

**INSIDE  
THIS ISSUE**

FEATURE  
Lights, camera, action!



A look back at La Mesa's short-lived film industry. **Page 7**

SPORTS  
Local ace



Conan Lorenzo recognized for organizing youth tennis. **Page 23**

FOOD & DRINK  
Downhome dishes



Rae's Café brings quality, freshness to diner fare food. **Page 27**

ALSO INSIDE

Opinion	6
Politics	6
Education	8
Village Voices	25
Books	28
Calendar	29
Classifieds	30
Art	31
Puzzles	31

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The new Mission Valley location for the La Mesa Chamber of Commerce taste event will still feature popular local restaurants like Terra American Bistro. (Photo by CeCe Photography, courtesy La Mesa Chamber of Commerce)

## 'Taste of La Mesa' changes name, location

Jeff Clemetson  
Editor

Goodbye Taste of La Mesa. Hello Taste of San Diego – East.

After 10 years of running the popular foodie event in La

Mesa, the La Mesa Chamber of Commerce is changing venues, and also changing its name.

“We just didn’t want to be La Mesa-centric anymore because we never were,” said La Mesa Chamber of Commerce President Mary England. “All of our restaurants weren’t from La

Mesa. So it just made sense to change the name.”

This year’s Taste of San Diego – East will be held in an 11,000-square-foot ballroom in the Town & Country Hotel in Mission Valley. England said the

See TASTE page 4

## Panel discusses police oversight options

Jeff Clemetson  
Editor

It has been a year and a half since former Helix High School student Brianna Bell was filmed being body slammed while handcuffed by a La Mesa Police officer, prompting community meetings and protests by students. A report on the incident released in January of this year found no fault by the officer, which led to calls for citizen oversight of police use of force complaints.

On May 21, a group of residents gathered for a presentation and discussion on “The Future of Police Oversight in La Mesa” put



The La Mesa Conversations panel on police oversight: (l to r) Jack Shu, Christie Hill, Jamal McRae and Andrea St. Julian (Photo by Jeff Clemetson)

on by La Mesa Conversations. The panel included ACLU of San Diego and Imperial Counties Deputy Advocacy Director Christie Hill, former San Diego County Sheriffs Department officer Jamal McRae, attorney and

author of the City of San Diego’s proposed charter amendment for police oversight process Andrea St. Julian, and La Mesa community activist Jack Shu.

See POLICE page 2

### NEWS BRIEFS

#### Lake Murray Fireworks & MusicFest seeks neighborhood support

It’s crunch time for the 2019 Lake Murray Fireworks & MusicFest. The annual July Fourth event that brings food, music, patriotic fireworks and family fun to Lake Murray Community Park is closing in on its fundraising deadline with about \$30,000 of the \$85,000 goal raised at press time.

“We have enough funds raised to hold the music festival and fireworks this year, but the quality of the show is largely dependent on the budget,” said event chair Tracy Dahlkamp. “We also have to think ahead to next year’s fireworks and music festival and whether it’s feasible if this year’s goal isn’t met. This event is entirely community driven and funded, for the benefit of all our neighbors.”

Recently, the fireworks event also got a small bump from the city with \$5,000 from the City of San Diego parks budget.

Funds raised through business sponsors and individual donations cover the expense of fireworks, city permits, insurance, emergency personnel, portable toilets and sinks, entertainment, and lighting and stage components. Stormberg Orthodontics is the title sponsor. Neighbors are asked to make a suggested donation of \$50 per household.

The 11 a.m. to 9 p.m. music festival draws a rotating crowd of an estimated 3,000 people, while the 9 p.m. fireworks show can be seen by an estimated 100,000 people throughout La Mesa and San Diego’s Navajo neighborhoods of Grantville, Allied Gardens, Del Cerro, and San Carlos.

The top-40 dance hits ensemble Republic of Music will headline the 2019 Lake Murray Fireworks & MusicFest, with acts throughout the day including Frankie

See NEWS BRIEFS page 25

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► **Police**, from page 1

Hill said that police oversight would be good for La Mesa, even though issues with policing have not risen to the levels of distrust in places like Ferguson, Missouri. She cited SANDAG statistics that showed the San Diego region has the second-highest rate for juvenile and adult arrests; that blacks and Latinos are three times more likely to be shot by police; and that car and body searches of people of color are higher “despite being less likely to have contraband compared to whites.”

Hill said accurate statistics play a vital role in holding police accountable and cited a new state law, AB 953, that mandates law enforcement to collect data on all

stops and arrests to include race, gender, sexual orientation and other factors. The law is being phased in across the state by size of department and La Mesa is on the later end of the list of departments to adopt the new mandates.

“But you can advocate. You can have an oversight board that advocates for it to be adopted sooner,” she said. “When you have a community oversight board, you can explore those issues, get additional information that might not be available to the public, and to push for change and work with the police — because it can be a partnership. It doesn’t have to be antagonistic.”

McRae also sees oversight as a way to improve police and community relations.

“I believe that this committee is so important,” he said. “Not to

police the police, but to show the community that La Mesa PD will do everything in its power to be transparent and to restore faith in the police force.”

St. Julian said she spent the last two years researching charter amendments and ordinances from across country that create citizen review boards to author the charter amendment for San Diego. The research made her a staunch supporter of police oversight.

“To answer the question directly, ‘Is it important for La Mesa to have a citizen’s oversight board?’ Absolutely,” she said.

St. Julian cited an Obama administration report on policing that found effective policing is a result of community trust in police and accountability for police.

“The best way to get those two things is by having a citizen’s oversight board of some type,” she said.

St. Julian said there are three types of oversight: a review model that reviews what internal investigation the police have done; an investigatory model where the commission or board investigates each complaint; and an auditor model focuses on structures, policies and practices of the police department. She recommended La Mesa adopt a hybrid. She also said that citizens be fully involved in creating it.

“Don’t just leave it to your city attorney to write this. That’s not going to work for you. You have to be involved.”

Shu said he has been working on garnering support for a police oversight committee in La Mesa for several months. He also has been surveying citizens about their views on local policing to

gauge public interest and opinion of police oversight.

“There’s a difference on how people respond to these surveys based on their age, income and their race,” he said. “That’s not right that just because of their color, how they feel about law enforcement is different, how much trust they have.”

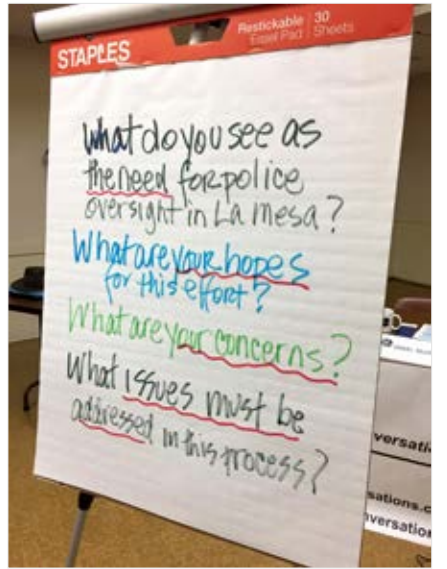
The next step to forming a police oversight committee is to have City Council take action and form a task force to put together a plan for La Mesa, Shu said.

“If the City Council doesn’t take that action or the City Council decides to do something that is very weak, looks good but doesn’t have any real effectiveness, then we’ll have to go another route, which is putting something on the ballot,” he added.

In answering questions from the audience, the panel explained some scenarios where an oversight board could make improvements to police departments. A board could recommend additional racial bias training for officers if it is deemed necessary. A board could also help implement policies dealing with homelessness.

“One thing that I think law enforcement and advocates can agree on is that law enforcement should not be our first responders to mental health crises or homelessness. That is not their expertise,” Hill said. “So if you have an oversight board, that is another opportunity for that board to make recommendations about what’s needed.”

Another question from the audience asked how the oversight



Discussion topics for the La Mesa Conversations forum on police oversight  
(Photo by Jeff Clemetson)

commission would be set up and what policies it would include. Shu said the committee should be made up of residents with varied backgrounds, including students, people of color, people from the faith community, business leaders and the like to reflect La Mesa’s diversity. He also said the committee should be setup to include safeguards like ensuring that if there is an attorney to review something, that attorney does not work for the city.

In addition to her previous recommendations of a hybrid model and a charter written by citizens and not city officials, St. Julian advised that the oversight group should be “truly independent” and also give the commission “the authority to investigate those complaints that are important and the power to investigate other complaints.”

Oversight committees should not be tasked with looking at everything because then they won’t have resources to investigate serious matters, St. Julian said.

At the end of the discussion, panel members urged the audience members to support police oversight by informing neighbors and other residents about the plan and to pressure City Council by speaking up at meetings. La Mesa City Councilmember Dr. Akilah Weber, who is also a board member of La Mesa Conversations and was present at the panel discussion, announced that City Council will be discussing the possibility of police oversight at one of its July meetings.

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



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# Changes ahead for trash collection

Jeff Clemetson  
Editor

Every two years, trash collection service providers are allowed by state law to raise rates on customers. This year, local trash collectors EDCO are asking customers for an additional \$1.44 a month for residential services and \$8.89 more for commercial services.

At the April 23 La Mesa City Council meeting, EDCO representatives started the process for rate increases by receiving approval from the city to mail out notices about the rate increase. A public hearing and vote on the proposed rate increase will be held June 25 and, if approved, the new rates will take effect July 1.

EDCO president and CEO Steve South said part of the need for customer rate increases is due to changes in the worldwide recycling market.

“Over the last several years, there has been somewhat of a paradigm shift in recycling where markets have simply crashed,” he said.

South explained that 65% of recycling used to be shipped to China, until that country gradually increased quality standards for materials it would accept. Now, China doesn’t want any recycling from around the world.

EDCO has found new markets in countries including Turkey and Vietnam for its roughly 45 ocean containers a day of recycled material it ships and recycling, South said, is still preferable because it is obviously a “more sustainable option” than dumping in landfills — but there is no longer revenue from it and it doesn’t offset the company’s costs.

“For many times, we stood before you for rate adjustments and we actually had an offset for recycling. That no longer exists. Recycling is actually a cost,” he said. “But, again, in our assessment, that is a more sustainable disposal option and it surely assists the city in achieving state mandates.”

In addition to laying out the rate increases for the next two



The new EDCO anaerobic digestions facility to be built in Escondido will convert organic waste into methane. (Courtesy EDCO)

years, South also presented the waste disposal company’s future program for meeting city and state climate goals in recycling organic matter.

In 2014, the state passed AB 1826, which requires California businesses to have a mandatory commercial organic recycling program for food waste.

“Right now, there is not a food waste outlet for the city,” South said. “Currently the city has an offramp from CalRecycle.”

CalRecycle is California’s Department of Resources Recycling and Recovery, which brings together the state’s recycling and waste management programs and provides environmental stewardship.

In addition to requiring the food waste program, the state also passed AB 1594 in 2014, which took away disposal companies’ ability to divert ground cover — wood chips and the like — from landfills. Additionally, in 2016, the state passed SB 1383, which set a timeline to reduce methane emissions from short-lived climate pollutants like yard clippings and food waste.

“In response, we’ve developed what we feel is a viable, sustainable and expandable solution for our cities, which is commingled organics collection,” South said.

Starting in 2021, commingled collection will mean that residents and businesses will throw away their food waste into the

green bins they currently use for yard clippings.

“It’s easy, it’s convenient and it should increase participation by making it easy the same way that single-stream recycling made recycling expand,” South said, adding that commingling the two wastes means EDCO customers will not need a fourth bin with a new color.

Residential customers will, however, be receiving a “kitchen caddy” that hangs from the inside of a cabinet door to collect food waste before taking it to the green bin for pickup.

After the food waste is mixed with the yard waste and picked up by EDCO on garbage day, the organic waste will then be taken to a new facility being built in Escondido that will convert it into methane gas as well as solid and liquid fertilizers. The methane will be used to power EDCO’s vehicles, making the entire fleet carbon-neutral.

The “anaerobic digestions facility” is permitted and entitled and ready to start construction, South said. The new operation should be up and running by 2021 — just in time for a new round of rate increases.

The proposed organics rate in 2021 will add an additional \$2.84 to monthly residential bills and \$85.24 to commercial rates, South added.

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

## Homesellers: How to Get the Price You Want (and Need)

La Mesa - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they're even given a chance of showing.

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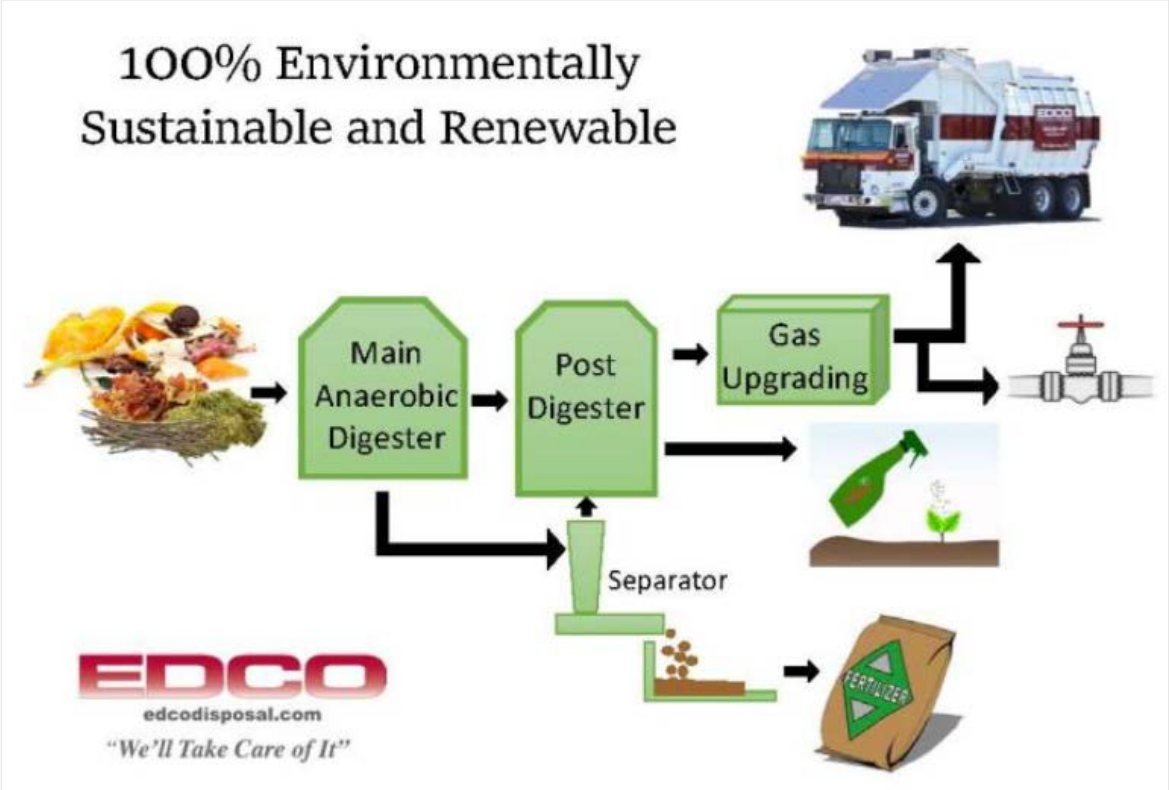
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## ► Taste, from page 1

move made sense because Taste of La Mesa had long outgrown the La Mesa Community Center and Town & Country, although located in San Diego, has been a member of the chamber since its inception.

"So of course they were the first location we approached," she said.

The large ballroom will combine the event under one roof — a major improvement over past events at the Community Center, which were separated into two different buildings, one of which didn't have air conditioning.

"It got to be too difficult to manage. It was like having two separate events," England said, adding that because of the two



(Photos by CeCe Photography, courtesy La Mesa Chamber of Commerce)

separate buildings, she had to do two of everything such as have two announcers for the prize raffle. "The problem was either cut the number of restaurants, cut the number of tickets, or move. That was pretty much the dilemma we had."

were from La Mesa anyway," she said. "We've been selling to Santee, Spring Valley, San Diego."

The ample parking and spacious ballroom will give guests the room to "taste, savor and mingle while enjoying the great food samplings prepared by all of our chefs and their staffs," England said.

This year's list of participating restaurants include: Anthony's Fish Grotto, BJ's Restaurant and Brewhouse, BO-beau kitchen + garden, Brew Coffee Spot, Brigantine



Restaurant of La Mesa, Cafe Carmel Bakery, Cali Comfort BBQ, Dream Dinners, Eccentric International Chefs, Edible Arrangements, Hooleys Public House, Jersey Mike's Subs, Lantern Crest Senior Living, Little Roma, Los Pinos Taco Shop, Marie Callender's, Outback Steakhouse – Mission Valley, Pick Up Stix, Ranch Events, Red Lobster, Surf Rider Pizza Co., Sycuan Casino Resort, Terra American Bistro, The Hills Local Pub, and Valley Farm Market.

