joined her best friend and love of her life.

It rocks me to think of how lucky we were to spend time with them before they were gone. Uncle Cary’s words still resonate within me these days.

Because Quinn’s desire to be present is something to which we should all aspire. It was enough for her to be there and be counted.

So when you’re like me, feeling as though the weight of the world’s news is on your shoulders, take Uncle Cary’s advice and re-shift your focus on the positive, even if it means unplugging from social media for the day. There’s enough around to lift your spirits if you give yourself a chance to appreciate it.

—Genevieve A. Suzuki is a local attorney who lives and works in La Mesa. Her website is [socalfamilylawyers.com](http://socalfamilylawyers.com). ■



(l to r) Auntie Carol, Quinn Suzuki and Uncle Cary (Courtesy Genevieve Suzuki)

## ► Briefs, from page 16

in advance of its annual La Mesa Home Tour which will be held on Nov. 4. “La Mesa’s ‘Brigadoon’: The History and Architecture of La Mesa Highlands” will discuss this hidden gem neighborhood of La Mesa.

LMHS historian Jim Newland will make a presentation on the history of the La Mesa Highlands and its eclectic cultural landscape. Modern San Diego website host and historian Keith York will then present on the mid-century modern legacy of La Mesa, including architect C.J. Paderewski and builder George Eckel, whose projects will be featured in the Nov. 4 home tour.

The roundtable discussion will be held Saturday, Oct. 28 from 10 a.m. to noon at the Grossmont Healthcare District Conference Center Auditorium, 9001 Wakarusa St. in La Mesa. The event is free to LMHS members and \$5 for non-members.

The LMHS Home Tour will be held on Saturday, Nov. 4 from 9 a.m. to 3 p.m. Tickets are \$25 to \$30 for members and \$40 to \$45 for non-members.

For more information or to purchase tickets, visit [lamesa-history.com](http://lamesa-history.com).



Grossmont Healthcare District presents a check for \$20,000 to East County Transitional Learning Center. (Courtesy GHD)

**Grossmont Healthcare District donates rides to medical appointments**

The Grossmont Healthcare District (GHD) has awarded a \$20,000 grant to the East County Transitional Living Center (ECTLC) to provide transportation to medical and dental appointments for some of the 400 men, women and children who are served daily by ECTLC, an El Cajon-based community services nonprofit.

“We are grateful for the support of the Grossmont Healthcare District because transportation service is critical to our families; most of them do not have either a vehicle or the money for gasoline,” Harold

Brown, ECTLC CEO/president said. “Some of our clients require multiple visits to treat a certain condition. We believe that establishing regular care with a doctor and dentist can be significant towards our program’s goal of restoring lives. With regular medical care, we can improve health and avoid chronic illness, plus reduce the number of emergency room visits and ambulance trips.”

Brown said the GHD funds will be applied towards the purchase of a seven-passenger van to replace an aging 1997 Nissan automobile that has been in use over the past five years.

Since 2009, ECTLC has operated a converted hotel on East Main Street in El Cajon as an emergency temporary shelter to homeless families, as well as people needing transitional housing. The hotel has 101 rooms, some of them are assigned for maximum 28-day stays for people once living on the street. Other rooms are allocated for families so they can avoid living in their cars or in the homes of others while they save money for deposits and first-and-last-month’s rent, and

See BRIEFS page 20

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# PUZZLES

ANSWERS ON PAGE 4

**SUDOKU**

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle.

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

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## CROSSWORD Comedy Routine

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17					18						19			
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59					60					61				
62					63					64				
65					66					67				

CREATORS NEWS SERVICE By Charles Preston

- ACROSS**

1 TV station guides  
6 Seaweed  
10 Inspires wonder  
14 Maltreat  
15 Arrow  
16 \_\_\_ Cosby  
17 Prop of early slapstick movies  
19 Mythological Icelandic giant

20 \_\_\_ boy!  
21 Goddess of the rainbow  
22 Extremely pale  
23 Gifted  
26 Question  
27 Dilates  
29 Veins  
31 Beverage  
32 Beast of burden  
33 Puzzles

