



Follow us on  
Facebook and Twitter  
sdcnn.com



# La Mesa COURIER



Check out local events  
in our new calendar  
Page 23

## INSIDE THIS ISSUE

### FEATURE Serious film



La Mesa Conversations presents films  
on homelessness. Page 2

### EDUCATION The greatest



Helix homecoming brings the carnival  
flair. Page 12

### FOOD & DRINK Buan cibo



Cucina Basilico serves up fresh Italian in  
La Mesa. Page 15

### NEWS Highlanders



La Mesa Historical Society tours the  
homes of La Mesa Highlands. Page 17

### ALSO INSIDE

Opinion	6
Politics	7
Classifieds	18
Health	21
Books	22
Calendar	23

### CONTACT US

Editorial / Letters  
(619) 961-1969  
jeff@sdcnn.com

Advertising  
(619) 961-1958  
mike@sdcnn.com

www.sdcnn.com  
San Diego Community News Network



(l to r) Ken Kessler and Brian Bennion take EMF readings at a gravesite in the El Campo Santo Cemetery. (Photo by Jeff Clemetson)

## SPIRITUAL SHOP HOSTS EVENTS ON GHOST HUNTING AND MORE

Jeff Clemetson  
Editor

Spirits, specters, ghosts — everyone loves sharing their favorite stories about them around the campfire. But what if they are more than mere stories in your life? What can you do to protect yourself? What kind of evidence of their existence might be out there?

These are the questions a unique, new program called “Paranormal Investigations” at Myztic Isle, a spiritual shop in the La Mesa Springs shopping center, seeks to answer.

Psychics Georgia Vlahos-Ravenhawk and Ken Kessler along with paranormal investigator Brian Bennion came up with

the three-part series — a class on psychic protection from ghosts, a class on how to use devices to investigate ghosts and a field trip to do an investigation. The inaugural class investigated Old Town San Diego’s Whaley House, El Campo Santo Cemetery and Cosmopolitan Hotel on Oct. 15.

### Psychic protection

The paranormal instructors — as well as many of the participants in the classes — said they have experienced contacts with spirits, sometimes unwanted ones.

Vlahos-Ravenhawk said she started feeling “presences” in her late teens when she would visit historical sites in her native New Jersey. But it was when she moved into a

200-year-old “very haunted house” with her now ex-husband that she realized she needed to learn how to deal with them.

“I’ve always been a magnet for ghosts, and a reluctant one,” she said. “I think everybody has had some kind of experience — some of us get a lot more.”

Kessler, who led the class on psychic protection, said he was a complete skeptic about the paranormal and “always thought there was a trick or scam behind it” until an experience handling a pendulum that moved on its own began changing his mind.

“I had more experiences; it wasn’t just a rock and a string that changed everything, but that’s where it started,” he said.

See PARANORMAL page 20 →

## Medical marijuana regulations finalized

City prepares for  
permitted dispensaries,  
increases closures  
of illegal ones

Jeff Clemetson  
Editor

When La Mesa voters passed Measure U in November 2016 — allowing for permitted medical marijuana dispensaries, personal possession of medical marijuana and personal cultivation

See DISPENSARY page 4 →



La Mesa City Council hears a presentation by the city attorney on shutting down illegal medical marijuana dispensaries. (Photo by Jeff Clemetson)

## Briercrest breaks ground

Jeff Clemetson

On Sept. 26, a long-time goal of the city to develop the property at 9000 Murray Drive came to fruition at a groundbreaking ceremony for Briercrest of La Mesa — a senior living center that will be built there.

“Over the last two years we’ve been working with the city to establish a public-private partnership to get this project underway and we’re extremely excited about getting shovels in the ground and starting to make some progress here,” said Andy Plant, president of Westmont Living.

The groundbreaking ceremony was the culmination of a years-long process by the city to develop the vacant, 3-acre site adjacent to Briercrest Park and the Grossmont Health Care District headquarters. La Mesa is partnering with Westmont by leasing the property for 55 years, charging \$415,000 per year for four years and increasing that amount by 3 percent a year for the remainder of the lease.

“The total amount of fixed rent paid to the city over the 55-year term of the ground lease is estimated at \$50 million, or a net present value of nearly \$10 million,” said Chris Gonzales, community development program coordinator for the city. “The city will allocate 20 percent of the annual rent payment toward the cost of maintaining Briercrest Park, the public park adjacent to the project. At the end of the 55-year ground lease term, the land and improvements will revert to the city.”

Westmont will make the payments for the rights to build Briercrest of La Mesa — a 130,000-square-foot, three-story retirement community that will house 150 residents and provide both independent living and assisted living, including memory care.

See BRIERCREST page 11 →

Visit us online at  
**LaMesaCourier.com**

Like us on Facebook:  
Facebook/LaMesaCourier  
Follow us on Twitter:  
@lamesacourier

**La Mesa Courier**  
INSIDE THIS ISSUE  
City approves new plan for Collier Park

**La Mesa Courier**  
INSIDE THIS ISSUE  
City approves new plan for Collier Park

**La Mesa Courier**  
INSIDE THIS ISSUE  
City approves new plan for Collier Park

**ALLISON LANDSCAPING**  
Family Owned & Operated Since 1974

**Jim Allison • Jeff Allison**  
Cell (619)454.3137 • Cell (619)454.2831

WEB: **www.allisonlandscapes.com**  
EMAIL: **allisonlands@aol.com**  
OFFICE: (619)286.2380

Ca-lic. #611180

# Face of the homeless

Man shares his story of homelessness in 'Tony – The Movie'

Lucia Viti

Tony Rodriguez is an intelligent and articulate man. The San Diego native is described as humble, kind, compassionate, loyal and creative. Sporting an associate's degree in graphic arts from Mesa College, Tony draws, paints and assembles sculptures made from discarded items. Tenacious and handy with tools, he can even fix a bicycle "in a heartbeat."

Five years ago, Tony lost his job as a waiter, despite a 15-year tenure. Lacking financial and familial support, he could no longer afford his basement apartment. Homeless, Tony said he learned to survive living on the streets because it was "easier than living in shelters."

For the record, Tony is not — and never has been — an addict or an alcoholic. And he doesn't suffer from a mental illness. Gaming the bureaucratic system is also out of the question: He has never applied nor received a single disability check.

One morning, a well-dressed "professional" woman walked by Tony "looking directly at me." Since most people avoid eye contact with the homeless, Tony felt buoyed. In his world, a "normal interaction between two people" rarely occurs. In passing, she leaned into Tony and whispered into his ear: "You bum."

"I literally fell to my knees," he said. "She got me. She tore into my soul. This was intimate and it hurt."

One individual tried to poison Tony, another offered him a sandwich filled with glass shards, while another gave him a sandwich oozing with the hottest sauce "you could ever imagine." And yet, despite people "wreaking havoc to beat you down," Tony overwhelmingly believes that most people are generous and kind.

"And that," Tony said, "is what I choose to focus on."

Today, he is the star of his poignant story, "Tony – The Movie."

"It's bizarre to be filmed," he said. "At times I felt like a star until the seriousness of the issue weighed in. You quickly realize it's not all fun and games."

### A filmmaker with a mission

Hobbyist filmmaker Dennis Stein will show the documentary on Oct. 30 La Mesa First Methodist Church in an effort to "jumpstart a community discussion on our region's homelessness crisis." The event will also feature "Shine," an animated short film from Father Joe's Villages as well as a panel discussion with Stein, Rodriguez, Pastor Elbert Kim and others as part of the La Mesa Conversations series. The event is free but a \$56 donation is encouraged.

Filmed in 2016-17, the biopic on Tony is also an exposé for

implementing solutions to San Diego's pervasive homeless issue. America's Finest City ranks fourth in homeless overall, and second in the number of homeless veterans.

"Tony's story highlights the need to support the homeless," Stein said. "Chronic and challenging, the issue of homelessness in San Diego is not being properly addressed. Filming the struggles of life on the street made me question: Why is it like this? What changes can we make? 'Tony – The Movie' focuses on the importance of supporting solutions based on what does and doesn't work."

"Housing first" is the underbelly of the documentary's message. Stein advocates a regional plan emanating from San Diego's political affiliates and elected officials including mayors, county supervisors and City Council members, to replace programs that serve only as bandages and not resolutions.

"Housing first is not only key, housing first works," he said. "A percentage of San Diego's 9,000 homeless have endured underserving challenges. Others ride the system. But how can we judge those who deserve help and those who don't? It's impossible. Judgment leaves people on the streets without solving the problem. Non-judgment houses people.



Tony, a local homeless man who is the star of the documentary, "Tony — The Movie," shows off one of his paintings. He has an associate's degree in graphic arts. (Courtesy of the artist)

Would you rather house the homeless or step over them on your doorstep?"

According to Stein, transitional housing cost \$36,000 per year and often loses participants who can't adhere to program rules. Tenting — shelter tents — costs \$6,000 a year per person.

"Why not spend that money to house people so they can efficiently accept help and get their lives back together?" Stein said. "Government research shows that housing first is the most effective long-term solution to homelessness. The public should visit the East Village, become outraged and demand an immediate response. San Diegans can make it politically infeasible for our elected officials not to implement housing first."

### Priced out of housing

Facing a "tsunami of rising costs," Tony explained how San Diegans "living on the edge of homelessness" are often

priced out of their apartments. Residents get evicted without being offered alternative housing. And yet, Rodriguez remains sympathetic to the public's understanding of housing first.

"I understand how many view housing first as unfair," he said. "Families pay hundreds of thousands of dollars for their homes and now we want them foot the bill to house the homeless. But what does it say about our society if we let anyone — especially the mentally ill — live outside? I know an elderly man who sits on the pavement rocking a huge teddy bear. He's dirty. The teddy bear's dirty. It rains and people simply walk by. How can we as a society turn our backs?"

Job hunting is also impeded by a lack of housing.

"You need a place to live in order to look for a job," Stein continued. "You can't wake up

See **HOMELESS** page 3 —————>

## ALVARADO HOSPITAL MEDICAL CENTER Nationally recognized for orthopedic surgical excellence.



Look no further than the award-winning **Advanced Spine & Joint Institute** at Alvarado Hospital if you are seeking treatment for orthopedic issues. Our physicians are recognized nation-wide for their expertise in spine, joint, and hip care. And we are also well-versed in the latest techniques in robotics-assisted surgical procedures for total and partial knee replacement.

Visit the Advanced Spine & Joint Institute's page on the Alvarado Hospital website (AlvaradoHospital.com) to learn all we have to offer. It's our business to find solutions to your pain.



**Alvarado Hospital  
Medical Center**

Advanced Spine & Joint Institute

Member of Prime Healthcare

## NEWS BRIEFS

### Oasis named finalist in Nonprofit Pitch Fest

San Diego Oasis, a nonprofit organization with office locations in La Mesa and Escondido, was named a finalist in ESET's Nonprofit Pitch Fest.

Nonprofit organizations submitted essays on how their program would contribute to the next 30 years of innovation in their community. Out of more than 30 U.S.-based nonprofit organizations, San Diego Oasis was selected and will be awarded a \$2,000 prize. ESET (eset.com), which has been developing industry-leading IT security software and services, held the contest to help usher in its 30th anniversary.

"We are honored to be recognized and selected by ESET as a finalist amongst the wide range of worthy nonprofit organizations throughout the country who participated in

the Nonprofit Pitch Fest," San Diego Oasis president and CEP Simona Valanciute stated in a press release. "San Diego Oasis offers numerous technology classes at locations throughout San Diego County as a means of empowering those over the age of 50 to effectively use today's technology, and is especially pleased to be bringing a free Technology Fair to its members on Saturday, Nov. 11 at our Oasis location in La Mesa."

### MTS increases security

Last month, the San Diego Metropolitan Transit System (MTS) upgraded its Security Staffing Plan to make the system safer by restructuring the composition of MTS' security personnel and making changes to their deployment schedule.

See **BRIEFS** page 10 —————>

► **Homeless**, from page 2

dirty and need to move and guard your possessions while making interviews and appointments. Housing first, jobs second.”

“How can anyone have the mental space to find a job when you’re constantly running from the cops?” Tony said. “Cops beat me down. I’m not a criminal. I don’t do drugs. I don’t steal. But I run from cops. Every. Single. Day. ‘Move along,’ they say, ‘we just got a call.’ ‘How could you get a call, we just got to the coffee shop? Just let us sit and buy coffee.’

“Bicycle cops move you all day long,” he continued. “Well, there’s no place to sit on the street. You’re constantly on the go, spinning your wheels and getting nothing done. You’re beaten down and beaten down, another nail in the coffin of your self-esteem. Getting back on your feet requires help from a mentor or a support group. I can’t do this on my own.”

Police enforcement remains a tenuous issue. The city of San Diego was cited and successfully sued for ticketing people who slept on the streets. Individuals now have the right to sleep on “certain streets” unless an alternative is provided. Ticketing is no longer allowed between 9 p.m. and 5 a.m. unless subjects engage in illegal activity or disturb the peace. However, street dwellers must be gone by 5:30 a.m. or they face jail or losing their possessions.

Moving possessions is “tough.” What *can* be stolen is housed in wagons and carts, covered by sleeping bags, blankets, even a carpet and secured with large chains. What *can’t* be stolen is carried — phone, charger, flashlights, keys, art supplies and basic tools to fix bikes and cut wood. Rodriguez had a storage unit but was “booted out for a nonsensical reason.”

“In other words, you’re homeless, you don’t fit in and you’re not welcomed,” he said. “The same thing happened at the dog park. Another nail in the coffin of destroying self-esteem that we suffer every day.”

Tony spoke of the common misconceptions surrounding homelessness, which is made worse because “homeless people are generally secretive.”

“Homeless people are no different that you and I,” he said.



Tony lost his job, and then his home. He now lives on the streets of San Diego. He tells his heartbreaking story in the documentary, “Tony — The Movie,” showing Oct. 30 at La Mesa First United Methodist Church as part of the La Mesa Conversations series. (Screenshot from the movie)

“Bureaucrats like to rope us in with criminals. Yes, there’s a criminal element just like there’s a criminal element in every society. Good and bad people exist everywhere.”

Tony shares a “symbiotic” relationship with his girlfriend Ginger and their dog, Bambi. “Working together to protect their possessions,” he said their day begins with canning and dumpster diving, “an arduous full-day endeavor.” Money is used to purchase food, cigarettes, towelettes (since there are no showers) and sundries required to live on the streets. Dumpster items are often used for “trade.”

“I *never* ask for money,” Tony said. “I never ask for anything. I find it offensive.”

Stein affirmed that: “Tony never asks for anything because he doesn’t feel like he deserves anything.”

“I left one society and became a member of the homeless society,” Tony said. “I don’t choose to be here, but it’s where I am. I tread water to survive. I need help, but not forever. I want to live in the other society. But I need a place to stay. I need counselors. Something within me has changed. Going back to that life is very, very ... I’m stressed at starting my life over from ground zero at almost 60. I’m from the bottom of society. I have no car, no house, no kids. I’ve never been married. But I must find a peace, an identification with rejoining society because street life is survival in no man’s land.”

Ultimately Tony hopes to live with Ginger and Bambi and work as an artist. “Even a garage will do.” But at the moment nothing’s changed. He works odd jobs for Stein, while Ginger watches their things.

**‘Tony — The Movie’ & ‘Shine’ (short film)**

Movie screening and panel discussion  
Monday, Oct. 30  
La Mesa First Methodist Church  
4690 Palm Ave.

5:30 p.m. — Registration and buffet dinner  
6 to 8 p.m. — Films, followed by panel discussion  
\$5 suggested donation  
Movie trailer — [tony-themovie.com](http://tony-themovie.com)  
Short film — [bit.ly/2imeayw](http://bit.ly/2imeayw)

“I like to work,” he said. “I work every day. But I’m so beaten down, I can’t promise an employer that I can work full time. I’m impeded by physical and emotional reasons, including depression. I can begin with part-time employment and flexible hours.”

Tony also spoke of the importance of his faith.

“I connect with my God,” he said. “He answers prayers. I’ve prayed for direction. I’ve prayed for the second half of my life to be worthwhile. This part of my life’s a mess. I’m wasting my talents. I have regrets, but nothing to hide. Working with Dennis was an answer to a prayer, an opportunity to create positive change.”

Transformed by the filming experience, Tony plans to continue to champion housing first. Stein added his own commitment.

“I know too much now,” he said. “I’m involved.”

—Contact Lucia Viti at [luciviti@roadrunner.com](mailto:luciviti@roadrunner.com). ■

**27 Ways to Drive Up the Sales Price of Your Home**

La Mesa - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life, and once you have made the decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here’s a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called “27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar.” It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

In this report you’ll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1023. You can call anytime, 24 hours a day, 7 days a week. Get your free special report NOW.

Courtesy of Dan Smith Re/Max Lic. 01346593

**Hearth House**

*Established in 1982, New Owners Peter and Amy Luster*

**Personal Pitchers served all day!**

**35<sup>th</sup> Anniversary Party**  
**November 11, 2017**  
**COME JOIN US IN CELEBRATING!**  
Party starts at 2:00pm and ends at 7:00pm  
**FREE FOOD, DRINK SPECIALS**  
LIVE MUSIC featuring the world famous “Lookouts” playing their favorite hits from the 60’s, 70’s and 80’s.

**Featuring:**  
12 Brand New Taps  
Two New Pool Tables  
Karaoke weekends  
Football Package  
Smoking Patio

**Happy Hour Daily 10am-7pm**

5505 Jackson Drive La Mesa, CA 91942  
619-462-1103  
[www.hearthHousesd.com](http://www.hearthHousesd.com)

**San Diego's Best Value for Professional Golf Instructions...**

**Just \$79 per month!**

**The LEARNING Center at**

  
**RIVERWALK GOLF CLUB**

**The FLEX Program**  
**Monthly Golf Education**

For More Information contact:  
**Director of Instruction,**  
**Travis Ordonez**  
[doi@riverwalkgsc.com](mailto:doi@riverwalkgsc.com)

[www.riverwalkgsc.com](http://www.riverwalkgsc.com)  
1150 Fashion Valley Rd, San Diego, Ca  
**619-296-4653**

**STOP OVERPAYING FOR CABLE!**  
**Service for only \$25 a month!**

**TeQ I.Q. Internet - Secure**  
Stay on top of the hacking epidemic with first-class internet security features for home and business.