Parking will also be improved. Town & Country will provide guests with free onsite parking close to the event. At the previous location, the chamber had to hire traffic control, parking attendants and a shuttle to meet the needs of guests at the taste event. The limited parking also limited the number of VIP tickets sold because preferred parking was part of the package.

"I only had 136 parking spaces because we parked in a community lot on the grounds of the Community Center and they have swim meets going on and other events so I couldn't control any of the lot," England said.

Although moving a popular event is always risky, England said she surveyed sponsors and businesses over a year ago to see how they would feel about moving locations.

"Many of them

had the comment, 'What took you so long?'" she said.

For attendees coming from La Mesa, the new location is a short drive west against rush-hour traffic, and England pointed out that previous Taste of La Mesa events drew people from all over.

"Not all the people that went to the La Mesa Community Center for the Taste of La Mesa

Taste of San Diego – East will be held June 3 at Town & Country Hotel, 500 Hotel Circle North in Mission Valley. VIP tasting runs 5-8 p.m. and general admission tasting runs 6-8 p.m.

Ticket pricing prior to May 28 (pricing increases after that date), which includes complimentary parking and unlimited visits to all food vendors, is \$60 for VIP tasting and \$40 for general admission. Tickets may be purchased at lamesachamber.com or by calling the chamber office at 619-465-7700.

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



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Time to save.

# La Mesa seniors plan catching on countywide

Doug Curlee

La Mesa wants to become, as much as possible, sort of a haven for older citizens to live, and live well.

The city is already a ways down the road to making that happen, and other cities and regions in San Diego County are joining in that effort.

La Mesa's "Livable La Mesa" plan, which began earlier this year, is an effort to see that people of a certain age — 45 on up — would find in the city better reasonably-priced homes, closer stores and restaurants, walkable sidewalks, better public transportation, and social activities geared to their age group.

With the help of the World Health Organization (WHO), AARP, the San Diego Foundation and other sources of grant monies, there are now plans to spread La Mesa's effort to San Diego, Chula Vista, Carlsbad and other cities across San Diego County.

All have expressed serious interest in setting up a system to see what needs to be done in their areas.

At a May 13 press conference held at the La Mesa Adult Enrichment Center and hosted by safe transportation mobility advocacy group Circulate San Diego, La Mesa Mayor Mark



Mayor Mark Arapostathis speaks at the press event for the release of Circulate San Diego's "Aging in San Diego" report on May 13 at the La Mesa Adult Enrichment Center. (Photos courtesy Circulate San Diego)

Arapostathis pointed out the fairly obvious.

"People are aging much differently today than they did in the past," he said. "We need to recognize this and plan to help make their senior years happier and easier for them."

La Mesa is well down the road here.

Residents gave a lot of input at Livable La Mesa community meetings over the past three months and La Mesa, with the help of San Diego State University, put that input into a plan that the city will try to implement — and the other jurisdictions are watching the process closely, planning to learn from it.

"Creating places where people can age in place is vital for San Diego's future," said Maya Rosas of Circulate San Diego.

Along with WHO and local and national non-profit funding, various departments from other communities are taking on the efforts.

For example, the San Diego effort will primarily operate through the auspices of the city's Parks and Recreation Department.

San Diego Parks and Rec supervisor Kristi Fenick

said it's only appropriate. "Our 56 rec centers already offer to seniors some of the same things La Mesa is implementing, so it's a logical step for us to take," she said.

La Mesa plans to have a concrete set of proposals to take before the City Council by the end of the year for funding. Mayor Arapostathis said he doesn't think the council will have any trouble approving the requests.

Peggy Pico, representing the San Diego Foundation, said all the members of the San Diego City Council loved the concept when it was presented informally to them.

She points out that there will be interest in formally supporting the plans to make life better for our older citizens, because of one factor every politician knows by heart.

"Seniors are known for one thing above all. They vote," she said.

Yes, they do.

To read a summary of the Circulate San Diego report on aging, visit [bit.ly/2WjzSp8](http://bit.ly/2WjzSp8).

—Reach Doug Curlee at [dougcurlee@cox.net](mailto:dougcurlee@cox.net).■



Circulate San Diego Director of Policy Maya Rosas

## A 'Sole' purpose



At its April 29 Aloha Day Celebration fundraiser, the La Mesa Women's Club filled six big boxes with 103 pairs of donated shoes for the Soles4Souls project. Soles4Souls is a non-profit organization headquartered in Nashville, Tennessee that repurposes products to supply its micro-enterprise, disaster relief and direct assistance programs. Since 2006, the organization has distributed more than 30 million pairs of new and gently worn shoes in 127 countries, including the United States. (Photo courtesy La Mesa Women's Club)

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## Letters

### 2 cents on the farmers market

Re: "Farmers market future in jeopardy" [Volume 9, Issue 4 bit.ly/2V31tv1]

I have lived in La Mesa Village for six years. I am a retired civil servant who was active in one of the first organizational development departments created by the military in the mid-'80s. I am offering some input regarding the farmers market. I am not looking for an RFP. When the current version of the market was set up, I observed the process and talked to vendors and customers. Here is a short overview of what I noted from my observations and questions.

I believe the current configuration of the event is far superior to the previous. Some tweaks are required. The new configuration opened up the target area in many ways. It created more walking space. It provided more visibility to fire, police and rescue personnel. Parking was also improved.

This is a small intercity event. La Mesa Boulevard in the market area is very diverse, and is never going to please all current proprietors. For example, it may be hard to sell mattresses during a market event, but the owners can set up small display models in front of their stores.

What are the restaurants doing to increase their visibility? One of the restaurant owners mentioned selling breads to improve his restaurant's visibility. Great idea. It's out-of-the-box thinking that will change the Village image and hopefully create the desired state. Maybe the street vendors can be reduced in number and set along the periphery of the vendor areas. Have restaurant owners create appetizers of what they sell and place them on the street in front of their restaurant. Put signage on the display telling the customers where that wonderful food is coming from. Bring a librarian to the front of the bookstore in a small booth selling books or telling stories to kids about fruits and vegetables. Get out of the box! It's supposed to be about the community, right?

Overall, the bullet points identified in the recommended changes by [city staff], taken at face value, may be good tweaks.

My overall recommendation: The diversity of the Village businesses and owners should work for them not against them. Do you sacrifice the many for the sake of the few if the overall bottom line has increased or improved? I don't know the answer to that. I do know that personalities cause the most problems in any organization. The La Mesa Village Association is a small organization. These folks own stores and work in a robust community. They may want to bring in someone with professional business interpersonal communication skills to help direct the process. This person must not be a part of the LMVA team. They should be a professional at dealing with people and processes. If my intuition still works like it did back when I was active, the team members, i.e., the LMVA, will say they don't need this kind of decision-making input. They can do it themselves. Then they move on to frustration like I heard throughout the article.

That's my two cents. Hope it helps someone.

—Ron, La Mesa.■



Georgette Gomez



Nathan Fletcher



Sophie Wolfman



Hasan Ikhrata

## Dem meeting to explore climate action goals



Tina Rynberg and  
Jeff Benesch

Is the Green New Deal part of San Diego's future?

When Hasan Ikhrata, new executive director of SANDAG — our region's transportation and infrastructure planning agency, with millions of TransNet monies to distribute — proposed blowing up the old, long-term, freeway-centric transit plan and replacing it with a more public transit, eco-friendly model in order to more readily reach our state-mandated climate action goals, it sent shock waves throughout San Diego County and it's 29 local jurisdictions.

The city of San Diego, with City Council (and MTS) President Georgette Gomez in strong support, will use its clout on the SANDAG board to push the plan.

The County Board of Supervisors just voted 3-2 against the new plan, but with Nathan Fletcher voting in the minority to support Ikhrata's initiative.

Climate Action Campaign, long an advocate of mass transit over more freeway construction, saw its director of programs, Sophie Wolfram, recently appointed by the mayor to the city of San Diego's important Mobility Board.

Imagine a panel that included Hasan Ikhrata, Georgette Gomez, Nathan Fletcher, and Sophie Wolfram, all discussing our region's transportation future and what that means in our fight to reduce greenhouse gas emissions and inevitably disastrous global warming. That's exactly the makeup of our landmark upcoming June 5 program!

Throw into that illustrious mix our moderator Colin Parent, CEO of Circulate San Diego and a member of the La Mesa City Council, and our own long-time member Jack Shu, president of the

Cleveland National Forest Foundation and a staunch advocate of public transit initiatives.

This all-star panel is rich in expertise and advocacy, and takes place on Wednesday evening, June 5, at the regular meeting of the La Mesa Foothills Democratic Club. Come early to save your seat at our regular meeting place, the La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue in the heart of La Mesa. The meeting starts at 7 p.m. as usual, with our social half hour from 6:30–7 p.m. preceding the program. The club and members supply snacks, salads, desserts and beverages to all attendees.

—Tina Rynberg is president and Jeff Benesch is vice president of programming of the La Mesa Foothills Democratic Club, which represents the communities of San Carlos, Allied Gardens, Del Cerro, La Mesa, College Area, Santee, Mt. Helix, Casa de Oro, Spring Valley and other close-by areas.■

## Winterble optimistic at Republican meeting



Pat Boerner

Republican Women of California Navajo Canyon (RWCNC) held their spring dinner event on April 9 at St. Dunstan's Episcopal Church with a theme of "News, Views and Mexican Food." The event was a big success with radio and TV personality Brett Winterble as the keynote speaker. He informed the audience of approximately 150 people about the current state of political affairs in California and why Republicans have good reason to be optimistic about the future.

Our unemployment rates are among the lowest in our history, our economy is booming and people are actually able to save money for their retirement. Wages across the board have increased, but especially in the middle and lower income levels. When given a choice, people do not want to rely on the government to have their basic needs met. We take pride in a strong American work ethic and our right to pursue our dreams. Americans

also like to be in control of their individual health care and do not want to be forced into the world of socialized medicine, which is what the Democrats are proposing. It will be a fascinating primary and election in 2020. Fasten your seat belts!

Susan Shelly will be the speaker at the RWCNC May meeting. Shelly is vice president of communications for the Howard Jarvis Tax Association. She publishes twice a week as an opinion columnist in 11 newspapers, including the Orange County Register and the Los Angeles Daily News. Her topic will be "Blithering Idiocy: The self-inflicted policies that are destroying California and what to do about it." We are also sure to hear about the ongoing battle to preserve Prop 13 and what we can do to defend it.

Our next meeting is Tuesday, May 14, at the Brigantine Restaurant in La Mesa at 11 a.m. Check-in begins at 10:30 a.m. and reservations are required 24 hours in advance. Cost is \$25 and a full-course lunch will be served. Cash and checks are accepted, but no credit cards. These luncheons can sell out quickly so be sure to RSVP early

to [RSVPwrcnc@gmail.com](mailto:RSVPwrcnc@gmail.com) to guarantee your seat. If you have questions, you may call or text Marjie at 619-990-2791.

For more information on our activities, please visit our website, [RWCNavajo-Canyon.org](http://RWCNavajo-Canyon.org) and visit us on Facebook at Republican Women of California. Guests are always welcome and we are proud to see our membership has increased even beyond last year's numbers.

At our June 11 meeting, we are looking forward to hearing Carl DeMaio, a nationally recognized government reformer and former San Diego City Council member, as our speaker. DeMaio currently hosts a daily radio show about news and politics on News Radio 600 KOGO from 3-6 p.m.

DeMaio serves as chairman of Reform California, which campaigns against tax increases and advocates for a variety of government reforms, including the repeal of the gas tax. Please save the date and plan to join us for this exciting and informative meeting.

—Pat Boerner writes on behalf of the Republican Women of California Navajo Canyon.■

# The Hollywood-esque history of La Mesa

## Local moviemaking companies started with a bang but fizzled fast

Jill Diamond

If you thought motion pictures were only made in Hollywood during the early days of film, you'd be sorely mistaken.

In fact, the city of La Mesa was on the radar of more than one studio in the early 1900s to mid-1920s as a great place to make some early silent films, especially Westerns, according to historians.

For example, on Aug. 12, 1911, the American Film Manufacturing Co.'s "Flying A" troupe decided to make La Mesa Springs its new home. During its time in the area, it produced many short films (12-14 minutes each which were known as one-and-two reelers) such as "The Poisoned Flume," "Bonita of El Cajon," "Mystical Maid of Jamacha Pass," and "Bandit of Point Loma."

While Flying A successfully produced these films among others, it moved its productions to Santa Barbara in 1912 for better working conditions.

Then, in 1922, a local businessman thought he'd have his own go at jumping on the moviemaking bandwagon. East County real estate entrepreneur Ed Fletcher initially attracted Arthur H. Sawyer with his plan to start Sawyer-Lubin Studios (S-L Studios) in the Grossmont area.

According to La Mesa historian and author of "La Mesa



Still shot from Grossmont Studios film "The Beloved Bandit," circa 1925 (Images courtesy La Mesa Historical Society)

Images of America: California Series," James D. Newland, S-L Studios started off with a bang but fizzled after just a few short years.

"In 1922, Sawyer approached Fletcher who was busy investing in promoting the Grossmont area. Fletcher had a lot of land and Sawyer wanted to open a studio near Grossmont Pass — near where Anthony's Restaurant is today," Newland said.

**Fletcher's big adventure**

As the story goes, Sawyer talked Fletcher into the venture and, along with some other San Diego investors, started to build the S-L Studios on more than 200 acres of land, according to

the Ed Fletcher Papers (a collection of correspondence, photos, documents and more that document his career, currently held at UC San Diego).

"It took a year or two to build the studio, but almost as fast, a year later Sawyer wasn't producing anything," Newland said. "Fletcher approached some other businessmen and said he thought Sawyer was blowing smoke — it turned out this guy Sawyer didn't know what he was doing, they realized he was all talk."

But Fletcher didn't give up so easily — he formed a new group of other investors that he knew and was able to revamp S-L in 1925 renaming it Grossmont Studios.

"It turns out Grossmont Studios and Fletcher produced somewhere around eight to 10 films that were considered mostly 'educational films' — some were said to be biblically-themed," Newland said. "They were acting scenes out from the Bible from what I understand. There are some stills that have survived and one was a Western with the name 'The Beloved Bandit.'"



Original S&L Studios building circa 1922

Newland added there are old photos showing an Egyptian set, and some others with actors dressed as cowboys. However, as far as the films go, they don't exist anymore — typical of most silent-era films.

**Belly up**

About three years after Fletcher started Grossmont, the studios unfortunately went out of business. But rather than close the studios altogether, Fletcher had the old buildings converted into a roller rink and a restaurant, but a fire burned both down in 1934.

According to a San Diego Union newspaper clipping dated 1934 that is also part of the Ed Fletcher Papers, "the fire caused \$75,000 in damages to the old studios and started a 15-acre brushfire that took three hours to extinguish ..."

The article also states: "The building was built 15 years ago for \$175,000 and the structure was occupied for six months by a motion picture company. Stars of wild west pictures were featured in the films made at the studio until 3 years ago the building was vacant."

The Union article further mentions the building remained vacant until 1931 when it was converted into a skating rink, which also failed, as Newland stated. It was then turned into a dining and dance hall owned by Walter Trudeau, according to the article.

"It is believed that the studios were located near the natural pond behind Anthony's Fish Restaurant," Newland said. "A

See FILM STUDIOS page 24 —>

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# Helix end of school year roundup



## Helix Highlights

Jennifer Osborn

The end of the 2018-19 school year is rapidly approaching, and it's time to celebrate. Commencement ceremonies for the class of 2019 will take place on Thursday, June 6 at 6 p.m. in Benton Hart Stadium on campus. More than 500 graduates will cross the stage and accept their diplomas. Tickets are required for admission — a limited number are provided to each graduate.

There are plenty of activities leading up to graduation. A tradition at Helix is Signing Day, but this Signing Day isn't just for star athletes committing to play for a university. All Helix students who have committed to four-year universities are recognized for their accomplishments, then they sign a certificate on stage in the Performing Arts Center in front of family and friends. Almost 90% of Helix students profess plans to attend

college following high school, and half of those plan to attend a four-year institution. This is the fourth year Helix has held this event. Approximately 100 students participated.

According to the research, education after high school is a critical part of a successful future. College graduates have more opportunities than those who choose not to pursue their education past high school. In fact, according to Georgetown's Center on Education and Workforce, college graduates are set to make 84% more over their lifetimes than high school graduates.

We wish the class of 2019 all the best as they celebrate their last days of high school!

