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## Fright night fun

The "Clownatorium – 2 Upside Down" escape room at Nightwalker Caverns (Courtesy Nightwalker Caverns)

### Nightwalker Caverns offers no shortage of surprises

By DAVID DIXON | LA MESA COURIER

Over the past few years, escape rooms have been a growing fad both domestically and internationally. The venues consist of one or more interactive themed rooms, where players are timed and have to solve various puzzles, in order to escape from the room.

An escape room that strives to be different from the rest in San Diego is Nightwalker Caverns.

At the Caverns, teams generally consist of four to 10 players (and they are not suitable for children under the ages of 14), working together for about 90 minutes to find solutions to different puzzles.

Nightwalker Caverns is owned by Shane Watton, and his daughter, Tiffany, and is located just across the La Mesa border at 6760 University Ave. in San Diego.

Shane Watton became inspired to create an escape room about

five years ago. He was originally working at Nightwalker Caverns Haunted House, which humorously poked fun at television shows and movies.

Due to positive audience feedback, Shane hoped that there was a way to make the house a year-round attraction.

"In late 2015, we started visiting some escape rooms, and began

SEE NIGHTWALKER, Page 9

## La Mesa adopts new 5G cell policy

By JEFF CLEMETSON | LA MESA COURIER

Wireless facilities for 5G networks are coming — and according to federal and state laws, there is little that local governments can do about it. However, at its Oct. 22 meeting, La Mesa City Council voted to adopt a policy that regulates new small cell towers that will power 5G networks based on current law.



Susan Brinchman commented on the city's proposed 5G policy by video, arguing cell towers pose a health risk to residents. (Photo by Jeff Clemetson)

SEE 5G, Page 15

### NEWS BRIEFS

#### COUNTY COMMUNITY CHOICE ENERGY PLAN GETS GREEN LIGHT

The Board of Supervisors, moving to end SDG&E's decades-long monopoly over electricity rates, voted Tuesday to establish a community choice energy program in the county's unincorporated area.

County leaders said the initiative will bolster the use of renewable energy and cited a recent study estimating it would save 179,000 residential and business ratepayers \$12 million a year.

"This is a huge victory for consumers who are sick and tired of getting ripped off by SDG&E and are hungry for an alternative," said Supervisor Dianne Jacob, board chairwoman. "Ratepayers will finally have the freedom to choose where they get their energy."

The county is looking at a 2022 launch date and is talking with officials in Carlsbad, Del Mar, Solana Beach, Santee and other local governments about a possible joint choice initiative.

The program includes a key environmental goal: By 2030, at least 90% of the energy provided is expected to come from solar and other sources of renewable power.

A recent study done by a consultant for the county predicted that utility rates for those tapping into the program would be at least 2% lower than what SDG&E is expected to charge. The study estimates the program will save ratepayers \$12 million annually during the first decade of operation.

The county's unincorporated area covers more than 3,500 square miles and includes Spring Valley, Alpine, Borrego Springs, Fallbrook, Campo,

SEE NEWS BRIEFS, Page 8

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# Historical Society presents 'Stone Age to Space Age' home tour

**By JAMES NEWLAND**

The La Mesa Historical Society Historic Home Tour enters its 14th year — having earned a well-deserved reputation as one of the most popular and satisfying home tours in the county. This year, we return to the amazing rural suburban landscape of Grossmont/Mt. Helix featuring an amazing mixture of rustic, classic and modern designs emblematic of this exclusive community. The society's last tour here in 2016 sold out. This year promises to be another outstanding event highlighting these wonderful neighborhoods and their distinctive homes.

## ECLECTIC ARCHITECTURAL HERITAGE REVEALED

The Grossmont/Mt. Helix communities present a unique

opportunity for realizing San Diego's distinctive suburban residential dreams. From Grossmont's early 20th-century hopes for creating a rustic bohemian artist colony of Arts and Crafts-influenced organic residences through the popular classic "revival" styles homes of the inter-war years of "gentlemen's ranches" surrounded by avocado orchards or the post-war midcentury modern visions of "nuclear family" nirvana — this year's tour provides a glimpse into this local architectural heritage.

For all of these 20th-century Grossmont/Mt Helix homemakers and builders, the rocky, hillside view lots provided a natural canvas for California's legendary indoor-outdoor lifestyle. Tapping into that intersection of organic architecture and Arts and Crafts

aesthetic made logical sense in fulfilling the rural suburban dreams of these varied periods of community development.

Individual lots and creative, innovative and forward-thinking residents and designers found the semi-rural landscape perfect for these eclectic versions of suburban bliss. Visionary designers and builders of San Diego found design palettes, and willing clients, here in Grossmont/Mt. Helix.

## STEPPING BACK INTO THE RURAL SUBURBAN LANDSCAPE

The society has arranged for tour guests to experience seven pristine and high-quality examples of Grossmont/Mt. Helix's residential homes and landscapes. The tour features a range of homes from a 1928 vernacular stone masonry home; a pristine 1933 Spanish Colonial Revival landmark; a compatibly updated and expanded 1934 California Spanish ranch house; a modern organic gem designed and built by local artist John Dirks in 1948; two outstanding examples of east



### A 1962 John Mortensen-designed midcentury modern-style home

county midcentury designer/builder John Mortenson's custom masterpieces; and a 1968 modern gem designed by local architect Barton J. Kauffman.

These homes, although well-preserved examples of these distinctive periods and styles, are illustrative of how such well-designed and constructed houses continue to serve as family homes — and not just architectural artifacts. Although tastefully and compatibly period furnished and landscaped, they continue to provide the current owners, several with young children, the same functions and assets that the original owners experienced for these many generations.

## TOUR PARTNERSHIPS

The La Mesa Historical Society  
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## 'Stone Age to Space Age' La Mesa Historical Society Home Tour

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**Tickets available only through the La Mesa Historical Society.** Order tickets or memberships online at: [lamesahistory.com](http://lamesahistory.com) or mail check for ticket payment by Oct. 30, 2019 to: La Mesa Historical Society, P.O. Box 882, La Mesa, CA 91944. All tickets are picked up on our day. No tickets will be mailed.

**Note:** Continuously running shuttles are included with admission and will provide access to the seven homes. Due to narrow streets and minimal parking at the homes, no personal vehicles can be allowed on the tour. The home tour is not ADA accessible and guests will be required to walk up and down lengthy driveways to access several homes.

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Grossmont/Mt. Helix community.

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



**Artist John Dirks' self-designed 1948 modern home** (Photos courtesy La Mesa Historical Society)

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# Council approves age-friendly community plan

On Tuesday, Oct. 8, the La Mesa City Council approved the Livable La Mesa Action Plan to promote programs and systems-level change that will strengthen the quality of life for older adults in the community.

According to the city of La Mesa, the number of residents over 65 will increase by 13% by 2030. As a result, La Mesa launched the Livable La Mesa initiative, thanks to support from The San Diego Foundation Age-Friendly Communities Program, to guide planning to meet the needs of the growing population of older adults.

The Livable La Mesa Action Plan outlines the goals, tasks and timeframes to be accomplished over the next few years to help make La Mesa a more livable community for all ages, particularly the city's older population.