**TeQ I.Q. TV Cut The Cable Bill**  
Great TeQnology to watch 1000's of movies & TV shows.  
**RISK FREE 30-DAY TRIAL & NO CONTRACT!**

**TeQ I.Q. Phone Home & Business**  
Has all the features you want and **NO CONTRACT!**

**TeQ I.Q. Mobile Cell Phone & Hotspots**  
**1st month FREE and NO CONTRACT!**

**LOCALLY OWNED AND OPERATED • 15 YEARS OF SERVING SAN DIEGO**  
**We are here for you 24/7 Hassle-Free Support!**

**“ WATCH WHAT YOU WANT, WHEN YOU WANT IT! ”**

  
**619-378-4100 • Code: TeQIQLMC**    [support@teqiq.com](mailto:support@teqiq.com) - [www.teqiq.com/app](http://www.teqiq.com/app)

Tech Repair - TV - Mobile - Internet - Phone - Global Cell Phone - Hotspots



# Hilltop housing development in the works



An artist rendering of a home design for La Mesa Summit Estates (Courtesy The Phair Co.)

Jeff Clemetson  
Editor

An empty lot on a hill in La Mesa will soon become an exclusive, gated community of 30 homes on a private street, developed by The Phair Co.

Named the La Mesa Summit Estates, the houses will be built on a 10-acre parcel located at the top of Eastridge Drive, south of the intersection of Monte Drive.

“Every home in La Mesa Summit Estates will have spectacular views of the ocean and the Coronado Islands, Downtown San Diego, Point Loma, Mt. Soledad, Cowles Mountain, the Cuyamacas, or Table Top Mountain in Mexico,” said Austin Dias, a partner in the development.

The Phair Co.’s plan is to build a mix of four- and five-bedroom houses that will include a “multi-generational” suite — a second master bedroom with full bath, kitchenette and laundry area — for grandparents or adult children “to live in a supportive extended family environment, but at the same time have a feeling of independence,” Dias said.

Another feature of the houses will be front porches, designed to enjoy the views.

“Front porches foster interaction between neighbors, helping to build a sense of

community,” Armida Torres, project manager for The Phair Co. said, adding that the central location of the project will put residents there in the middle of La Mesa.

“The Helix High Charter School and La Mesa Arts & Music Academy are only three blocks away, providing a quality education for the children of families purchasing a home in La Mesa Summit Estates,” Torres said.

The houses, which will be priced in the mid-\$900,000 range depending on lot size, will also be built environmentally friendly and include renewable and sustainable materials, energy-efficient HVAC systems with Wi-Fi remote control programmable thermostats, tankless water heaters, roof-top solar, plumbed for gray-water use in landscaping, xeriscape drought-tolerant landscaping, wood floors made from farm-raised wood (no old-growth lumber), hypoallergenic carpets made from recycled materials, Energy Star-rated appliances, non-VOC paints, roof-radiant barrier insulation, double-paned windows with UV coatings, high R-value wall insulation, and an electric car charging station in each garage.

Dias predicts the energy efficiency of the houses will save buyers around \$300 a month. There will also be no Mello Roos fees, which typically cost

\$400 a month for comparable homes.

“We like to call this \$8,400-a-year savings the ‘La Mesa Summit Estates Vacation Fund,’” Dias said. “When a family buys a new Earth-friendly and energy-efficient home without Mello Roos fees, the savings of \$8,400 a year amounts to a free family vacation each year, year after year”

Right now, the lot is empty as the project winds its way through the city’s entitlement process, but The Phair Co. president Jeff Phair said he expects to get final approvals and start construction in approximately eight months from now.

In the meantime, Phair wants to get feedback on the project before construction begins.

“Is the bedrooms and baths what buyers want? Is there a need for a formal dining room? It is important to get feedback from potential buyers,” he said.

Interested buyers and real estate agents interested in selling are invited to attend a preview showing of home elevations and floorplans on Sunday, Nov. 5 from 10 a.m. to 4 p.m. at the Nan Coutts Cottage, 5045 Memorial Drive.

For more information, contact tpc@thephairco.sdcoxmail.com, or call 619-426-0441.

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

## BOOK YOUR HOLIDAY PARTY NOW! *La Mesa Woman’s Club*

The Clubhouse holds up to 250 people for dinner with tables & chairs included in the rental costs. A meeting room seats 50 for smaller events.

5220 Wilson Street  
La Mesa, CA 91942

619-466-4362  
Non-Profit 501 (C) 3

Website: [www.lamesawomansclub.org](http://www.lamesawomansclub.org) Email: [info@lamesawomansclub.org](mailto:info@lamesawomansclub.org)  
Wedding-Anniversary-Memorial-Business Meeting-Birthday-Reunions

## Need “Home Safety Tips” For Seniors?

**Darren Williams, P.T., Cert. M.D.T., A.T.P.**

Physical Therapist “In-Home” Specialist  
Brit-in-Home/ Trails Physical Therapy  
7676 Jackson Dr #4, San Diego, CA 92119  
[www.britinhomept.com](http://www.britinhomept.com)

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

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

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

### SAN DIEGO'S PREMIERE WOOD REPAIR SPECIALISTS

## DON'T MOVE. IMPROVE.

With the help of the creative team of design and build experts here at Gallenberger Construction, we guarantee to transform your home into a place worth keeping.



### Specializing In Repairs:

- Dry Rot and Pest Damage • Wood • Escrow
- Remodeling and Tenant Improvements

GALLENBERGER CONSTRUCTION  
619.536.1100 • 844.621.0100  
[www.gallenbergerconstruction.net](http://www.gallenbergerconstruction.net)  
Lic. #988320

**10%  
OFF** UP TO  
**\$750**



### Added Touch

PAINT PROFESSIONALS INC.  
Quality. Value. Experience.

- Residential
- Commercial
- Pressure Washing
- Deck Staining

**BEST PRICES IN TOWN!**  
**619.886.1229**  
Lic. # 915507  
Find us on Facebook [Facebook.com/addedtouchpainting](https://www.facebook.com/addedtouchpainting)

## Family Owned for Over 50 Years

More Important Than Ever

This long service has given us a great respect for people and meeting their needs whether it is for

- Local Burial • Cremation
- Pre-Needs
- Transfers to a Faraway Place

Serving San Diego County with Reverence & Dignity

[www.featheringillmortuary.com](http://www.featheringillmortuary.com)  
(619) 583-9511 Teri Featheringill  
General Manager  
6322 El Cajon Blvd. San Diego, CA 92115  
License# FD1083

**La Mesa  
COURIER**

123 Camino de la Reina, Suite 202 East  
San Diego, CA 92108  
(619) 519-7775  
lamesacourier.com  
Twitter: @LaMesaCourier

<b>EDITOR</b> Jeff Clemetson (619) 961-1969 jeff@sdccnn.com	<b>ADVERTISING CONSULTANTS</b> Annie Burchard, x105 Michele Camarda, x116 Heather Fine, x107 Sloan Gomez, x104 Brenda Vergara, x114
<b>CONTRIBUTING EDITORS</b> Morgan M. Hurley, x110 Ken Williams x102	<b>ACCOUNTING</b> Priscilla Umel-Martinez (619) 961-1962 accounting@sdccnn.com
<b>COPY EDITOR</b> Dustin Lothspeich	<b>WEB DESIGNER</b> Kim Espinoza kim@kespinoza.com
<b>WEB &amp; SOCIAL MEDIA</b> Sara Butler, x120 web@sdccnn.com	<b>INTERNS</b> Alex Ehrie Jennifer Gottschalk Erik Guerrero Angel Rodriguez
<b>CONTRIBUTORS</b> Yahaira Aristy Connie Baer Lynn Baer Jeff Benesch Dianne Jacob Judy McCarty James D. Newland Jennifer Osborn Margie M. Palmer Heather Pisani-Kristl Jay Steiger Genevieve A. Suzuki Justin Virzi Lucia Viti	<b>PUBLISHER EMERITUS</b> Jim Madaffer
<b>SALES &amp; MARKETING DIRECTOR</b> Mike Rosensteel (619) 961-1958 mike@sdccnn.com	<b>PUBLISHER</b> David Mannis (619) 961-1951 david@sdccnn.com



**OPINIONS/LETTERS:** La Mesa Courier encourages letters to the editor and guest editorials. Please email submissions to jeff@sdccnn.com and include your phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

**SUBMISSIONS/NEWS TIPS:** Send press releases, tips, photos or story ideas to jeff@sdccnn.com.

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

DISTRIBUTION: La Mesa Courier is distributed free the fourth Friday of every month. COPYRIGHT 2017. All rights reserved.

**sdccnn**  
SAN DIEGO COMMUNITY NEWS NETWORK, INC.

**San Diego  
Uptown News**

**SAN DIEGO  
DOWNTOWN NEWS**

**GAY SAN  
DIEGO**

**La Mesa  
COURIER**

**Mission  
Times COURIER**

**MISSION  
VALLEY News**

**IFPA** **afcp** **CIRCULATION  
VERIFICATION  
COUNCIL**



Guest Editorial

Court reporters necessary to assure fairness in domestic violence situations

Genevieve A. Suzuki

A recent financial decision has placed San Diego family law attorneys in quite a pickle: In an effort to deal with decreased funding, as of Sept. 5, the San Diego Superior Court cut court reporters, taking away official records from some of the cases that need them most.

In their defense, the judges of the San Diego Superior Court didn't want to make these service reductions, according to Presiding Judge Jeffrey B. Barton.

"Unfortunately, we have no choice. ... In previous budget cuts, we have tried to keep cuts from affecting families and children. Now, with continuing reductions in our budget we have nowhere else to reduce. Our budget is over \$30 million lower than it was nine years ago in 2008 despite increasing costs in all areas of operation," Barton said.

As a family law attorney, I have represented clients

in dissolutions of marriage, child custody disputes and requests for domestic violence restraining orders. It isn't the easiest route to have selected when it comes to the practice of law.

There's a popular adage among attorneys: A retiring judge was asked what kinds of cases he liked most and what he enjoyed least. "I prefer trying criminal cases and I hate having to deal with family court," he said, "because in criminal court I see the worst people on their best behavior and in family court I see the best people at their worst."

One of the most serious issues in family law is domestic violence. When there are allegations of domestic violence, a judge is often asked to grant a restraining order to protect the abused from the alleged perpetrator. Restraining orders do exactly what you would think: They restrain the party against whom they are ordered.

They also have significant consequences on a person's

freedoms, including, but not limited to, the freedom to own firearms and the freedom to travel as one pleases. When a parent is restrained by the court, he or she may not be able to go to a child's school to see a play. Restraining orders also create an issue with custody in that they create a rebuttable presumption against joint legal or physical custody for the restrained parent. It makes sense in some cases, but in other cases parties file restraining orders to gain the upper hand with custody.

Family court judges face difficult decisions when presented with restraining orders. They understand the ramifications of granting or denying the requests. No one envies their burden as there's always a chance they could make a mistake.

The good news is if you feel like the trial court has made legal error, you can appeal that decision. The bad news is without an official court transcript that option may be unavailable. After

all, appellants need either an official court transcript or a settled statement agreed upon by the parties and signed off by the trial court. This is an expensive process that most everyday people cannot afford.

In truth, it's hard enough for most people to retain an attorney, let alone pay for a court reporter and a transcript of an hours-long hearing or days-long trial.

This current arrangement isn't sustainable. There will either have to be changes to the budget to allow for court reporters for domestic violence restraining order matters or the public will need to appeal to our legislature to mandate such necessities. Operating without an official record when it has a direct effect on your rights isn't a situation in which anyone should find themselves.

—Genevieve A. Suzuki is a partner with La Mesa-based family law firm Suzuki, Zandovskis & Yip, LLP.■

Letters

Supersize it

Thank you so much for enlarging the size of the crossword puzzle for us seniors who need the larger version to be able to see it. The words are still small but at least the puzzle grid is larger. Perhaps you can use a larger font on the words as well. Thank you.

—G. Armstrong, La Mesa

Everyone's president

Re: "Gen-X in a millennial world: An unexpected lesson" [Volume 7, Issue 9 or bit.ly/2jWTL3q]

I love the La Mesa Courier and enjoy reading Genevieve's column. I know her personally and she is a very nice lady and hard-working mom. However, in her recent column Sept. 22 issue, while the point of the story was heartfelt, she got there by insulting our president. While not everyone voted for him or agrees with him certainly 100 percent

of the time, he is everyone's president.

We, as a country, are only as strong as our patriotism and respect for our country, flag, national anthem and, yes, our president. He has many things on his plate and we need to show solidarity. If you cannot, leave it unsaid for a newspaper article that is about seizing the moment and how life is indeed too short.

This coming on the heels of the NFL disrespecting our flag during the national anthem before what used to be my favorite thing to watch on TV. These types of actions are what lead to the downfall of great nations.

I wanted to let you know, as the editor, that this should have been edited in my opinion: her "Russian threats to democracy" (which, as of yet, is unproven), and mostly "the most recent outrageous thing the U.S. president has done or tweeted."

—Marcia Tolin, La Mesa

Hooray for HR38

Re: "Letters: Stop HR38 CCR" [Volume 7, Issue 9 or bit.ly/2xtAV9A]

Yes, HR38 would nullify some, not all, of California's draconian and unconstitutional gun laws. Hooray!

California has systematically attempted the nullification of the Second Amendment of the U.S. Constitution. It has passed laws that have stripped California citizens of the unfringed right to bear arms. California has stripped citizens of the right to openly carry (bear) arms, California has also forbidden citizens the right to receive a concealed carry of a weapon (CCW or CCR), because it has made issuance of such a permit up to the capricious and arbitrary judgment of the county sheriff. Unless you are politically connected or very wealthy you will find it impossible to be approved for a CCR or CCW.

I have a CCW from the state of Florida, which is

invalid in California, which required the same requirements for receipt as the California CCW or CCR. I have met all the requirements for the California CCW, except the arbitrary approval of the county sheriff. It seems that there is no acceptable published reason for the sheriff to grant such a permit, unless you are politically anointed.

Ms. Wheatcraft deliberately and intentionally stated that "CCR would allow violent criminals, domestic abusers, and convicted stalkers to carry loaded guns in public." This is a bald-faced, deliberate and outright lie. Federal and state law forbid and deny any of these mentioned groups to even possess a gun let alone carry one at any time.

To sum it up, the three quarters of the states that have adopted "Shall Issue Policy" to qualified and trained citizens have shown marked drops in violent crime

See LETTERS page 7 —>

► Letters, from page 6

(See John R. Lott Jr.'s book, "More Guns Less Crime").  
—*Martin Van Boskirk, La Mesa*

Questioning the CAP

Re: "City's draft climate plan is released" [Volume 7, Issue 7 or bit.ly/2yJIoBf]

If you're interested in the La Mesa Climate Action Plan (CAP), you've probably seen the updated draft noted.

While it proposes a draconian greenhouse gas (GHG) reduction to 2 MTCO<sub>2</sub>e/capita by 2035, it also points out that the city's emissions in 2010 were 4.4 MTCO<sub>2</sub>e/capita (p.26) and the Air Resources Board mandates 6 MTCO<sub>2</sub>e/capita by 2030. That's implementing SB-32's 40 percent GHG emissions mandate and is the only statute setting a numerical limit. So the city already complies with the only applicable state requirement and the CAP is unnecessary.

The CAP proposal also used a Schwarzenegger 80 percent GHG reduction mandate by 2050 executive order, which the state Supreme Court ruled against a few months ago so that's no longer valid.

I've pointed this out to the city and they have promised a response but I've yet to receive it. You may know this already and if you know what they plan to do, I'd appreciate knowing what it is. If not, you may want to follow up on this with them.  
—*John Suhr, La Mesa* ■

Atkins to lead forum on homeless



Yahairah Aristy and  
Jeff Benesch

As homelessness continues to be one of San Diego County's greatest public policy humanitarian challenges, there's a big opportunity for local Democrats to learn more about the issue. The Nov. 1 meeting of the La Mesa Foothills Democratic Club (LMFDC) will feature a keynote presentation by Sen. Toni Atkins at 7 p.m. in the La Mesa Community Center, 4975 Memorial Drive.

The plight of the homeless, the hepatitis A outbreak, housing and health solutions and recent legislation to fund and address the problem, will be the focus of the senator's talk and the all-star forum to follow. Sen. Atkins will address SB-2, the Building Homes and Jobs Act, her recently signed Senate bill to create a permanent source of funding for affordable housing, and specifically designed to bring relief to struggling families and individuals.

"Homelessness has become a humanitarian crisis in many areas of California, and my home city of San Diego has been hit hard. There's far too much suffering on our streets," Atkins said. "SB-2 will help by



Sen. Toni A. Atkins (Courtesy La Mesa Foothills Democratic Club)

providing desperately needed funding for permanent housing with supportive services to stabilize people who are living with significant medical or mental-health issues."

The forum to follow Sen. Atkins will be composed of local homeless advocates, office holders, and a media representative who has provided outstanding coverage of the issue for years.

Among the participants will be an outspoken leader of homelessness issues in our community, Michael McConnell. He serves on multiple local and regional homelessness advisory committees and has been an active member of the Regional Task Force on the Homeless (RTFH), an organization that engages stakeholders in a community-based process that works to end homelessness. At RTFH, he served on committees that focus on system modeling,

data analysis and resource allocations.

Since 2009, McConnell has directed all of his philanthropy and volunteer time to solving homelessness. Inspired by witnessing the plight of the large population of homeless people near his Downtown San Diego home, he also shares a personal connection through his brother's mental illness, a disease shared by many homeless individuals.