### Safe Sports School award

Helix is the recipient of the National Athletic Trainers' Association (NATA) Safe Sports School award for its Sports Medicine Program. The award champions safety and recognizes secondary schools that have met the recommended standards to improve safety in sports. The award reinforces the importance of providing the best level of care, injury prevention and treatment.

In order to achieve Safe Sports School status, athletic programs must:

- Create a positive athletic health care administrative system.
- Provide or coordinate pre-participation physical examinations.
- Promote safe and appropriate practice and competition facilities.
- Plan for selection, fit function and proper maintenance of athletic equipment.
- Provide a permanent, appropriately equipped area to evaluate and treat injured athletes.
- Develop injury and illness prevention strategies, including protocols for environmental conditions.
- Provide or facilitate injury intervention.
- Create and rehearse a venue-specific Emergency Action Plan.
- Provide or facilitate psycho-social consultation and nutritional counseling/education.
- Be sure athletes and parents are educated about the potential benefits and risks in sports as well as their responsibilities.

### Highlander Open Golf Tournament

The Helix High Foundation is hosting its annual golf tournament fundraiser on Friday, June

7 at Carlton Oaks Golf Course. Proceeds from this event will help to provide financial assistance for graduating students. Since its inception, the tournament has raised more than \$50,000 for student scholarships. If you'd like to play or be a tournament sponsor, check out the Foundation website at [helixhigh-schoolfoundation.com](http://helixhigh-schoolfoundation.com).

### Student accomplishments

The Business Career Path students competed in the **Junior Achievement Company Program** against 18 teams from Canyon Crest Academy, Torrey Pines, Westview, and Grossmont. The following teams represented Helix:

- **Punrise:** Victoria Slocum, Ben Potter, Ronald Rojas, Elias Gracia
- **adolEssence:** Numi Filemoni, Delana Hatchett
- **U-Bracelets:** Bianca Soltero, Jake Souza
- **adolEssence** placed third and their business could potentially be invited to the National JA Competition in Washington D.C. in June.

**The Speech and Debate Team** took ninth place at the California High School Speech Association State Championships out of more than 160 participating schools. Individual accomplishments include:

### Finalists

- 1st place - Original Prose Poetry – Kyra Payton (STATE CHAMPION)
- 3rd place - Duo Interpretation – Will Harris/Shane Robles
- 3rd place - Oratorical Interpretation – Eileen Diaz
- 4th place - Oratorical Interpretation – Jonah Leota
- 4th place - Original Oratory – Mahamed Abdulahi
- 3rd place - Duo Interpretation – Eva Anderson/Blake Tannehill
- 7th place - Program Oral Interpretation – Elaine Alfaro

### Semifinalists

- 11th place - Oratorical Interpretation – Jasper Monteith
- 12th place - Humorous Interpretation – Luke Babbitt
- 13th place - Dramatic Interpretation – Ashley Simmons
- 13th place - Impromptu Speaking – Madeleine Denison
- The Mathematics, Engineering, and Science Achievement (MESA) program** took 2nd place in the State Engineering Design competition held at UCLA. Winning students were Mahmoud Salem, Rachel Hua, Alex Chau and Miguel Talamantez.

The Advanced Choir — **Highland Singers** — received a Superior Rating and took a second-place win

See **HELIX** page 24 —————>




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# Spring semester successes at Grossmont



## Foothiller Footsteps

Connie and Lynn Baer

As the school year comes to an end, we want to take a moment and celebrate some of the good news from this semester.

### Teachers of the Year

Congratulations to Marta Jacoletti, chosen by Grossmont High teachers as their Teacher of the Year. According to Principal Dan Barnes, “Since 1999, performing arts teacher Mrs. Jacoletti has distinguished herself in many ways, including being a leader on campus as a department chairperson. Marta represents the very best in teachers and inspires other teachers about what great teachers do. Marta genuinely loves her students and works diligently to support their success.”

Congratulations to Golden Apple Award-winning math teacher Kristen LoPrell, who was selected by students as their Teacher of the Year. Kimmy Bond, Student Summit president shares, “Mrs. LoPrell is one of the most interactive teachers at Grossmont. Her classroom gives her students a sense of calm and collectiveness. Her empathy creates an environment where students actually want to come to class every day.”

### GHS Event Center

The final piece of the puzzle of the renovation of Grossmont’s historic campus has begun. Its new state-of-the-art 27,000-square-foot facility will house most of the performing arts programs, including dance, choral, digital music, and drama, in a central location to promote student interaction and collaboration. The \$26 million project was funded by Proposition U and Measure BB, and is scheduled to be completed in fall 2020.

### Drama

Teacher Amity Ecker shares, “We had a sold out run of



Feb. 28 roundbreaking for the new Performing Arts Center: (l to r) Grace Morrison, Marta Jacoletti, Kennedy Dirkes, Hunter Rodgers, Trinity Buck, Emily Fenick, Christina Luzader, Alondra Guardado and Amity Ecker

‘Mamma Mia!’ this semester and even extended the run by adding two additional shows, closing on March 30 with a total of 10 showings. We are extraordinarily proud of our Foothiller Players!”

### Grossmont Instrumental Music Association (GIMA)

The GIMA Musical Masquerade at the Museum held at the New Children’s Museum in Downtown San Diego, which was the first fundraising gala to be held off campus, did not disappoint the 300 attendees, many in masquerade masks and festive party clothes. Showcased that evening were the beginning band, the combined string orchestras, the Royal Blue Regiment band, and several small ensembles, directed by instrumental music teacher Ray Webb and orchestra director Karen Childress-Evans.

The proceeds will fund student music coaches and musical instruments. To donate to support our growing instrumental music classes, please go to bit.ly/2W64HgH.

### Art Department

Grossmont photography students were very successful at this year’s Helix Water District Photography Competition. In the color category, Sunshine Astourian won first place, Joilee Luna second place, and Kristin Williams garnered an honorable mention. In the black and white category, Brisa Rueda won second place, Neva Devine third place, and Parker Rufener Simpson garnered an honorable mention.

In addition, the Grossmont Visual Art Department had another successful year at the 33rd annual GUHS District Art Show. Of the 40 entries, 20 won ribbons!

Finally, Grossmont photography and digital art classes have over 40 pieces in this year’s San Diego County Fair Student Showcase. Carolyn Jungman, digital art and photography teacher, shares, “Be sure to see the wonderful work from this year on display! We are so proud of all of our students and their incredible hard work this year!”



GHS Women’s Soccer Division II CIF champions (Photos courtesy GHS Museum)

### Education Pathway

Carolyn Costa won third place at regional, second place at state, and will compete at the national level in Texas for the Educators Rising Club for future educators. Carolyn wrote, taught, and videotaped a lesson for elementary school students to learn science while teaching her first-grade internship class how plants grow.

Also, Alyssa Allman, Carolina Costa, and Rachel Gallegos won GUHS District Future Teacher Terry K. Ryan Scholarships. All three students will attend college in the fall to pursue their bachelor’s degrees and teaching certificates. They hope to one day come back to teach in the Grossmont Union High School District or one of its feeder districts.

### NJROTC

Grossmont’s NJROTC won a Unit Achievement Award, its first since 2014, indicating that they are in the top half of all NJROTC units in the state of California and Arizona. Calista Zaenger and Liachell Alob earned “full ride” Navy scholarships to the

University of Maine. Also, the marksmanship team won first place in the NRA Southern California Championship! It was a very successful year for Grossmont NJROTC.

### Congratulations to our athletic teams

The four boys and girls varsity and JV track teams are Valley League champions with undefeated seasons and several athletes competing in CIF.

The boys lacrosse team are Grossmont League champions with an amazing 17-1 record!

The girls soccer team, 2019 CIF Division I champions, won their first Southern California CIF game 2-1 vs. Downey. Congratulations to San Diego County Second Team selections freshman Sara Lopez and junior Mara Hyde.

The GHS girls basketball team advanced to the CIF Division II Championship game.

The girls cheerleading team were Division II CIF champions!

Reflecting on a wonderful semester, Principal Dan Barnes declares, “The students and staff and Grossmont High School continue to make this one of the choice high schools in our county. We have so many great people working on so many great things in and out of the classroom. I am very honored to be a part of their success.”

To learn more about Foothillers past and present, visit the GHS Museum noon-3:30 p.m. June 5 or by appointment. Email ghmuseum@guhsd.net, call 619-668-6140 or visit foothillermuseum.com.

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

Sudoku & Crossword puzzle answers from page 31

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	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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## BEST OF

## 2019 LA MESA



## Congratulations to our Winners

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Each year, we ask our loyal readers to nominate their favorite restaurants, entertainment venues, stylists, designers and other businesses and professionals. Once again, we received hundreds of nominations from La Mesa residents eager to share their thoughts on the most deserving candidates. We tally the votes, compile a directory and send out the awards — many of which readers will see proudly displayed on the wall of restaurant or office.

Some of these businesses have been serving La Mesa residents and out-of-town shoppers for decades or more. Others have only just begun to make an impact on the community but have obviously caught the attention of local consumers by doing things right.

We encourage readers to hang on to the following Best of La Mesa section throughout the year as a handy guide for the next time you’re looking for an optometrist, a car mechanic, a doctor, an Italian dinner, a craft brewery or just a coffee with friends.

And if by chance you disagree with any of the winners, we encourage you to keep your eyes peeled for next year’s ballots and vote for the Best of La Mesa 2020. After all, the competition is part of the fun.

Congratulations to all winners!

—La Mesa Courier Staff



Congratulations to the following businesses who were chosen by the readers of the La Mesa Courier.

The business categories were published in ballot form over a period of 6 weeks. Readers were asked to cast ballots for their favorite choices. This was no simple task! With more than 100 categories, our readers came through with overwhelming response. We wish to thank all the readers who took the time to recognize these businesses which do so much to make La Mesa such a wonderful community.

<b>Dining</b> American Cuisine Bakery Barbecue Beer Billiards Breakfast Brunch Buffet Burger Burrito Casino Casino Buffet Casual Dining Catering Chinese Cuisine Cocktail Coffee Shop Comfort Food Deli Dessert Dinner Donut Shop Family Restaurant Fine Dining Greek Cuisine Golf Course Happy Hour Health Food Store Hot Wings Indian Cuisine Irish Pub Italian Cuisine Japanese Cuisine Jazz Bar Juice/Smoothies Live Music Venue Lunch Margarita Martini Mexican Cuisine Micro Brewery New Restaurant Nightclub Outdoor Dining Performing Arts Theatre Pet Friendly Dining Pho/Noodle House Pizza Romantic Dining Salad Sandwich Seafood Sports Bar Steakhouse Sushi Thai Cuisine Vegetarian/Vegan Wine Bar	<b>Gold</b> The Omelette Factory La Mesa DZ Akin's/Surf Rider Pizza Co. The Pioneer BBQ Craft Kitchen/Helix Brewing Co. Pete's Place The Omelette Factory La Mesa The Omelette Factory La Mesa Souplantation Johnny B's Burger, Brews, & Spirits El Azteca Sycuan Casino Resort Sycuan Casino Resort The Omelette Factory La Mesa Craft Kitchen Chopsticks Inn Restaurant Curbside Eatery & Drinkery Brew Coffee Spot The Omelette Factory La Mesa Trolley Stop Deli Yogurt Express Swami's Cafe Sunny Donuts The Omelette Factory La Mesa Anthony's Fish Grotto Petrino's Greek Restaurant Singing Hills Golf Course Casa de Pico Windmill Farms Craft Kitchen Himalayan Curry & Grill Hooleys Irish Pub Tiramisu Trattoria Konnichiwa Sushi & Bar/Narumi Sushi Hoffer's Cigar Bar Swami's Cafe Riviera Supper Club The Omelette Factory La Mesa Casa de Pico Brigantine Casa de Pico Helix Brewing Co. Surf Rider Pizza Co. The Regal Bar Anthony's Fish Grotto Lamplighters Community Theatre The Omelette Factory La Mesa Pho Superbowl Surf Rider Pizza Co. Tiramisu Trattoria Souplantation Trolley Stop Deli Anthony's Fish Grotto Johnny B's Burger, Brews, & Spirits Outback Steakhouse Konnichiwa Sushi & Bar Bamboo Fresh Thai Cuisine Swami's Cafe Wine Works	<b>Silver</b> Craft Kitchen The Omelette Factory La Mesa Cali Comfort BBQ Pete's Place On Cue Billiards Swami's Cafe Craft Kitchen Sycuan Casino Resort Craft Kitchen Alberts Mexican Food Barona Resort & Casino Barona Resort & Casino Craft Kitchen Continental Catering Wei Wei Express Fourpenny House Public Square Coffee House Craft Kitchen DZ Akin's Centifonti's Bar & Restaurant/D.Z. Atkin's Brigantine Yum Yum Donuts Craft Kitchen Brigantine JK's Greek Cafe Admiral Baker Golf Course Craft Kitchen Sprouts Farmers Market Epic Wings-N-Things  Fourpenny House Antica Trattoria Banbu Sushi Riviera Supper Club Jamba Juice Centifonti's Bar & Restaurant Lunch Box Cafe & Deli Por Favor Restaurant Riviera Supper Club La Torta Cafe Bolt Brewery Fourpenny House Riviera Supper Club Casa de Pico Lamb's Players Theatre Anthony's Fish Grotto Pho Ca Dao Bar & Grill D'Amatos Pizza Anthony's Fish Grotto The Omlette Factory La Mesa Craft Kitchen Brigantine The Hills Local Pub The Riviera Supper Club Banbu Sushi Signature Thai Cuisine Craft Kitchen Vine Cottage Bistro
<b>Retail</b> Accountant Acupuncture Antiques Appliances Store Art Gallery Attorney Auto Dealership Auto Used Dealership Auto Repair Shop Bank Barber Bike Shop Boutique Car Wash Child Care Chiropractor Computer Repair Consignment/Resale Cosmetic Services Credit Union Dance School Day Spa Dentist Dermatologist Dispensary Doctor Dry Cleaner Electrician Electrician Company Event Organizer Fighting Gym Financial Planner Florist Furniture Store Garden Supply General Contractor Gift Store Gym/Workout Studio Hair Salon Handy Man Hardware Store Residential Cleaning Hospital Hotel Insurance Broker Jewelry Manicure/Pedicure Massage New Business Optometrist Personal Trainer Pet Boarding/Day Care Pet Groomer Pet Groomer Mobile Pet Sitter Pharmacy Photographer Physical Therapist / Rehab Plumber Pool Services Real Estate Agent Real Estate Office Retirement Living Solar Company Supplement Store Tailor Tanning Salon Tattoo/Piercing Studio Veterinarian Veterinary Hospital Waxing or Threading Salon Wedding Planner Wedding Planner Windshield Repair Yoga Studio	<b>Retail</b> McRea Woodson & Associates, Inc. Christine Miller, L. Ac. La Mesa Antique Mall La Mesa Appliance Inc Nainsook Framing + Art Law & Mediation Firm of Klueck & Hoppes Carl Burger Dodge Chrysler Jeep RAM World Carl Burger Dodge Chrysler Jeep RAM World Preston's Tire and Wheel Chase Boulevard Barber and Shave Pedal Pushing Bicycle Shop Uneekie Boutique Soapy Joe's The Grey Rabbit Pre-School La Mesa Village Chiropractic SD Bytes Computer Repair Act II Boutique Lumos Skincare Studio San Diego County Credit Union The Element Dance Center Lumos Skincare Studio Allison Avenue Dental Dr. Erik Gilbertson, M.D. The Grove Angela C. Shaw, DO Tam's Alteration & Dry Cleaning Tom Kennedy Electric Ideal Plumbing, Heating, Air & Electrical Continental Catering Gio's Fitness 101 San Diego County Credit Union La Mesa Floral Design Shoppe Mattress Makers Dixieline Lumber & Home Centers George Burtless Elam's Hallmark Chuze Fitness - Grossmont Cultivate Dori Do-Right Now Dixieline Lumber & Home Centers Dutch Lady Cleaning Service Sharp Grossmont Hospital Courtyard By Marriot San Diego El Cajon Eric Andersen, State Farm Pierre's Jewelers Spa & Co. Thérapie Day Spa Dark Horse Coffee Roasters Jeffrey Gregg, OD Workout with Kirk The Pooped Puppy Barking Beauties Pet Salon Awesome Doggies! The Pooped Puppy La Mesa Pharmacy Cece Canton Photo La Mesa Rehab Ideal Plumbing, Heating, Air & Electrical Alpro Pool Services Inc. Jim O'Donnell Berkshire Hathaway La Vida Real Baker Electric Home Energy Windmill Farms Community Market Lily's Alteration & Dry Cleaning iTan La Mesa Adora Tattoo & Hair Studio El Cerrito Pet Hospital El Cerrito Veterinary Hospital Lumos Skincare Studio Flora Glamor Floral Studio Simply Taleah Crack Dr. A Gentle Way Yoga	<b>Retail</b> Epperson & Co XO Day Spa David A's Estate Antiques & Services Quality Appliances Rick's Custom Framing Bacinett Family Law Bob Stall Chevrolet Bob Stall Chevrolet John's Automotive Care California Coast Credit Union La Mesa Barber Shop Irwin Trek Sara's Selections Aqua Clean Car Cash St. Andrew's Day School San Diego Chiropractic Doctors Pacific Computer Service The Consignment Shack/Looks Better On Me Coconuts Salon & Day Spa Mission Federal Credit Union Jean's Dance Studio Thérapie Day Spa Great Smiles of La Mesa Dr. Christopher V. Crosby, M.D. San Diego Recreational Cannabis Scott Lee Bluck, DO VIP Cleaners Ideal Plumbing, Heating, Air & Electrical Tom Kennedy Electric Elements of Style CrossFit La Mesa Optify Financial Allen's Flowers & Plants Jerome's Furniture The Home Depot Accurate Builders Small Batch 24 Hour Fitness - Grossmont Crow Salon Mr. Handyman La Mesa Lumber & Hardware Two Sisters Cleaning Scripps Health Singing Hills Golf Resort At Sycuan Webster Insurance Agency, INC. Blumenthal & Co. Nail Paradise & Spa XO Day Spa Small Batch La Mesa Vision Care Aubyn Grant Fitness Camp Run-A-Mutt Barking Lot Paw Street Pet Salon Cape-Able Canines CVS Grossmont Bad Kitty Photography  Earl W. Fite & Sons Plumbing, Inc. Payan Pool Service Julie Boyadjian Coldwell Banker West The Montera Solar Tech Keils Tam's Alteration & Dry Cleaning Chuze Fitness La Mesa Patriot Tattoo Pet Hospital of La Mesa The Pet Hospital of La Mesa XO Day Spa  Corepower Yoga La Mesa