"I am very proud to support the Livable La Mesa initiative and the action plan that will pave the way forward for our region," said Mayor Mark Arapostathis. "We aim to be a city that meets the challenges and opportunities of an aging population, so all ages can participate in a fulfilling community life and enjoy robust health and well-being."

The city launched the Livable La Mesa project through AARP's Livable Communities Initiative with technical assistance support from The San Diego Foundation Age-Friendly Communities

Program in fall 2018. The initiative is an affiliate of the World Health Organization's Global Network of Age-Friendly States and Communities, an international effort launched in 2006 to help cities prepare for their own and the world's growing population of older adults. Currently the global network includes over 41 countries and 847 cities, including nearly 400 in the U.S. alone.

Livable La Mesa planning team members worked with the community for the past 12 months to create goals and objectives that will improve the health and well-being of La Mesa residents of all ages. After engaging with residents in online surveys and community conversations, the baseline assessment pointed to six key domains of livability most relevant to La Mesa. The domains include outdoor spaces and buildings; social and civic participation; housing; transportation; community information; and health and wellness. These domains will become the framework for programs and policies enacted across La Mesa in future years.

"The San Diego Foundation is proud to support the city of La Mesa and other municipalities working to create a more age-friendly region," said Peggy



(Courtesy City of La Mesa)

Pico, manager of the Age-Friendly Communities Program at The San Diego Foundation. "We want to create a region where adults can stay connected to their communities and remain independent and meaningfully engaged throughout their later years."

The Livable La Mesa Action Plan was developed with significant resident participation; staff participation from all city departments; input from the Community Relations and Veterans Commission and Community Services Commission; and ongoing assistance from partners at The San Diego Foundation, County of San Diego HHSA, Circulate San Diego, San Diego State University's Social Policy Institute and AARP.

# City sues opioid manufacturers

Acting through the special legal counsel of Robins Kaplan LLP, the city of La Mesa is suing multiple companies and parties in the opioid industry, including the Sacklers Family, Teva Pharmaceutical Industries USA Inc., Janssen Pharmaceuticals Inc., Endo Pharmaceuticals Inc., Allergan Finance LLC, and Mallinckrodt LLC. Opioid distributors were also named in the lawsuit, including Cardinal Health Inc., Amerisource Bergen Corporation, and McKesson Corporation. The city is seeking reparations for loss of resources, economic damages, and damages to the health and welfare of its citizens related to the ongoing opioid crisis.

Similar to other jurisdictions in California and around the country, the La Mesa City Council has directed the city attorney to file a lawsuit in the Superior Court of the state of California against numerous opioid manufacturers and distributors.

"This lawsuit is necessary to end opioid addiction in our community and its adverse impacts," said Mayor Mark Arapostathis. "We can no longer stand by and witness our citizens suffering the consequences of the reprehensible actions of these businesses and individuals."

The lawsuit alleges that manufacturers and distributors of opioids engaged in conduct that directly caused doctors to prescribe overwhelming amounts of opioids and intentionally neglected their obligations to prevent the irresponsible distribution of the highly addictive substance. Specifically, the lawsuit includes allegations of public nuisance, fraud, negligence, unjust enrichment, civil conspiracy, false advertising, negligent failure to warn consumers, and fraudulent transfer.

The term "opioid" includes all drugs derived from the opium poppy. The United States Food and Drug Administration describes opioids as "powerful

pain-reducing medications that includes prescription oxycodone, hydrocodone, and morphine, among others, and have both benefits as well as potentially serious risks. These medications can help manage pain when prescribed for the right condition and when used properly, but when misused or abused, opioids can cause serious harm, including addiction, overdose, and death."

"This lawsuit will seek to recover costs and tax resources taken from the city and its citizens due to the bad acts of the manufacturers and distributors of opioids who caused this ongoing crisis," said lead outside counsel Roman Silberfeld of Robins Kaplan.

	Opioid Death Rates (Age-adjusted per 100K)	Prescription Opioid Death Rates (Age- adjusted per 100K)	Heroin Death Rates (Age-adjusted per 100K)
La Mesa	5.33	4.34	0.99
San Diego County	7.84	6.05	1.93
State of California	5.23	3.70	1.70

	Opioid Overdose Rates-Excluding Heroin (Age- adjusted per 100K)	Heroin Overdose Rates (Age- adjusted per 100K)	Opioid Prescription Rates (Age- adjusted per 100K)
La Mesa	22.49	12.34	630.50
San Diego County	12.32	9.02	475.51
State of California	10.31	9.88	508.65

Opioid overdose and death rates in the city of La Mesa, as compared to the County of San Diego and state of California. (Data source: California Opioid Overdose Surveillance Dashboard as of May 6, 2019)

## 27 Quick and Easy Fix Ups to Sell your Home Fast and for Top Dollar

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

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

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

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1. How many single family detached homes sold in La Mesa from Jan. 1st thru Sept. 30th, 2019?  
2. Of the homes sold during the same period of time, what year was the oldest house built?  
3. Of the homes sold during the same period of time, what was the average price per square foot?

**FIND THE ANSWERS ON MY WEBSITE:  
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# Vegans unite at Grossmont Center

## Monthly foodie festival is up and running with a solid start

By FRANK SABATINI JR. | LA MESA COURIER

It's been tough being a vegan in East County. Plant-based eateries are scarce, and mainstream restaurants and retailers still cater largely to carnivores.

But things are looking brighter with the recent arrival of the First Friday Night Market, a vegan festival that operated in fits and starts within a small North Park parking lot until moving to a spacious section of Grossmont Center's vast parking lot.

The event runs from 5 to 10 p.m. the first Friday of every month. It's located between Fuddruckers and Chuze Fitness.

La Mesa resident Marcia Quinn couldn't be happier.

"I didn't go too much when the market was in San Diego because

of Friday traffic. But now I can drive only 10 minutes for foods I love, like vegan sushi and some really good sweets," she said while approaching the tent for Maya's Cookies.

The cookie vendor uses in its confections dry potato starch instead of eggs as a binder, and Earth Balance vegan butter for richness.

A few slots away, Eric Glover of Kelly's Croutons engaged attendees with crouton samples sporting cashew-based Parmesan dustings. Headquartered in Orange County, he takes his products to more than 40 vegan fests around the world every year.

Wafting down the entire row of merchants were the aromas of foods ranging from hot dogs and carne asada made with mock meats to roasted tamales, potato dumplings and bulgogi nachos. To the average meat eater, the sights and smells seem like any you'd find at mainstream festivals.

First Friday Night Market originally kicked off in the summer of 2018 through a partnership between the nonprofit organization Vegan in San Diego and the former

Anthem Vegan Restaurant. It was from Anthem's parking lot in North Park where the event began catching the support of both herbivores and omnivores from all over San Diego County.

"We started out with only five vendors in North Park and now have almost 20, six of them non-food vendors," said Carly Morales, founder of Vegan in San Diego and director of the monthly market.

After Anthem shuttered, the market was held a few times in another San Diego location, at Fair@44 in City Heights. It then briefly moved back to its original spot when new owners took over Anthem. But that arrangement soon dissolved.

"We were looking for a new host when Grossmont Center contacted us asking if we'd like to hold it there. So we did some online surveys to see if people would come out to East County, and we got really good feedback," Morales said.