As the San Diego team leader for "25 Cities," a national initiative to end homelessness, he led efforts to create the necessary tools to ultimately end veteran and chronic homelessness in the region. A thought leader on the topic, Michael has presented at conferences across the country, including the National Alliance to End Homelessness Conferences. He organizes regional summits and is a regular presence at community meetings.

If you have followed local media coverage of the politics and the shortcomings of local governmental efforts to curb homelessness and the hepatitis A outbreak in San Diego County, and there's been a plethora of good reporting by many outlets, you've probably noticed the Voice of San Diego's leadership on the issue, most notably by Lisa Halverstadt.

Halverstadt is an investigative reporter for Voice of San Diego, who's written extensively about San Diego's homelessness and hepatitis A crises. She also writes about non-profits and regional progress in addressing important local causes such as Balboa Park's needs. She previously headed up VOSD's Fact Check efforts and embarked on weeks-long explanatory projects about topics as diverse as SeaWorld's San Diego footprint and the region's drone industry.

LMFDC draws members from San Carlos, Allied Gardens, Del Cerro, La Mesa, the College Area, Santee, Mt. Helix, Casa de Oro, and other nearby communities. We meet the first Wednesday of every month. Meetings begin at 6:30 p.m. with snacks and socializing, followed by the program at 7 p.m. Visit [lamesafoothillsdemocraticclub.com](http://lamesafoothillsdemocraticclub.com) and like us on Facebook for more information.

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



LUXURY SINGLE-STORY HOMES  
OCEAN VIEWS

- Single-story homes
- 30 luxury homes on large lots
- Multi-generational 2nd master & bath
- Spectacular 360° views
- Earth-Friendly & Energy-Smart
- Secured gated entry on a private street
- No Mello Roos fees

La Mesa Summit Estates

Preview showing of Home Elevations & Floorplans  
Sunday November 5th from 10:00 a.m. to 4:00 p.m.

La Mesa Community Center  
(Nan Coutts Cottage)

5045 Memorial Drive La Mesa, CA 91942

Join The Phair Company's Interest List  
(619) 426-0441 or  
[tpc@thephairco.sdcocmail.com](mailto:tpc@thephairco.sdcocmail.com)

## News from your County Supervisor

### DIANNE'S CORNER

Dianne Jacob



#### Latest on libraries:

My colleagues on the board of supervisors recently joined me in taking another step toward the opening of a bigger, better library in Lakeside.

The board cleared the way to buy a Woodside Avenue parcel in the heart of town for a new library. Thank you to the community for all your support as we move this important project forward.

Meanwhile, I'm hoping a new library may be coming to Casa de Oro, too. The county has also been looking at expanding the existing facility on Campo Road.

Since I joined the board, the county has remodeled eight libraries in East County and built 13 of them. The most recent new library to open is in Alpine.

**Coming up roses:** There's a lot of good news on the farm front.

The county's annual crop report shows that

the total value of local crops has grown to \$1.74 billion and that agriculture contributes \$2.88 billion annually to our economy. That works out to nearly 17,000 jobs directly or indirectly tied to agriculture!

#### Wildfire warning:

It's important to remember that we're still at the height of the fall fire season.

If you haven't already, download the SD Emergency app for your phone, register for 911 alerts from law enforcement and take other critical steps to protect your home and family. Start by going to [readysandiego.org](http://readysandiego.org).

The recent firestorms in Northern California are heart-breaking. They are also a brutal reminder of the dangers we face here every 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 me 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).■

## Sheriff Bill Gore to keynote Republican Women meeting



Judy  
McCarty



Suddenly San Diego County Sheriff Bill Gore finds himself dealing with a new state law declaring California a sanctuary state, restricting local law enforcement from cooperating with federal immigration authorities. This puts California at odds with the federal government, especially at the seven detention facilities his office operates. Since local, state and national law enforcement agencies have worked diligently through the years to forge a positive partnership of coordination and communication, Sheriff Gore's diplomacy and 47 years' public safety experience will be put to the test.

His topic for the Nov. 14 luncheon meeting of the Navajo Canyon Republican Women Federated (NCRWF) at The Brigantine will be "Immigration and Jails." We are eager to hear how our county sheriff will handle this controversial situation and expect another full crowd.

Check-in time for the 11 a.m. meeting begins at 10:30 a.m. A full-course luncheon will be served at noon with Sheriff Gore following at 12:50 p.m. Cost is \$25 and reservations are required. RSVP to [NCRWF99@gmail.com](mailto:NCRWF99@gmail.com)

(put luncheon in subject line) or call Marjie at 619-990-2791.

Also on our speakers' agenda is Brandon Jones, a political science student at San Diego State University and president of the San Diego State University College Republicans, which our club supports. He is also executive junior political coordinator of the San Diego County Republican Party. He is currently mired in a political controversy due to a letter he wrote requesting that the Muslim Student Association condemn the terrorist attack in Barcelona. That group took offense to his letter and their position is supported by the university administration. Because of this, he has appeared on Fox News and has also been physically threatened. NCRWF members are dismayed by the extreme campus politics we witness via television these days and are eager to hear his story.

After our wonderful October Fashion Show, which was a very successful fundraiser for our club's activities, we are happy to welcome the Warrior Foundation Freedom Station to our meeting. A portion of the proceeds garnered by the fashion show will be presented to Sandy Lehmkuhler, founder and president of Warrior Foundation Freedom Station. She will discuss their mission to be the leading force in assisting, honoring and supporting the military men and women who have so bravely served and sacrificed for our country.

The slate for our 2018 officers with Kat Culkin as president, was presented at the fashion show. The election will take place at the



San Diego County Sheriff Bill Gore  
(Courtesy NCRWF)

November meeting, and the installation will be part of our annual Christmas party in December. You'll see a new publicity chair in January.

The California Federation of Republican Women biennial convention also took place this month and NCRWF delegates report it was quite memorable. Sally Steele, our club president, attended the September National Federation of Republican Women convention in Philadelphia. Once again, NCRWF was designated a Diamond Award-winning club, and she was proud to present it to our membership.

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

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

# WHAT IS A TERABYTE AND WHAT CAN YOU DO WITH IT?

### WHAT CAN YOU DO WITH 1 TERABYTE OF INTERNET DATA EVERY MONTH?

ALL  
THIS!

- WATCH 140 TWO-HOUR HD MOVIES
- WATCH 100 HALF-HOUR STANDARD DEFINITION TV SHOWS
- WATCH 1,500 THREE-MINUTE VIDEOS
- SURF THE WEB FOR 2,000 HOURS
- LISTEN TO 500 HOURS OF STREAMING MUSIC (7,500 SONGS THAT ARE 4-MINUTES LONG EACH)

Megabyte, gigabyte, terabyte. We hear these words all the time in relation to the internet, but many people may not realize which is bigger, what they are used for, and what you can do with them.

Internet service providers measure the amount of data their customers use by the gigabyte. A gigabyte is 1,000 times larger than a megabyte, and one terabyte is equal to 1,000 gigabytes. Cox Communications customers are allowed a whopping one terabyte of data per month.

To put it in perspective, a household can do ALL of the following every month and still not go over one terabyte of data:

- Watch 140 two-hour HD movies
- Watch 100 half-hour standard definition TV shows
- Watch 1,500 three-minute videos
- Surf the web for 2,000 hours
- Listen to 500 hours of streaming music

Data use is not tied to the amount of time spent online, but rather, what you do while on the internet. Activities such as streaming movies and TV shows, downloading music, and sharing photographs use a lot more data than emailing standard documents or reading the news online. For example, 30 minutes of streaming video will use more data than two hours of email.

### Password protect your in-home WiFi

While only 1.6% of Cox residential customers in San Diego use more than one terabyte of data each month in the home, in some cases customers may be draining their data unknowingly because of viruses or other malware, outdated security software, or because they haven't secured their in-home WiFi connection with a password, which leaves it open to others accessing it without permission. To avoid your data allowance being used up unnecessarily, keep your

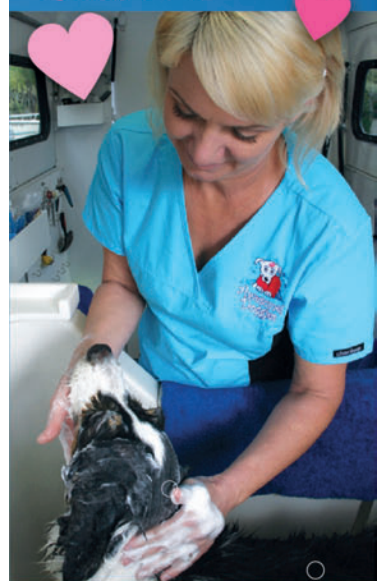
security software up-to-date, and secure your WiFi connection with a strong password so that only those whom you give the password to can use your WiFi connection.

To help its customers monitor their data usage daily and monthly, Cox provides a Data Usage Meter that customers can access at [www.cox.com/datausage](http://www.cox.com/datausage). The data usage meter shows how much of the one terabyte of data allowance the customer has used in the month. This will help them keep track of how much data they're using, and whether they need to make any changes such as checking for viruses, or if too many family or friends have their WiFi password.

To learn how to protect your in-home WiFi, or for more information on protecting your computer from viruses and malware, go to [www.cox.com](http://www.cox.com).



### Mobile Pet Grooming with Love!



### Full Service • Customized

Because Your  
Furry Family Members  
Deserve Special Care

Awesome!  
Doggies



[AwesomeDoggies.com/CNG](http://AwesomeDoggies.com/CNG)  
(619) 324-7304



# SUPPORT LOCAL

## COMFORTABLE HANDCRAFTED MATTRESSES

**You're Going To Love The Way You Sleep, We Guarantee It!**



**MATTRESS MAKERS**  
ESTD. 1988  
HANDCRAFTED

family owned, locally handcrafted and free of harmful chemicals

180 Night Comfort Guarantee

619.303.9505  
8366 La Mesa Blvd.  
La Mesa, Ca 91942  
www.MattressMakers.com





**Kat's World Art**  
Commissioned Work • Originals & Prints  
Acrylic, Mixed Media • Collage • Animal Portraits  
Wine & Paint Classes • Private Parties

**20% Military Discount Thank you for your service!**  
**15% Off Everything With This Ad**

619.733.0889 | www.katsworldart.com





**McDADE**  
REALTY GROUP

**Call NOW**  
For This Month's Promotion!

Property Management and Sales

**Colleen McDade**  
Certified Property Manager | Realtor  
CalBRE # 01247165

**619.884.0906**  
colleen@mcdaderealtygroup.com





**FARMERS**  
INSURANCE

**Amber McWhirter-Griffith**  
8911 La Mesa Blvd  
619.463.7320  
Fax 619.463.7344



We are family owned and operated business in La Mesa since the early 90's. Farmers offers a product to fit your needs for auto, home, life and business insurance. We strive to provide the quick, efficient and superior customer service that you deserve! Give us a call; we're here to help.



**AMETHYST MOON**  
MYSTICAL & SPIRITUAL GIFTS

619.464.MOON  
8329 La Mesa Blvd La Mesa

**25 Years in Business!!!**

Crystals • Jewelry • Tarot Cards • Psychic • Clothing  
Meditation • Massage • Incense  
• Animal Communication • Teas • Reiki • Classes

Open: Monday – Saturday 10am-6pm  
Sunday 10am-5pm



REDISCOVER THE VILLAGE



A QUARTERLY THEMED EVENT

# BOULEVARD STROLL

5pm to 8pm • November 29

Free to the Public!



Join us for the next stroll!

## Pop Up Shops & Event Opportunities WANTED

Local Artists – Local Crafters – Local Animal Shelters



**Kat's World Art**  
619.733.0889

## HALLOWEEN BASH...

**La Mesa Wine Works**  
October 31st 5:00-10:00 pm  
Come in Costume to get price glasses of Wine, Band, Food Truck, It's going to be Spooky Good Time...  
Oh Yes, there will be Treats



**8167 CENTER ST. LA MESA • 619.741.0700**

## 2017 HOLIDAY IN THE Village



**10AM - 10PM Dec. 9<sup>th</sup>**  
**10AM - 6PM Dec. 10<sup>th</sup>**

Presented by



Join us in the Village for an all day  
**HOLIDAY CELEBRATION**

  [lamesavillageassociation.org](http://lamesavillageassociation.org)



La Mesa Tradition

## Join the La Mesa Village Association

## Put Your Ad Here!

For more information contact [heather@sdCNN.com](mailto:heather@sdCNN.com)

# La Mesan turns 104 years young

Justin Virzi

Frances “Fran” Faith, a resident at an independent living facility in La Mesa called Grossmont Gardens, turned 104 on Monday, Sept. 18. Laurie Aylward, the healthy lifestyles director of Grossmont Gardens, wanted to create a special event for her long-time friend and organized a birthday celebration to honor “one of the most genuine and positive people you could ever meet.”

“I think it makes her feel so special, you know when you get to this age you think that

everybody has forgotten about you,” Alward said. “She knows that she is loved and that adds to this.”

Fellow residents of Grossmont Gardens have noted that Faith is always happy, active, and appreciative of everything that happens in her life. Some of Faith’s family members traveled from Texas to attend the birthday celebration.

“The best part is being around all my friends and family,” Faith said, adding that she is grateful for the friendly fellow residents and thoughtful staff. “Everyone here is so gracious!”

California Senator Joel Anderson provided a Senate certificate of recognition to Faith.

“I want to wish Fran a very happy 104th birthday and would like to thank her for sharing so much joy and wisdom with our community,” Sen. Anderson said.

Faith was completely caught off-guard by Anderson’s gesture and was overwhelmed with joy.

“I have never realized that anyone would pay attention,” she said.

—Justin Virzi is a legislative intern for the office of Sen. Joel Anderson. ■



Fran Faith with certificates from the city of La Mesa and Sen. Joel Anderson (Courtesy Sen. Joel Anderson)

## California BBQ & Oven Cleaning

“The most thorough BBQ and oven cleaning service!”

We come to you! Have your BBQ or oven professionally steam-cleaned using non-toxic, biodegradable, USDA-approved products.

- We service all makes and models
- Experienced, reliable, local staff
- Extend the life of your BBQ
- Improve the quality and flavor of food
- Eliminate carcinogens for healthier cooking
- Use your appliance the same day after cleaning

You will be amazed at the transformation!  
Packages start at \$149



before



after

Additional  
\$25 off  
with this ad  
(Good through  
Nov. 15, 2017)

### ► Briefs, from page 2

“Passenger safety is a top priority for MTS,” Paul Jablonski, MTS chief executive officer, said in a press release. “The new security staffing plan will add a greater uniform presence on our system. This is another strategic step MTS has taken to boost system-wide security.”



Ricardo Favela, a code compliance inspector, checks a passenger’s transit fare during a routine inspection on-board an MTS Trolley. (Courtesy MTS)

The new plan increases the number of MTS Code Compliance Inspectors (CCI) from 34 to 64 employees. The additional CCIs will enable MTS to implement a beat system, where each beat will consist of three to five trolley stations patrolled by a “train team” made up of a security officer paired with a CCI. This new deployment strategy nearly triples the presence of CCIs at any given time.

In a related move, the number of contracted security officers will be reduced to make room for the additional CCIs. MTS has approximately 200 CCIs and contracted security officers patrolling the system.

The train teams will allow MTS to increase uniform presence during the day, maintain the same uniform presence during the night and give the system more access to greater enforcement capabilities. The beat system will allow security teams to patrol the same beat longer to improve familiarity at a limited number of stations.

This new security strategy builds upon the formation of the Joint Agency Task Force in 2015. This four-person team of police officers from different law enforcement agencies assists in patrolling the MTS system and provides support during special events, while helping bolster officer experience and powers of arrest.

Other efforts to boost system security MTS has made include:

- Enhanced video systems on all trolleys and most transit stations.
- Body cameras for code enforcement officers.
- A canine unit to patrol trains and respond to reports of suspicious packages and bomb threats.
- “Eagle Team” – a special unit to patrol late night trains on the Orange Line and UC San Diego Blue Line.
- Joint security training exercises with partner transit and law enforcement agencies.



An artist rendering of the Villea at Lake Murray exterior (Courtesy of SENTRE)

### New multi-family development near Lake Murray

San Diego-based commercial real estate investment firm SENTRE has announced plans to develop a new apartment community called Villea at Lake Murray in La Mesa. SENTRE describes the future development as “a modern living experience rooted in classic California style.”

The \$10 million development at 5565 Lake Murray Blvd. is slated to open in fall 2018 and will feature 27 townhomes for rent, each averaging more than 1,000 square feet.

Each new home at Villea will feature attached garages, quartz countertops, stainless steel appliances, hardwood flooring, central heat and air, and in-unit washers and dryers.

Onsite amenities will include a clubhouse and lifestyle center, fitness center, spa, barbecue station, secured parking and community-wide wireless internet. Rental rates are expected to start near \$2,500 per month for a two-bedroom, 2.5-bath townhome with attached two-car garage.

“We hope to infuse an urban edge into this traditionally suburban setting,” Doug Arthur, president and CEO of SENTRE, said in a press release. “We will offer spacious townhome residences with direct access garages in a lower-density yet highly amenitized site plan that

See BRIEFS page 19 →



Call Today!  
(858) 210-2034  
www.CalBBQ.com

► **Briercrest**, from page 1

“We’re particularly excited about the 50,000 square feet of common area space that will include a common meeting room that could be used by community groups for lectures or theater; along with the pool that will be used for aqua aerobics for the community as well,” Plant said.

Mayor Mark Arapostathis said the partnership with Westmont began three years ago when the city began seeking qualified developers for the property with the criteria they would develop the land and provide synergy with the nearby Sharp Grossmont Hospital and Briercrest Park; build a quality development; and realize financial value for the city.

“With Westmont, we achieved all three of those,” he said. “When it’s completed, this will be one of the foremost senior

centers in this part of the county.”