Gold Winner Listings:

DINING & ENTERTAINMENT

American Cuisine

Rae's Cafe

Previously The Omelette Factory, Rae's Cafe is a casual family-style restaurant and will continue the long standing tradition to treat customers like they are part of the family. Excellent customer service is an integral part of their daily practice, not just serving delicious family-style food. All meals are prepared in-house from fresh, high quality ingredients. They will continue serving all the local favorites that regulars have to come enjoy for years, including their signature omelettes, American classic breakfasts, the famous cinnamon roll French toast, fresh sandwiches, delicious hamburgers and more.

5270 Baltimore Drive, La Mesa  
omelettefactorylamesa.com  
619-460-4423

Bakery (tie)

D.Z. Akin's

Known for their oversized, abundant menu you'll find New York-style delicatessen favorites like matzo ball soup, potato pancakes, lox, cheese blintzes, borscht, bread udding, chopped liver, potato knishes. Basically everything you would expect to find at a traditional delicatessian. The menu also boasts 134 sandwiches piled sky-high with fine deli meats and favorites like the famous reuben, brisket dip and pastrami burger as well as complete dinner entrees such as corned beef and cabbage, roast brisket of beef and stuffed cabbage rolls.

6930 Alvarado Road, San Diego  
dzakinsdeli.com | 619-265-0218

Surf Rider Pizza Co.

Best bakery you ask? When they first opened Surf Rider Pizza Co., the site was also home to an old bakery, which inspired the addition of fresh-baked goods to the menu. Surf Rider Pizza is part of The Patio Group company (Fire-side, The Patio on Goldfinch, Saskas) – specializing in East Coast-style pies by the slice or whole, baked in fire-heated brick ovens. There's also an in-house bakery that offers sweet treats like full-sized cakes, pastries and desserts. Pizza enthusiasts will find 18-inch, cheesy beauties like the cacon rider and spicy vegetarian, plus salads, stromboli and cheesesteaks.

8381 La Mesa Blvd, La Mesa  
surfrider.pizza | 619-340-1270

Barbecue

The Pioneer BBQ

Opened in June of 2018, The Pioneer has raised the bar for irresistible BBQ, right here in San Diego! Owners Willie DePascale and longtime friend Chef Hanis Cavin assembled an unrivaled team who offer a full rack of specialties including smoked meat combos, brisket-

topped burgers, the Porko Sando, and a tangy twist on several barbecue classics. Once inside you'll be surrounded by an Americana style design that is both patriotic and farm-house, extending a vibe that invites every guest to stay for a while and savor some goodies. Come watch your favorite sporting event on one of our 15+ flat screen TVs, while some of Willie's favorite "blues tunes" play in the background.

8622 Lake Murray Blvd., San Diego  
thepioneerbbq.com | 619-825-7787

Beer List (tie)

Craft Kitchen

This family-owned craft beer restaurant in La Mesa celebrates the rich and diverse culture of the greater San Diego area. With over 30 local brews on tap and a menu of meticulously crafted comfort foods, the bar and grill offers an adventure for your taste buds at every turn. Whether you're visiting for breakfast, lunch, or dinner, the cuisine offers a fresh take on contemporary classics like our brandy-infused French toast or handmade bacon-wrapped corndogs. Enjoy a full bar serving craft beer, craft sodas and has an extensive wine list!

4253 Palm Ave., La Mesa  
lamesacraftkitchen.com  
619-461-4887

Helix Brewing Co.

Helix Brewing Company began in La Mesa with roots in homebrewing. Highly motivated by science, dedicated to adventure, and built by community— Helix beer is formulated in the mind — whether it be on a long swim in the ocean or on a trail run with the dog. Helix will always push beers to new levels. Drink Helix beer with those you enjoy most and start an adventure of your own.

8101 Commercial St., La Mesa  
drinkhelix.com | 619-741-8447

Billiards

Pete's Place

Back in the day, Pete's Place had this very cool sign hanging out front. This sign is over 46 years old. The story goes that in the '50s and '60s salesmen would go around from business to business and bar to bar selling these signs. All basically the same shape, flashing bulbs, and a round center piece where they could customize it and put the name of your bar! Though the sign is no longer hanging out front, Pete's continues to be the local favorite for a game of pool with friends.

8330 La Mesa Blvd., La Mesa  
petesplacelamesa.com | 619-464-9535

Breakfast

Rae's Cafe

(See listing under best American)

Brunch

Rae's Cafe

(See listing under best American)

Buffet

Souplantation

Bountiful and fresh goodness everytime. The salad bar is extraordinary, the soup is bountiful and the desserts are great! Friendly service, great atmosphere and priced right.

9158 Fletcher Parkway, La Mesa  
souplantation.com | 619-462-4232

Burger

Johnny B's Burger, Brews, & Spirits

Welcome to Johnny B's Burgers, Brew & Spirits. Voted the best choice for a bar and grill in La Mesa. Their friendly atmosphere will certainly make you feel right at home! Since 1999, Johnny B's has been serving up great burgers, delicious drink specials, and a "just like home" atmosphere that keeps guests coming back, week in and week out. With 25 HDTVs and two outdoor dining patios, Johnny B's Burgers, Brew & Spirits is the place to be when game day rolls around!

8393 La Mesa Blvd., La Mesa  
johnnybsburgersandbrew.com  
619-464-2465

Burrito

El Azteca

El Azteca in La Mesa may be a no-frills strip mall joint, but they serve up no-nonsense burritos, tacos, and enchiladas, with its enormous California burrito being the standout. The salsa is great and restaurant is clean and there is always parking.

8306 Parkway Dr., La Mesa  
619-466-4113

Casino

Sycuan Casino Resort

The new 12-story luxury hotel tower features over 300 guest rooms, including over 50 suites in various configurations and amenity packages. Resort and casino guests now have a wide range of onsite amenities to enjoy, such as a pool and cabanas area with a lazy river and swim-up bar, a full-service spa with treatment rooms and sauna, and over 10 new bars and restaurants. The Casino Resort has the largest non-smoking gaming casino floor in San Diego.

5469 Casino Way, El Cajon  
sycuan.com | 619-445-6002

Casino Buffet

Sycuan Casino Resort

(see listing under best Casino)

Casual Dining

Rae's Cafe

(see listing under best American)

Catering

Craft Kitchen

(see listing under best Beer list)

Chinese Cuisine

Chopsticks Inn

Chopsticks Inn presents a delectable menu featuring Asian fare noodle soup bowls and stir fry dishes originated from China, Japan and Thailand respectively. Committed to uphold the highest standard on food quality and taste. Stop in to experience this unique dining pleasure.

8687 La Mesa Blvd., La Mesa  
chopsticksinncuisine.com  
619-466-4470

Cocktail

Curbside Eatery & Drinkery

Their open-air concept offers wrap-around curbside patios separated by industrial-style windows, to let the light in and connect you, your friends and your family with the action of the surrounding neighborhood. The best seat on the block for events such as La Mesa's



Oktoberfest and holiday in the Village. Enjoy cocktails ranging from well balanced Old Fashioneds to a refreshing Mojito, or enjoy a new brew from their rotating social beer selection. Try the braised short rib nachos, fresh Ahi Poke or dive into one of our fresh, grass fed burgers.

**8353 La Mesa Blvd., La Mesa**  
**Curbsidelamesa.com | 619-825-7759**

## Coffee Shop

### Brew Coffee Spot

Brew Coffee Spot uses award-winning coffee that is 100% certified organic (from roaster in San Diego), ethically sourced, and scientifically roasted using standards established by the SCAA. Their menu also features multiple teas, flavored kombuchas, kefir cold-pressed juices, artisan breads, quiches, pies, pastries, freshly made paninis, acai and coconut yogurt bowls, veggie and many vegan options.

**6101 Lake Murray Blvd., La Mesa**  
**brewcoffeespot.com | 619-713-6698**

## Comfort Food

### Rae's Cafe

(see listing under Best American)

## Deli

### Trolley Stop Deli

Trolley Stop Deli has striven to create the sandwiches, soups, salads, wraps, and other items using only quality ingredients. Everything on the menu is made fresh. This and the loyalty of customers is what keeps customers coming back.

**8150 La Mesa Blvd., La Mesa**  
**trolleystopdeli.com | 619-697-3354**

## Dessert

### Yogurt Express

You decide which yogurt flavors you want. Fill the cup as full as you like. Add all the toppings of your choice. Take your creation to the register to be weighed.

**6195 Lake Murray Blvd. #C, La Mesa**  
**yogurtexpress.net | 619-462-4248**

## Dinner

### Swami's Cafe

A family-owned restaurant in North and East county boasts the best food in San Diego. Swami's Cafe offers up a unique menu, great atmosphere and a friendly staff that creates an excellent dining experience time after time.

**8284 La Mesa Blvd., La Mesa**  
**swamiscave.com | 619-668-9030**

## Doughnut Shop

### Sunny Donuts

You've heard the story of Goldilocks and the three bears—this basically sums up the yummy donut selection at Sunny Donuts. Always just right.

**4199 Spring St., La Mesa**  
**sunnydonuts.com | 619-464-7566**

## Family Restaurant

### Rae's Cafe

(See listing under Best American)

## Fine Dining

### Anthony's Fish Grotto

Anthony's Fish Grotto La Mesa is East County's premier spot to entertain family and out of town guests this holiday season. The gorgeous location is nestled on a private pond and was just awarded a "Keep La Mesa Beautiful" commendation for its lush landscaping. This local icon is renowned for its large selection of fresh seafood dishes, a well-priced wine list, and a fabulous Happy Hour Monday thru Friday 3:30 to 6:00PM. The location also offers multiple menu options and venues for group dining and banquets, as well as its own fresh seafood retail market. The retail market offers a great selection of hand-picked seafood, and also locally popular pre-made and ready-made holiday and game-day seafood party platters. Anthony's was started by Catherine "Mama" Ghio in 1946 and is still family owned and operated by her grandchildren. Her recipes and sauces are still closely held secrets made to the same

exacting standards she demanded 70 years ago.

**9530 Murray Dr., La Mesa**  
**anthonyfishgrotto.com | 619-463-0368**

## Greek Cuisine

### Petrino's Greek Restaurant

This Greek restaurant is not an Americanized eatery. If you'd like to experience traditional Greek food and recipes that go back generations, this is the place to come. Here, you'll enjoy food that's authentic and tastes as it came straight from Greece. Everything is entirely home-made, and for the past five years, they've been serving dishes that have come straight from family favorite recipes.

**5525 Jackson Drive, La Mesa**  
**greekrestaurantlamesa.com**  
**619-331-3952**

## Golf Course

### Singing Hills Golf Course at Sycuan

Nestled inside the beautiful and tranquil hills of Dehesa Valley, Sycuan has two challenging 18-hole championship golf courses and fun 18-hole par 3 course

which are guaranteed to give you unforgettable experiences from beginning to end. The courses are thoughtfully designed with some surprises along the way and plenty of spectacular natural features to add interest.

**3007 Dehesa Road, El Cajon**  
**singinghillsgolfresort.com**  
**800-457-5568**

## Happy Hour

### Casa de Pico

Casa de Pico has been a San Diego favorite for over 40 years. They offer the same wonderful experience to visitors locally and worldwide. Enjoy dining in two fabulous fiesta rooms, an expansive dining room and patios. They can host all of your special occasions. Enjoy traditional Mexican cuisine, regional specialties, world-famous margaritas and strolling mariachis.

**5500 Grossmont Center Dr., La Mesa**  
**casadepico.com | 619-463-3267**

## Health Food Store

### Windmill Farms

Windmill Farms offers quality, healthy organic food. Whether you think of them as a grocery market, meat market, fresh foods market, or organic market, they will

most likely beat out the competition! If you're the type who doesn't just want a few natural organic food choices—they're just the ticket.

**6386 Del Cerro Blvd., San Diego**  
**organicfood-sandiego.com**  
**619-287-1400**

## Hot Wings

### Gold - Craft Kitchen

(See listing under Best Beer Selection)

## Indian Cuisine

### Himalayan Cuisine

Located on the corner of El Cajon Boulevard and Baltimore Drive, the Himalayan can add a little spice to your life. Try a variety of wonderful Indian, Nepalese & Tibetan dishes which are healthy and kind to those who are watching their weight. If you are a vegetarian, this is the place for you too.

**7918 El Cajon Blvd., La Mesa**  
**himalayancuisineone.com | 619-280-4048**

## Irish Pub

### Hookeys Irish Pub

It doesn't get much more Irish than Hoo-

leys. Enjoy authentic Irish fayre, delicious traditional Irish dishes, friendly service and a warm barstool.

**5500 Grossmont Center Drive #247**  
**hookeys.com | 619-713-6900**

## Italian Cuisine

### Tiramisu Trattoria

Since opening in 2004, Tiramisu Trattoria has been providing customers with an authentic, multi-regional menu, focused on the dining experience as a whole with special emphasis on impeccable service, and excellent value.

**8273 La Mesa Blvd., La Mesa**  
**tiramisutrattonia.com | 619-698-0096**

## Japanese Cuisine

### Konnichiwa Sushi & Bar

This is not your ordinary Sushi Bar! This is a high energy pop inspired world—calling this rockin' sushi" would be an understatement. Come in, and have a blast!

**8350 La Mesa Blvd., La Mesa**  
**konnichiwa-sushi.com | 619-466-6446**

## Narumi Sushi

Narumi Sushi is not to be missed. They make perfection for about eight bucks. Not only is the sushi delish, the chicken

Thank you for voting us as Best Attorneys of La Mesa!

LAW & MEDIATION FIRM OF  
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7777 Alvarado Rd. #413, La Mesa, CA 91942  
**619.448.6500**

Open Mon - Thurs 11AM - 10PM  
Friday 11AM - 11PM  
Saturday 8AM - 11PM  
Sunday 8AM - 10PM  
Happy Hour  
Monday - Friday 3-6PM

**Thank You La Mesa For Voting Best Of!**  
**4253 Palm Ave. La Mesa 619-461-4887**

Thank You La Mesa For Voting Us Best Greek Restaurant!