The move paid off. Attendance has tripled since the market migrated to La Mesa in September, according to Morales. A beer garden hosted by the La Mesa Chamber of Commerce was added in October. And for the Nov. 1 market, Morales expects to see at least 10 additional vendors taking part.

For now, the partnership between Grossmont Center and



Vegan confections by Maya's Cookies  
(Photos by Frank Sabatini Jr.)



La Mesa Chamber of Commerce President Mary England in the beer garden

Vegan in San Diego is in a trial three-month contract. But Morales is certain it will continue beyond that.

"This is the first time a vegan market has come to La Mesa," noted Mary England, president of the La Mesa Chamber of Commerce, which is no stranger to hosting beer gardens. "We did six years of the big beer garden at La Mesa's Oktoberfest, from 2008 to 2014," added England, who was selling a variety of cold, canned beers from Mike Hess Brewing.

Outside the fenced-in beer area, Christa Maier sat eating at a table with her husband and young son. They were enjoying sambosas, collard greens, eggplant and lentils from the vendor, Flavors of Africa.

Residents of El Cajon, the trio used to drive to the market when it was in North Park.

"This is so much closer and has tons of parking," said Maier. "There's not many places in East County to get good vegan food. This has a nice variety all in one place."

Adds Morales: "We're trying to get everyone to see how delicious and accessible vegan food can be. And some of our vendors, such as By Rosaline, do fun things with their food presentations to make it feel like a party."

The monthly event is free and features live music. For more information, visit [veganinsandiego.com](http://veganinsandiego.com) or [lamesachamber.com](http://lamesachamber.com).

—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](mailto:fsabatini@san.rr.com).



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# Overcoming male breast cancer

By ANDY VELEZ | LA MESA COURIER

October is Breast Cancer Awareness Month and throughout it, various health care providers around the world advocate their services and the importance of following up with your doctor each year. For the most part, the advocacy for October is focused on women getting a mammogram, but women are not the only ones affected by breast cancer as it was in the case of La Mesa resident David Smyle.

Breast cancer is the most common cancer in women, regardless of ethnic background. It is reported that 1 in 8 women will be diagnosed with breast cancer throughout their life, but for men,



Smyle underwent a double mastectomy to treat his breast cancer.

1 in a 1,000 are said to be affected by breast cancer throughout their life.

After noticing an awkward lump and an inversion of his left nipple, Smyle decided to seek medical attention and it was in July of 2015 when he was diagnosed with breast cancer. Afterward, Smyle underwent a double mastectomy, radiation therapy, chemo, and has taken tamoxifen (a drug used to help prevent and reduce the risk of breast cancer) for five years.

“I was not shocked or surprised, was not upset or in panic mode. My overall health was good and I assumed I would beat it. No one said I had six months to live,” Smyle said. “I was initially stage 2 and ended up stage 3 — much better than stage 4. My attitude was, ‘What do we need to do to fix it?’”

### ABOUT BREAST CANCER

The female breast is composed of three different parts: Lobules, ducts, and connective tissue. Lobules are glands where breast milk is produced, ducts help carry milk to the nipple, and connective tissue is what holds the breast together. The male breast has the same components as the female one, the only difference is that males do not produce as many lobules or ducts in their breast.

For men and women, important signs and symptoms to look

out for are rash, a lump or lumps around the breast region, inversion of the nipple, or even a discharge from the nipple. One specific to women is a change to the size of their breasts.

Breast cancer can arise from different parts of the breast, but the two most commonly reported are ducts or lobules breast cancer. This occurs when carcinomas (cancer cells) begin to replicate out of control, which further leads to the development of cancer.

Cancer affects people emotionally, physically, and economically. Preparing to battle cancer is not something people do, but with proper guidance and treatment, one can overcome and recuperate much faster.

Breast cancer is determined through a screening process, and a goal of October’s month-long awareness campaign is to remind women and men, especially women over 40, to get screened for breast cancer. When breast cancer is not diagnosed on time, cancer cells grow out of control and can metastasize (travel) to other parts of the body. What once started as breast cancer can later result in a different type of cancer, all for not diagnosing it on time.

### EDUCATION, DETECTION AND BEATING CANCER

Education is key to not only detecting but preventing diseases much faster.

“Every opportunity I get, I take advantage of spreading awareness whether it is at the gym or from people I meet,” Smyle said. “I also attend a monthly men’s cancer support group at Grossmont Hospital Cancer Center the second Wednesday of each month from 5:30 to 7 p.m. to help other cancer patients with questions and support.”

It is important to educate the community so that people are aware of what can come into their lives, but more importantly, people must utilize this information to help themselves, like the top 10 signs and symptoms of breast cancer. In doing so, they can identify an abnormality on their body.

One disease that is linked to breast cancer is known as ductal carcinoma in situ (DCIS) — this is the presence of abnormal cells inside the lobules gland. This cancer is a non-invasive, meaning that it does not affect you because the abnormal cells are found around the lining of the breast, not yet attacking you. It is highly treatable if detected on time, but if left untreated, the abnormal cells can further spread and develop into breast cancer.



After experiencing breast cancer, David Smyle now helps others through a support group at Grossmont Hospital. (Courtesy photos)

“Beating cancer is 50% attitude. It can be scary and some cancers are worse than others but you must go into treatment with a positive attitude for both yourself and loved ones around you,” Smyle said. “The more positive you are, the easier it will be for you and family members and others to not worry.”

October may be the month for breast cancer awareness, but health awareness in general is year-round. It is important to educate, identify, and prevent diseases.

—Andy Velez is a San Diego-based freelance reporter.

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## Guest Editorial

# Report indicates need to support IT and manufacturing workforce

By MICHAEL VALLANT

The September jobs report noted that the unemployment rate fell to 3.5% and in September alone, 136,000 new jobs were added, a total of over 6 million jobs since January 2017. This rapid job creation growth requires a creative approach to training a workforce to fill newly created jobs.

Just a day before the jobs report's welcoming news, Google joined the White House Job Training Initiative by pledging to help train a quarter of a million people for technology jobs. The goal of the initiative is to increase the number of skilled workers at a time when many businesses are expanding yet facing a gap of qualified help.

The U.S. Small Business Administration continues to prioritize economic expansion through new business startups, assisting small business as they

scale up their business, export to international markets, and train America's workforce for on-demand skilled jobs.

SBA's approach includes providing competitive grants to organizations training today's workforce. Recently, SBA awarded \$150,000 to Workshops for Warriors, located in San Diego, to provide quality training, accredited STEM educational programs, and opportunities to earn nationally recognized credentials to veterans and transitioning service members in their chosen advanced manufacturing career field.

SBA counseling assistance also supports businesses that are opening up e-commerce shops and scaling up their business. For example, businesses like All Industrial Tool Supply, a full-service distributor of metalworking tools and industrial supplies headquartered in Huntington Beach,

started out of Jeffrey Perry's spare bedroom and a corner of his garage in 2010.

With exploding e-commerce sales during the 2012 holiday buying season, Perry and his two employees were not prepared to deliver on the strict online retailer fulfillment schedule and manage the local business at the same time. This motivated Perry to leverage free and low-cost resources such as SBA's Emerging Leaders Program, Orange County SCORE's mentoring services and their CEO Forum. These programs provided professional support tools, business training, and management education to unleash the company's potential leading to considerable growth across the company.