36 Burdens  
38 Labors  
39 Indicate  
42 Greek letter  
44 Statute  
45 Throw  
46 River banks  
48 Star performer  
50 Told  
52 School grades

54 Passport endorsement  
55 Egyptian goddess  
59 Perfection  
60 Competitor  
62 Singer Dorothy \_\_\_  
63 Trick  
64 Nymph  
65 Legislators: abbr.  
66 Belgium river  
67 Zeal
- DOWN**

1 Large rodent  
2 Border on  
3 Strong blast of wind  
4 Property  
5 Ocean  
6 Lecture  
7 Soft fur  
8 Cartilage  
9 Consumed  
10 Arabian garments

11 The way to greet each day  
12 They: Fr.  
13 Steal away  
18 Small streams  
22 Extra ingredient  
24 Northernmost citizens  
25 Long period of time  
27 Wild plum  
28 Universal object of abuse?

30 Self-esteem  
31 Priestly vestment  
34 Exclamation of sorrow  
35 Pt. of the compass  
37 Mythical legal character  
40 Uncle Tom's charge  
41 Jittery  
42 Daub  
43 Bristles

47 John C. Quinn, e.g.  
48 Accumulate  
49 Hiding place  
51 Hair preparation  
53 Florida islands  
56 Arabian king  
57 Asian case  
58 Ado  
60 Don't \_\_\_ For Me, Argentina  
61 Wild sheep of India



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# Multiple sports may mean fewer injuries

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Kids who play sports can reap many benefits, including improved physical fitness, development of athletic skills, team-building and, of course, fun. Student athletes who excel at a sport may even qualify for college athletic scholarships, which may tempt both kids and their parents to focus on a single sport, such as soccer, football or baseball.

However, some pediatricians and sports medicine experts believe that specializing in one sport may put young athletes at risk of both physical injuries and burnout, especially if they do so at a young age.

Last year, the American Academy of Pediatrics recommended that young athletes minimize these risks by waiting until age 15 or 16 to focus on a specific sport. In addition, the American Orthopaedic Society for Sports Medicine stated that in most sports, specializing at a young age offers no benefit.

A study published in July in *The American Journal of Sports Medicine* appears to confirm that specialization may increase the risk of injuries among high school athletes by 50 percent. Among the most common injuries were ankle sprains, knee tendonitis, and stress fractures. Students were considered “highly specialized” if they had quit one sport to

focus on another, considered their chosen sport more important, and trained more than eight months a year for their sport.

“Kids today aren’t even regulated as much as pro athletes. The NFL no longer allows twice-daily practices, but they are still done at the high school level,” said Shaun Berger, M.D., a pediatrician with Scripps Clinic Rancho San Diego. “The winning pitcher for the Little League Softball World Series just pitched nearly 500 pitches in eight days, when at her age she should only be pitching 75 pitches a week, including practice.”

**Add variety and rest to the schedule**

Pediatricians believe it is important for young athletes to play a variety of sports, both to avoid overtaxing certain muscles and joints as well as to encourage a more balanced workout. In addition to team sports, kids should have the opportunity to try individual sports such as swimming or martial arts.

Parents should keep in mind that kids may not recognize subtle signs of injury or over-use until the damage has been done.

“If it hurts, your body is telling you something. Resting now can help prevent longer recovery times or even worse injuries in the future,” said Dr. Berger. “Athletes and their parents sometimes want

to play through injuries, but often an injured athlete may actually hurt their team if they can’t make a play because of their injury. Sometimes taking time off to recover can get you back to playing at 100 percent sooner.”

Dr. Berger added that a good rule of thumb for training is to increase intensity, duration or frequency of activity by no more than 10 percent from week to week.

Along with delaying specialization until after puberty and encouraging kids to try a variety of sports, the AAP also offers the following recommendations:

- Discuss the decision to specialize with your pediatrician or family doctor, who can help determine if the child is physically and emotionally ready for the demands of the sport, and offer suggestions to minimize injury.
- If kids are involved in high-level sports programs or clubs, ensure the coaches and trainers are well-qualified to work with youth, and closely monitor the training schedules.
- Encourage young athletes to take one-month breaks from their chosen sport at least three times a year, while still enjoying other activities.