The city and the developers tout the location for Briercrest of La Mesa as ideal for senior living because of its proximity to medical services at Sharp Grossmont Hospital, park space, shopping and dining at Grossmont Center, and a trolley station.

“We’re fortunate for the location,” Arapostathis said. “I’m a teacher and I talk to a lot of parents who are dealing with their parents becoming older and looking for senior housing throughout the county and one of the things they say that resonates with me is that they like when they find something that is freeway accessible. A lot of facilities are within the city limits but they are miles and miles away from a freeway. With this, we don’t have that problem.”

Plant said Briercrest of La Mesa will require 18

months of construction and the complex will open in early 2019. Sometime in the middle of 2018, Westmont will start hiring staff for the community.

Although the senior living center won’t open for almost two years, at least one person is already eager to reserve one of the units.

“I’d like to put my name in now, officially, so in 30 years if I’m still here — because I saw the development and the drawing and couldn’t be happier with what’s happening here,” Arapostathis said. “It’s going to be another fine development that is going to add to the jewel of the hills.”

—*Reach Jeff Clemetson at jeff@sdenn.com.*■



An artist rendering of the future Briercrest senior housing development was on display at the groundbreaking ceremony on Sept. 26. (Courtesy Westmont Living)

# From patch of dirt to playground

Jay **Steiger**

Over three days during a hot and humid weekend in August, over 70 parents, staff, and community volunteers labored together to build a new playground at Murray Manor Elementary. The project was funded through a collaborative effort between KaBOOM!, a national nonprofit organization, the Murray Manor PTA (Parent Teacher Association), and the La Mesa-Spring Valley (LM-SV) School District, and took months of applications, fundraising, and construction planning. On Sept. 22, a ribbon-cutting event was held for the opening of a new playground at Murray Manor Elementary, celebrating its completion.

Murray Manor Elementary, a highly-rated school in the LM-SV district, is also one of the oldest campuses, and lacked a modern playground. The open area next to the school was mostly a dusty patch of hard-packed decomposed granite — a place more likely to scrape a knee than inspire play.

KaBOOM, which has a core mission of supporting safe play areas for all children, offers grants to communities and schools in need of playgrounds and provided most of the funding to purchase high-quality playground parts. The community is required to fundraise 20 percent of the costs, create a formal construction plan, and provide all-volunteer labor.

The Murray Manor PTA submitted a grant application and it was accepted by KaBOOM. The PTA then contacted parents and began fundraising. The LM-SV district also provided funds as did the La Mesa Police Officers Association and La Mesa Heartland Firefighters. The school district — and in particular Assistant Superintendent for Business Services David Feliciano and Director of Business Services Valerie Ranum — helped supervise the installation.

Starting on Friday, Aug. 25 and continuing through the following Sunday, teams of volunteers worked to unload pallets of materials, including

See **PLAYGROUND** page 12 —>



A ribbon-cutting ceremony for the new playground at Murray Manor Elementary was held Sept. 22. (Courtesy of Jay Steiger)

**Sycuan**  
CASINO

**34**  
ANNIVERSARY  
1983 - 2017

**Swipe daily for your  
chance to WIN**

**\$10,000**

**CASH** every night at **9PM!**

**October 15 – November 17**

**HOURLY  
DRAWINGS  
EVERY DAY!  
1PM-8PM**

**GUARANTEED  
\$34,000 CASH DRAWING!  
NOVEMBER 18 AT 9PM**

**Sycuan**  
CASINO

619.445.6002 | SYCUAN.COM

**PLAY. WIN. Build. TOGETHER.**

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

► **Playground**, from page 11

over 30,000 pounds of concrete and 1,160 wheelbarrow loads of mulch, prepared the site, and then built the playground. PTA President Shane Steinfeld was at the center of these activities, working every day to ensure the project was completed. Steinfeld noted that it was hot and demanding work and that three sledgehammers were broken driving stakes into the rock-like soil. Despite the challenges, Steinfeld said he was amazed by how well groups from the community joined together to complete the project and was absolutely inspired by the hard work from all involved. Parents were assisted by volunteers from school staff, a local church, La Mesa Police and Fire departments, and the United States Navy.

Finally, the work was finished and a shiny new playground stood in place of the bare dirt. After safety inspections, the formal ribbon cutting and opening was held on Sept. 22. Excited children were joined by many parents and all school staff. VIPs in attendance included La Mesa Mayor Dr. Mark Arapostathis, La Mesa Police Captain Matt Nicholass, LM-SV Assistant Superintendent Tina Sardina, PTA President Steinfeld,

and Matthew Bagdasar from state Senator Joel Anderson's office. PTA Playground Project Coordinator Michelle Monroy was chosen to cut the ribbon, which she did to wild applause and cheers from the crowd.

Although Assistant Superintendent Feliciano was unable to attend the event, he stated he was honored to be a part of this PTA/school project.

"Thanks to this grant and the generous donations of our parents, we were afforded the opportunity to truly partner with the community to create and physically construct something of lasting value for our children," he said.

Murray Manor Principal Gina Miller echoed the praise for the work of the PTA and community and noted that the students were "beyond excited" for the opening of the new playground. Mayor Arapostathis, also a district teacher, said that Murray Manor was a model of a school with a strong partnership between staff and parents and this partnership allowed them to accomplish their goal and complete this project.

"Our schools are what make La Mesa a wonderful city," Arapostathis said.

—Jay Steiger is a parent and school and community volunteer. Reach him at [steigerjl@yahoo.com](mailto:steigerjl@yahoo.com). ■

# Helix homecoming 'Greatest on Earth'



## Helix Highlights

Jennifer Osborn

It was the "Greatest homecoming on Earth!" Homecoming 2017 was a great success, from the Spirit Week, to the alumni events, to the football victory.

The week started with Spirit Week with students and staff participating in different dress-up days, and various activities at lunch. On Friday, Helix was featured on KUSI's Alarm Clock Pep Rally. The school was featured all morning, highlighting the rally, as well as other elements of the school, including the new EDGE lab. Students showed off robotics and 3-D Doodle pens, among other things.

Before the big football game Friday night, alumni gathered for a pre-game tailgate party, while others met in special end zone seating to watch the Highlanders take on West Hills. Prior to kickoff, former Helix teacher and longtime football coach, Rick Ash, was recognized and given an award, presented by many of his former students and players. Coach Ash is currently an assistant coach for West Hills.

Helix took an early lead in the game, and went into



Homecoming Duke Carlos "Tony Stark" Huerta and the Helix cheerleaders  
(Courtesy Helix Charter High School)

halftime with a decisive lead. The halftime festivities began with a performance by the Helix Tap Club, a group of about 30 dancers who spend hours after school each week learning technique and choreography as part of Helix's after-school ASPIRE program. Their performance was followed by a Helix Dance Program number.

Then, it was time to crown Helix royalty! Escorted by people important to them, the members of the homecoming court took the stage. Court members included Landon Delgadillo, Matthew Goldman, Jaize Holt, Richard Kirkman, Leena Salem, Gabriel Saltzman, Tausala Schwalger, Lucy Stronach, and Chelsea Nunez-Tello. They were joined by Homecoming Duke Carlos Huerta (aka Tony Stark) and Duchess Aneta Lajres, who were voted to the court by peer tutors in the Super Scotties

program, which serves students with moderate to severe physical and/or intellectual disabilities. Holt and Saltzman were crowned queen and king.

The football game then resumed, and Helix walked away with a 59-0 victory. Fans were then treated to an amazing fireworks display, courtesy of the Helix Associated Student Body.

On Saturday night, students attended the homecoming dance. The gym was transformed, carrying through the carnival theme. The night ended with a surprise appearance by Helix alumnus, rapper Rob Stone, who just released his first studio album on Friday.

And thus ended the "Greatest homecoming on Earth."

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

COME TAKE ADVANTAGE OF THESE MILD, WARM, AND GORGEOUS AUTUMN EVENINGS!

2017 Winner  
Keep La Mesa Beautiful

**THANK YOU FOR VOTING US:**

**BEST OUTDOOR DINING**

**BEST SEAFOOD DINING**

**BEST PET-FRIENDLY DINING**

*La Mesa Courier 2016 + 2017*

**BEST SEAFOOD**

**BEST FINE DINING**

*Mission Times Courier 2017*

619-463-0368 • 9530 Murray Drive, 91942

► **ANTHONYSFISHGROTTO.COM** ◄

**SAN DIEGO'S Favorite**

UNION-TRIBUNE READERS POLL 2017

Check out our Street View tour on Google Maps!

East County's favorite seafood restaurant just added more doggie dining and patio tables in response to popular demand!

# HELLO CAN YOU HEAR ME?

## Hearing Loss Research Study

We are looking for study participants!

If you are an adult who:

- Has hearing problems
- Wears hearing aids
- Is a fluent English speaker

You may qualify for our federally funded study about user-adjusted hearing aids

The study requires a time commitment of three hours over two sessions. Participation in this study is voluntary. The principal investigator is Carol Mackersie, Ph.D.

For more information, contact the Auditory Research Laboratory at SDSU  
(619) 594-3731  
[auditoryresearchslhs@mail.sdsu.edu](mailto:auditoryresearchslhs@mail.sdsu.edu)

**SAN DIEGO STATE UNIVERSITY**

**Sudoku & Crossword puzzle answers from page 19**

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

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

# Grossmont water polo's history of excellence



## Foothiller Footsteps

Connie and Lynn Baer

Since 1920, Grossmont High School (GHS) sports teams have had wonderful success. Two of the more recent — in the last 50 years — teams are boys and girls water polo.

### Boys water polo

The GHS boys water polo first competed in 1971. The next year, first-year coach Chris Morrissey's 1972 team made it to the San Diego County CIF Finals, losing to Fallbrook. During the next 12 years, from 1972 to 1983, Coach Morrissey's teams had amazing success, despite the fact that GHS did not have an on-campus pool until 1978; the team practiced at Gillespie Pool in El Cajon.

The 1973 and 1974 teams were Grossmont League

Champions, and in 1982 after defeating Coronado in the title game, the team became San Diego CIF Champions. That year, the CIF player of the year was Ron Blazovic, with teammate Scott Koppang named to First Team All-County and Coach Morrissey named the San Diego County Coach of the Year.

Today, Coach Morrissey recalls 1982 as "the high point" of his career.

"The Blazovic brothers Ron and Mike, Doug Sherburn, Scott Koppang, and Paul Newman, were standouts," he said. "My assistant coach Craig Smith was a GHS graduate. Great memories!"

In the 1990s, Coach Don Thompson led his teams to five consecutive league championships in 1995, 1996, 1997, 1998, and 1999, with the 1996 team also winning the San Diego CIF championship game 7-5, again defeating Coronado.

Current coach Clint McLaughlin, who began 10 years ago in 2008, has had extremely successful teams. His teams have won league titles in 2012, 2014, and most recently in 2015 won the Hills League. In 2014 and 2015, the teams made it to the Open Division CIF Semifinals.

"This is my 10th year coaching at Grossmont. I really enjoy the community that has been created at Grossmont," Coach McLaughlin said. "There is such a close family feel to the school and the water polo program; it makes coaching and working with the students really fun."

### Girls water polo

Girls water polo first appeared as a team in 1991; however, before then, photographs of girls playing on the boys teams appear in the yearbooks. In 1983, Pam Huffman, Class of 1984, was the varsity boys team goalie.

Michelle Miller, Class of 1988, recalls her Title IX moment.

"During my senior year, I made the boys varsity team," she said. "If I didn't get any playing time during the varsity game, I dropped down and played in the afternoon JV game."

For six years, from 2008–2015, Marcy Wilson McLaughlin was the girls head coach and is now an assistant boys coach to her husband Clint, whom she met on the pool deck 11 years ago.

"Helping these young student-athletes learn to become stronger, more dependable individuals from their experiences together continues to give me energy as a teacher and coach," she said. "Once you become a part of our water polo program, you become a part of a family



2017 Girls varsity Valley League Champions (Photos courtesy Susan Cooper Photography)

that will support each other for life."

During the past 26 years, the girls' teams have won seven league championships: 1998, 2002, 2005, 2006, 2007, 2008, and, most recently, 2017.

Last year's girls team won the Valley League with teammates Renee Resich and Shayla Piccini named to the First Team All-League; the team also made it to CIF quarterfinals for the first time.

"I like the family feeling that has been created here," said today's third year girls coach Danielle Cook. "I enjoy how the alumni come back to coach and to help build a great reputation."

If you would like to support the water polo teams, their

eighth annual Christmas Tree and Wreath fundraiser begins now. Please contact Marcy for more information at mamloughin@guhsd.net.

Foothillers past and present have much to celebrate in the achievements of their athletic teams, such as water polo. To learn more about GHS, visit our website at foothillerfoundation.com or visit the GHS Museum Wednesday, Nov. 1 from noon–3:30 p.m. or Friday, Nov. 17, from 9 a.m.–12:30 p.m. or by appointment.

—Connie and Lynn Baer write on behalf of the Grossmont High School Museum. Reach them at 619-668-6140 or ghsmuseum@guhsd.net.■



2017 Boys varsity Hills League Champions team

SMILE

We'll handle the rest!

We Specialize in Smile Makeovers, Implants & Oral Surgery

THE MISSION TIMES COURIER

BEST OF

2017

MISSION TIMES COURIER

Saturday and Evening Appointments  
FREE Implant Consultation • FREE 2nd Opinion

Ronald S. Lessem, DDS

619-255-7480 • [www.drlessem.com](http://www.drlessem.com)

Fellow of Implant Dentistry • Convenient La Mesa Location!

7557 El Cajon Blvd. Suite A • La Mesa, 91942

HEALTHY FOODS SATISFY

20% OFF

Purchase of \$50.00 Or More!

Good Through Nov 16, 2017  
(Not valid with any other offer or Gift Cards)

La MESA COURIER

BEST OF

2017

LA MESA

6386 Del Cerro Blvd.

(619)287-1400

[www.windmillfarms.net](http://www.windmillfarms.net)

Receive The Farms updates & ads through Facebook

OPEN: Sundays 9am-8pm • monday-saturday 8am-9pm

Find us on Facebook

8FWY

S.D.S.U.

COLLEGE AVE.

DEL CERRO BLVD.

MONTEZUMA RD.



## New Ownership With Tastier Food



### THE OMELETTE FACTORY

5270 Baltimore Dr. - La Mesa  
619-460-4423  
Open 7 days 6 am - 2 pm

Fresh Country Style Breakfast & Lunch  
[www.omelettefactorylamesa.com](http://www.omelettefactorylamesa.com)

**\$2.00 OFF**

Your Bill  
Over \$10

With coupon only. Not valid with any other offer. Only valid at Baltimore location. Expires 11/23/17

**\$5.00 OFF**

Any Purchase  
Over \$20

With coupon only. Not valid with any other offer. Only valid at Baltimore location. Expires 11/23/17



## BREW COMMUNITY

Enjoy FREE local events every week at Brew Coffee Spot. Events include LIVE Music from local artists, Game Night, Nerd Trivia, Painting classes, and more.

See our weekly calendar at:

**BREW COFFEE SPOT**  
[BREWCOFFEE.SPOT.COM](http://BREWCOFFEE.SPOT.COM)

COME TO A BREW EVENT  
AND RECEIVE  
**10% OFF**

YOUR ORDER WITH THIS COUPON

Offer cannot be combined with any other discounts. Expires 11/31/17.

**BREW COFFEE SPOT**  
6101 LAKE MURRAY BLVD. LA MESA, CA 91942



All our burgers are freshly handmade with premium selection of 100% Angus Beef. Never Frozen! Our Fish, Shrimp, Chicken and Zucchini are hand dipped in fresh homemade batter to golden brown outside and tender inside.



619.667.3588

Grossmont Mall Food Court  
5500 Grossmont Center Dr. Ste #287  
La Mesa



**10% OFF** Any Purchase  
of \$5.00 or More  
Not valid with any other offer. Expires 10/26/17

**OPEN** Mon-Thurs: 10am-8pm  
Fri-Sat 10am-9pm  
Sunday 11am-6pm



## Tiramisu Trattoria Cucina Italiana

Thank You La Mesa  
for Voting Us Best Italian!

Lunch Mon-Fri 11:30am to 3pm  
Dinner Mon-Fri 5 to close  
Saturday 12 to 10pm  
Sunday 5pm to 9pm



**BUY 1 SANDWICH AND  
THE SECOND ONE IS  
1/2 OFF**

Exp. Date November 23, 2017

**619-741-7721** Hours: 10a-10pm Mon thru Sat • Closed Sunday  
**Petrino's 5525 Jackson Drive, La Mesa, Ca 91942**

**Free Entrée**  
with Purchase of  
Entrée & 2 Drinks

Valid Mon-Fri, With coupon,  
Max Value: \$9.95  
Not valid with any other offer.  
Expires 11/30/17



*Authentic Greek, Mexican  
or Traditional American Meals  
here at Patty's Café!*

**\$5.00 OFF**  
On \$25 or More

Valid Mon-Fri, With Coupon  
Not valid with any other offer.  
Expires 11/30/17



Patty's Café | 619-462-1922 | [www.pattyscafe.com](http://www.pattyscafe.com)  
6155 Lake Murray Blvd., La Mesa, CA 91942 (Next to Big Lots)  
Mon-Sat 7:30 am to 9:00 pm Sun 7:00 am to 3:00 pm

## KONNICHIIWA SUSHI & BAR

Not your ordinary sushi bar

WITH A HIGH ENERGY POP INSPIRED  
WORLD CALLING THIS "ROCKIN SUSHI"  
WOULD BE AN UNDERSTATEMENT!

SO COME ON IN, AND MAKE YOURSELF AT HOME.