All Industrial Tool Supply has since grown into an e-commerce leader and a partner to Southern California manufacturers with an outside

sales staff. The company now supports 17 employees and 9,000 square feet of inventory space to provide metalworking tools and industrial supplies worldwide. In addition, Perry donates tools to local vocational schools and nonprofit organizations.

SBA understands that each small business has unique needs. The SBA is committed to supporting entrepreneurs who are educating, training and creating jobs for skilled workers. SBA district offices and resource partners such as Small Business Development Centers, Women's Business Development Centers, SCORE chapters or Veteran's Business Outreach Centers can be found at [www.sba.gov](http://www.sba.gov).

—Michael Vallant is the U.S. Small Business Administration's associate administrator for the Office of Field Operations, overseeing the 68 district offices and nine regional administrators; and regional administrator for Region IX, overseeing the agency's programs and services in California, Arizona, Nevada, Hawaii and Guam.

# Taking military funds for border wall hurts military families and national security

CA 53 BULLETIN

By REP. SUSAN DAVIS



San Diego has long been considered a military town. We understand how important it is to take care of our military families and veterans. We also understand the importance of national defense spending in supporting our service members and the economic impact it has on our region.

Our strong military presence is part of the reason I chose to serve on the House Armed Services Committee. Ensuring that our men and women in uniform and families have the resources and support they need has always been a priority.

The Trump administration's effort to take money from our military to build his border wall puts that support in jeopardy. Nearly \$3 billion in military construction projects are targeted to lose funding.

This will hurt our troops, national security, and violate the Constitution, which expressly gives Congress the power to determine how tax dollars are spent.

Military construction projects certainly may not get as much attention as other parts of the defense budget, but they are a critical component of our national security.

Our service members would simply not be able to do their jobs without the infrastructure of bases, hangars, operation facilities, readiness centers, water supplies, and housing.

Each year, Congress allocates billions of tax dollars on projects around the globe to build up and improve that infrastructure. The appropriations process for military construction projects is a rare act of bipartisanship in Congress.

But the process has been thrown into uncertainty with President Trump's attempt to circumvent Congress and the Constitution by diverting funds for military construction to fund his border wall.

We know the President is desperate for his border wall. It was a campaign promise to his base. He shut the government down for weeks to force Congress to provide funds for his border wall, a wall he said Mexico was going to pay for.

Instead, it looks like our military is going to pay for it.

Unable to coerce Congress to fund the border wall due to bipartisan opposition for it in Congress, the president declared a national emergency. Such a declaration — which is being challenged in court — would allow the president take billions of tax dollars from military construction projects to construct his border wall.

In September, the Department of Defense sent to Congress a list of 127 projects that will lose funding. The total amount was \$3.7 billion.

San Diego was spared from the chopping block, but that doesn't mean it might not impact our region or our service members and their families. When President Trump declared his national emergency in February, a preliminary list included almost \$1 billion in San Diego-area projects. So we know that some San Diego projects were on the radar and could be targeted in the future.

Cost estimates to build a border wall along the nearly 3,000-mile border with Mexico go as high as \$70 billion. So this round of \$3.7 billion being taken from our military will barely cover the initial costs.

While San Diego didn't lose any projects, California will lose \$8 million for a flight simulator at Channel Islands Air National Guard Station. This C-130 simulator is used to train pilots for disaster response.

San Diego has experienced its fair share of devastating wildfires. It is not uncommon for the California Air National Guard to aid firefighters. We want our pilots to have the best training with the best equipment, and taking this \$8 million from our pilots will only hurt readiness.

Congress continues to fight this unconstitutional money-grab.

Using the Congressional Review Act (CRA), which allows Congress to stop overreach by the executive branch, the House and Senate passed with a bipartisan vote to cancel President Trump's national emergency.

While the President vetoed that bill, the CRA gives Congress another bite of the apple in six months. The Senate last week passed another bill to end the national emergency to protect these vital military construction projects. The House will soon take up the Senate bill.

Multiple court cases are making their way through our judicial system. It was disappointing to have the Supreme Court rule that the administration can move forward with diverting funds while the lower courts deal with the legal challenges.

What kind of precedent will this set? Do these words in the Constitution, "No money shall be drawn from the treasury, but in consequence of appropriations made by law" have any meaning?

Our service members and their families should not be pawns in political fights, especially just to satisfy a campaign promise.

—Congresswoman Davis represents central San Diego, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista.



# Impeachment, foreign affairs headline talk at Dem meeting



By TINA RYNBERG and JEFF BENESCH

What better time to welcome popular and longtime political pundit and scholar professor Ric Epps to the November general meeting of the La Mesa Foothills Democratic Club?

Epps is particularly knowledgeable about Middle East and Russian politics, and given the start of the impeachment inquiry into Donald Trump's latest instigation of foreign interference in our electoral process, it should be a fascinating talk indeed!

Trump has not only upset political norms time and again, this time he readily admits asking foreign leaders for dirt on his political opponents. If not treasonous, it certainly rises to high crimes and misdemeanors, and abuse of power, not to mention his self-serving and repeated violations of the emoluments act. These activities are happening at such a pace as to make them all hard to track.

Professor Epps will not address impeachment, but endeavor to enrich us with an understanding of the unprecedented power grab by the executive branch. As



Professor Ric Epps

a former Air Force officer, it will be particularly salient for Epps to comment on the president's disdain for our service members by siphoning allocated defense funds for his ill-fated border wall; the FBI and the entire intelligence community; the corruption of our departments of Justice and State; and the certainty that these actions threaten our national security and our standing in the world.

In addition to Dr. Epp's presentation, club president Tina Rynberg will give an update on GO-team efforts and recruitment in the coming election year. If you are not yet part of the solution, you can join the GO-team and make a difference in 2020.

And to round out a great evening of teaching and discussion,

SEE LMFOC, Page 15

# Conservative comedian at Republican Women meeting



By PAT BOERNER

Eric Golub, a nationally known comedian and author who has spoken in all 50 states, will be the featured speaker at the Nov. 12 meeting of the California Republican Women-Navajo Canyon. Golub has 25 years of radio experience behind him and he has been a radio guest of Sean Hannity, Dennis Miller and Hugh Hewitt.

Golub is known as one of the country's preeminent politically conservative comedians. He describes himself as 100% alcohol, tobacco, drug, and liberalism free. He speaks in synagogues to show how Judaism meshes perfectly with conservatism. He also wants you to know that if he ever says anything that offends you in any way "you probably deserved it." We look forward to hearing Golub, and promise that it will be an entertaining and light touch to the tumultuous political scene we are experiencing.

Please join us for this lunch meeting Tuesday, Nov. 12, at 11 a.m., with check-in beginning at 10:30 a.m., at the La Mesa

Brigantine. Cost is \$25 and a full course lunch is served. These luncheons can sell out quickly so be sure to make your reservation early at [RSVPwcncc@gmail.com](mailto:RSVPwcncc@gmail.com) to guarantee your seat. You will receive a confirmation of your reservation.

Any questions, please call or text Marjie at 619-990-2791. Cash and checks are accepted, but no credit cards. Please visit our website, [RWCNavajoCanyon.org](http://RWCNavajoCanyon.org) to learn more about our activities and also visit us on Facebook at Republican Women of California.