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

**Rae's CAFE**  
LA MESA CALIFORNIA

**COUNTRY STYLE BREAKFAST & LUNCH**



**Omelette Factory is now Rae's Cafe!**  
**Same ownership, same great food,**  
**and same great service.**

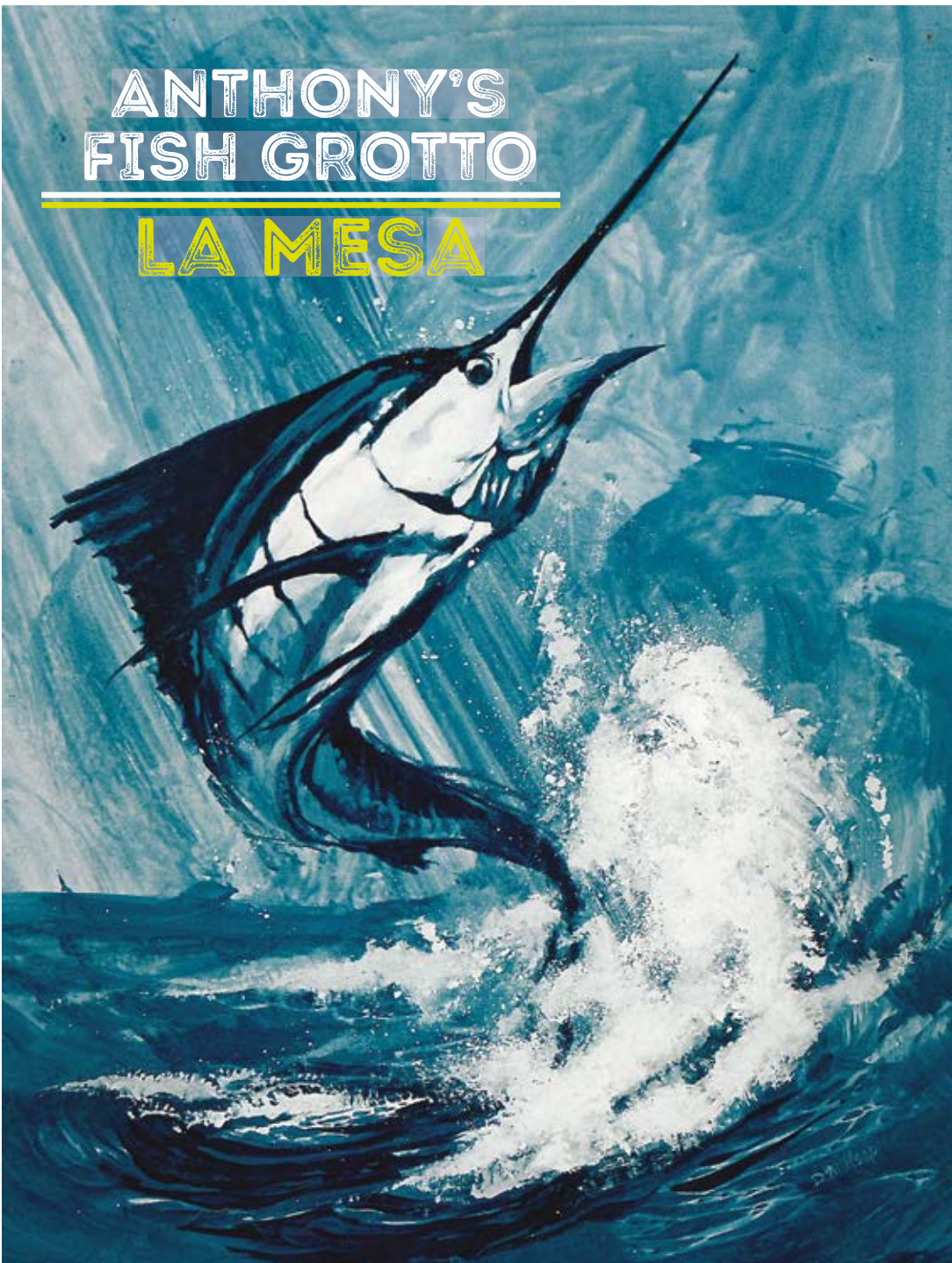
**American Cuisine • Breakfast • Brunch**  
**Bakery • Casual Dining • Comfort Food**  
**Family Restaurant • Lunch**  
**Pet Friendly Dining • Salad**

**Thank You Readers Of La Mesa Courier For Voting!**

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



# ANTHONY'S FISH GROTTTO LA MESA



**THANK YOU  
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- ✓ BEST PET-FRIENDLY DINING
- ✓ BEST ROMANTIC DINING
- ✓ BEST FINE DINING

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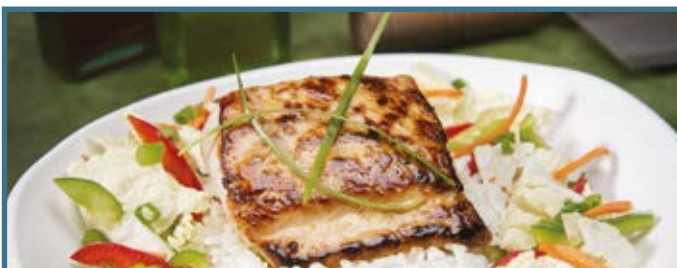
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619.463.0368 9530 Murray Drive, La Mesa 91942

➔ **ANTHONYSFISHGROTTO.COM** ➔

katsudon is amazing.

**9118 Fletcher Parkway, La Mesa**  
**narumisushisd.com | 619-461-1151**

## Jazz Bar

### Hoffer's Cigar Bar

Located in the heart of old La Mesa, Hoffer's Cigar Bar is the place to enjoy your favorite cigar, draft beer, or fine wine. Relax with a drink in the classy smoke free bar, or enjoy your drink with a cigar outdoors on their heated patio.

**8282 La Mesa Blvd., La Mesa**  
**hofferscigar.com | 619-466-8282**

## Juice/Smoothies

### Swami's Cafe

(See listing under Best Dinner)

## Live Music Venue

### Riviera Supper Club

La Mesa's Riviera Supper Club and bar brings you outstanding choice steaks, deluxe side dishes and desserts, and strong, classic cocktails that will make Riviera your favorite. The Turquoise Room is open late and ready to serve up your favorite drinks and live music!

**7777 University Ave., La Mesa**  
**rivierasupperclub.com | 619-713-6777**

## Lunch

### Rae's Cafe

(See listing under Best American)

## Margarita

### Casa de Pico

(See listing under Best Happy Hour)

## Martini

### Brigantine

The Brigantine is more than just home to

some of San Diego's finest seafood. The Morton family opened the first Brigantine on Shelter Island in 1969, with a vision that embraced the beach town lifestyle, a dedication to flavorful food, and a passion for friendly service. Today, they're known far and wide for award-winning fish tacos and freshly shucked oysters, to classic filet mignon or marinated grilled swordfish.

**9350 Fuerte Drive, La Mesa**  
**brigantine.com | 619-465-1935**

## Mexican Cuisine

### Casa de Pico

(See listing under Best Happy Hour)

## Micro-Brewery

### Helix Brewing Co.

(See listing under Best Beer List)

## New Restaurant

### Surf Rider Pizza Co.

(See listing under Best Bakery)

## Nightclub

### The Regal Bar

The Regal Bar was opened in 2008 by the owners of Jose's Courtroom in La Jolla. The bar's fun amenities include FREE popcorn, a shuffleboard game, a pool table, an ATM, a jukebox, outdoor smoking, and a host of Big Screen TV's to watch your favorite teams. Enjoy the expanded outdoor patio on summer evenings.

**8344 La Mesa Blvd., La Mesa**  
**theregalbar.com | 619-469-1633**

## Outdoor Dining

### Anthony's Fish Grotto

(See listing under Best Fine Dining)

## Performing Arts Theatre

### Lamplighters Community Theatre

This community theatre has been serving the La Mesa and surrounding communities since 1937. Lamplighters produces six season productions a year. They also support special events and one act shows between the regular season productions. Season productions are performed on Friday and Saturday at 8pm and on Sunday afternoons at 2pm.

**5915 Severin Dr., La Mesa**  
**lamplighterslamesa.com | 619-303-5092**

## Pet Friendly Dining

### Rae's Cafe

(See listing under Best American)

## Pho/Noodle House

### Pho Superbowl

Great place for Pho and other Vietnamese cuisine. Prices are fair, place is clean, service is friendly.

**8342 Parkway Dr., La Mesa**  
**(619) 401-0906**

## Pizza

### Surf Rider Pizza Co.

(See listing under Best Bakery)

## Romantic Dining

### Tiramisu Trattoria

(See listing under Best Italian)

## Salad

### Souplantation

(See listing under Best Buffet)

## Sandwich

### Trolley Stop Deli

(See listing under Best Deli)

## Seafood

### Anthony's Fish Grotto

(See listing under Best Fine Dining)

## Sports Bar

### Johnny B's Burger, Brews, & Spirits

(See listing under Best Burger)

## Steakhouse

### Outback Steakhouse

The home of juicy steaks, spirited drinks and Aussie hospitality. Enjoy steak, chicken, ribs, fresh seafood and their famous Bloomin' Onions.

**5628 Lake Murray Blvd., La Mesa**  
**outback.com | 619-466-9795**

## Sushi

### Konnichiwa Sushi & Bar

(See listing under Best Japanese)

## Thai Cuisine

### Bamboo Fresh Thai

Best Pad Thai around and their basil fried rice is amazing. Another local favorite is the Penang. Take it easy on the heat—anything much beyond a 4 will require multiple glasses of water!

**7953 University Ave., La Mesa**  
**bamboothaicuisine.com | 619-337-9700**

## Vegetarian/Vegan

### Swami's Cafe

(See listing under Best Dinner)

## Wine Bar

### Wine Works

La Mesa Wine Works is a cooperative tasting room and urban winery venue hosting two local wineries – Wyatt Oaks and San Pasqual Winery. Located in La Mesa's vibrant industrial area, and open to the public Wednesday through Sunday. As one of the fastest growing wine regions in the County it has a lot of great wines to offer. Thus the idea of a co-op tasting room began. Wine Works decided it was time to offer a larger space to meet the needs of area wine connoisseurs.

**8167 Center St., La Mesa**  
**lamesawineworks.com | 619-741-0700**

## BUSINESS & RETAIL

## Accountant

### McRea Woodson & Associates, Inc.

A full-service accounting firm McRea Woodson specializes in small business accounting, bookkeeping, and tax preparation services. These savvy professional accountants are problem-solving experts with decades of experience in personal and professional accounting. They understand the pressures of small business and tailor an approach for each client.

**8274 La Mesa Blvd., La Mesa**  
**mwa-cpa.com | 619-462-1900**

## Acupuncture

### Christine Miller, L. Ac.

Acupuncture has been used as an excellent healing modality for thousands of years. It is the oldest, continually practiced medicine in the world today; and is one of the newest health care professions in the US. It is effective because the aim is not merely to eliminate the symptoms, but rather to treat the underlying cause. Christine uses this philosophy with her treatments along with other medical care. Her belief is using traditional Chinese medicine in a comprehensive healing system that encompasses the whole person.

**4754 Palm Ave., La Mesa**  
**acupuncturespirit.com | 619-302-1129**

## Antiques

### La Mesa Antique Mall

A 6200 sq. ft. antiques mall has 40 little shops with an eclectic mix of furniture and collectibles. You'll find Victorian furniture with an emphasis on American Oak. The dealers have a variety of merchandise styles including costume jewelry, 100's of dolls, vintage radios, phones, original art, toys, comics and more.

**4710 Palm Ave., La Mesa**  
**619-462-2211**

## Appliances Store

### La Mesa Appliance, Inc.

They are your go to store for everything your appliances may need! They sell OEM parts and offer in-home service by factory trained technicians at a competitive price. They will gladly answer any questions that you may have. Family owned and operated since 1978.

**265 El Cajon Blvd., El Cajon**  
**lamesaapplianceco.com | 619-401-7560**

## Art Gallery

### Nainsook Framing + Art

Their careful approach to framing is what sets them apart. They specialize in the use of conservation framing techniques that will last for generations. The designers will present as many options necessary until you're certain it is perfect for you!

**8130 La Mesa Blvd., La Mesa**  
**nainsookframing.com | 619-303-8060**

## Attorney

### Law and Mediation Firm of Klueck and Hoppes

The Law & Mediation Firm of Klueck & Hoppes, APC is a full-service family law and divorce law firm that is devoted to coming up with customized solutions to fit the unique needs of families.

**7777 Alvarado Road #413, La Mesa**  
**familylawsandiego.com | 619-448-6500**

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**5500 Grossmont Ctr Dr. La Mesa, CA 91942**  
**619.463.3267 CasaDePico.com**

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### Auto Dealership New/Used Carl Burger Dodge Chrysler Jeep RAM World

Carl Burger has a commitment to the La Mesa and San Diego communities, and take pride in being a leader in customer

satisfaction. Many of their staff have been employees for over 30 years, with some holding certifications for the same length of time. This speaks volumes about the quality of service you will receive at Carl Burger Dodge Chrysler Jeep RAM.

8355 Hercules St., La Mesa  
carlburger.com | 619-485-1485

### Auto Repair Shop

#### Preston's Tire and Wheel

Since 1986, they've been making cars better, mechanically and aesthetically. Whether it's a new look, or new brakes, our experienced technicians do it all. Take a seat in the clean, modern waiting area.

Browse the free Wi-Fi, grab a bottle of water and a snack. Or, if you prefer, use their free shuttle service to get to where you need to go. Looking for tires? They've got the area's largest selection of tires from top brands.

8300 Center Drive, La Mesa  
prestonstire.com | 619-460-8311

### Bank

#### Chase

Saving you time and money, Chase is also a dedicated private client banker and can give you access to special benefits and services only available to Private Clients.

4791 Spring St., La Mesa  
chase.com | 619-463-4441

### Barber

#### Boulevard Barber & Shave

Kristy has been a barber for going on 31 years. She was inspired by her dad to go to school and get her license and eventually work with him for 20 years. Barbering has been both a career and an enjoyment for many reasons. She derives great satisfaction of giving a great haircut to clients and friends and also working side by side with her father. A tradition continues at Boulevard Barber & Shave!

8283 La Mesa Blvd., La Mesa  
boulevardbarber.com | 619-464-6500

### Bike Shop

#### Pedal Pushing Bicycle Shop

Open since 1973 with the goal of helping our customers with all of their bike needs and it is still a goal today. With over 80+ years in combined experience, they are proud to get the job done right.

6969 El Cajon Blvd., San Diego  
facebook.com/pedalpushing  
619-460-0760

### Boutique

#### Uneekie Boutique

A women's clothing and accessory store in La Mesa, offering unique pieces in different styles, sizes and colors at affordable prices. Sweet!

4674 Nebo Dr., La Mesa  
facebook.com/UneekieBoutique  
619-825-9487

### Car Wash

#### Soapy Joe's

Getting your car washed at Soapy Joe's uses about 80% less water than you would use at home in your driveway. You might be thinking, "How is that even possible?" Let me explain. The problem with washing at home is that hoses use 14 gallons of water per minute. I'll spare you the math and just say that's a lot of water, much of it wasted. Let them professionally clean your car and save the planet.

5322 Jackson Dr., La Mesa  
soapyjoescarwash.com | 619-462-7360

### Child Care

#### Grey Rabbit Pre-School

Their philosophy is to foster desirable attitudes in your child that can make his or her later years easy and pleasant. These include: Happiness, independence, trust, self-confidence, courtesy and thoughtfulness towards others, eagerness to learn and discover, good manners, sharing, ability to follow directions, develop concentration through listening, pride in themselves and their accomplishments, cooperation with teachers, parents and peers, sportsmanship and understanding of good health and safety habits.

4542 Palm Ave., La Mesa  
thegreyrabbitpreschool.com  
619-697-1551

### Chiropractor

#### La Mesa Village Chiropractic

Born and raised in La Mesa, Dr. Jason Graney opened La Mesa Village Chiropractic in 1998 after graduating from Life Chiropractic College in the San Francisco Bay Area. Opened as a refuge from pain for locals, it has become an education center for Chiropractors and Chiropractic patients alike to become educated on how to get out of pain and stay well.

4690 Nebo Dr., La Mesa  
villagechiropractic.com | 619-460-2224

### Computer Repair

#### SD Bytes Computer Repair

SD Bytes, San Diego's laptop repair, computer repair and iPhone repair specialist.