**BE YOURSELF,  
HAVE  
A BLAST!**



HOURS:

Mon-Thur: 12pm-9pm

Fri & Sat: 12pm-10pm | Sun: 12pm-8pm

**8350 La Mesa Blvd. La Mesa, CA. 91942 • tel: 619.466.6446**



## EL AZTECA TACO SHOP

Mexican food

8306 Parkway Dr. La Mesa, CA. 91942

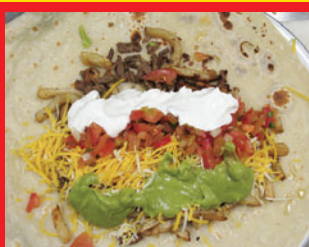
**619-466-4113**

*Centifonti's*  
Bar & Restaurant

Family Owned &  
Operated Since 2005

8365 La Mesa Blvd  
619.461.4434

Breakfast • Lunch & Dinner



**FREE  
DRINK  
WITH ANY  
COMBO**



Family owned and operated  
Thank you La Mesa for 21 excellent years!

## La Mesa Restaurant Owners

**PLACE YOUR AD HERE**

Reach Over 23,000 Homes & Businesses

Let Us Help You  
Bring More Customers  
To You

For More Information  
Call Michele 619.920.5744  
Or Heather 951.296.7794



FAMILY RECIPES FROM MILAN

Frank Sabatini Jr.



Danilo de Corato learned to cook in his teens from a mother “who lives in the kitchen.” A native of Milan and former apprentice of the Italian Federation of Cooks, he’s exactly the kind of guy you want making your pasta when going out for an Italian meal. De Corato and his wife, Francesca Brusati (also from Milan), moved here more than a decade ago, after which they ran Caffè Bella Italia in Pacific Beach for a while. “We sold it and decided to create a place where my husband can do his own recipes,” said Brusati, referring to Cucina Basilico, which they first launched in Serra Mesa before opening a second location in La Mesa. The menus at both are the

same, and de Corato credits his mom for many of the recipes. Their La Mesa restaurant, which serves dinner only, is the larger of the two. The airy space is defined by burnt-orange walls, polished concrete flooring and potted plants. Set in a strip plaza that runs along Interstate 8, there is ample parking. Meals start off with oven-fresh focaccia balls served with olive oil and balsamic vinegar. They’re light, yeasty and addicting. Visiting as a twosome, we proceeded to a plate of pesto-dotted caprese. The tomatoes were exceptionally fresh and the mozzarella was thick and milky.

Another appetizer is “polpette” — meatballs made exactly the way de Corato’s mother constructs them. The surprise ingredient is mortadella, which is blended into an admixture of beef, pork, parsley, nutmeg and milk-soaked bread. Though smallish in size, they packed a good meaty flavor, which trickled lovingly into the pond of bright marinara sauce filling the dish. (Keep a few of the focaccia balls handy for dipping.) We shared a spinach salad that rose above the norm with dried apricots and perky lemon

**Cucina Basilico**  
7200 Parkway Drive  
(La Mesa)  
**619-825-3171,**  
**cucinabasilicolamesa.com**  
Prices: Antipasti/  
appetizers, \$5.95 to \$9.95;  
salads, \$4.95 to \$8.95;  
pasta dishes, \$11.95 to  
\$13.95; meat, seafood and  
vegetable entrees, \$14.95 to  
\$17.95

dressing. The medley also featured sliced almonds, carrots, sunflower seeds and generous shavings of shaved Grana Padano cheese from an imported wheel — always a sign that the pasta it’s grated over will be of equally fine quality. As patrons complete their first courses, a server presents visual samples of the day’s house-made pastas on a small plate. There are usually four different types, such as rigatoni, gnocchi, fettuccini and casarecce (long twisted tubes ideal for chunky sauces). We chose fettuccini. You then pair your pasta to a sauce from a diverse selection that includes marinara, Bolognese, Gorgonzola and white wine with clams. It was the creamy “norcina” sauce that called to us with its inclusion of lean Italian sausage and sweet caramelized onions, which practically melted into the soft, light pasta ribbons. It’s one of the most memorable well-balanced noodle dishes I’ve slurped down in a while.



Danilo de Corato learned at an early age how to make pasta and other Italian fare from his mother. (Photo by Francesca Brusati)



An appetizer of house-made meatballs in marinara sauce (Photo by Frank Sabatini Jr.)



Salads and pasta dishes are accented with shaved and grated Grana Padano cheese from imported wheels. (Photo by Francesca Brusati)



Fresh fettuccine “norcina” with Italian sausage and caramelized onions (Photo by Frank Sabatini Jr.)

**What's Cooking with Julie**

Julie White

MUSHROOM POLENTA

This recipe is delicious and rich as a main course or can be a side dish; very comforting and has a fall feel as well.

Ingredients:

- 1/4 cup extra virgin olive oil
- 1/2 red onion, chopped



(commons.wikimedia.org)

- 8 ounces of cremini or baby portobello mushrooms, sliced
- 1 small package dried mushrooms, chopped (I used Shitake), placed in bowl and covered with boiling water to rehydrate. When plump, drain mushrooms but reserve the liquid.
- Salt and pepper to taste
- 2 tablespoons fresh chopped parsley
- 1 tablespoon fresh chopped or dried thyme
- 1/2 tablespoon paprika

- 1 cup white wine
- 1 cup of chicken broth
- Juice of 1/2 lemon
- 4 cups of chicken or vegetable broth
- 1 cup of uncooked polenta
- 2 tablespoons butter
- 1/2 cup grated Parmesan cheese

Directions:

Heat oil in large skillet on medium heat. Sauce the onions and mushrooms until tender and golden brown. Season with spices, wine, broth and lemon juice. Set aside. Bring 4 cups of broth to a boil. Add the polenta over low heat and follow package directions. When the liquid is absorbed, stir in butter and Parmesan cheese. Place polenta on each plate and top with the mushroom mixture. You can top with a little fresh parsley. Serves four, enjoy! ■

**VineRipe**  
8191 FLETCHER PKWY  
IN LA MESA  
619-462-7800  
VINERIPEDOODS.COM



**Mediterranean MARKET**  
• FRESH SQUEEZED JUICES • FULL-SERVICE DELI  
• FRESH & ORGANIC PRODUCE • GOURMET BAKERY  
• GRAB N GO SALADS & MEALS • BUTCHER SHOP

OUR FAMOUS TRI-TIP  
BOAR'S HEAD MEATS & CHEESES  
HOMEMADE BAKLAVA  
SELF-SERVICE ORANGE JUICER

**VineRipe**  
  
**\$5 off \$20 Purchase**  
One per customer, not valid w/ any other offer. Expires 11/30/17  
\*COPIES OR REPRODUCTIONS WILL NOT BE ACCEPTED\*

# Local group recognizes beautiful landscaping

Margie M. Palmer

La Mesa Beautiful may have been founded more than 40 years ago, but organization secretary and board member Linda Johnson admits that many La Mesans continue to be unfamiliar with who they are and what they do.

"We're a small but mighty group of volunteers," Johnson said. "Our primary goal is to make and keep La Mesa beautiful, and our main activities involve recognizing and rewarding landscapes that exemplify how to beautify La Mesa."

On Oct. 12, the organization hosted its annual awards luncheon; this year's honorees included single and multi-family

residences, businesses and public facilities that were recognized for landscape design and color, along with those that incorporated design and color with low water use.

Jeff and Julie Jones, Richard and Joann Cando, Ben and Meg Travis and Joe and Linda Morse were among this year's single-family residence annual awards recipients.

Johnson said the annual awards are preceded by the La Mesa Beautiful Spirit Awards, which take place each July.

Spirit Award winners are selected each spring after the rainy season and they're identified by La Mesa Beautiful volunteers who feel the landscapes are among the most beautiful in the city. Each of this year's 12 Spirit Award

winners received "Beautiful Landscape" signs to place in their yards, and of those honorees, four advanced to the annual awards ceremony.

Identifying Spirit Award nominees is a huge task, Johnson said, adding that not only do volunteers need to go out and photograph all the residences, they need to figure out who lives there.

"There's a plot of us who will knock on doors and leave letters and cards. It's worth it because we get a lot of good participation. Homeowners are always excited to hear they've been nominated."

Those who find they've been selected to advance to the annual awards are equally excited, she said, adding that in addition to honoring homeowners for their landscapes, La Mesa Beautiful also named Joan Martin as their Citizen of the Year.

"This is always a very fun award to give out. When we select the Citizen of the Year, we always look for an individual who does a lot of volunteering and has a lot of civic activity," Johnson said. "We also look for someone who has a horticultural linkage and who is a person that we feel is worthy of the award. This year we were delighted to choose Joan Martin, who is one of our own and sits on our board of directors."

Martin is a dedicated volunteer for both La Mesa Beautiful and the Master Gardener Association of San Diego County. In total, she's logged more than 3,000 hours of volunteerism between the two.

"We also presented a \$1,000 scholarship award to Gregory Thayer, who is part of the horticultural program at Cuyamaca College," she said. Scholarship winners are selected each year by representatives at their school.



(l to r) Scholarship awardee Gregory Thayer and Fitzpatrick (Courtesy La Mesa Beautiful)



(l to r) Citizen of the Year Joan Martin and La Mesa Beautiful president Sharon Fitzpatrick (Courtesy La Mesa Beautiful)

The 2017 awards season may be over, but Johnson said that anyone who is interested in joining La Mesa Beautiful is encouraged to do so. There are always opportunities to volunteer.

"We are really low budget so we don't have a lot of money to advertise what we do but we are always looking for individuals to join us," she said. "We work with the city on Park

Appreciation Day, we have an Arbor Day program and we're an intergenerational group. We're proud of that."

For more information on La Mesa Beautiful, visit [lamesa-beautiful.org](http://lamesa-beautiful.org).

—Freelance writer Margie M. Palmer has been racking up bylines in a myriad of publications for over a decade. Reach her at [margiep@alumni.pitt.edu](mailto:margiep@alumni.pitt.edu). ■

## It's Time to Get Online

Reach more local customers with a search-optimized, mobile-ready, social-friendly website for your small business.

**Built & Supported  
by La Mesa Courier**

Our simple all-inclusive pricing offers the best website value package around!

**Only \$399 Design & Launch + \$50/month\***

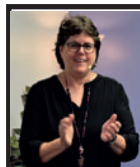
- Look professional & build credibility
- Connect your own domain or get one free
- Easily add and edit content anytime
- Get found on major search engines like Google, Yahoo and Bing
- Reach more customers & generate leads

- Look good on all devices including smartphones and tablets
- Integrate social media
- Local and reliable service
- It's fast and easy; just sit back and we will build a beautiful website for you

**sdCNN Websites**

Call David: (619) 961-1951  
**David@sdCNN.com**

\* Includes: Beautiful custom design, Professional copywriting, an awesome Mobile Site, Search engine submission, Ongoing SEO (Search Engine Optimization), Real-time traffic stats, Unlimited content updates, Custom domain name (if you need one), Top-notch support from local marketing experts, Rock-solid hosting, and Perpetual Compatibility with all popular computers, tablets, and mobile phones.



Rev.  
*Suzette Wehunt*



**Join Us Each Sunday and During the Week**

**Group Meditation 9:15 AM • Celebration Service 10 AM**

Inspirational Talks, Live Music & Loving Community  
*Wherever you are on your Spiritual Path You Are Welcome!*

*November Theme*

**Financial Health & Prosperity**  
**Live Sunday Broadcast on the Internet**

NEW WEBSITE - <http://www.omcsl.org>

**7951 University Ave . La Mesa 91942**

## LEXUS SERVICE SPECIALIST

East County's only independent Lexus, Toyota, & Scion service center headed by a Lexus Master technician and certified by Lexus of North America

**STEFANO'S  
LUXURY IMPORT CARE**

**3691 Via Mercado, Ste #4, La Mesa, CA 91941**

Call Today To Schedule Your Appointment  
**(619) 741-1000**

**HOURS OF OPERATION**  
Monday - Friday: 8:00am - 5:00pm  
**[www.LuxuryImportCare.com](http://www.LuxuryImportCare.com)**

**Lube, Oil & Filter Special**  
Includes Multi-Point Vehicle Inspection  
• Replace Engine Oil, Up to 6qts  
• Install Genuine Lexus Filter **\$24.95**  
Tax and hazardous waste not included. Must present coupon when order is written. Cannot be used in conjunction with any other coupons or specials. Not valid for previous services.



Our prices are typically 30% - 40% less than the dealership for the same service & parts.

Located behind the Vons shopping center in Rancho San Diego.

# Highlands highlighted in home tour

James D. Newland

The 12th annual La Mesa Historical Society Historic Home Tour follows last year's sold-out tour with another outstanding lineup that continues the society's reputation for offering some of the most popular and satisfying tour events in San Diego County.

## 'Brigadoon-like' La Mesa Highlands

Similar to the hidden village of Scottish lore that only appears to the lucky few who stumble upon it every hundred years within the Scottish Highlands, La Mesa Highlands is generally unknown to those who do not live in its rolling hills and large boulder-strewn lots. These large-view lots provide an opportunity for an eclectic, diverse and enchanted suburban/rural landscape that reflects its unique development

history. The rural suburban neighborhood southeast of downtown La Mesa is one of the city's best-kept homeland secrets.

The 1928 La Mesa Highlands subdivision, and its adjacent 1927 Boulder Heights tract — both originally developed by the Grable, Francisco & Bleifuss Company — features housing stock with an eclectic mix of architectural styles and landscaping that provides a distinctly rural-suburban community that lies just a few blocks southeast of La Mesa Village.

## Neighborhood of art, architecture, landscape

The society has arranged for tour guests to experience these seven wonderful examples of period authenticity, tasteful updates, decor and expansions, artistic expression and creative landscaping.

This year's tour features an eclectic mix of homes from the

1940s and 1950s. Those who enjoyed last year's all mid-century modern style homes will be rewarded with two mid-century modern properties. One is a pristine home designed by famed and revered mid-century San Diego architect C. J. Paderewski and another built by noted custom builder/designer George Eckel, along with homes from local builders Dennstedt & Landt and Louis Moisan.

The other tour homes illustrate the eclectic custom-built nature of the Highlands and its neighboring tract Boulder Heights, with excellent examples of Cape Cod, colonial ranch and contemporary Mediterranean homes. Several of these homes being built for local business leaders and merchants.

Several of the tour homes are pristine and authentically preserved while several have been updated and expanded

in ways compatible with their original designs.

One home will remind visitors of the "Tardis" from television's "Doctor Who," in that its outward appearance does not reveal its much larger living space within.

There is also a wonderful array of artwork within the architecture, décor and landscape that help display the indoor-outdoor lifestyle that the Highlands and Heights so appropriately reflect.

Don't miss the artist studios, in-home distillery and private vineyard that will surprise and impress.

All in all, this year's tour will "lift the clouds" and reveal another gem neighborhood, the La Mesa Highlands.

The La Mesa Historical Society Historic Home Tour will be held on Saturday, Nov. 4 from 9:30 a.m. to 3 p.m. Guests will check in and depart by shuttle from the city parking lots at Allison and Date avenues. Advance tickets for the event are \$25 for

## La Mesa Historical Society Historic Home Tour

Saturday, Nov. 4  
9:30 a.m.–3 p.m.

Meet at the city parking lots, corner of Allison and Date avenues

Tickets:  
\$25 advance,  
\$30 day of for members  
\$40 advance,  
\$45 day of for nonmembers

lamesahistory.com  
619-466-0197

members and \$40 for nonmembers. Day-of tickets are \$30 for members and \$45 for nonmembers. Visit lamesahistory.com or call 619-466-0197 for more information and to purchase tickets.

—James D. Newland is past president of the La Mesa Historical Society.■



(l to r) An eclectic mix of homes with interesting backyards, homes with artistic décor, and some examples of well-preserved midcentury modern design will be featured on the La Mesa Historical Society Historic Home Tour. (Courtesy La Mesa Historical Society)

**GET BENEFITS**  
INSURANCE SERVICES, INC.

**Open Enrollment is here.**

Thinking of making a change to your Medicare plan?

If you are not satisfied with  
your current Medicare Plan,  
or you want a second opinion,  
we can help.

(800) 697- 9596  
License #0181016

Call today to speak to a licensed  
sales agent to review your options.

Not connected with or endorsed by the  
U.S. government or the federal Medicare program.

BUSINESS & SERVICES

**AIR CONDITIONING**

**KING AIR CONDITIONING**  
COMMERCIAL / RESIDENTIAL / INDUSTRIAL

**24 Hour Service  
(619) 394-3055**

- A/C Cooling & Heating
- Refrigeration
- Controls/EMS
- Air Balance
- Cooling Towers
- Chillers • Boilers
- Exhaust Fans
- Ice Machines • And More

Email : KingAirCondition@gmail.com  
A Quality Environment Friendly HVAC Source.  
Lic# 9021208

**COMPUTER SERVICES**

**the  
COMPUTER  
ADMIN**

Call Us Anytime!  
We're Here To Help You!