Navajo Canyon has a reputation for having informative and inspirational speakers, and September was no exception. Our members and guests were spellbound as we were told the inside story of politics and life in China by Sophia Fang. She shared stories of her life in China and her immigration to America.

She now writes for the Epoch Times, a multi-language newspaper founded in 2000 responding to the media censorship in China. The newspaper focuses on human rights issues and freely expresses its support of President Trump. We thank Sophia Fang for speaking to our group and look forward to hearing her again in the future.

On Dec. 10, Navajo will be kicking off the season with our annual Christmas Holiday Party. This is a wonderful opportunity to meet and mingle with our members and preview the 2020 events Navajo has planned. There is nothing more exciting than a presidential election year and 2020 will be filled with opportunities to become an active and engaged volunteer. This is the time to get educated on the issues, learn about the candidates and discover ways that you can participate and be a part of the drive to keep America great.

President Trump is doing an incredible job of keeping his promises, all while the media is doing its best to create and foster distractions. Let's show President Trump that we appreciate what he has done to make the economy strong, get the unemployment numbers to record lows, increase middle class wages, propose immigration reform and legislation, and make free trade fair trade. Volunteers are always needed to help register voters, walk neighborhoods for candidates, help with mailers, make phone calls, and get out the vote!

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

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News briefs

CONTINUED FROM Page 1

Lakeside, Julian and parts of La Mesa.

MACARTHUR PARK MASTER PLAN WORKSHOP

The city of La Mesa will host a community workshop for the MacArthur Park Master Plan on Tuesday, Oct. 29, 6-8 p.m. The event will provide the

community an opportunity to continue the visioning process for the future of the 22-acre MacArthur Park with this master planning effort.

The plan will build upon feedback and an existing conditions analysis from a 2018 opportunities and constraints study to advance the short, intermediate, and long-term plans for the park's redevelopment as community public space. Community and stakeholder engagement will play a major role in recommending

priorities for future amenities and facilities.

The public is invited to participate in the workshop, which will be held at the La Mesa Community Center, 4975 Memorial Drive, located within MacArthur Park. Healthy snacks and refreshments will be provided. If you have any questions, please contact Sue Richardson, director of Community Services at [srichardson@cityoflamesa.us](mailto:srichardson@cityoflamesa.us) or call 619-667-1300.

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CHAMBER OF COMMERCE HOMEBOUND SENIORS PROJECT

The La Mesa Chamber of Commerce encourages residents to join them and make a difference in the lives of La Mesa homebound seniors. Each year, the chamber has assisted homebound seniors and this year will assist 24.

The chamber is now beginning to gather items for these seniors with a goal to collect, purchase and assemble items and place them in large gift baskets and gift bags. All of these gifts will be delivered,

SEE NEWS BRIEFS, Page 14

News from your  
County Supervisor

Dianne's Corner



By DIANNE JACOB

**Affordable housing:** The county is now offering free, pre-approved floor plans for granny flats and other accessory homes.

The incentive program is expected to save property owners and others in the county's unincorporated area about \$15,000 per house. That figure comes on top of another \$15,000 builders have been saving since we began waiving permit and development fees for accessory homes early this year.

At a time when so many people are looking for quality, affordable housing, we're removing some of the red tape that can get in the way.

For more information, go to <http://sandiegocounty.gov/ADU>. You can also call 858-495-5382 or email [PDS.ADUquestions@sdcounty.ca.gov](mailto:PDS.ADUquestions@sdcounty.ca.gov).

**Health crisis:** The Board of Supervisors recently voted to ban the sale of flavored tobacco products and impose a 1-year moratorium on the sale of e-cigarette devices while their risks are fully assessed.

With the recent sharp rise in deaths and illnesses tied to vaping nationwide, it's critical we do all we can to lower the risks to San Diegans while health officials continue to investigate. The ban will not apply to flavored tobacco made for hookahs.

**Huge win for ratepayers:** The county is moving to establish a community choice energy program in the unincorporated area, and we continue to talk with other local governments about a possible joint choice initiative.

A recent study done for the county estimates the program will save 179,000 residential and business ratepayers \$12 million a year.

Ratepayers will finally have an alternative to what have been some of the highest utility rates in the nation. They'll have freedom of choice!

—Dianne Jacob is chair of the San Diego County Board of Supervisors and represents District 2. For more District 2 news, visit [diannejacob.com](http://diannejacob.com) or follow her on Facebook and Twitter. For assistance with a county issue, call 619-531-5522 or email [dianne.jacob@sdcounty.ca.gov](mailto:dianne.jacob@sdcounty.ca.gov).



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Visit [LaMesaVillageAssociation.org](http://LaMesaVillageAssociation.org) for a complete list of participating businesses + special Halloween promotions in downtown La Mesa!





# Nightwalker

CONTINUED FROM Page 1

formulating the plan for what we wanted our escape rooms to be like,” Shane Watton said. “We began designing and converting our haunted house sets and reopened as escape rooms in late 2016.”

Shane builds the different rooms, while Tiffany paints the spaces. Together they work on the games.

The main games now available are “Clownatorium – 2 Upside Down,” which is a creepy experience with a horror-themed carnival atmosphere; “Tut Rut,” a game influenced by the Indiana Jones film series and the 1999 “The Mummy” movie; and “Fah-King Grail Game,” an adventure that pays homage to “The Goonies” and “Monty Python and the Holy Grail.”

Part of the reason the quests are 90 minutes in length, is to make sure that all players have enough time to properly participate in the adventure.

“We try to have the biggest and longest escape rooms in San Diego,” Tiffany Watton said. “It gives people extra time, and there are five or six rooms they are trying to get out of as well in each game.”

Nightwalker Caverns consists of fourth generation escape rooms, which is described by the owners as a “non-traditional escape game that is adventure based with Hollywood-style special effects.”

Some of the unique features include props, water effects, creative lighting and live performers as well.

Although he hates clowns, Shane Watton plays one in “Clownatorium – 2.”

“I’m a nice clown,” he said. “I’ve been told I’ve helped people get over their fear of clowns, because I’m so nice.”

Since the puzzles keep on changing, returning players are not able to solve the rooms in the same way twice.

“Every month, locks will be different, combinations will be different, and we’ll be adding rooms as well,” Shane Watton said.



A spooky Ouija board display



A shrine in the “Tut-Rut” escape room

The two owners want each of the rooms to be fresh ones that encourage visitors to not turn off their brains.

“You need to have a unique mindset to come up with new puzzles that people haven’t come up with before,” Tiffany Watton said. “The hardest part of building these rooms is figuring out what people have not done before in their rooms.”

At the same time, the owners don’t want the games to be overwhelmingly difficult.

“We’ve had groups that have escaped from over 40 rooms and others that have never participated in a game before,” Tiffany

Watton said. “We’re gonna make the rooms easy for both of them.”

“The answers are always right in front of you,” Shane Watton said. “You just have to use common sense to figure it out.”

Although Nightwalker Caverns is already open, there will be a ribbon-cutting ceremony on Wednesday, Dec. 11, hosted by the owners and the La Mesa Chamber of Commerce.

Don’t expect this event to be just a traditional celebratory occasion. Attendees will get to play in the different escape rooms. And the ceremony is going to feature the reopening of “Clownatorium – 2.” You can make a reservation at [rsvp@lamesachamber.com](mailto:rsvp@lamesachamber.com).