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www.tomkennedyelectric.com

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Info@cultivatehair.com

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**10433 Friars Road Suite B, San Diego**  
**sdbytes.com | 619-546-7740**

### Consignment/Resale Act II Boutique

Act II is a family owned and operated Ladies Resale Boutique, which has been in business for over 35 years. ACT II was born off Lake Murray Blvd. in La Mesa. Over the years they have opened numerous locations all over San Diego. You can still visit the last two locations in the quaint, friendly and charming Village of La Mesa and La Jolla.  
**8321 La Mesa Blvd., La Mesa**  
**myactii.com | 619-460-2606**

### Cosmetic Services Lumos Skincare Studio

Lumos Skincare Studio offers one-on-one care in a private and relaxing setting without the hustle and bustle of a typical day spa. Lumos offers a wide range of services that are completely customizable for each skin type and condition to help achieve beautiful, glowing skin. By using profes-

sional grade products and creating a custom home-care regimen specifically for you, they can smooth wrinkles, give light to dull skin, fade acne blemishes and dark spots and give you a glow inside and out!  
**8383 Center Drive Ste J, La Mesa**  
**lumosskincarestudio.com | 619-832-4747**

### Credit Union San Diego County Credit Union

San Diego County Credit Union is San Diego's largest locally-owned financial institution. With over \$8.3 billion in assets, SDCCU is a not-for-profit credit union wholly owned and operated by its members. Unlike most other financial institutions, like big banks, San Diego County Credit Union does not issue stock or pay dividends to outside stockholders. Instead, earnings are returned to members in the form of lower loan rates, higher dividends on deposits or lower fees.  
**8555 Fletcher Parkway, La Mesa**  
**sdccu.com | 877-732-2848**

### Dance School The Element Dance Center

The goal of Element Dance has been to

create a positive atmosphere full of opportunities for dancers to grow, learn and explore artistically while nurturing their self-expression and building their confidence. The foundation of every student is shaped by the class they attend and the highest level of instruction available.  
**5915 Severin Dr., La Mesa**  
**theelementdancecenter.com**  
**619-644-2911**

### Day Spa Lumos Skincare Studio

(See listing under Best Cosmetic)

### Dentist Allison Avenue Dental

The office of Allison Avenue Dental with Dr. Fern And Dr. Santoro DDS, combines an artistic vision with the marvels of modern science to create dazzling, healthy smiles for patients. Each and every smile cosmetic dentists Dr. Fern and Dr. Santoro design is a carefully crafted. They offer a full range of cosmetic dentistry options, so whether you are in need of a subtle enhancement or a full smile makeover, La Mesa cosmetic dentists have a solution for you.

**8131 Allison Ave., La Mesa**  
**allisonavenuedental.com | 619-583-1100**

### Dermatologist Dr. Erik Gilbertson, M.D.

Dr. Erik Gilbertson is a dermatologist in La Mesa and is affiliated with multiple hospitals in the area, including Scripps Green Hospital and Scripps La Jolla Hospitals. He received his medical degree from Northwestern University Feinberg School of Medicine and has been in practice for more than 20 years.

**10862 Calle Verde #A, La Mesa,**  
**CABIT.ly/2vPX3sh | 619-670-5400**

### Dispensary The Grove

Skip the line and pick your order up from The Gove or they can deliver directly to you. Allow the team of profesionas to education you about the products they offer including CBD, oils and more.

**8155 Center St., La Mesa**  
**thegroveca.com | 619-420-4420**

### Doctor Angela C. Shaw, DO

Dr. Angela has a broad training through UC San Francisco School of Medicine and residency training at UCLA. Her real passion is preventive medicine and chronic disease management, where she can truly be a partner with patients in the shared

interest of their health and well-being.

**8080 Parkway Drive, La Mesa**  
**bit.ly/2LyTckq | 619-528-5000**

### Dry Cleaner Tam's Alteration & Dry Cleaning

Not only do they offer great pricing on dry cleaning, thier skills really shine when it comes to alternations. They are quick, very good the first time and much more affordable than many alteration shops.

**8207 La Mesa Blvd., La Mesa**  
**619-465-5405**

### Electrician Tom Kennedy Electric

Tom has been in the electrical field for over 30 years specializing in troubleshooting and repairs as well as new installation for residential and commercial properties. They charge an hourly fee plus the cost of the materials for service calls. Written estimates for new installations are available. Emergency service is available for an additional cost.

**7525 Mission Gorge Rd, San Diego**  
**tomkennedyelectric.com | 619-295-6568**

### Electrician Company Ideal Plumbing, Heating, Air & Electrical

Ideal is more than just a company that installs and repairs your plumbing, heating, air, or electrical. They believe in service excellence, demonstrated in high moral standards and business ethics since the company's inception. Look for them in the Community at Allied Gardens First Fridays Summer Concerts in the Park, Lake Murray Fireworks & Music Fest, Mission Trails Regional Park, Mt. Helix Park, and with the San Diego Fire-Rescue Foundation!

**5161 Waring Road, San Diego**  
**idealservice.com | 619-583-7963**

### Event Organizer Continental Catering

Continental Catering is a catering company and has catered over 50,000 weddings since 1984, with unique, tasteful and high-quality food. With a trustworthy reputation, and an original style, this caterer embraces creativity and style when it comes to their cuisine. They can provide any and every style of food imaginable for your event, all with impeccable services and attention to detail.

**8238 Parkway Dr., La Mesa**  
**continentalcateringsd.com | 619-698-3500**

### Fighting Gym Gio's Fitness 101

Gio's Fitness 101 is a is a privately owned, family ran fitness facility specializing in various fitness programs and services. They offer various fitness programs and services that promote overall health and fitness to a wide range of demographics. Although an open gym, walking into this place you will get that private studio-ish feel right away, easily growing an attachment to this amazing place. 101 is more than just a "gym" it's a family.

**8227 La Mesa Blvd., La Mesa**  
**giosfitness101.com | 619-825-3585**

### Financial Planner San Diego County Credit Union

(See listing under Best Credit Union)

### Florist La Mesa Floral Design Shoppe

Owner, Joannie Ham, is a floral and event artisan. She has been creating special memories for weddings, large corporate events, inaugurations, and private parties for 26 years. Her floral designs can be described from traditional and classic style to edgy and eclectic "one of a kind" floral art. Joannie's philosophy is to work closely with her clients to best represent the culture and vision they have for the event experience they are creating.



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Imflorals.com | 619-966-4510

## Furniture Store Mattress Makers

It started in the 60's when "grandpa" started a small mattress factory near downtown San Diego. These were the good ol' days when natural materials were naturally used. Before the gels, memory foams, air beds, "no flip" and "bed in a box" mattresses gimmicks. These guys really know their mattresses, let them help you make the best decision you won't lose sleep over.

8366 La Mesa Blvd., La Mesa  
mattressmakers.com | 619-303-9505

## Garden Supply

### Dixieline Lumber Centers

The center sales counter is the hub of activity in each Dixieline home center, where you will find expert advice, service and help with project planning. You'll appreciate the personal attention you'll receive from our friendly sales staff. Each home center has a complete lumberyard with the capability to cut and mill lumber to your specifications. They have a fleet of trucks which can conveniently deliver materials to your home or jobsite.

8372 Center Drive, La Mesa  
dixieline.com | 619-465-4242

## General Contractor

### George Burtless Jr. AC & Heating

George Burtless Jr. is a fully licensed air conditioning, heating contractor specializing in air conditioning and heating installation, repair, service and maintenance. So when choosing a company for your home comfort needs you are insuring yourself that you are choosing a company that excels in providing a fair price and quality service you can trust.

6370 Cresthaven Drive, La Mesa  
(619) 463-8080

## Gift Store

### Elam's Hallmark

Elam's Hallmark has greeting cards for every holiday and occasion. For anyone shopping for a gift to go along with their greeting card, there is a wide variety of items to choose from at Elam's Hallmark - books, candles, kitchen and home goods, children's toys and candy. There are even special sections devoted to weddings, garden gifts, and fashion accessories such as handbags and jewelry.

5500 Grossmont Center Dr. #207  
elamshallmark.com | 619-465-8112

## Gym/Workout Studio

### Chuze Fitness

You deserve an awesome gym. Yes you. Even if you're not rich. Even if you can't deadlift a Dodge. Even if you're not training for an Iron-anything. You deserve a gym that's beyond friendly, beyond spotless, beyond well-equipped. A gym with every fun class you want, in one place. A gym that feels like a country club, but costs like a couple of lattes. Chuze set out to reinvent fitness clubs because everybody deserves an awesome gym.

5500 Grossmont Center Dr., La Mesa  
chuzefitness.com | 619-741-7600

## Hair Salon

### Cultivate

Cultivate offers an enhanced customer experience through the art of active listening and effective client consultation. They cultivate lasting relationships, education, trust, and the best hair styling experience with professionals who care.

4752 Palm Ave. #100, La Mesa  
cultivatehair.com | 619-335-8830

## Handy Man

### Mr. Handyman

Mr. Handyman is proud to be a locally owned and family operated business. They understand that it can be difficult to keep up with the small projects that start to accumulate around the home. With years of experience and unmatched expertise, they can help with any and all of your handyman projects and incom-

plete honey-dos. They take enormous pride in their reputation.

mrhandyman.com | 619-345-5884

## Hardware Store

### Dixieline Home Centers

(See listing under Best Garden Supply)

## Residential Cleaning

### Dutch Lady Cleaning Service

There's no reason to ever have a messy house again! Come home, kick off your shoes, and relax in your clean house - cleaned with care by Dutch Lady Cleaning.

dutchladycleaningservice.com | 619-244-3698

## Hospital

### Sharp Grossmont Hospital

Sharp Grossmont Hospital is the largest health care facility in East San Diego County with programs in emergency and critical care, cardiac care, orthopedics, rehabilitation, behavioral health, neurology, women's health, children's health and hospice care.

5555 Grossmont Center Dr., La Mesa  
sharp.com | 619-740-6000

## Hotel

### Courtyard By Marriot

The new state-of-the-art lobby at Courtyard San Diego El Cajon provides greater flexibility and choices for guests. At the

center of it all is The Bistro, your destination for a great breakfast proudly serving Starbucks coffee as well as drinks and dinner during the evening.

141 N. Magnolia Ave., El Cajon  
marriott.com | 619-334-6999

## Insurance Broker

### Eric Andersen, State Farm

Eric Andersen strives to make the quote process convenient and easy for clients. A World Insurance Agency - dedicated to providing services that no other broker or insurance agency can match. They focus on delivering exactly what you need.

8040 La Mesa Blvd., La Mesa  
bit.ly/30hOAw | 619-460-2255

## Jewelry

### Pierre's Jewelers

Pierre's is La Mesa's premier jeweler for more than three decades. They offer a large selection of fine jewelry, as well as customizable set, or loose, diamonds and colored stones. They are both brokers and direct importers of diamonds. All jewelry repairs are done in-house by owner Pierre, a veteran jeweler and La Mesa local who is committed to craftsmanship and client satisfaction.

8324 La Mesa Blvd., La Mesa  
pierresjewelers.com | 619-463-4072

## Manicure/Pedicure

### Spa & Co Nails & Wine Bar

At Spa & Co, a locally owned nail salon at

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Love Working Here In This Special Community, With All Of YOU!




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Grossmont Center since 2012, you can now take your luxurious mani and pedi experience to a whole new level, with a fabulous glass of wine or a cold beer on the side and enjoy the in-salon wine bar they have become renowned for. Spa & Co quickly became the go-to salon for locals in La Mesa because they offer such a wide variety of services and specialize in creating beautiful gel nails.

**5500 Grossmont Center Dr., La Mesa**  
[bit.ly/2H9XBJc](http://bit.ly/2H9XBJc) | 619-337-0163

### Massage

#### Thérapie Day Spa

Thérapie Day Spa was founded by Kelly Robinson, Licensed Massage Therapist, and her vision was simple. She sought to create an oasis where people can retreat from the stress of everyday life and rejuvenate their mind and bodies. Along with the help of an army of dear friends, the dream became reality in 2011 when Thérapie opened its doors for business. At Thérapie you will feel the support in your path to wellness, and feel right at home.

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**4679 Date Ave., La Mesa**  
[therapiedayspa.com](http://therapiedayspa.com) | 619-741-8118

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**4350 Palm Ave. #104, La Mesa**  
[darhorsecoffee.roasters.com](http://darhorsecoffee.roasters.com) | (619) 344-0550

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(See listing under Best Pet Boarding)

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**8301 La Mesa Blvd., La Mesa**  
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#### Cece Canton Photo

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**8415 La Mesa Blvd. #3, La Mesa**  
[cecephoto.com](http://cecephoto.com) | 619-884-6879

### Physical Therapist/Rehab

#### La Mesa Rehab

A Comprehensive Outpatient Rehabilitation Facility (CORF) and a medical facility that provides outpatient diagnostic, therapeutic, and restorative services for rehabilitation from injury, disability, or sickness.

**8380 Center Drive Suite E, La Mesa**  
[lamesarehab.com](http://lamesarehab.com) | 619-466-6077

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7151 El Cajon Blvd., San Diego  
adoratattoo.com | 619-461-3300

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6911 University Ave., La Mesa  
elcerritopet.vetstreet.com | 619-466-0533

## Veterinary Hospital El Cerrito Veterinary Hospital

(See listing under Best Veterinarian)

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(See listing under Best Cosmetic Services)

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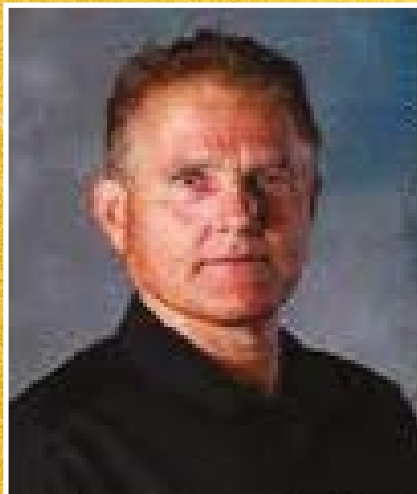
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# La Mesan nets tennis success

Dave Thomas

For La Mesa resident Conan Lorenzo, tennis is more than a job.

Currently the tennis director at La Jolla Beach & Tennis Club (LJBTC), Lorenzo recently was honored with the Janet Louer Junior Team Tennis National Organizer of the Year at the United States Tennis Association (USTA) Awards.

In receiving the award, Lorenzo stood out for his ability to successfully implement USTA tennis programs, generating interest in USTA junior team

tennis, creatively developing funding for junior team tennis, promoting community tennis association participation, and increasing the number of participants at the LJBTC from 250 to 1,400. Lorenzo was also active in donating countless tennis balls to after-school tennis programs, hospitals, school classrooms and animal shelters.

Louer, who passed away in 2006, played a key role in developing junior tennis in her lifetime.

Working as an administrator for USTA Junior Team Tennis in Georgia, she turned the state championships into the largest youth team tennis state championships in the U.S. Louer was also instrumental in forming the sectional and national championships for the program.

La Mesa Courier recently caught up with Lorenzo to talk about winning the award and teaching others the sport he loves so much.

**LMC:** How honored were you to receive the Janet Louer Junior Team Tennis National Organizer of the Year Award?

**Lorenzo:** I was so honored to be placed in the same sentence as Janet Louer, as she has been such an amazing contributor to the game of tennis for juniors all over the country. It gives me more energy than ever to keep working hard to not only live up to the award and her name

but also to increase participation with tennis all over San Diego and so much more. I have learned a few things over these last few months while receiving congratulations and more from so many people. The core message to me is to listen and learn from others, stay humble in everything I do and make sure each day is not a waste, whether it is with family, friends, tennis and my own time.

**LMC:** How popular is the sport of tennis in the greater San Diego area?

**Lorenzo:** Tennis is booming in San Diego as there are so many kids playing in our local junior team tennis leagues. Almost every club in San Diego has one team or more playing on the weekends against other clubs. I think this is a huge testament to those coaches who have their own programs, as it is a team effort all across the board.

Before we had around five to 10 core coaches getting kids and parents excited about tennis and now we are up to 25 to 30 clubs who all want to participate with ages 6-18. In fact, some players go off to play college tennis and return back to me and say, "Coach, the best times were with team tennis on the weekends hanging out and competing." To hear that is something special.

What I really enjoy is to see my very own home club of La Jolla Beach and Tennis Club be so active with junior tennis as well. The Beach Club has always had a rich history with our adult inter-clubs and national



Conan Lorenzo during his acceptance speech after receiving the Janet Louer Junior Team Tennis National Organizer of the Year award. (Photos courtesy c3 Communications)



Lorenzo plays a round at La Jolla Beach and Tennis Club where he is tennis pro.

tournaments and it is wonderful to be a part of the history each year while working and running these events.

What is terrific to see now is that all the Beach Club parents are so excited with tennis and now encouraging their own kids to come out and play. In fact, the Beach Club has gone from one junior team tennis team to over eight teams or more in the last few years.

**LMC:** For people interested in playing and promoting tennis locally, what advice do you have for them?

**Lorenzo:** Tennis has always been something I have enjoyed and I always encourage others to seek out something they enjoy that makes them happy. Tennis

here in San Diego has so many different offerings and to be a part of it only takes a phone call or more to be involved with a tennis league, committee, volunteer coach, mentor and so much more. My advice to anyone looking to promote tennis or to be a part of tennis would be to go out there and ask any of the following organizations: San Diego District Tennis Association, United States Professional Teaching Association, Southern California Tennis Association, San Diego Umpires Association and Youth Tennis San Diego.