—“To Your Health” is brought to you by the physicians and staff of Scripps Health. For more information, visit [scripps.org/SDCNN](http://scripps.org/SDCNN) or call 619-319-9379.■



Rev.  
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# Back to school: An expanded education at the library

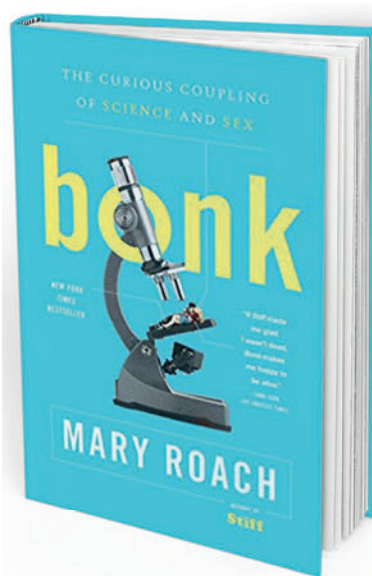


Jake Sexton

School is fully underway for kids and college students. But maybe those of us who are no longer in school should make some efforts to learn as well. Let's read some books to school ourselves.

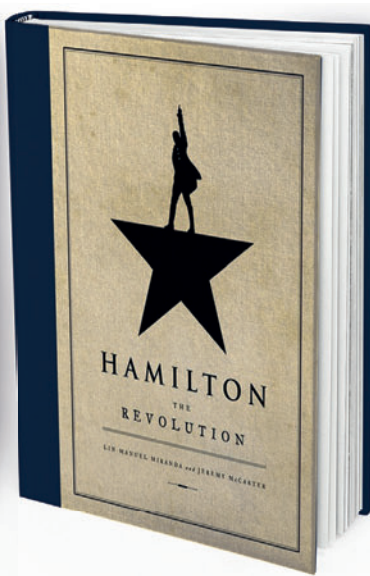
Let's start our English requirement with a book about the history of a famous author. "The Making of Jane Austen" by Devoney Looser is about the popularization of the writer after her death. In the book's introduction, Looser notes that the path from talented writer to posthumous fame was not inevitable, nor was it a straight line. Influential family members, publishers, illustrators, politicians, actors, directors, biographers, all contributed through their praise, comment or disdain, to shape her persona and works into a global phenomenon over the past 200 years.

Moving on to the world of art, we have "Hamilton: The Revolution" by Lin-Manuel Miranda and Jeremy McCarter. While every schoolchild receives a vague introduction to Alexander Hamilton, we often get little sense of him except that he was one of many who looked stately in a powdered wig.



Why it took a hip-hop musical based on the Founding Father to bring his tale to life, I'm not sure, but the play stormed the nation like few other theater productions. For those who loved the play, this book is an expanded version of its libretto, with a detailed account of how the play was conceived, took shape, and threw its captivating tea into America's harbor. Metaphorically. Somehow.

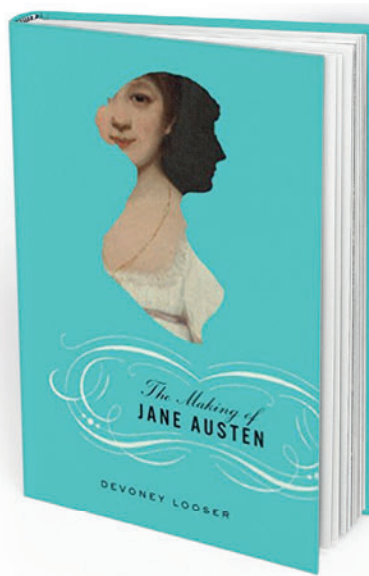
For science, let's delve into the "mad" variety. The field of scientific discovery is not solely about stoics in lab coats making notes on clipboards; it is filled with tales of obsession, politics, war, betrayal and joy. "The Disappearing Spoon: and Other True Tales of Madness, Love and the History of the World from the



Periodic Table of Elements" is author Sam Kean's attempt to make science more exciting and relatable by attaching surprising and shocking anecdotes about the human discoveries of each chemical element.