**TIM FRONCZEK**  
**619.713.7422**  
**TheComputerAdmin.com**  
Follow us on Facebook at:  
Facebook.com/TheComputerAdmin

**DOG TRAINING**

**Pawsitive Paws**  
positive dog training unleashed

**Sharmon Kinser**  
**619-289-PAWS (7297)**

Sharmon@PawsitivePawsSanDiego.com  
www.PawsitivePaws.com

**LANDSCAPING**

**Raymond Torres  
& Daughter Landscaping**

**CONCRETE**

- DESIGN • INSTALL
- MAINTAIN & CONSULTING

Concrete, Drainage & Grading Experts

**FAMILY OWNED AND OPERATED**  
**619.248.3717**  
Contractors Lic# 927910

**LAWYER**

The law offices of  
**KANE HANDEL**

AUTOMOBILE ACCIDENTS & INJURIES

- Auto & Motorcycle Accidents
- Whiplash Cases
- Bicycle Accidents
- Pedestrian Accidents
- Child Injuries & Other Accidents

No recovery = No fee  
Home or hospital visits  
Atendidos cordialmente en Espanol.  
No cobramos si no ganamos

**FREE CONSULTATION!  
(858) 756-5195**

**PLUMBING**

**ideal**  
PLUMBING • HEATING • AIR • ELECTRICAL  
SINCE 1969

Water Heaters/Tankless • Drain Stoppages  
Toilets • Faucets • Garbage Disposals  
Camera Inspections of Drains  
Water Softeners & Filtration  
Heating & Air Conditioning  
Indoor Air Quality  
Electrical Repairs & Upgrades  
Kitchen & Bath Remodeling

**619.583.7963**  
**IdealService.com**  
Lic#348810  
Serving San Diego Since 1960!

**REMODELING**

**Pykles Remodeling**

- Bath & Kitchen Remodeling
- Plumbing Repairs & Installations
- Heating and A/C Repair & Installations

Kitchen & Bath Showroom  
**Free Estimates**  
**619-463-1600**  
8348 Center Dr. La Mesa

**REPAIR & TERMITE**

**BEST RATE**  
REPAIR & TERMITE CO.  
Best Service Best Quality Guaranteed!

- Stairs • Drywall • Stucco
- Decks • Patio Covers
- Termite Treatment
- Fumigation Plans

FREE Termite Inspection  
FREE Repair Estimates

Your Experienced Experts  
for Termite Extermination  
& Wood Damage Repair

Fully Insured Lic# 700811 – PR7029  
**858.348.8547**  
**best-rate-repair.com**

**TAX CONSULTANT**

**Renee Differ**  
Registered Tax Preparer

Individuals & Businesses  
Rentals & Investments Reporting  
Bookkeeping & Payroll Processing  
Audits & Amended Returns  
Notary Public  
Mobile Appointments  
Experienced & Professional

**reneediffer@cox.net**  
**619-516-0400**

**WINDOW CLEANING**

**A GLASS ACT  
WINDOW CLEANING**

Cleaning any/all windows - Apts, Stores, Offices, Residential specialist.  
Inside/outside windows, Tracks, Screens, Ledges

Senior and Military (veteran) discounts  
Free estimates.  
More affordable than you think.  
Call for a free estimate  
**(619) 384-7615**

**YOUR AD HERE**

Reach over  
**200,000**  
readers

Call David  
**619-961-1951**  
David@sdcn.com  
**San Diego Community  
News Network**

Over 20,000 copies  
of **La Mesa Courier**  
is delivered to virtually every  
household and many high traffic  
locations throughout La Mesa.  
Contact La Mesa's community newspaper  
for advertising information.

For advertising information call:  
Mike at (619) 961-1958  
Mike@sdcn.com

COMMUNITY CLASSIFIEDS

**BATHTUBS REFINISHED** like new without removal. Bathtubs-Kitchen Sinks-Washbasins. Fiberglass and Porcelain. Over 25 years in San Carlos. Lic.#560438. 619-464-5141 (07/16)

**Marilynn's Mighty Tidy 35 yrs** exp. (619) 261-9293 Ref. Avail. Weekly Bi-weekly Monthly. All Cleaning Products Included & Vacuum Cleaner

Auto Donations

**Donate Your Car to Veterans** Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

Autos Wanted

**CARS/TRUCKS WANTED!!! ALL** Makes/Models 2000-2016! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

**GOT AN OLDER CAR, VAN OR SUV?** Do the humane thing. Donate it to the Humane Society. Call 1-855-558-3509

**CARS/TRUCKS WANTED!!! ALL** Make/Models 2000-2015! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

Business Opp

**\$500 - \$1000 Daily Returning** Phone Calls! No Selling, No Explaining, Not MLM Call 1-844-200-7300.

Education

**AIRLINE MECHANIC TRAINING** - Get FAA certification to work for airlines. Financial Aid if qualified. Job placement assistance. Housing assistance. Call Aviation Institute of Maintenance 888-686-1704

**25 DRIVER TRAINEES NEEDED** NOW! Earn \$1000 per week! Paid CDL Training! STEVENS TRANSPORT COVERS ALL COSTS! 1-877-209-1309 drive4stevens.com

Employment

**Make \$1,000 Weekly!Paid in Advance!** Mailing Brochures at Home. Easy Pleasant work. Begin Immediately. Age Unimportant. www.EasyCash77.com \$\$\$\$\$! \$1,000'S Weekly! Processing Mail! Send SASE: LISTS/CAD, Springhouse, PA 19477-0396

Financial

**Do You Owe \$10K+ in IRS Tax Debt?** Take 60 seconds for a FREE Consultation to end IRS collections. Not Valid in MN, WV & ND Call NOW 1-800-214-1903

**COLEMAN**  
MOVING SYSTEMS INC.

Office/Residential | Free Wardrobes  
**7 DAYS A WEEK | FREE ESTIMATES**  
**FAMILY OWNED SINCE 1979**  
**619.223.2255**

BBB MEMBER | INSURED | LIC#CAL T-189466

**Are You Still Paying Too Much For Your Medications?**

You can save up to **97%** when you fill your prescriptions with our Canadian and International prescription service.

**Get An Extra \$15 Off & Free Shipping On Your 1st Order!**

Call the number below and save an additional \$15 plus get free shipping on your first prescription order with Canada Drug Center. **Expires December 31, 2017.** Offer is valid for prescription orders only and can not be used in conjunction with any other offers. Valid for new customers only. One time use per household. Use code **15FREE** to receive this special offer.

**Toll free: 855-541-5141**

**Over \$10K in debt? Be debt free** in 24-48 months. Pay nothing to enroll. Call National Debt Relief at 866-243-0510.

Health & Fitness

**FREE VIAGRA PILLS 48 PILLS + 4 FREE!** VIAGRA 100MG/ CIALIS 20mg Free Pills! No hassle, Discreet Shipping. Save Now. Call Today 1-888-410-0514

**VIAGRA 100MG and CIALIS** 20mg! 50 Pills + 10 FREE. SPECIAL \$99.00 100% guaranteed. FREE Shipping! 24/7 CALL: 1-888-868-9758 Hablamos Espanol.

Medical

**Suffering from Knee or Back Pain?** Learn How a Brace Can Help! Fast & Easy Medicare Approvals. FREE Shipping. Relieve Your Pain Now! 24/7 Call Center. CALL 1-844-502-1809

**VIAGRA & CIALIS! 60 pills for \$99.** 100 pills for \$150 FREE shipping. NO prescriptions needed. Money back guaranteed! 1-888-278-6168

**DENTAL INSURANCE.** Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 888-623-3036 or http://www.dental50plus.com/58 Ad# 6118

**OXYGEN - Anytime. Anywhere.** No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 844-558-7482

Misc. For Sale

**KILL ROACHES-GUARANTEED!** Buy Harris Roach Tablets. Available: Hardware Stores, The Home Depot, homedepot.com

Miscellaneous

**Attention Viagra users: Generic** 100 mg blue pills or Generic 20 mg yellow pills. Get 45 plus 5 free \$99 + S/H. Guaranteed, no prescription necessary. Call 844-848-7463

**Lung Cancer? And Age 60+?** You And Your Family May Be Entitled To Significant Cash Award. Call 866-428-1639 for Information. No Risk. No Money Out Of Pocket.

**\$3000 WEEKLY Parttime!** Process HUD Refunds From Home! No Selling. No Experience. Easy, Fun. FREE Pre-Recorded Message! 714-210-6400.

**Make a Connection. Real** People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-888-909-9905 18+.

**Spectrum Triple Play! TV,** Internet & Voice for \$29.99 ea. 60 MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-855-652-9304

**A PLACE FOR MOM. The** nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-844-722-7993

**Become a published author!** Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-855-548-5979

**Prescription medications for up** to 85% off retail prices! STOP paying so much! \$15 Off for First Time Customers. FREE Shipping. Price Match Guarantee. CALL for FREE Quote: 1-877-627-7239 or visit MailMedsplus.net/discount

**HughesNet Satellite Internet ?** 25mbps for just \$49.99/mo! Get More Data FREE Off-Peak Data. No phone line required! FAST download speeds. WiFi built in! FREE Standard Installation! Call 1-855-440-4911

**LIFELOCK Identity Theft** Protection. Do not Wait! Start Guarding Your Identity Today. 3 layers of protection. Detect, Alert, Restore. Receive 10% off. Call for Details 1-855-399-2089

**Bathe safely and stay in the** home you love with the #1 selling walkin tub in North America. For an in-home appointment, call: 888-308-5610

**Lung Cancer? And 60+ Years** Old? If So, You And Your Family May Be Entitled To A Significant Cash Award. Call 877-648-6308 To Learn More. No Risk. No Money Out Of Pocket.

**SENIOR LIVING referral service,** A PLACE FOR MOM. The nation's largest FREE, no obligation senior living referral service. Contact our trusted local experts today! 1-800-217-3942

**TOP CASH PAID FOR MEN'S** WRIST WATCHES! Rolex, Patek Philippe, Omega, Audemars Piguet, Vacheron, Cartier, Longines, Universal, Breitling. Chronographs, Daytona, Submariner, GMTMaster, Moonphase, Day Date, Speedmaster and more. 1-800-401-0440

**CASH FOR CARS: We Buy Any** Condition Vehicle, 2000 and Newer. Nation's Top Car Buyer! Free Towing From Anywhere! Call Now: 1-800-864-5960.

**CASH PAID for unexpired,** sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-776-7771. www.Cash4DiabeticSupplies.com

**Social Security Disability? Up to** \$2,671/mo. (Based on paid-in amount.) FREE evaluation! Call Bill Gordon & Associates. 1-855-376-6502. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL., member TX/NM Bar.

**FINAL EXPENSE INSURANCE.** No medical exams! Premiums never increase. Benefits never go down. Affordable monthly payments. Call for a free quote! 877-587-4169

**Dish Network-Satellite** Television Services. Now Over 190 channels for ONLY \$49.99/mo! HBO-FREE for one year, FREE Installation, FREE Streaming, FREE HD. Add Internet for \$14.95 a month. 1-800-718-1593

**Make a Connection. Real** People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: Call 1-877-737-9447 18+

**NEW AUTHORS WANTED! Page** Publishing will help you selfpublish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 866-951-7214

**SelectQuote is dedicated to** finding a Medicare plan right for you and your wallet. Call 844-750-4116 today and receive a free quote from one of our multiple carriers.

**SUPPORT our service** members, veterans and their families in their time of need. For more information visit the Fisher House website at www.fisherhouse.org

Motorcycles

**WANTED OLD JAPANESE** MOTORCYCLES KAWASAKI Z1-900 (1972-75), KZ900, KZ1000 (1976-1982), Z1R, KZ 1000MK2 (1979,80), W1-650, H1-500 (1969-72), H2-750 (1972-1975), S1-250, S2-350, S3-400, KH250, KH400, SUZUKI-GS400, GT380, HONDACB750K (1969-1976), CBX1000 (1979,80) CASH!! 1-800-772-1142 1-310-721-0726 usa@classicrunners.com

Travel

**ALL INCLUSIVE RESORT** packages at Sandals, Dreams, Secrets, Riu, Barcelo, Occidental and many more. Punta Cana, Mexico, Jamaica and many of the Caribbean islands. Search available options for 2017/2018 at www.NCPtravel.com or call 877-270-7260.

Wanted to Buy

**Wants to purchase minerals** and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201

**CASH PAID- up to \$25/Box for** unexpired, sealed DIABETIC TEST STRIPS. 1-DAYPAYMENT. 1-800-371-1136

**ADVERTISE to 10 Million** Homes across the USA! Place your ad in over 140 community newspapers, with circulation totaling over 10 million homes. Contact Independent Free Papers of America IFPA at danielleburnett-ifpa@live.com or visit our website cadnetads.com for more information

**Reader Advisory: The National** Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

**DENTAL Insurance**  
Physicians Mutual Insurance Company

A less expensive way to help get the dental care you deserve

- ✓ If you're over 50, you can get coverage for about \$1 a day\*
- ✓ No wait for preventive care and no deductibles - you could get a checkup tomorrow
- ✓ Keep your own dentist! NO networks to worry about
- ✓ Coverage for over 350 procedures including cleanings, exams, fillings, crowns...even dentures you can receive

**FREE Information Kit**  
**1-877-308-2834**  
**www.dental50plus.com/cadnet**

\*Individual plan. Product not available in MN, MT, NH, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250D); Insurance Policy P150(GA; P150GA; NY: P150NY; OK: P150OK; TN: P150TN) 6096C MB16-NM001Gc

# Filling a need

## Substance abuse treatment center opens in La Mesa

Jeff Clemetson  
Editor

David Leisch wants people who suffer from addiction to know that there is hope at a new treatment center in La Mesa.

“If someone bottled up a magic potion to restore hope, then we wouldn’t be needed here,” he said. “But in fact, one of the driving factors of why we are here is because many people think that their hope is found in a bottle. We’re here to educate and train the brain to think otherwise.”

Leisch is president of Bridges of San Diego, a structured intensive outpatient treatment program located in the Crossroads Church, 8809 La Mesa Blvd.

“We made it our mission to open a treatment center right here in La Mesa because we found that East County typically does not have enough resources to service the need in this category,” he said.

Civic leaders and law enforcement officers echoed the need for drug and alcohol

treatment in La Mesa at the treatment center’s grand opening on Sept. 27.

“As a schoolteacher, I work with 1,100 families and everyone has different stories and everyone has different challenges in families ... so I’m always looking for resources,” Mayor Mark Arapostathis said. “I’m encouraged because this center is opening and it will be another resource that I can guide people to.”

La Mesa Chief of Police Walt Vasquez described The Bridges as “extremely important for the region.

“There’s times as law enforcement that we recognize that incarceration is not the answer. There’s time when it is, honestly, but there’s time when it’s not,” Vasquez said. “I’d rather these dedicated professionals, if they could help and deal with those individuals before they become a law enforcement problem, then we can deal with other issues that are occurring in our society that we are needed for.”

San Diego County Assistant Sheriff Mike Barnett gave a rundown on the kinds of drug

problems in the East County area. So far this year, there have been over 1,400 drug arrests — mostly methamphetamine, which he described as the biggest problem. There have also been 19 drug overdose deaths this year and many more near-death overdoses.

“That’s why the work that all the dedicated professionals do at places like The Bridges is so important because drug abuse can be treated and fixed,” Barnett said.

The Bridges program director Dr. James Profit shared startling figures on alcoholism: 15.1 million people suffer from alcohol addiction — many of whom also abuse drugs; 63,000 men and 23,000 women die from alcohol use each year; and according to a 2010 report, drug and alcohol abuse costs the country an estimated \$250 billion a year. He also shared another interesting statistic.

“I’ve researched this area,” he said. “There’s ... a total of 32 places, just on La Mesa Boulevard, selling alcohol.”

The Bridges CEO and founder Sherry Roberts said the basic goal of the new La Mesa facility is to provide education and prevention measures for individuals and families suffering from the effects of substance abuse. The clientele will be a mix of individuals checking in for self-identified substance abuse problems and some court ordered. There will be a mix of day and evening classes and several payment options are available, including some insurance, cash and credit, and even some financing will be offered.

The Bridges is Roberts’ first outpatient facility. Previously, she had only operated sober-living homes in the San Diego area — a venture she may also start in La Mesa.

“Any homes we open would be housing for people who are coming from another area and need a place to stay while they are in our program,” she said.

For more information about The Bridges, visit [thebridgesofsandiego.org](http://thebridgesofsandiego.org).

—Reach Jeff Clemetson at [jeff@sdcdn.com](mailto:jeff@sdcdn.com). ■



(l to r) The Bridges staff: case manager Ky Washington, CEO Sherry Roberts, program director Dr. James Profit, case manager Jenni Profit and president David Liesch (Photo by Jeff Clemetson)

### ► Briefs, from page 10

is incredibly walkable to Lake Murray as well as high quality shopping and dining.”

Visit [villealakemurray.com](http://villealakemurray.com) for additional information.

### Discount rain barrels offered

Solana Center for Environmental Innovation and the San Diego Water Authority are encouraging people to save rainwater by offering discounted rain barrels this season.

The discounted 50-gallon rain barrels are available to pre-order online and cost \$90 (retail price is \$129). There is a \$35 rebate through the San Diego County Water Authority’s Water Smart program, which brings the price to only \$55 per rain barrel — a savings of 40 percent.

“Installing rain barrels is an easy way for people to make a difference,” Jackie Bookstein,



Rain barrels help conserve water. (Courtesy Solana Center for Environmental Innovation)

community engagement coordinator at Solana Center, said in a press release. “You can get your rain barrels at Solana Center in Encinitas or during the Autumn Fest and Plant Sale at the Water Conservation Garden in El Cajon, which is a full day of family-friendly activities.”


Last winter, the San Diego region received some

much-needed rain. However, one wet winter doesn’t make up for four years of historic drought. Even after last winter’s record rainfall, local government and water officials are urging residents to use rain barrels to capture the rain from their rooftops, which will save thousands of gallons of reusable water.

San Diego receives only 10 inches of rain on average each year; however, just 1 inch of rain yields 650 gallons per every 1,000 square feet of roof space. An informational video about rainwater harvesting can be viewed online at [bit.ly/2xLXXo6](http://bit.ly/2xLXXo6).

East County residents can pre-order rain barrels online at [rainbarrelprogram.org/SD](http://rainbarrelprogram.org/SD) and pick them up at the Water Conservation Garden — 12122 Cuyamaca College Drive West, El Cajon — during their Autumn Fest event on Nov. 4, between 10 a.m. and 3 p.m. Pre-order rain barrels for pick up at this event by Oct. 29. ■

# WORSHIP DIRECTORY



Wed. Night.....6:30pm to 8:00pm  
Sat. Night.....6:30pm to 8:00pm  
Sunday.....10:00am to 11:30am  
Tuesday.....6:30pm to 8:00pm  
**619-697-7221 Pastor Chris Pawlowski and Pastor Dave Riley**  
Calvary Chapel 7525 El Cajon Blvd.  
La Mesa, CA 91942.