—Dave Thomas is a San Diego-based freelance sports writer. Reach him at hoopsthomas@yahoo.com.■

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## 6 SMART HOME ESSENTIALS

With so many devices and home automation available these days, turning your house into a smart home is easier than you might think. But, there are some things to keep in mind when deciding which devices are essential - and what kind of internet service you'll need to maximize your smart home experience.

- Smart Search entertainment.** There are many options to watch TV and stream content online, and Cox's Contour TV service brings smart search options, Netflix integration, a voice-controlled remote, and cool apps together into one service that is easy to navigate. Speak into the remote to find the programming you want to watch - use a famous movie quote, the title of a show, a genre, or the name of an actor. You can even say "free movies," and available titles in the On Demand library will pop up.

Just as important as the devices you select is the internet service you choose.

In San Diego, Cox Communications recently doubled internet download speeds automatically for the majority of its customers at no additional charge. Preferred, the company's most popular tier of service, is now up to 100 Mbps, while Essential and Starter, which are ideal for lighter users with one to five devices connected to the home network, doubled to 30 Mbps and 10 Mbps, respectively.

For households with multiple family members who want to connect dozens of devices simultaneously, are heavy gamers or have the need for the fastest speeds around, Cox's Gigablast service offers download speeds of 1 gigabit (1,000 Mbps).

Take a short quiz on the speed advisor at [www.cox.com](http://www.cox.com) to determine which speed is right for your household.

Cox is also improving the in-home internet experience with Panoramic WiFi, which provides "wall-to-wall" WiFi coverage so you have a connection wherever you may roam in your smart home.

► **Film studios**, from page 7

recreational indoor soccer arena and other buildings are there now.”

Newland said that some rumors suggest the original studio building had three different “false fronts” and was turned into a house. However, he was not sure if this was true or just hearsay by locals.

“S-L Studios, as well as Grossmont Studios, was just one more attempt to bring the movies to La Mesa,” he said. “But it just didn’t fly because LA was where the action was and San Diego just didn’t have

the infrastructure to compete for making movies. Everyone consolidated to LA eventually and this [Grossmont Studios] was just one more attempt to bring the industry to San Diego.

“La Mesa and San Diego in general were just too small, and too remote,” Newland continued. “Companies like Flying A, S-L Studios and Grossmont Studios simply didn’t have the wherewithal to make it.”

Newland said La Mesa was a great area for moviemaking initially because of its climate, and wide-open spaces, as well as being a place where studios could film year-round, but “LA had the better transportation,

commercial connections, and more varied site locations.

“In the end, La Mesa and San Diego kind of played second fiddle because they weren’t as built out as LA, or Hollywood, and that’s what the studios needed to make a go of it,” Newland said. “They had the bigger airport, railroad, and so much more. I think they whole idea of successful moviemaking, especially in La Mesa, just didn’t pan out.”

—Jill Diamond is a Southern California freelance writer with a penchant for interesting historical pieces. Reach her at [JillDiamondHistory@gmail.com](mailto:JillDiamondHistory@gmail.com). ■

► **Helix**, from page 8

against choirs from all over the Southwestern U.S. at the Music In The Parks Festival at Universal Studios!

Students from the **Architecture, Construction, and Engineering (ACE) program** brought home \$16,000 in scholarships at the annual banquet, and one student won an all-expenses paid camp in Denver to compete and collaborate with other ACE students at the University of Denver. The group’s project featured a new stadium for San Diego. They designed the elements,

then built a realistic model that was presented at the banquet. Scholarship recipients include:

- Zeus Lefort: \$2,500
- David Nguyen: \$2,500
- Patrick Rann: \$1,000
- Uriel Lopez: \$1,500
- Fernando Pluma: \$1,500
- Fernando Sandoval: \$1,500
- Ethan Henry: \$2,500
- Nick Smith: \$1,000
- Bryan Quezada: \$1,000
- Ryan Trainor: \$1,000 (+ camp award)

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

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# Music teacher's lasting life lessons

## Gen-X in a millennial world

Genevieve Suzuki



Everyone has a circle of individuals who have a serious effect on their lives. If you're lucky, you're like me and have at least one Gregg Abe in that group.

Mr. Abe was my high school band teacher from the middle of my junior year through graduation.

During high school, band gave me a place to belong. I loved the camaraderie and the concerts for our communities. It was everything to me and helped me get through the angst of my teen years.

I remember when I first called Mr. Abe to ask him if he could help me move to Roosevelt High School so I could play in his band. His stellar reputation as a band teacher convinced me he could help me grow as a musician.

Pardon me while I break my arm patting myself on the back: I was right. In fact, Mr. Abe continues to help me and my classmates grow decades later, not just as musicians, but as people.

Thanks to social media, many of us are still in touch with Mr. Abe. We follow his

posts about the new marching band seasons, his induction into Bandworld's Legion of Honor, and Roosevelt High School Symphonic Band's triumphant performance this year at Carnegie Hall.

The other day, however, Mr. Abe became a viral sensation for something other than his musical skills.

A week ago, I was tagged with fellow classmates, on a video post by "Caught in Providence," a courtroom reality show in which people have their traffic and parking cases and criminal arraignments heard in Providence Municipal Court by Chief Municipal Judge Frank Caprio. The tagged video was labeled "Hawaii Loves Veterans."

Apparently, Judge Caprio received a letter from a "Gregg Abe," a band teacher at Roosevelt High School in Honolulu, Hawaii. Mr. Abe had sent a \$30 check to the court to help out a veteran who could use the assistance. Judge Caprio applied the money toward a Vietnam War vet who had run a red light after receiving treatment at the local VA. Mr. Abe was motivated to help by his desire to honor his father's service in the military during World War II.

Before declining to charge the vet, the judge read a part of Mr. Abe's letter: "Every chance I get, I always thank every veteran that I see. At

times, I even pay for their meals anonymously," wrote Mr. Abe in a letter he never believed would see the light of day, much less hundreds of thousands of views.

"We're gonna honor [Mr. Abe] by charging you \$30 court costs," said Judge Caprio. "We're gonna use Mr. Abe's check to honor him and his father's service in the court."

When I called Mr. Abe to discuss his new fame, he said he was embarrassed about the attention. "I didn't think they were going to read the letter on air. It was something so small, just a token of appreciation for what vets have done," he said.

Mr. Abe further explained his actions by telling me he never got to tell his dad how much he admired him for serving his country during World War II, a time when Japanese Americans had been declared enemies of the state. His father, Charles Sadaichi Abe, had served in the U.S. Army's 442nd Regimental Combat Team's F Company.

"My dad never wanted to talk about it so it just kind of went unsaid. I wish I had told him how much I appreciated his service before he died [in 2007]," Mr. Abe said.

Since the senior Abe's death, his son, Gregg, has been trying to honor his



Gregg Abe (Courtesy Roosevelt High School)

dad's memory with small acts of gratitude. Picking up the tab here, a letter to a traffic court there, Mr. Abe has likely already surpassed what most of us would deem sufficient thanks. I told him I believe his dad knows about his good work and that in itself is the highest commendation for a father.

Mr. Abe has always been a teacher who leads by doing so let's take a lesson from his playbook and remember to thank our veterans and servicepeople for their willingness to sacrifice their lives for our own. We don't have to wait for Memorial Day or Veterans Day to celebrate the brave men and women who fight for our rights as Americans.

—Genevieve A. Suzuki  
is a local attorney who lives and works in La Mesa. ■

## ► News Briefs, from page 1

T & The Triple Bee, Big Time Operator and Bam Bam.

Food vendors for the 2019 event include Finest City Kettle Corn, Primos Mexican Food, Windmill Farms, Rita's Italian Ice, Doggos Gus, Dang Brother Pizza, and Corbin's Q barbecue. The day's festivities also include games for the kids.

To donate, visit [bit.ly/2Ufr4MR](http://bit.ly/2Ufr4MR). For more information about the event, visit [lakemurrayfireworks.org](http://lakemurrayfireworks.org).

## La Mesa Police shoot Ocean Beach murder suspect

A man witnessed by his brother fleeing an Ocean Beach home, in which the body of his mother was found early on May 1, was wounded and arrested in an officer-involved shooting the following day.



Daniel Chase McKibben

The suspect, identified by police as Daniel Chase McKibben, 36, had allegedly been trespassing at a La Mesa home near Lake Murray. McKibben was taken to a local hospital where he was held in custody.

The body found in the Ocean Beach home has since been identified as Heidi Green, 59, of Los Angeles County.

McKibben is considered a suspect in the Ocean Beach homicide that prompted two separate Special Weapons and Tactics (SWAT) responses to a home in the 5000 block of Niagara Avenue near the Ocean Beach Pier. The SWAT unit evacuated residences near Green's home, and shut down a nearby intersection, in an unsuccessful search for the suspect.

McKibben's brother had been checking on the welfare of his mother, whom he had been

See NEWS BRIEFS page 28

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Where the Midwest meets La Mesa

Restaurant Review

Frank Sabatini Jr.



Pancakes the size of Frisbees? You got it. Puffy four-egg omelets stuffed with an array of fillings? Sure thing. Flame-broiled burgers made from fresh Angus beef? Always.

“This feels a lot like the restaurants I remember from back home,” said my southern Missouri dining companion as he gazed over the county-style décor and elongated lunch counter inside Rae’s Cafe. He became even more sentimental when forking into a plate of house-made biscuits smothered in chunky sausage gravy, which he termed as “outstanding.”

The restaurant marks the spot of the former Omelette Factory, which was purchased 3 1/2 years ago by Rae Harris, an East County resident who worked at chain restaurants and a few mom-and-pops for 30 years.

After revamping the menu and bringing in fresh ingredients such as never-frozen potatoes and Angus beef, she recently gave her namesake to the



A short stack of buttermilk pancakes

business to better distinguish it from the previous ownership. She also began using coffee mugs featuring the logo of the El Cajon Animal Shelter, of which she is a devoted volunteer.

Four-egg omelets are still a mainstay, although many of them carry different names and specs. Some are new altogether.

The Philly omelet is one of them. It folds in thinly sliced rib-eye, wilted onions and sauteed green bell peppers. Topped with Swiss cheese, it really doesn’t taste like a Philadelphia cheesesteak,

but we found the combination of ingredients to be flavorful and well-conceived.

The “green” omelet with broccoli, spinach and avocado was also added by Harris, along with several others that

all come with a choice of toast and potatoes. For our Philly omelet, we chose hash browns served in a generous slab. Based on their clean flavor and non-watery texture, it was obvious the spuds are grated fresh onsite.

Arriving about an hour before closing on a Sunday (the restaurant is open from 6 a.m. to 2 p.m. daily), both the front and back dining areas were full, due partly because rain had closed the dog-friendly patio. But it is the demand for homey fare, especially on weekends, that fills the house.

While being seated, we passed several parties enjoying irresistibly tanned pancakes. I was immediately sold. (Harris’ signature stuffed croissant French toast would have to wait for another visit.)

A short stack gave us three pancakes, most of which I toted home because of their jumbo size. They were light, fluffy and even-

ly cooked, just like our omelet, which goes to show the grid-dle cooks have mastered their craft in what is clearly a high-volume kitchen.

We added a burger to our midday feast after learning the fresh Angus patties are flame-cooked. Served in an airy potato bun, we chose the “classic” topped with melted American cheese, crisp lettuce, ripe tomatoes and a few slices of dill pickle — just an old-fashioned burger sans the trendy fixings or modern-day pretense. Although if you desire a jazzier burger, there’s mushroom-Swiss, Texan-chili, a patty melt, and a Californian



The Philly omelet



Angus cheeseburger

several others that



A place for hearty breakfasts and lunches (Photos by Frank Sabatini Jr.)

garnished with avocado and bacon.

Other breakfast-lunch options include steak and eggs; corned beef hash; huevos con chorizo; eggs Benedict; salads; French dips; crispy Buffalo-style chicken wraps; gyros; and more.

The atmosphere at Rae’s is family-friendly and features an arcade game with a mechanical claw that allows kids to keep playing until they scoop up a prize. The bonus for everyone, however, is the home-style food stamped with a level of heart and soul you won’t find at the chain restaurants.

—Frank Sabatini Jr. is the author of ‘Secret San Diego’ (ECW Press) and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com.■

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Julie White

LEMON POPPY SEED CAKE

My friend and book club compadre, Connie Henry, is an incredible baker. She made this last month for us and we all were very quiet as we ate our cake. You know something is extra special when that happens!

Ingredients:

- 1 3/4 cups of all-purpose flour
- 2 tablespoon grated lemon zest
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 3/4 cup sugar
- 2 eggs
- 1 cup of unsalted butter at room temperature (2 sticks)
- (To soften refrigerated butter quickly, pour boiling water into a measuring cup, empty the water and place the



(Photo by Julie White)

cold butter in the hot cup. Cover cup for a few minutes and the butter will soften.)

- 2 1/2 tablespoons poppy seeds
- 1 1/2 cups powdered sugar
- 1/4 cup of fresh squeezed lemon juice

Directions:

Heat oven to 375 degrees. Butter, or spray with Pam baking spray, a 9-inch round cake pan. Combine the flour, baking powder, salt and lemon zest in a bowl. Cream together the softened butter and sugar in a bowl with a mixer until light and fluffy.

Gradually add the eggs until blended. Slowly add the flour mixture and the poppy seeds until the batter is smooth.

Pour the batter into your prepared pan and bake for 30 minutes or until golden brown. An inserted toothpick should come out clean.

While cake is cooling, combine the powdered sugar and lemon juice until smooth. Pour over the warm cake.

You can serve cake warm or at room temperature.■

► News Briefs, from page 25

unable to contact, when he saw his brother running away from her home, police said. The brother then forced entry into the garage and discovered the body.

Police were told McKibben shared the house with his mother.

The incident began when the SDPD received a call about 1 a.m. on May 1 asking them for a welfare check at the Niagara Avenue home. The caller told police a family member had received a message from his mother, which caused them to be concerned, SDPD Lt. Matthew Dobbs said.

McKibben allegedly was armed with a knife when he refused to leave another home a day later on May 2 in the 7900 block of Rainey Street in La Mesa shortly before 9:30 a.m. He was shot by a police officer and wounded twice, in the hand and shoulder, during an armed confrontation, said La Mesa Police Lt. Brian Stoney. The suspect was subsequently admitted to a local hospital in stable condition and is expected to survive. The homeowner was not injured.

It is uncertain if or how McKibben is connected to the family in La Mesa whose home he was allegedly trespassing in.

McKibben was later identified as a suspect in the slaying of his mother found dead in her home the previous day.

The public is being asked to avoid the area while La Mesa police continue their investigation. ■

# Books to fill that ‘Game of Thrones’ jones



Jake Sexton

In tragic news this month, the beloved and behated, bloody, sexy, controversial phenomenon known as HBO’s “Game of Thrones” is coming to an end. As I type this, we still have one more episode to go, so I do not know if its conclusion was brilliant or a trainwreck. After the finale, millions of people will be left reeling, missing the characters and intrigue they’ve grown to love. But I’m here to help with some book recommendations that can help fill that Mother of Dragons-shaped hole in your hearts.

First of all, you can of course read George R.R. Martin’s “A Song of Ice and Fire,” the book series upon which the TV show

was based. There are five books in the series so far, with two more to go. Granted, Martin is widely known for taking an awfully long time to finish each book. Martin has also written another book set in this same fantasy world, but taking place generations before the current storyline, “Fire & Blood: 300 Years Before A Game of Thrones.” “Fire & Blood” focuses on the rise of the dragon-riding Targaryen family.

Marlon James’ “Dark Star Trilogy” is a new series, which has been frequently called “the next ‘Game of Thrones,’” starting with the book “Black Leopard, Red Wolf.” In much the same way that “Thrones” is inspired by medieval Europe, “Black Leopard, Red Wolf” is inspired by Iron Age Africa, with aspects of the culture, mythology and social structure blended with magic and fantastical creatures. Like “Thrones,”

the story is *very* adult, with graphic violence (both physical and sexual) and characters so immoral that it can be difficult to know who to root for. This paints a vivid picture of a brutal world, but obviously will not be everyone’s cup of tea.

As far as fantasy epics go, Robert Jordan’s “The Wheel of Time” series is easy to recommend. The story begins when three friends from a rural village who are told that they have a grand destiny, and leave home for the first time under the leadership of a young sorceress. The tale balloons in scope, as the books shift between the point of view of dozens of different characters. There are furious battles between good and evil, court intrigue, romance, culture clashes, magic, madness, and interactions/strife between a dozen factions (both heroic and sinister) seeking to fulfill their unique agendas. The series is

14 books long, with some of the volumes nearing 1,000 pages in length. It will keep you occupied for a very long time.