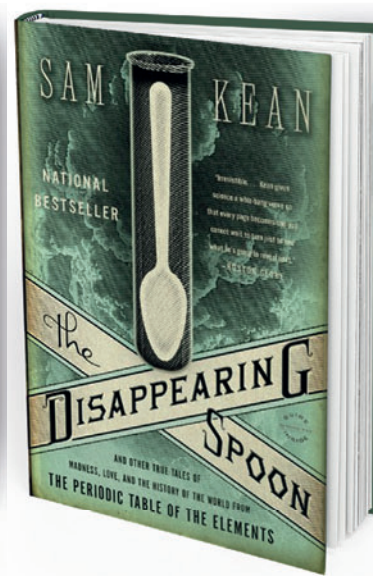
For biology (and a little sex ed), Mary Roach's "Bonk: The Curious Coupling of Science and Sex" explores the exciting/embarrassing/complicated study of "it." The book examines the anatomy, psychology, and chemistry of sex, as well as the pitfalls and awkwardness that accompany focusing on this topic for one's scientific studies. Roach is known for science reporting that is very readable and fun, and this book is no exception.

And for computer science, we'll find a little knowledge



you can use. Author Kevin Mitnick is an expert on computer security because he has been a hacker since his teen years. Young Mitnick was infiltrating computer networks while most Americans were trying to master the technology of the digital watch. He was so misunderstood and notorious that after serving a prison sentence for computer fraud, he was banned from using any technology more advanced than a landline phone.

Now that he can use computers again, Mitnick has started a computer security company, and has written a new book called "The Art of Invisibility: The World's Most Famous Hacker Teaches You How to Be Safe in the Age of Big Brother and Big Data."



You can get the prodigy's two cents on protecting yourself from all manner of identity theft and digital surveillance, a perpetual concern in our too-modern times.

## Library concerts

The La Mesa Library's Second Saturday Concert Series has returned, with new local musicians performing for free every second Saturday at 1 p.m. Our Oct. 14 show is guitarist and hard-to-describe-in-one-sentence songsmith Gregory Martin Campbell.

—Jake Sexton is librarian at the La Mesa branch of the San Diego County Library. Call the library at 619-469-2151; visit in person at 8074 Allison Ave.; or get information online at [sdcl.org](http://sdcl.org).

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FEATURED EVENTS

**SEPT. 27** **La Mesa Conversations Monthly Mixer**  
**Wednesday, Sept. 27**  
Join your neighbors to hear news regarding La Mesa's Climate Action Plan as well as brief remarks from David Harris, Angela Deegan and others. Free. 5:30–7:30 p.m. at La Mesa Wine Works, 8167 Center St. Visit bit.ly/2fyp1kq.

**SEPT. 27** **'AIS Community Programs and Resources'**  
**Wednesday, Sept. 27**  
The Dr. William C. Herrick Community Health Care Library will host a special presentation about Aging and Independence Service (AIS). The program is part of the library's Wellness Wednesdays series. Admission is free and light refreshments will be served. 10–11 a.m. at 9001 Wakarusa St. Visit herricklibrary.org.

**SEPT. 27** **OCT. 4** **OCT. 11** **OCT. 18** **OCT. 25** **Caregiver Support Group**  
**Wednesdays; Sept. 27, Oct. 4, Oct. 11, Oct. 18 and Oct. 25**  
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.

**SEPT. 29** **OCT. 1** **La Mesa Oktoberfest**  
**Thursday, Sept. 29–Sunday, Oct. 1**  
The largest Oktoberfest celebration in San Diego County returns to La Mesa Village. Enjoy classic German treats, a full music lineup, carnival games and much more. All ages welcome. Free. 4–10:30 p.m. on Friday; 10 a.m.–10:30 p.m. on Saturday; 10 a.m.–6 p.m. on Sunday. Visit lamesaoktoberfest.org.

**SEPT. 30** **La Mesa/East County Backyard Produce Swap**  
**Saturday, Sept. 30**  
Join Bancroft Center for Sustainability for their monthly backyard produce swap. Free and family-friendly. 10:30 a.m.–noon at 3845 Spring Drive in Spring Valley. Visit bit.ly/2xcWLxP.