Other special events in the not too distant future will include reopenings of “Tut-Rut” and “Fah-King,” which are both guaranteed to have exciting new updates.

With more than 20 escape room venues to choose from in the county, Shane Watton and Tiffany Watton’s outside-of-the-box thinking helps keep things exciting and unpredictable. Regardless of skill set, the games appeal to anyone in the mood for something different than a typical game night.

For tickets or more information on Nightwalker Caverns, visit [nightwalkercaverns.com](http://nightwalkercaverns.com) or call 619-280-7029.

—David Dixon is a San Diego-based freelance arts and entertainment writer.



Nightwalker Caverns owners Shane and Tiffany Watton (Photos courtesy Nightwalker Caverns)



An Egyptian scene in the “Tut-Rut” escape room



## Four easy ways tech can help grandparents bond with younger family members

Grandparents: a word often associated with presents, special outings, yummy food and unconditional love. Yet many Americans don’t talk to, or see, their grandparents as often as they’d like.

Here are four ways technology can help you connect with your grandparents.

### 1. Messaging Apps

A recent study revealed that 73% of grandparents own smartphones. Messaging apps like WhatsApp or Talkatone are a great introduction to texting for grandparents.

With messaging apps, you can send and receive text updates, photos and videos in one place. When there’s time for a longer conversation, you can use these apps to chat for free, as most don’t use cell minutes.

## Connecting generations through technology

### 2. Video Chat

Video chat makes you feel as though everyone’s in the same room. Use apps like Skype or FaceTime to have a video conversation from virtually any device, and share life events such as graduations or weddings.

### 3. Gaming and Creativity Apps

Apps like Magisto and PhotoFunia allow you to personalize photos and videos. Looking for some friendly competition with your grandparents? Try a gaming app like Wheel of Fortune or Minecraft. Or keep your grandparents updated with an app like Keepy, an interactive platform for sharing school projects and artwork.

Use family tree apps like Ancestry to discover photos and stories together as you navigate your family history.

### 4. Social Media

Start a private Instagram account where you can post photos and videos. Grandparents have lots to share as well, so encourage them to make their own Instagram handles and record their stories. This can be a unique way to learn about your grandparents’ past, pass down family memories or share family recipes.

Snapchat is another option for sending and receiving custom pictures or videos with a variety of fun filters and lenses.

### How to Help Your Grandparents

**Only 44% of grandparents identify as tech-savvy.**

Teaching non-tech-savvy family members how to use video chat and social media can be a bonding experience. You can also set your grandparents up with useful home features like the SURE Universal Remote, which allows them to control their TV and other devices from their smartphone. Less tech-savvy grandparents may not realize they can watch their cable TV content from their mobile device or schedule DVR recordings with apps like Cox Connect.

Giving your elders the power to connect helps build relationships with the people you love most, and that’s priceless at any age.





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# Grossmont High fall teams securing wins

By DAVE THOMAS | LA MESA COURIER

It does not take long for a scholastic sports season to fly by. That said, a number of Grossmont High teams are more than halfway through their respective seasons. On the gridiron, the Foothillers under head coach Tom Karlo sit at 5-1 at the midpoint of October. According to Karlo, key players to date have included quarterback Jaime Odom (with more

than 2,100 total yards and 23 TDs), running back Robert Tucker (with 1,100 all-purpose yards and 11 TDs), wide receiver Brody Schicker (33 catches for 485 yards and six TDs) and linebacker Chris Alba (who averages 10 tackles a game). “We have been averaging over 40 points and 560 yards a game,” Karlo noted. “The defense is only giving up 18 points a game. The team is doing well; we just need

SEE GROSSMONT, Page 14

# Scarborough fielding success at Helix High

By DAVE THOMAS | LA MESA COURIER

It does not take long for a sports season to fly by. This is especially true on the scholastic level. That said, it is important to take advantage of the time given and the opportunities presented. One young woman taking advantage of her time at Helix High is senior field hockey member Paige Scarborough. As Helix High field hockey head coach Rhona St. Clair-Moore noted, “Paige has been the backbone of our team for the past three years. Brought up from JV as a freshman, she honed her

skills quickly and is continually learning and passing on her knowledge. She has an amazing understanding of the field and is a good teacher for the younger girls. Off of the field, she is a shining example of an honor student with many outside interests and she beautifully balances them all.” With Scarborough (center defense/sweeper) competing in her final season of scholastic field hockey, St. Clair-Moore has wanted to make sure her senior takes advantage of everything in front of her at this moment.

SEE HELIX SPORTS, Page 14



In her final season of field hockey at Helix High, Paige Scarborough looks to lead her team to victory. (Courtesy photo)

# Helix High School continues work on new gym

By DAVE THOMAS | LA MESA COURIER

With a goal of completion set for early 2020, work continues on gymnasium renovations at Helix High. According to Damon Chase, the school's grade level principal (Class of 2020) and athletic director, things are moving along. Built in 1960, the current gym renovation/modernization project began a little more than a year ago. Chase pointed out that the project includes a new roof, air conditioning, restrooms, storage, concessions, and ticket areas. The

renovation kept the four walls of the original plan and added upgraded and accessible bathrooms, ticket/concession areas and storage. With school and funds from a San Diego County grant, a new floor was installed. Phase II of this project includes new hoops, scoreboards, A/V system, and bleachers. This is being funded by the school, more county funds, and a Grossmont High School District bond measure. “We hope to have the entire project complete by late February 2020,” Chase commented. As with any major renovation/

modernization project, people will be displaced for a period of time. Such has been the case with the indoor sports teams at Helix normally relying on the gym for both practice and games. “The scheduling challenges and inability to have home games has been an unfortunate situation for our school, community, and students,” Chase went on to say. “Fortunately, we have worked with the Boys and Girls Club to secure practice times.” Chase added that as of now, all Helix teams normally using the gym for home matches will be on the road all season. Because of



The Helix gym has new floors and is now waiting on bleachers, scoreboards and hoops before reopening. (Photo by Jennifer Osborn)

renovations will hopefully be appreciated once the community gets the final look at what is being done. “People like what they see with the renovations that have taken place so far,” Chase said. “It is disappointing that we are unable to host games at this time, but look forward to the opportunity to show off all the work that has been done as soon as possible.” According to Chase, the school will have a ribbon cutting/grand opening when the project is complete. —Dave Thomas is a freelance sports writer.

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# Grossmont High School arts update



## Foothiller Footsteps

By **CONNIE AND LYNN BAER**

Since its beginnings, Grossmont High School has offered a varied educational experience for its

students. Very quickly, the quality of Grossmont's performing arts classes became a source of pride for the community as every performance was greeted by a full house. Today's programs continue this historic heritage.

### INSTRUMENTAL MUSIC UPDATE FROM DIRECTOR RAY WEBB

Your Royal Blue Regiment earned a top music score for all bands at the first field tournament of the year at Escondido High School on Oct. 5. This was our

first opportunity to use the instruments that were purchased with funds donated from our amazing alumni, retirees, and the GHS Educational Foundation.

Alumni from graduating classes ranging from 1949 to 1975 have participated. To date, \$9,840 has been donated. Thank you so much!