For up-to-date news follow us on  
Facebook and Twitter  
**sdcdn.com**

## WORSHIP DIRECTORY

Advertise your Church in the  
Worship Directory & Reach  
28,000 Readers

Call Michele @ **619.920.5744**  
**Michele@sdcdn.com**



# PUZZLES

## ANSWERS ON PAGE 12

**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.

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

© 2014 Janric Enterprises Dist. by creators.com

## CROSSWORD Time Out

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20									21					
			22				23	24						
25	26	27				28				29		30	31	32
33					34				35			36		
37					38							39		
40					41						42			
43			44			45				46				
			47		48				49					
50	51	52						53				54	55	56
57						58	59							
60					61						62			
63					64						65			

- CREATORS NEWS SERVICE

**ACROSS**  
1 Not working  
5 European capital  
10 Units of measure  
14 Haricot  
15 Potential oak  
16 Shaft on which wheels rotate  
17 At the eleventh hour  
20 Cooked, in a way  
21 Character in *A Midsummer Night's Dream*  
22 Former capital of Serbia  
23 Dated  
25 Religious pamphlet  
28 Crag  
29 Fasteners  
33 Unusual  
34 Pendant ornament  
36 Witty saying  
37 Objective  
38 Articles of furniture  
39 Anaconda or python  
40 Equal: prefix  
41 Dakota Indians  
42 Liquefy  
43 \_\_\_\_\_ firm  
45 Building site  
46 Succinct  
47 Norwegian dramatist  
49 Sense organ  
50 Darwin's *Voyage of the \_\_\_\_\_*  
53 Conic section  
57 Final moment of 17 Across  
60 Strong fastener  
61 Solo  
62 Gem  
63 Cuckoo-like birds  
64 Star in Centaurus  
65 Droops

**DOWN**  
1 Relative of the heron  
2 Fender dimple  
3 Tardy  
4 Heighten or increase  
5 Window sections  
6 Sour  
7 Bird of fable  
8 Annoy  
9 Pretenders to gentility  
10 Enrich  
11 Egress  
12 Patron saint of sailors  
13 Abound  
18 Give off  
19 Moats  
23 Type of bridge  
24 Silvery  
25 Characteristic  
26 Rear  
27 Protective cover  
28 Tell tales  
30 Fossilized resin  
31 Combines resources  
32 Aver  
34 Buzzing insect  
35 French article  
38 Not liable to change  
42 Sheep noted for fine wool  
44 Bill of \_\_\_\_\_  
46 Anklebones  
48 Oft-repeated word in Psalms  
49 \_\_\_\_\_ Gantry, Lewis' novel  
50 Rum cake  
51 Type of jacket  
52 Gudrun's husband  
53 Lab heater  
54 Insect stage  
55 Male animal  
56 Elver's parents  
58 State: abbr.  
59 Turf

## Fernando's Group

**kw**  
KELLERWILLIAMS®

**Fernando Lopez**

CalBRE#02025400

**Helping 100's  
of Happy clients  
to sell or buy  
their Homes**

**(619) 889-3383**

## ► Paranormal, from page 1

According to Kessler, protecting yourself from spirits and other psychic energy has everything to do with intention.

"If you decide you are protected or you decide you aren't protected, either way you are right," he said. Some of the techniques he suggested to use include calling on angelic protectors, imagining a protective cloak that surrounds your body, using crystals and burning sage.

The techniques are used to ward off unwanted "hitchhiker" spirits that can attach themselves to people for a variety of reasons — and the seasons even play a role in it.

"One of the reasons why I wanted to do a psychic protection class at the beginning of October is because the veil is thin," he said. "There's lots of activity, lots of energy around and protection is a good idea."

**Investigating 101**

"I've been experiencing paranormal phenomenon my entire life," Bannion said. "So I decided I wanted to have answers."

Bannion, who led the class on paranormal investigating, has been investigating since 2007. He took an online course to get certified after moving to San Diego and experiencing lots of paranormal activity at the North Park pizza restaurant where he works.

Although the Myztic Isle class is much more basic than the courses he took, he said it is a good way to learn how to do an investigation properly.

"It is a real simple way of doing paranormal investigating without using million-dollar gadgets," he said. "You can do paranormal investigation with just a few simple materials."

An investigation consists of using devices like EMF (electro-magnetic field) meters, radio sweeps, recording devices, and also less-technical tools like pendulums and divining rods. Investigators are supposed to sweep areas with the EMF to discover where the electro-magnetic fields are created by lights or other electric devices to rule out looking for spirits in those areas. If the EMF spikes in an area that is clear of any normal electro-magnetic activity, that should be noted. Laser thermometers measure drops or spikes in temperature. Radio sweeps that scan frequencies, or even white noise devices, are used with recorders to capture any potential electronic communications. It is believed by paranormal investigators that ghosts are energy and that is why they can manipulate electronic devices, and communicate through them.

**Old Town ghosts**

The trip to Old Town started at El Campo Santo Cemetery,

the burial spot for one of San Diego's most famous ghosts — Yankee Jim, a serial horse thief who was the last man to be publicly hung in the city.

Although there was no sign of Jim (other than the cigars left by tourists near his grave), Bannion did report some contact with a spirit familiar to him at the back of the cemetery — a spirit he previously told the class about.

"I have picked up a small boy there," he said. "A lot of other people who are paranormal investigators — that I hadn't even talked to — brought up the same thing, so since there's that distance between us, that brings a little validation to it."

The group on the trip had various backgrounds with the paranormal. There was a woman who said she was a medium who could speak with spirits; a woman who writes paranormal romance novels; a man who is skeptical but had experienced a paranormal event he couldn't explain; and a mother who came with her son who was a fan of the television show "Ghost Hunters."

Kessler said shows on the paranormal like "Supernatural" or "Ghost Hunters" are a "double-edged sword," for paranormal investigators.

"On one hand, it brings more of this awareness to the public, almost mainstream," he said. "But if you look at the reality shows, at the end you can see all the writers and if it's a reality show, why would they need all these people scripting things out?"

The evening in Old Town was not scripted out. Other than the brief contact with the boy spirit in the cemetery and a few mysterious EMF spikes outside the Whaley House, there was little paranormal activity to record — certainly not the kind dramatized on TV. The visit to Cosmopolitan Hotel included a rundown on the hotel's ghost sightings, and one member of the group shared a story about a previous trip there where she was pushed by an unseen force, but there was no activity to record there that night.

Bannion said that is to be expected at a lot of investigations — sometimes places are filled with paranormal activity and other times nothing, especially at places that are inundated with tourists.

The next paranormal investigation field trip is scheduled at the less-touristy destination of Pioneer Park Cemetery in El Cajon on Dec. 10.

**More paranormal**

In addition to the ghost investigations, Myztic Isle also recently started hosting discussion groups on a variety of paranormal topics.

"I started 'Paranormal Explorations' to get a talking group started where people could have a confidential environment to talk about that part of their lives that is very important but rarely gets expressed," group host Adrienne Prince said.



(l to r) Georgia Vlahos-Ravenhawk, Brian Bennion, Ken Kessler and Adrienne Prince host events dealing with the paranormal at Myztic Isle in La Mesa. (Photo by Jeff Clemetson)

Prince began her interest in the paranormal as a child in Santa Fe, New Mexico when she asked for help from angels and soon after her mother discovered yoga and meditation and set her family on a new path.

She hopes the Paranormal Explorations groups will allow people to talk about their own experiences with strange incidents that most people never talk about.

"I believe it was Gabriel García Márquez that said, 'Every person has a public life, a private life and a secret life,' and I knew that was really true for me," she said, adding that her public life was being a teacher and writer and her private life was being a mother and partner. "But I had this secret life where I had these angelic contacts since about age 7 and guidance and things that have gotten me out of near-death situations and I've been strongly led my entire life and I didn't feel I could talk to anybody about that."

The first Paranormal Explorations was held in July and dealt with UFOs. About a dozen people came, Prince said, and people talked about their interest in UFOs, although no one shared any personal experiences or sightings.

She hopes the more personal nature of the next topic, "Life Beyond Death," a discussion on strange incidents surrounding death and dying will "bring that part of their lives out and [that people will] be able to talk about it and find out they are not alone" in their experiences.

Prince said that sharing at the Nov. 14 "Life Beyond Death" discussion will be limited to personal experiences or experiences of immediate friends and family, and not include third-party stories because those conversations lead to debate rather than sharing.

"I try and maintain a respectful environment," she said. "People should only talk about the experiences that they're having. A skeptic is welcome to come but they need to understand that people will be talking about their firsthand experiences. So if they're going to be skeptical on that, I wouldn't be interested in having them come because that would be telling people their experience wasn't trustworthy."

Other possible topics in the future include synchronicities, coincidences and divine guidance; healing miracles; and a talk on fated love in February.

For more information on paranormal events at Myztic Isle, visit myzticisle.net.

—Reach Jeff Clemetson at [jeff@sdenn.com](mailto:jeff@sdenn.com). ■



The devices of paranormal investigating (Photo by Jeff Clemetson)

**ELAM'S**  
**Hallmark**

**Holiday Open House at Elam's Hallmark**

**Friday November 3rd - Friday November 10th**

**Free Gift with Purchase!**

**FREE Live Merry Serving Platter with any \$100 purchase AND  
FREE Rustic Sentiment Tree with any \$200 purchase!**

**30% Off** select Hallmark Décor, Bundle Basics

Gift Wrap, Holiday Recordable Storybooks

Plus many more specials throughout the store!

Opening at 8:00 am Saturday November 4th

to kick off the Holiday Shopping Season!

**Elam's Hallmark – Grossmont Center  
East County's Largest Gift Shop!**



**www.ElamsHallmark.com  
(619) 465-8112**

# Dense breasts increase chance of cancer

Sharp Grossmont Hospital  
Health News Team

If you’ve had a mammogram and were told you have dense breasts, you’re not alone. Most women have some breast density, but why does it matter?

“Women who have dense breasts are four to five times more likely to develop breast cancer than women with low breast density,” said Dr. Tere Trout, a board-certified diagnostic radiologist affiliated with Sharp Grossmont Hospital.

“It’s unclear whether this increased risk is related to the fact that mammograms with dense breast tissue are more difficult to interpret or whether more glandular tissue itself leads to the increased risk,” she said.

What defines density is the appearance of breast tissue on a mammogram. Breasts are composed of both fatty and glandular elements — those breasts with more fatty tissue are less dense, while those with more glandular tissue are denser.

“Breast density is a measure of the proportion of the different tissues that make up a woman’s breasts and how the breasts look on a mammogram,” Dr. Trout said. “There are four categories: mostly fatty; scattered tissue; heterogeneously dense; and extremely dense.”

Mammograms of denser breasts are harder for a radiologist to interpret than mammograms of fatty breasts because the breast tissue may obscure lesions of interest.

To better understand, consider the visual of finding a polar bear in a snowy background. Glandular tissue

looks white or light gray. Because cancer can also appear white on a mammogram, it’s harder to interpret because it blends in. On the other hand, fatty breast tissue appears more transparent on a mammogram, so lesions are less difficult to detect.

Roughly 50 percent of women undergoing screening mammography are classified as having either heterogeneously dense or extremely dense breasts. Depending on individual risk factors, additional screening might be needed.

Federal law requires mammography centers in many states, including California, to report breast density information to physicians and patients. Knowing an individual’s breast density will help to better assess risk and guide decision-making about how often to screen using mammography.

Dr. Trout notes that at this time, there are no special recommendations or screening guidelines for women with dense breasts. However, some studies have suggested breast tomosynthesis may find a few more breast cancers than 2-D mammography alone. The exact benefit is still under investigation.

“Women with dense breast tissue should speak with their health care provider so that he or she can assess other risk factors. If a patient is felt to be at increased risk for breast cancer, additional tests may include a breast ultrasound or a breast MRI,” Dr. Trout said.

—This article features experts from Sharp Grossmont Hospital. For more health stories, visit [sharp.com/news](http://sharp.com/news). ■



Women with dense breasts should have regular mammograms. (Courtesy Sharp Grossmont)

Gen-X in a  
millennial world

Genevieve Suzuki

Our parks are a gift, La Mesa, and the sooner you realize it, the better it will be for your families and pocketbooks.

As a parent who lives in this fine city, I can’t get enough of our free spaces. My son, a 2 year old who sometimes seems as though he could have inspired the character of Damian from “The Omen,” loves to run around the grassy areas and watch his big sister happily climb the jungle gyms and swing from the bars.

When I take my kids to a park, I know I won’t have to worry about people giving me the stink eye when my toddler screams at the top of his lungs before falling down as though he’s fainted. I know my daughter can exhaust her endless supply of energy so she will get a good night’s sleep before school. And I know my husband won’t suffer from sticker shock when I come home to tell him I have purchased absolutely nothing.

It’s no secret I am a big fan of our parks. (I’m not the only one; check out the songs “Saturday in the Park” and “MacArthur Park.”) As a City of La Mesa Community Services commissioner, I have two parks I visit regularly: La Mesita and Rolando. Although Rolando is a fantastic park with two baseball fields, a concession stand and a cozy playground, La Mesita is my favorite.

La Mesita boasts a skate park, several tennis courts, a playground and a large grassy area that hosts mini soccer games, family picnics and seemingly endless games of tag. It also has a nice walking area for people working toward their 10,000 daily step goal.

While I am proud of my two parks, I admit I’m really excited about MacArthur Park, the park located near the La Mesa Community Center. MacArthur Park, which is being renovated, is currently in the ideas phase. An Opportunities and Constraint Study is being conducted to figure out MacArthur

# For the love of parks



Parks in La Mesa are perfect for energetic children. (Photo by Genevieve Suzuki)

Park’s future. There are countless possibilities for this 22.2-acre park, which makes my head spin with what could be.

One of my personal wishes is for the park to feature a restaurant or café I could visit at lunchtime with clients or friends. The idea that we could be enjoying something better than hot dogs and a Coke at a La Mesa park is likely one of my favorite being discussed.

MacArthur Park has a lot of potential, some of which was exploited Oct. 21 at the La Mesa Park and Recreation Foundation’s second annual Cornhole Tournament. Food trucks, bouncy houses, vendors and families gathered while participants tossed beanbags at cornhole boards around the park. Proceeds went to the foundation, which supports La Mesa’s

parks and programs in an effort to strengthen community bonds.

And while a good time was had by all, I can’t help thinking about making MacArthur Park even better. What’s to stop us from having a Prado of our own in La Mesa? Why can’t my husband and I enjoy a date night at a La Mesa park (without prompting a call to our local police)?

If you feel like I do, or even if you have another brilliant idea, I urge you to take advantage of an online survey seeking community input: [surveymonkey.com/r/MacArthurParkOCS](http://surveymonkey.com/r/MacArthurParkOCS).

—Genevieve A. Suzuki is a local attorney who lives and works in La Mesa. She also sits on the Community Services Commission and the board of directors of the La Mesa Park and Recreation Foundation. ■

SAME LOW RATES  
FOR NEW & USED AUTOS

RATES AS LOW AS

1.99%  
APR<sup>1</sup>

Save an average of  
**\$2,500<sup>2</sup>** when you use  
our Free Auto Buying  
Service - **PALM**

San Diego Educators,  
You Have a Better Choice

For more information, please visit or call our San Diego Branch:

Jaclynn Carey  
San Diego Branch Manager

7510 Hazard Center Drive, Suite 417  
(800) 537-8491, extension 5211

SRG  
SENIOR  
LIVING

Ultimately,  
it’s your experience  
that matters.

To be sure, we’re proud of our 29 years of experience in senior living. But, to us, what really matters is your experience at our communities. Experience La Vida Real for yourself at our **Harvest Festival on Friday, November 17th** from 3:00-5:00pm. To RSVP, call (619) 592.8067.

INDEPENDENT & ASSISTED LIVING • MEMORY CARE

LA VIDA REAL

11588 Via Rancho San Diego • Rancho San Diego, CA • 619.592.8067 • [SRGseniorliving.com](http://SRGseniorliving.com)

RCFE# 374603565

Providing a Relationship of Value  
to the Educational Community for Nearly 85 Years

FIRST FINANCIAL

CREDIT • UNION

Must meet First Financial Credit Union (FFCU) eligibility requirements to establish membership in order to take advantage of these offers. All loans are subject to credit approval and all FFCU policies and procedures. Loan rates are based on credit history, collateral criteria, and term of loan, and are subject to change without notice. <sup>1</sup>APR=Annual Percentage Rate. 1.99% APR is for new and used auto loans up to 60 months. Member-only discounts require automatic payments from a FFCU checking account and qualifying products and/or services. Interest rate may not be below 1.99% inclusive of all discounts. Example: A \$20,000 new or pre-owned auto loan at a fixed rate of 1.99% for 60 months would require 60 monthly payments of \$17.52 per \$1,000 borrowed. The 1.99% Auto loan rate is exclusive to qualifying members who fund their loan at the San Diego branch only. <sup>2</sup>Savings may vary based on make, model, extras and other variables. Call for complete details. Information correct as of October 2017. FFCU is an equal opportunity lender. Federally insured by NCUA.

# Books that transport you



Heather **Pisani-Kristl**

I often joke that the library performs miracles, evidenced by the constant supply of forgotten canes and walking sticks in our lost-and-found department. The library doesn't actually make readers stride unaided into the next chapter of their lives, but we do provide such funny and absorbing books that customers often forget the troubles they arrived with. Below are some titles that will transport you to another time, place, and life.

"The Long Way to a Small, Angry Planet" by Becky Chambers: A debut novel in the genre known as space opera, "The Long Way" introduces a loner named Rosemarie who has been hired as a clerk aboard the spaceship Wayfarer. As they plow through the galaxy to a frontier no ship has previously explored, the human and not-human crew bonds with each other, experiences inter-species conflict, questions gender roles, and evolves into a family. Fans of science fiction series on TV and Netflix will enjoy the light plot and detailed characters, as well as the sequel, "A Closed and Common Orbit."