As the “Thrones” characters of Westeros face down an oncoming arctic cataclysm (“winter is coming”), the characters of N.K. Jemisin’s “Broken Earth” trilogy face tectonic cataclysm, in which unpredictable earthquakes and volcanoes create terrible natural disasters, societal disruption and death. Some people in this world have magical powers to control the earth, and they are conscripted to help stave off these catastrophes. Against this backdrop, we focus on the story of a woman searching for her kidnapped daughter and what life is like for the oppressed magical guardians. All three books in the trilogy have won the Hugo Award (literary awards for science fiction and fantasy) for Best Novel of the Year, which is an amazing feat.

Now that winter has come (and gone), it’s time to gear up for your library’s Summer Reading Program. Read books for prizes, and enjoy programs for all ages. Ask library staff for details.

—Jake Sexton is librarian at the La Mesa branch of the San Diego County Library. Call the library at 619-469-2151, visit in person at 8074 Allison Ave., or visit online at sdcl.org. ■



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# LA MESA COURIER

## COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

### FEATURED EVENTS

#### Friday, May 24



**'Mary Poppins Jr' Through May 26**  
Mary Poppins is set to fly over the rooftops of London and onto the stage this Memorial Day weekend. Over 50 local children between the ages of 8-17 have been cast in these Kroc Junior Theatre performances of "Mary Poppins Jr." The magical high-flying family musical, perfect for families, is a great beginning to the summer season. Directed by Sean Boyd, with musical direction by Julie Greathouse and choreography by Ellen Kaz, "Mary Poppins Jr" offers spectacular family entertainment. Friday and Saturday performances at 7 p.m., Sunday at 2 p.m. at the Joan B. Kroc Theatre, 6611 University Ave., San Diego. Tickets are \$15 for adults, \$12 for children and seniors, and can be purchased at [kroccenter.seatyourself.biz](http://kroccenter.seatyourself.biz) or at the box office before performances.

#### Saturday, May 25



**Street Food Cinema: 'Jurassic Park'**  
It's more than just a movie! Street Food Cinema features cool outdoor movies, picnic-ready food trucks, live music from emerging artists, interactive games and more! 6 p.m. doors, 8 p.m. movie. Grossmont Center, 5500 Grossmont Center Drive Suite 169, La Mesa. Tickets are \$14 adult, \$6, children 6-12, available at [bit.ly/2US7vtk](http://bit.ly/2US7vtk).

#### Sunday, May 26



**Chamber Bravura**  
From Borrego's Clark Dry Lake, where they filmed their first video — the haunting "You Ruined Me" — to singing the mass in St. Peter's Basilica, the young singers of Chamber Bravura have brought a cappella magic to audiences around the world. And now these middle and senior high students from throughout the San Diego area, under the direction of

Katherine Girvin, are coming to The Table: United Church of Christ of La Mesa as part of the popular Valerie Victor Concert Series. 2 p.m. in the church sanctuary, 5940 Kelton Ave. Free offerings are taken. For more information, visit [tableucc.com](http://tableucc.com), or call Jim Tompkins-MacLaine at 619-888-3401.

#### Wednesday, May 29

**Parks Foundation Fundraiser**  
La Mesa Park & Recreation Foundation is holding a fundraiser at The Hills Local Pub, 8758 La Mesa Blvd. from 5 to 9 p.m. 10% of all receipts go toward the foundation's goals, including bringing a community garden to MacArthur Park.

#### Thursday, May 30



**The Celebrity Championship at Sycuan Through June 2**  
Charitable proceeds from this golf tournament event benefit the Junior Seau Foundation's Adaptive Surfing Program with Challenged Athletes Foundation. The tournament will bring together approximately 40 of the best celebrity golfers in the world competing for a cash purse and the coveted Celebrity Championship Trophy. Red Carpet Reception on May 30, followed by three rounds of golf, one each on Friday, Saturday and Sunday. Three-day tickets are \$15 available at [celebritychampionship.com](http://celebritychampionship.com). At Singing Hills Golf Resort at Sycuan, 3007 Dehesa Road, El Cajon.

#### Friday, May 31



**Recharge with Rock Climbing**  
The Special Liberty Project is partnering up with Cairn Leadership to offer a veteran outdoor rock-climbing adventure in Mission Trails Regional Park. Bring hiking shoes and water bottle. Necessary gear and snacks provided. Meets at 4 p.m. in the Mission Trails Regional Park Visitor Center, 1 Father Junipero Serra Trail. Free. Register at [bit.ly/2J1kkPM](http://bit.ly/2J1kkPM).

#### Saturday, June 1



**Flag Day Parade**  
The La Mesa Flag Day Parade continues its 22-year-long

tradition where the community comes together each year to recognize the organizations and individuals that make La Mesa "The Jewel of the Hills." With the recent upgrades to La Mesa Boulevard, the built-in flagpole holes will be filled with American flags to line the Village for this patriotic celebration. With a short route, coming in at just under a mile, the La Mesa Flag Day Parade is a great showcase of marching bands, clubs, businesses and local dignitaries. Parade marches west through the Village at 10 a.m. Free. [bit.ly/2HjOzQG](http://bit.ly/2HjOzQG)

#### Thursday, June 6



**Historic Preservation in La Mesa: Myths, Realities and Benefits**  
La Mesa Conversations and the La Mesa Historical Society (LMHS) are hosting a discussion on the city's Historic Property Survey Update. LMHS President Jim Newland, city of La Mesa Senior Planner Allyson Kinnard, historic property appraisal expert Nikki Kreibich and historic property owners will be ready to answer questions about historic designations, the process and benefits. 6:30-8:30 p.m. at Masonic Lodge Hall, 4731 Date Ave. Free.



**Evening with Scott Pelley**  
The Joan B. Kroc Institute for Peace and Justice presents an evening with "60 Minutes" correspondent Scott Pelley. Pelley will discuss his new book "Truth Worth Telling," which attendees will receive a signed copy of with purchase of a ticket to the discussion. \$27.19 for one admission, \$37.19 for two admissions. 7 p.m. at the Joan B. Kroc Institute for Peace and Justice, Marian Way and Camino San Diego. Visit [bit.ly/2GMqv7s](http://bit.ly/2GMqv7s).

#### Friday, June 7

**Local Artist Showcase Through July 10**  
Stunning and unique work by local artists will be featured at Nainsook Framing + Art, 8130 La Mesa Blvd. Visit [nainsookframing.com](http://nainsookframing.com) for hours and information.

#### Saturday, June 8

**Heartland Fire Pancake Breakfast**  
Heartland Firefighters of La Mesa will hold its 13th annual Pancake Breakfast at Fire Station 11, 8034 Allison Ave., from 8 a.m. to noon. Along with a \$5 breakfast, the event will feature booths on safety, crime prevention, disaster preparedness, CPR and water safety. [bit.ly/2E64C2z](http://bit.ly/2E64C2z).

**Dog Days of Summer**  
Find your furry forever friend at Grossmont Center! You can have your pick from among the hundreds of animals — including dogs, cats, puppies, kittens, turtles, tortoises and birds — that will be at the 2019 Dog Days of Summer MEGA Adoption Event in Grossmont Center, 5500 Grossmont Center Drive. 11 a.m.-3 p.m. Free. [bit.ly/2Vs4cJt](http://bit.ly/2Vs4cJt)

**Friends' Fashion Fling**  
Friends of East County Arts, Inc., supporting the arts in East County since 1984, is pleased to present "Friends Fashion Fling." This year's event promises participants a relaxing afternoon of complimentary Champagne on their arrival, delicious catered lunch and the latest fashions from Macy's at Grossmont Center as well as a silent auction, opportunity drawings, and entertainment. 11 a.m.-2 p.m. at the Ronald Reagan Center, 195 East Douglas Ave., El Cajon.

#### Thursday, June 20



**Red Shoe Day fundraiser**  
Volunteers are needed from across the county for Ronald McDonald House Charities of San Diego's largest volunteer-driven fundraiser to collect generous cash donations from morning commuters from 6:30-9:30 a.m. at more than 200 major intersections throughout San Diego County. Visit [RedShoeDaySD.com](http://RedShoeDaySD.com) to register as a volunteer or create a personal fundraising page to help support Ronald McDonald House Charities.

#### Sunday, June 16



**Sundays at Six Concerts: Trails and Rails**  
La Mesa Park & Recreation Foundation hosts a free

concert featuring country music band Trails and Rails. 6-7 p.m. at Harry Griffen Park, 9550 Milden St. Visit [lamesaparks.org](http://lamesaparks.org).

#### Sunday, June 23



**Sundays at Six Concerts: San Diego Concert Band**  
La Mesa Park & Recreation Foundation hosts a free concert featuring the music of the San Diego Concert Band. 6-7 p.m. at Harry Griffen Park, 9550 Milden St. Visit [lamesaparks.org](http://lamesaparks.org).

#### Wednesday, June 26



**Three Cycles of Wealth**  
The La Mesa Chamber of Commerce is offering a workshop to chamber members aimed at describing the three cycles of wealth — wealth accumulation, wealth preservation and wealth transfer — and why they are crucial in all aspects of your financial life. Also learn common sense tax strategies. This workshop, hosted by James and Susan Harnsberger, will include hors d'oeuvres and beverages, and is free to La Mesa Chamber members and \$15 per person for all other guests. Reservations may be made via [lamesachamber.com](http://lamesachamber.com) or by calling 619-465-7700. 5:30-7 p.m. at Marie Callender's, 6950 Alvarado Road, San Diego. ■

### RECURRING EVENTS

**Mondays Note Catchers**  
California Note Catchers, four-part harmony chorus, invite ladies of all ages to their rehearsals 7-9 p.m. Performances throughout SD. Located in Social Hall of La Mesa First United Methodist Church, 4690 Palm Ave. 619-464-3727.

**Tuesdays La Mesa Walks!**  
Enjoy a fun walk with friends and neighbors. First and third Tuesdays, meet at various locations, second and fourth Tuesdays meet at 9 a.m. at La Mesa Library, 8074 Allison Ave. Call 619-667-1300 for more information.

**Wednesdays Senior Women's Support Group**  
City of La Mesa offers senior women's support group, every Wednesday 9:30-11:30 a.m. at the La Mesa Adult Enrichment Center, 8450 La Mesa Blvd. Please contact 619-667-1322.

**Wellness Wednesday**  
Wellness Wednesday is a health series normally held on the fourth Wednesday of each month in the Herrick Library, 9001 Wakarusa St. in La Mesa. Admission is free and advance RSVP is not required. Light refreshments and informational handouts will be available. For more information, call the library at 619-825-5010 or visit [herricklibrary.org](http://herricklibrary.org).

**Thursdays Classic Car Show June 6-Aug. 29**  
The La Mesa Village Association hosts the La Mesa Classic Car Show featuring pre-1974 cars, trucks, and

vans! The event features DJ's and live bands, and an award giveaway at each event honoring the night's best cars. Thursdays, 5-8 p.m. in the La Mesa Village.

**Movie Matinee**  
The La Mesa Adult Enrichment Center hosts a series of modern and classic film viewings every Thursday at 1 p.m. in the center's main hall. Cost is \$2 per ticket. For movie listings, visit [bit.ly/2FVrOSQ](http://bit.ly/2FVrOSQ).

**Fridays La Mesa Farmers Market**  
La Mesa's farmers market offers fresh local produce, florals, pastries, live music, and arts and crafts each Friday. 3-7 p.m. along La Mesa Boulevard. Free. Visit [lamesavillageassociation.org](http://lamesavillageassociation.org).

**Saturdays Shop Local Market**  
Last Saturday of the month at Grossmont Center, participating shops set up tables outside and offer mark-downs and new product showcases. 10 a.m.-4 p.m. Free. 5500 Grossmont Center Drive, La Mesa.

**Sundays Traveling Stories**  
Visit Grossmont Center each Sunday for an interactive story time for kids. Kids visit the StoryTent, pick out a book that interests them, and then read it out loud to a volunteer. The volunteer asks engaging questions that help the child build reading comprehension and critical thinking skills all while earning book bucks to trade for cool prizes. Free. 5500 Grossmont Center Drive, La Mesa. ■

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June featured artists: The San Diego Drawing Guild



The life of an artist can be very lonely. Too many times, artists are working on their craft at home or in their studio without much communication with other fellow artists.

So, two years ago, a group of us, who are drawing enthusiasts and understand the drawbacks of this isolation, devised a plan to get together to both draw and socialize.

The biggest impediment to our plan was finding a place to meet. Gary Dyak, a member of Foothills Art Association, suggested that the Foothills gallery at Porter Hall might be available for the group to gather.

After getting the green light to meet at the gallery from the Foothills board of directors, the San Diego Drawing Guild was formed. Our mission statement is simple: the San Diego Drawing Guild was founded to provide a non-competitive and supportive environment in which artists of all levels can pursue their love of drawing, enhance their skills through the sharing of knowledge, and enjoy the companionship of other artists.

Although colored pencil is our primary medium, and most of the group members are color pencilists who are active members of the Colored Pencil Society



"Anza Borrego" by Rhonda Anderson (Courtesy Foothills Art Association)

of America, members are not limited to this medium. We have a core group of 10 to 12 people with others who pop in occasionally.

We have found Porter Hall to be a wonderful venue for our group. There is plenty of room to set up tables and the lighting is very good for drawing. The one comment I hear most from members in our group is how grateful they are to have a place to come and draw. If you would like to draw with a supportive group of like-minded artists, please join us.

The Foothills Art Association will host an artists' reception on Saturday, June 8, 2-4 p.m. featuring the artwork of the San Diego Drawing Guild at the Foothills Gallery at Porter Hall, 4910 Memorial Drive, La Mesa. The artwork will be on display at the gallery June 7-July 3. The gallery is open Tuesday through Saturday 11 a.m.-4 p.m. For more information, call 619-464-7167.

—Linda Michael is editor of Footnotes, the newsletter of the Foothills Art Association.■

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PUZZLES ANSWERS ON PAGE 9

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.

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

CROSSWORD

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				
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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				

- ACROSS**

1 Guitarists use them

5 Makes less intense

11 Julia Louis-Dreyfus series

12 Once in a while

16 Up to the time of

17 A moon of Jupiter

18 "Riddler Walker" writer

19 Basketball's "Grandma"

24 Gallium

25 Stocky sea duck

26 Expressions of delight

27 Albanian monetary unit

28 Some are electric

29 Refine

30 Clusters

31 Get rid of

32 Female body part

34 Passerine bird

38 One who is killed for their religion

39 Green (Spanish)

40 Partner to awe

43 Flightless, running Aussie birds

44 One who breaks up the ground

45 Sacred language of some Hindu texts

49 Get free of

50 Furnace of burning

51 Sent in large quantities

53 Type of medical patent (abbr.)

54 Failure to follow the rules

56 Egyptian unit of capacity

58 A public promotion of some product or service

59 Strongly scented subshrub

60 Miserable in appearance

63 Coagulated blood

64 Boil at low temperature

65 Republic of Ireland
- DOWN**

1 Pull or tear away

2 Dennis is one

3 Gas

4 Popular rec activities

5 Owl genus

6 Cries

7 Morning

8 Pass catcher

9 Spirit of an era

10 Suffix

13 Megabyte

14 In an expectant manner

15 More curving

20 Plural of thou

21 Son with the same name

22 Not one

23 The woman

27 Uncouth man

29 Laugh

30 Sustained viral response (abbr.)

31 Between northeast and east

32 In the matter of

33 A tree that bears acorns

34 Supervised

35 Not quite a full earner

36 Unpleasant substance

37 Some are fake

38 Hammer is a famous one

40 Type of cup

41 Poisonous Eurasian plant

42 An alternative

44 Belongs to he

45 Bond actor's real name

46 Ring-shaped objects

47 One who reads in a church service

48 Conceive

50 One educated in Japan

51 Rural delivery

52 Robot smarts (abbr.)

54 Women

55 German river

57 Delaware

61 Automaker

62 Mystic syllable

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**MT. HELIX**

**SOLD!**



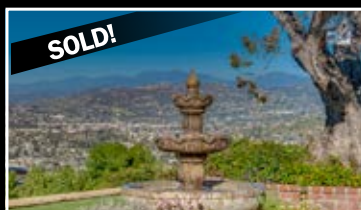
**MT. HELIX**

**SOLD!**



**MT. HELIX**

**SOLD!**



**MT. HELIX**

**SOLD!**



**MT. HELIX**

**SOLD!**



**LA MESA**

**SOLD!**



**LA MESA**

**SOLD!**



**LA MESA VILLAGE**

**SOLD!**



**ROLANDO VILLAGE**

**SOLD!**



**TREVI HILLS WINERY**

**SOLD!**



**FASHION VALLEY**

**SOLD!**



**BORREGO SPRINGS**