In addition, \$2,000 was donated by the La Mesa Community Welfare Association after reading about our need in the La Mesa Courier. Beyond these monetary donations, a very valuable trombone was donated. The new price of the instruments purchased with donated funds would have been \$27,000. These instruments were purchased from private parties and instrument resellers at a cost of only \$8,070.

Again, thank you to everyone that has given to help our students play with excellence and produce the vaunted "Grossmont Sound."

If anyone has a musical instrument to donate, please contact Ray Webb at 719-332-1832 or [rwebb@guhsd.net](mailto:rwebb@guhsd.net). Also, the program welcomes additional donations to purchase much-needed instruments.



(l to r) Colin Taquino, Tristan Laube, Lauren Munden, Joey Arthur, Roman Gonzales and Rick Marus Chris Martinez



Grossmont High School 2019 guitar class (Photos courtesy GHS Museum)

### STRING ORCHESTRA'S EXCITING NEWS

Director Karen Childress-Evans recently shared the news that the Scottish Rite Valley of San Diego and Scottish Rite Masons of California recently donated \$5,000 to the Grossmont High School Orchestra to help defray expenses for an exciting Disney musical workshop for all GHS orchestra students in spring of 2020. Scottish Rite Masons strive to improve their communities through personal service to others and financial support.

Because of their generosity, beginning, intermediate and

advanced orchestra Foothillers will visit Disneyland to participate in a performing arts workshop entitled "Music 101: Inside the Soundtrack of Disneyland." This workshop will provide a Disney entertainment professional who will help students discover the integral role that music plays at the Disneyland resort.

Students will test their knowledge with fun, interactive exercises as they explore areas of the resort together during this two-hour workshop and explore the powerful role music plays in creating the immersive lands and attractions at Disney parks.

Through artistic sound analysis, a musical scavenger hunt throughout the park, and a deeper look into the storytelling power of music, students will gain a hands-on understanding of how music can create emotion, atmospheric tone and a vivid sense of time and place.

The Grossmont Strings began a serious regrowth six years ago under the direction of then-Band Director James Llamas. In the past four years under the direction of Band Director Ray Webb and the support of volunteer and string specialist, Dr. Karen Childress-Evans, this group of dedicated musicians has grown from six to about 40 students. There are no regular middle school feeder string programs into GHS yet, so the majority of students begin their orchestra experience as ninth graders.

### GUITAR CLASSES

The most exciting news for the guitar program this year is that due to demand, a third section has been added for the first time in over 10 years! There are currently 110 students enrolled in guitar.

With the additional students, we have 50 students without his or her own guitar. We welcome donations of used guitars (broken strings OK) or the \$100 needed to purchase a guitar. Please contact Jeremy Cooke for information on how you can help at [jcooke@guhsd.net](mailto:jcooke@guhsd.net) or 619-6190.

### VOCAL MUSIC UPDATE

The Vocal Music Department held their fall concert on Oct. 17, 7:30 p.m., at Santa Sophia Catholic Church.

They are currently preparing for the American Choral Directors

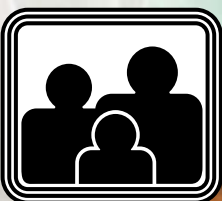


## HEALTH INSURANCE FOR INDIVIDUALS AND FAMILIES

Open enrollment begins on October 15, 2019 and ends January 15, 2020.

### Covered California benefits include:

- Preventive and Wellness Services
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# 2020 enrollment plans underway at Helix



## Helix Highlights

By JENNIFER OSBORN

It's hard to believe, but Helix staff are hard at work planning for the 2020-21 school year. The enrollment process is about to begin, and we are excited to welcome a new group of Highlanders to our campus.

As a charter school, enrollment at Helix is open to any resident of the state of California; however, there is a priority system set up for our lottery. Acceptance into Helix is based on the following:

**1st Priority Acceptance:** Siblings of current Helix students in grades 9, 10, 11.

**2nd Priority Acceptance:** Residents of the former attendance area of Helix High School (refer to the searchable boundary map on the school website).

**3rd Priority:** Children of Helix employees.

**4th Priority:** Students who make a two-year commitment to be in the bagpipe program (limited spaces available).

**5th Priority:** Residents of the Grossmont Union High School District (GUHSD).

**6th Priority:** All other applicants.

Regardless of what your attendance area is, as determined by your local school district, families can choose to apply to Helix. To apply, you must attend an information meeting where you will receive directions and an access code for the online "Intent to Enroll/Application" form.

Information Nights will provide prospective students and parents/guardians with the opportunity to

meet the Class of 2024 Grade Level Team and discuss the following important topics:

- Helix Charter High School's Mission and Vision.
- The 5 A's: Academics, Athletics, Arts, Activities, and Attitude.
- The application process/priority enrollment.

All interested families are required to attend one of the evenings offered. No reservation is necessary. Due to the importance of the information being shared, all meetings will begin promptly at the indicated start time. Families arriving late may not be admitted. Please plan to arrive at least 15 minutes early.

Please note that lottery position is not determined by which meeting is attended.

Meeting dates and locations are as follows:

**Tuesday, Jan. 21 at 6 p.m.** — La Mesa Arts Academy Auditorium

**Tuesday, Jan. 28 at 6 p.m.** — Lemon Grove Academy Auditorium

**Wednesday, Feb. 5 at 6 p.m.** — Parkway Middle School Auditorium

**Thursday, Feb. 6 at 6 p.m.** — Vista La Mesa Auditorium

**Wednesday, Feb. 19 at 5, 6 and 7 p.m.** — Helix Charter High School (specific location TBD)

**Saturday, Feb. 29 at 9, 10, and 11 a.m.** - Helix Charter High School (specific location TBD)

### PERFORMING ARTS CALENDAR

Helix Choir Halloween Concert – Haunted Helix; Oct. 29 and 30 at 7 p.m. in the Helix Mainstage Theater. Tickets are \$10 for adults, \$5 for children and students. Visit [helix-choirs.ticketleap.com](http://helix-choirs.ticketleap.com).

### OPPORTUNITIES FOR INVOLVEMENT

There are many opportunities to become involved at Helix. We

are excited about what we do and partnering with the community is an important piece of that excitement. Here are just a few items from the Helix wish list:

- Provide internship, community service, or student employment opportunities.
- Provide educational field trips.
- Service as a community or parent representative on the Helix Charter Board.
- Fund scholarships for graduating seniors through the Helix Foundation.
- Fund students to attend the College 4 Me Tour.
- Serve as a judge for Senior Defenses and/or Senior Boards.
- Serve as a judge at local Speech & Debate tournaments.
- Provide schools supplies and athletic equipment for students in need.

Contact Jenn Osborn at [josborn@helixcharter.net](mailto:josborn@helixcharter.net) if you are interested in helping out.

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

## High School arts

CONTINUED FROM Page 12

Association Festival at Point Loma Nazarene University on Nov. 1.

The Red Robe Choir will perform live on KUSI News Channel 9 at a future date this year.

To see these talented students in person, come to their

Winter Concert Dec. 6, 7 p.m., at the Foothills United Methodist Church.

From Feb. 14 to Feb. 23, 2020, the choir will be in France and Monaco on their annual concert tour.

### DRAMA DEPARTMENT

Because the new Event Center, with its theater and black box, will

be finished summer of 2020, join us to see the final shows in the Little Theater.