"Hotel Scarface: Where Cocaine Cowboys Partied and Plotted to Control Miami" by Roben Farzad: The notorious Mutiny at Sailboat Bay hotel and nightclub in Miami are the setting for this account of 1980s drug kingpins. NPR host Farzad vividly describes Mutiny's rogue gallery of shysters, bankers and hotel staff, who were all key pieces of the then-glamorous cocaine trade. Everyone was riding high until paranoia and greed unleashed murder on the city. If you liked "Miami Vice," try this true-crime story with its colorful characters and pastel sunsets.

"Sacre Bleu: A Comedy d'Art" by Christopher Moore: Comedic, acerbic, and occasionally scatologic writer Moore delivers an off-kilter interpretation of Impressionist-era Paris



in this novel. Baker-turned-aspiring artist Lucien Lessard (what, you never heard of him?) and Henri Toulouse-Lautrec embark on a surreal journey to find the nefarious paint dealer called the Colorman. Colorman's special tint, "Sacre Bleu," appears to be a factor in their friend Vincent van Gogh's early death.

"Where'd You Go, Bernadette?" by Maria Semple: Want to get away? So does Bernadette Fox, award-winning architect, Microsoft spouse, and stay-at-home mom to Bee, a 15 year old leaving Seattle for refinement at an East Coast academy. When Bernadette's life begins to get a little crazy, she disappears, and the obvious person to find her is her daughter. Provided with her mother's electronic trail through an anonymous source, Bee reconstructs Bernadette's disappearance, but lacks a crucial piece that can't be obtained behind

the Georgian façade of her Connecticut boarding school. Of course, this means a trip to Antarctica is in order.

## Second Saturday Performance Series

Enjoy live musical performances in a family-friendly setting, brought to you by the Friends of La Mesa Library. Local favorites Peter Lauterbach and Mark Hunter of The Waits will be playing guitar and mandolin at the library on Saturday, Nov. 4 at 1 p.m.

Note that the library will be closed on Friday, Nov. 10 and Saturday, Nov. 11 in observance of the Veterans Day holiday.

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



Welcome To Our Cozy,  
Lush & Energizing Pilates  
Studio - A Place  
to Build Stronger,  
Healthier Bodies.

"Moving Bodies Are  
Happy Bodies"

## FALL SALE

(for a limited time only)

6 Classes: \$66.00 or  
10 Classes: \$110.00

Take Advantage  
of Our New Client

Special

2 Classes: \$22.00



[www.pilatesinsandiego.com](http://www.pilatesinsandiego.com)  
7189 Navajo Road, Suite F  
San Diego, California, 92119  
(619) 840-6187

## Journalism interns wanted

San Diego Community News Network (SDCNN) is looking for interns for its editorial department. Interns will assist in writing stories and news briefs; compiling calendar items; editing content and layout; and helping out with maintaining the website and social media platforms for all six of the SDCNN publications. This is a fantastic opportunity for students interested in learning all aspects of newspaper production.



Interns need to commit to a minimum of 8 hours a week - schedule is flexible. This is an unpaid position but past interns have received college credits and many have gone on to paid positions at publications or communications firms across the country.

SDCNN is an equal opportunity employer. Our publications include: San Diego Downtown News, San Diego Uptown News, Mission Valley News, The Mission Times Courier, La Mesa Courier and Gay San Diego.

To apply, send a resume and any samples of your writing to: [editor@sdenn.com](mailto:editor@sdenn.com). Please include a cover letter that includes the hours and days available.



A+ • Trust • Honesty • Transparency • Responsiveness  
Customer Privacy & Integrity

- Laptop & Desktop Repair
- Home Networking
- Internet Security
- PC Tune Ups
- Project Assistance
- On-site Training
- Virus Removal & Recovery

Finally!  
A Positive  
Computer  
Experience!



Senior and Veteran Discounts!



Call Mike!

(619) 784-6045

[mikebaker5317@gmail.com](mailto:mikebaker5317@gmail.com)  
[www.pacificcompsvcs.com](http://www.pacificcompsvcs.com)

EXPERT REPAIRS • HOME, OFFICE & REMOTE SUPPORT • EXCELLENT SERVICE



Estate Sales & More!

INVENTORY PHOTOS ONLINE

(619) 460-1822  
7835 El Cajon Blvd.  
La Mesa, CA 91942

THE  
CONSIGNMENT  
SHACK

[TheConsignmentShack.com](http://TheConsignmentShack.com)

WE WANT TO SELL YOUR STUFF FOR YOU!

- MID CENTURY AND VINTAGE STUFF
- SURFBOARDS
- COLLECTIBLES
- FURNITURE
- HOME DECOR AND FURNISHINGS
- UNIQUE TREASURES
- WE SELL ON EBAY TOO!

Used  
Record Shop!  
Buy, Sell, Trade  
your Vinyl!

Tue - Fri .... 10am - 6pm  
Sat ..... 10am to 5pm  
Sun ..... 10am to 3pm  
Mon ..... Closed

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



## LA MESA COURIER

## COMMUNITY AND ARTS &amp; ENTERTAINMENT CALENDAR

Seventh Annual  
Spooky Campover

Lions, Tigers & Bears, an animal sanctuary, is hosting a family-friendly overnight where you can sleep under the stars with rescued exotic animals. Bring camping gear, food, a pumpkin to carve and your Halloween costume. Tickets start at \$35 and proceeds will benefit the animals. 3 p.m. on Friday to noon on Saturday. 24402 Martin Way in Alpine. Visit [bit.ly/2ihrp3a](http://bit.ly/2ihrp3a) or call 619-659-8078 ext. 2.

'Haunted Lodge' at  
El Cajon Elks Lodge

The El Cajon Elks Lodge 1812 and "Scareventures" present a community haunted house fundraiser. The "Haunted Lodge" event features a maze, booths, candy stations and more. Tickets \$3-\$20 online. Elks will contribute all proceeds from the event to children's charities. 6-11 p.m. at 1400 E Washington Ave. in El Cajon. Visit [elcajonelks.com](http://elcajonelks.com) or call 619-444-1812.

Art exhibit at Foothills Art  
Association

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. The exhibit will be shown through Thursday, Nov. 2 at the Foothills Art Gallery, Porter Hall, 4190 Memorial Drive. Visit [bit.ly/2xdtptiY](http://bit.ly/2xdtptiY).

'Edges' at San Diego State  
University

MFA students at SDSU present "Edges," a nontraditional musical by Benj Pasek and Justin Paul that explores the transition to adulthood. Tickets \$15-\$20 at [bit.ly/2gQWyHk](http://bit.ly/2gQWyHk). The show runs through Sunday, Nov. 5. 7:30 p.m. on Thursday-Saturday; 2 p.m. on Sunday. SDSU's Experimental Theatre, 5500 Campanile Drive. Visit [bit.ly/2gPTDym](http://bit.ly/2gPTDym).

'The Tin Woman' at  
Lamplighters Theater

Lamplighters Community Theatre presents a dramatic comedy about a woman who tracks down the family of her late heart transplant donor. 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. The show runs through Sunday, Nov. 5. 5915 Severin Drive. Visit [bit.ly/2sxarPE](http://bit.ly/2sxarPE).



## Boulevard Boo! Parade

Family-friendly event, now in its 13th year, features Halloween floats, vintage cars, costumed characters, live music and more. Parade starts at 10 a.m. at the corner of El Cajon Boulevard and Rolando Boulevard in Rolando and travels west to 60th Street. Event is free, however, limited grandstand seating is available for \$20 adult, \$10 child. Visit [contact.2x2tEzP](http://contact.2x2tEzP).

Live music at  
San Pasqual Winery

San Pasqual Winery presents Stage IV Jazz. Seating is first come, first served. No cover. 7-10 p.m. at La Mesa Village, 8364 La Mesa Blvd. Visit [bit.ly/2kIRWXx](http://bit.ly/2kIRWXx).

'Stuff the Jeep' at  
Barnes & Noble

La Mesa Chamber and Barnes & Noble encourage you to buy a book to donate to the annual "La Mesa Military Families Holiday Project" throughout the month of October. There will be an event that features a raffle, craft activities and more on Oct. 28 at noon-4 p.m. All donated books will be "stuffed" into a Jeep at 3:30 p.m. Visit [lamesachamber.com](http://lamesachamber.com).

La Mesa History Roundtable  
Lecture Series

Come learn about La Mesa's own "Brigadoon," the hidden gem of the La Mesa Highlands. La Mesa Historical Society will provide historic context and first-person insight about this community. Free for LMHS members; \$5 requested donation for others. 10 a.m.-noon at Grossmont Healthcare District Center Auditorium, 9001 Wakarusa St. Call 619-466-0197 or email [info@lamesahistory.com](mailto:info@lamesahistory.com).

'Tony - The Movie'  
film screening

Join La Mesa Conversations and First United Methodist Church's Community Outreach Ministry for a screening "Tony - The Movie," a film about homelessness. Enjoy a buffet dinner before the event, with a panel presentation and discussion to follow. \$5 suggested donation. 5:30-8 p.m. at La Mesa First United Methodist Church, 4690 Palm Ave. RSVP at [bit.ly/2igA9H1](http://bit.ly/2igA9H1).



## ASGC Halloween Fest

Join Associated Student of Grossmont College at their booth for ghoulish games and frightening fun. 10 a.m.-1 p.m. in front of Building 60 at Grossmont College, 8800 Grossmont College Drive. Visit [bit.ly/2inHtAJ](http://bit.ly/2inHtAJ) or contact Barbara Gallego at 619-644-3780.



## Family Paint Night

La Mesa Spring Valley Educational Foundation is inviting the family to create art together in the La Mesa Arts Academy Multipurpose Room from 6-8 p.m. Art teacher Cynthia Cordero will lead participants through the process. Cost is \$20 for first family member and \$15 for each additional. Tickets at [LMSVEF.org](http://LMSVEF.org).

Nainsook Framing + Art artist  
reception

Join local artists to view their latest works with wine and snacks. The event features artists Jason Humphrey, Risë Parberry, Elaine Harvey and more. Free. 6-8 p.m. at Nainsook Framing + Art, 8310 La Mesa Blvd. Visit [bit.ly/2lsypYK](http://bit.ly/2lsypYK).

La Mesa Historical Society  
Historic Home Tour

The La Mesa Historical Society invites you to their 12th

annual tour, which features seven architectural gems of the La Mesa Highlands. Tickets \$25-\$30 for LMHS Members; \$40-\$45 for others. Free shuttles available. 9 a.m.-3 p.m. Check in at the parking lots on the northwest corner of Date and Allison avenues. Call 619-466-0197 or email [info@lamesahistory.com](mailto:info@lamesahistory.com).

Nainsook Framing + Art  
watercolor class

Nainsook Framing + Art offers their first class in their introductory watercolor series. Additional art classes will be held on Monday, Nov. 13 and Monday, Nov. 20. Art styles, times and costs vary. Events held at Nainsook Framing + Art, 8310 La Mesa Blvd. Visit [bit.ly/2lsypYK](http://bit.ly/2lsypYK).



## Travis Tritt Solo Acoustic

Country musician Travis Tritt will perform at Sycuan Casino's Live & Up Close theater. Tritt will also perform on Friday, Nov. 10. Must be 21-and-over to attend. Buy tickets at [bit.ly/2gQEZXG](http://bit.ly/2gQEZXG) or at the box office. Tickets start at \$59. 8 p.m. at 5469 Casino Way, El Cajon. Visit [bit.ly/2gQED3i](http://bit.ly/2gQED3i).

Fall Concert Series at  
Cuyamaca College

Rob Thorsen Trio will play contemporary jazz at this year's Fall Concert Series at Cuyamaca College. Tickets \$8 each; \$5 for students and seniors. Free parking. 7:30 p.m. in the Cuyamaca College Performing Arts Theater, Building B, 900 Rancho San Diego Parkway. Visit [bit.ly/2gPuy6Q](http://bit.ly/2gPuy6Q).

Foothills Art Association  
artist reception

Join Foothills Art Association for "Wildlife in Art," their annual, juried art show. This year's juror is professional artist Ray Brown. Artist reception will be held 4:30-6:30 p.m. at the Foothills Art Gallery, Porter Hall, 4190 Memorial Drive. The Exhibit will be shown through Wednesday, Dec. 6. Visit [bit.ly/2xdtptiY](http://bit.ly/2xdtptiY).



## Golden Acorn Casino Trip

Hop on the bus and head to the casino with city of La Mesa's Adult Enrichment Center for their monthly trip. \$7 for members and \$9 for nonmembers. Receive \$20 in free play upon arrival. The bus leaves at 8:30 p.m. sharp from the Center, 8450 La Mesa Blvd. RSVP at 619-667-1322. Note: There will be no trip in December.

La Mesa Flooring Company  
Ribbon Cutting

Celebrate the new name and branding of La Mesa Flooring Company. The event features an open house, ribbon cutting and mingling. Enjoy light hors d'oeuvres and beverages. 5-6:30 p.m. at La Mesa Flooring Company, 8772 La Mesa Blvd. RSVP required at [rsvp@lamesachamber.com](http://rsvp@lamesachamber.com).

Fall Concert Series at  
Cuyamaca College

Local band Zimbeat will play at this year's Fall Concert Series at Cuyamaca College. Tickets \$8 each; \$5 for students and seniors. Free parking. 7:30 p.m. in the Cuyamaca College Performing Arts Theater, Building B, 900 Rancho San Diego Parkway. Visit [bit.ly/2gPuy6Q](http://bit.ly/2gPuy6Q).



## Dance concert

The Grossmont College Dance Department presents "Breaking Boundaries." Performances will cover a full range of dance genres — modern, jazz, hip hop, ballet, musical theater and contemporary. The showcased pieces for this concert are created by Grossmont

College dance student choreographers. Nov. 16, 17 and 18 at 7:30 p.m. at the Joan B. Kroc Theatre, 6611 University Avenue, San Diego. Tickets \$12 presale; \$15 at the door. Contact 619-644-7766.

San Diego Oasis  
Distinguished Speaker  
Series: Tom Karlo

Tom Karlo, general manager of KPBS, will share his insights into local news and his vision to make KPBS the most trusted source of serious journalism. Wine and cheese reception to start. At San Diego Oasis, 5500 Grossmont Center Drive, Suite 269, 3:30-5 p.m. Cost is \$35, register at [SanDiegoOasis.org/classes](http://SanDiegoOasis.org/classes).

JDog Junk Removal and  
Hauling Ribbon Cutting

Welcome veteran-owned local business Dog Junk Removal & Hauling to the neighborhood. The celebration features an open house, ribbon cutting, barbecue and more. 9 a.m.-4 p.m. at the American Legion Post 282, 8118 University Ave. RSVP required at [rsvp@lamesachamber.com](http://rsvp@lamesachamber.com). Call 619-465-7700.

60th Annual Pre-Thanksgiving  
Community Breakfast

Soroptimist International of La Mesa invites you to their annual breakfast to honor local women who have received the Soroptimist "Live Your Dream" award. All proceeds will benefit programs to help women and girls overcome challenges. LaDreda P. Lewis is the keynote speaker. Tickets \$40. 7-9 a.m. at Handlery Hotel & Resort, 950 Hotel Circle North in Mission Valley. Visit <http://bit.ly/2ifuAZc> or call 858-279-7200.

## RECURRING EVENTS

## Sundays

**La Mesa Craft Corner:** 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. The event will also be held on Nov. 12. 10 a.m.-4 p.m. at La Mesa Boulevard and Allison Avenue. Visit [bit.ly/2q8NrZd](http://bit.ly/2q8NrZd).

## Wednesdays

**Caregiver Support Group:** Caregivers are welcome to this inclusive weekly support group that offers relevant information and

resources. Free parking. Ring the bell upon arrival. The events are held 10 a.m. at Tifereth Israel Synagogue, Braun Library, 6600 Cowles Mountain Blvd., San Carlos. Contact Sandy McCauley at 858-442-8412.

## Fridays

**La Mesa Village Farmers Market:** Fresh fruits, vegetables and craft specialty food vendors highlight the La Mesa Village Farmers Market. Held at the La Mesa Civic Center, at the foot of Date Avenue across from the La Mesa Police Station. 2-6 p.m. ■

# HAPPY HALLOWEEN & THANKSGIVING!

Dear Homeowners:

## IT'S A SELLERS' MARKET!

Many places are at or have surpassed peak market prices in 2005/2006!

[LauraLothianRealEstate.com](http://LauraLothianRealEstate.com)



**Laura Lothian**  
619.540.7744  
CAL BRE Lic# 01362585

Selling  
or Buying?  
**Call Me**

*I can't wait for us to get started!*

[Laura@LauraLothianRealEstate.com](mailto:Laura@LauraLothianRealEstate.com)



Pacific

**Sotheby's**  
INTERNATIONAL REALTY

RECOGNITION OF EXCELLENCE  
2016 OFFICIAL AWARD WINNER

GOLD



Mt. Helix \$1.2M - \$1.35M



Mt. Helix \$820k



Lemon Grove \$TBD



Mt. Helix \$1M - \$1.25M



Mt. Helix \$950k - \$995k



El Cajon \$495k - 4br/2ba, 1862 sf

## SOLDS SO FAR in 2017...



Mt. Helix SOLD



Mt. Helix SOLD



Mt. Helix SOLD



Mt. Helix SOLD



Steele Canyon SOLD



Alpine SOLD



Mt. Helix Foothills SOLD



Bonita SOLD



Vista New Construction SOLD



Bankers Hill Penthouse SOLD



Casa de Oro SOLD



La Mesa Village SOLD



Lakeside SOLD



San Diego Country Estates SOLD



Mt. Helix Foothills SOLD



Mt. Helix SOLD



Escondido SOLD



Campo Horse Ranch SOLD



Spring Valley SOLD



San Carlos SOLD



La Mesa SOLD



La Mesa Village SOLD



City Heights SOLD



La Mesa Village SOLD



Del Cerro IN ESCROW