**OCT. 6** **Talk, Q&A and book signing with Steven Gaines**  
**Friday, Oct. 6**

Bestselling author Steven Gaines will talk about his memoir "One of These Things First" at Grossmont Center. The event will include a Q&A, followed by a book signing. Noon–2 p.m. at Barnes and Noble, 5500 Grossmont Center Drive. Contact 619-667-2870.



**OCT. 7** **12th annual La Mesa Park Appreciation Day**  
**Saturday, Oct. 7**  
Join the community to reclaim MacArthur Park. Gather a group to complete a team-building beautification project in the park. Bring a pair of gloves and a rake. Enjoy free barbecue and games after. 8 a.m.–noon at MacArthur Park, 4975 Memorial Drive. Visit bit.ly/2fyJRjO.

**OCT. 12** **The Lions Club Italian Dinner**  
**Thursday, Oct. 12**  
La Mesa Lion's Club invites you to their annual dinner featuring live Italian music, raffle prizes and two auctions. Tickets \$25; \$10 for children 12 and under. 6–8 p.m. at La Mesa Community Center, 4975 Memorial Drive. Email Lion Dave Shaw at shawde@cox.net.

**OCT. 14** **Household Hazardous Waste Drop-off**  
**Saturday, Oct. 14**  
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/2xcMUIy.

**OCT. 14** **Fair Trade Gift Faire**  
**Sunday, Oct. 15**  
Shop for fair trade items like baskets, jewelry, clothing, home décor and more while enjoying fair trade refreshments like teas and coffee at St. Martin of Tours Parish Hall, 7710 El Cajon Blvd., 8 a.m.–1:30 p.m. Call 619-466-32412 for more information.

MUSIC NOTES

**SEPT. 23** **OCT. 7** **OCT. 14** **OCT. 21** **Live music at San Pasqual Winery**  
**Saturdays; Sept. 23, Oct. 7, Oct. 14, Oct. 21**

San Pasqual Winery presents music acts: Andrew Parker Davis on Sept. 23; Ray Bautista on Oct. 7; Andrew Parker Davis on Oct. 14; Eric French on Oct. 21. Seating is first come, first served. No cover. 7–10 p.m. at La Mesa Village, 8364 La Mesa Blvd. Visit bit.ly/2kIRWXx.

**SEPT. 25** **California Note Catchers' guest night**  
**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.

**SEPT. 25** **'Salsa Under the Stars'**  
**Monday, Sept. 25**

Stop by Grossmont College for their first major outdoor concert, featuring dancing and live music. The event is a fundraiser for student scholarships as well as a CD release celebration for music instructor Manny Cepeda. Tickets \$20; \$10 for students. Free dance lessons will proceed the event. 6:30 p.m. at the Main Quad, 8800 Grossmont College Drive. Visit bit.ly/2xbTdMi.



(Courtesy Grossmont College)

**OCT. 5** **OCT. 20** **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:  
• Thursday, Oct. 5: Dokken, 8 p.m.  
• Friday, Oct. 20: The Ohio Players, 8 p.m.

GALLERY VIEWS

**SEPT. 22** **NOV. 3** **Art exhibits at Mission Trails Regional Park**  
**Friday, Sept. 22 through Friday, Nov. 3**

Mission Trails Regional Park will host two upcoming art exhibits. "Five Creative Perspectives" will run Friday, Sept. 22 through Friday, Oct. 6 and "Fields of Color" will run Saturday, Oct. 7 through Friday, Nov. 3. Free admission. The exhibits are 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.

**SEPT. 24** **OCT. 9** **OCT. 22** **La Mesa Craft Corner**  
**Sundays; Sept. 24, Oct. 9, Oct. 22**

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.

**OCT. 18** **Golden Acorn Casino Trip**  
**Wednesday, Oct. 18**

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 non-members. 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

**OCT. 21** **Howl-O-Ween Hounds**  
**Saturday, Oct. 21**

San Diego Animal Support Foundation's second annual Halloween adoption event features hundreds of dogs from dozens of rescues and shelters. Meet pets available for adoption, learn more

**SEPT. 30** **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.

**OCT. 7** **NOV. 2** **Art exhibit at Foothills Art Association**  
**Saturday, Oct. 7–Thursday, Nov. 2**

Elsiemae Florence Salter Cleeton, a San Diego native, will be the featured artist of the month and have her work shown at the Foothills Art Gallery. Elsiemae is known for a specific drawing and watercolor technique that she developed. A reception will be held on Oct. 14 at 2–4 p.m. The exhibit will be shown at the Foothills Art Gallery, Porter Hall, 4190 Memorial Drive. Visit bit.ly/2xdtpiY.

STAGE CUES

**SEPT. 29** **OCT. 8** **'Anon(ymous)' at San Diego State University**  
**Friday, Sept. 29–Sunday, Oct. 8**

SDSU kicks off their fall season with a play by Naomi Iizuka based on Homer's classic Greek poem "The Odyssey." Tickets \$20; \$17 for students, seniors and military. 7:30 p.m. on Thursday–Saturday; 2 p.m. on Sunday. SDSU's Experimental Theatre, 5500 Campanile Drive. Visit bit.ly/2xd3FTL.

**OCT. 5** **OCT. 14** **'Love, Sex and the IRS' at Stagehouse Theatre**  
**Thursday, Oct. 5–Saturday, Oct. 14**

Grossmont College presents a dizzying modern farce. When two straight male musicians out of work attempt to file their taxes as a married couple, hilarity ensues. All ages. Tickets \$10–\$15. 7:30 p.m. on Thursday–Sunday; 2 p.m. on Saturday. Grossmont College Stagehouse Theatre, 8800 Grossmont College Drive. Visit bit.ly/2xcKgCA.

**OCT. 13** **NOV. 5** **'The Tin Woman' at Lamplighters Theatre**  
**Friday, Oct. 13–Sunday, Nov. 5**

Lamplighters Community Theatre presents a dramatic comedy about a woman who tracks down the family of her late heart transplant honor. 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.



ON FILM

**OCT. 4** **OCT. 8** **San Diego International Film Festival**  
**Wednesday, Oct. 4 through Sunday, Oct. 8**

The San Diego International Film Festival (SDIFF) – a major stop on the independent festival circuit – is back. The annual event features film screenings, panels, celebrity guests and special events. Buy passes and tickets at bit.ly/2eU3l1q. Various times and locations. Visit bit.ly/2eSPWqg.■

about fostering or opt to volunteer. Free vet advice and refillable pet waste bags will be provided for adopters. 11 a.m.–3 p.m. at Grossmont Center, 5500 Grossmont Center Drive. Visit bit.ly/2xcdj9n.

**OCT. 21** **OCT. 22** **Borrego Days Desert Festival**  
**Saturday, Oct. 21 and Sunday, Oct. 22**

Head to the desert for a weekend of free, family fun. Borrego Day's "Timeless Borrego" festival and parade features floats, automobiles and local marching bands. After the show, enjoy music, food and art, as well as the Kid's Carnival. 10 a.m.–5 p.m. on both days. Visit BorregoDays.com or call 619-233-5008.■



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Mt. Helix SOLD



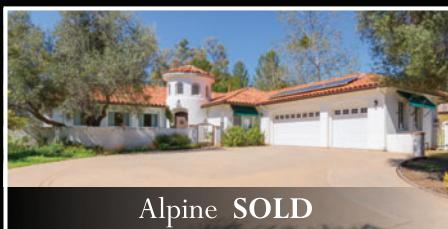
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Mt. Helix SOLD



Steele Canyon SOLD



Alpine SOLD



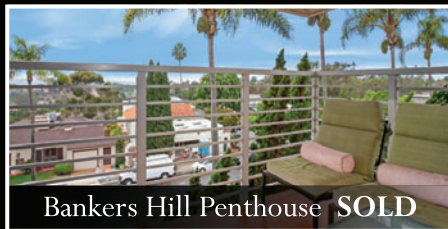
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Bonita SOLD



Vista New Construction SOLD



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Lakeside SOLD



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La Mesa Village SOLD



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La Mesa Village SOLD