The Foothiller Players' first show is "Failure: A Love Story" at 7 p.m., Nov. 6-9 and Nov. 13-16.

Their spring show is "Freaky Friday," playing March 11-14 and March 18-21 at 7 p.m.

The prices for all shows are \$8 with an ASB sticker and \$10

general admission. Tickets are also available on [ghsfoothiller-players.com](http://ghsfoothiller-players.com).

### DANCE PROGRAM

The dance classes presented their fall dance concert on Oct. 17 in the Old Gym and performed again on Oct. 1, for fifth through seventh periods for the English and math classes.

—Connie and Lynn Baer write on behalf of the Grossmont High School Museum. To discover more about Grossmont historic performing arts programs from 1920 to today, visit [foothillermuseum.com](http://foothillermuseum.com) or visit the GHS Museum Wednesday, Nov. 6, from noon-3:30 p.m.; Friday, Nov. 22, from 9 a.m.-12:30 p.m.; or by appointment. Contact: 619-668-6140 or email [ghsmuseum@guhsd.net](mailto:ghsmuseum@guhsd.net).



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# Be a Friend!

In honor of 2019 National Friends of Libraries Week, you can start receiving 2020 member benefits when you become a member of the Friends of the La Mesa Library today!

Members enjoy a **50% discount** on all new and gently used books, DVDs, and CDs for sale in the Friends Bookstore, conveniently located inside La Mesa's Community Library. For as little as \$10 a year, you can help support the library's ongoing collection, program, and facility needs while saving yourself some money when shopping for books.

Membership Levels


- Individual \$10
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- Business \$100

Bookstore volunteers receive a complimentary membership.

Visit us online at [lamesalibrary.org](http://lamesalibrary.org) to learn more and join the Friends!



2019 marks the 50<sup>th</sup> anniversary of the forming of the Friends of the La Mesa Library. The Friends of the La Mesa Library is a registered 501(c)3 organization (EIN 33-0638967).

**Celebrate National Friends of Libraries Week Oct. 20-26, 2019**  
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\*When you join now through December, your membership is valid until 12/31/2020. Regular dues are for the calendar year.





## News briefs

CONTINUED FROM Page 8

along with a hot turkey dinner with all of the trimmings, to the selected seniors by the La Mesa Retired Senior Volunteer Patrol.

Due to delivery schedule, the deadline to receive the gifts for seniors is Friday, Nov. 29. This will allow time to wrap all of the items, prepare all of the gift baskets and purchase the items needed. Donations may be delivered to the La Mesa Chamber office at 8080 La Mesa Blvd., Suite 212, or next door to Fran Smith in Suite 214, Monday through Friday between the hours of 10 a.m. and 4 p.m. Mary England is also available seven days a week to meet donors and pick up those items from you. Contact Mary England on her cell 619-251-7730.

Donated items from your pantry should be double-checked for expiration. Suggested items you can purchase to donate to this year's gift baskets include: canned soups, canned vegetables, canned fruits, packets of crackers, packets of pasta or macaroni & cheese, bars of soap, tubes of tooth paste, packs of tissues, bottles of hand soaps, bottles of hand sanitizer, pens and pads of paper. Gift cards in any denomination from the following

locations are also appreciated: Walmart, Target, or any grocery store.



City Manager Yvonne Garrett

### CITY MANAGER ANNOUNCES RETIREMENT

City Manager Yvonne Garrett has announced her retirement effective Dec. 30, 2019. Garrett has served in several positions with the City of La Mesa, starting as the Director of Community Services in January 2000. Garrett spent six years as the Assistant City Manager and Community Services Director prior to her appointment as City Manager in 2016. Garrett was the director of the La Mesa Park and Recreation concurrently with her position in Community Services and in the

City Manager's Department. The Foundation is a private non-profit organization that raises funds for park improvements and facilitates recreational, education and cultural programs in La Mesa.

"Yvonne Garrett's exemplary character, leadership, wisdom and vision have served the City of La Mesa for two decades. Her priority of helping create a livable community has helped elevate the La Mesa as one of the top cities in the county. Her willingness to solve problems is only surpassed by her knowledge of the city. It will be a challenge to find her successor," said Mayor Mark Arapostathis.

Garrett, in her tenure with La Mesa, completed several major capital projects including the award winning PARKS Project, the La Mesa Teen Center, and has been instrumental in promoting walkability in the city of La Mesa. She handled special projects for the city including funding and developing a Health and Wellness Element for the General Plan, completion of the Parks Master Plan, and oversight of the implementation of the citizen initiated medical cannabis ordinance, as well as an excise tax measure for cannabis facilities passed by the voters in 2016 and 2018 respectively. In 2018, La Mesa was the first East County city to approve a Climate Action Plan. She led the

city's re-branding efforts which have resulted in a new interest in La Mesa as an attractive place to dine, shop, and explore.

"I have relished working in the city of La Mesa," she said. "Its residents have a deep attachment to their city and there is a generational appeal where folks who were born here often strive to come back home. I have grown to love La Mesa as if it was my hometown too. I will certainly miss the privilege of working for a City Council that is respectful and appreciative of the employees and who also clearly love their city. La Mesa is in good hands with an excellent executive management team and a dedicated and conscientious professional staff."

The council unanimously directed City Manager Garrett to engage the Human Resources Manager to begin a state and nationwide recruitment to present qualified candidates for City Council consideration and appointed Assistant City Manager Greg Humora as the Interim City Manager upon Garrett's retirement.

### OASIS HOSTS TECHNOLOGY EVENT FOR OLDER ADULTS

In October, leaders at San Diego Oasis, an organization serving people age 50 and better

throughout the county, hosted an immersive technology event designed to help ease frustration when it comes to smartphones, computers, tablets, apps, telemedicine, and much more.

The "Get Connected: Technology Fair for 50+" attracted more than 1,000 San Diego County residents at the Reading Cinemas at Grossmont Center, just steps away from the San Diego Oasis Lifelong Learning Center. Get Connected is the region's largest tech event for older adults, and is designed to be upbeat, inviting, and stimulating. Organizers took great care to curate the best presenters and satisfy attendee needs.

"There was so much positive energy among our attendees and the response to learn about technology, from the basics to advanced topics was incredible," said Simona Valanciute, president and CEO, San Diego Oasis.

Get Connected featured 24 free workshops and consultations with tech experts in a one-on-one environment to answer just about any kind of tech question. The workshops were led by industry experts from local companies, who presented a range of topics for beginners to experienced tech users, such as "10 Apps You Should Have On Your Smartphone."

SEE NEWS BRIEFS, Page 23

## Helix sports

CONTINUED FROM Page 11

"As one of the team captains and an excellent example of behavior on and off of the field, I have no doubt that she will instill in the younger players the importance of being part of a team as well as making that extra effort to get the job done," St. Clair-Moore continued. "Asking questions when you don't know something and always doing your best. Those qualities are Paige in a nutshell and she is already accomplishing that goal."

La Mesa Courier recently caught up with Scarbrough for an email interview.

**How did you get started playing the sport and at what age?**

In eighth grade when I found out I was going to Helix, my mom

started talking to other parents at the school and we found out about field hockey. I went to a few summer practices and fell in love with the sport right away.

**What do you enjoy most about being part of this team?**

By far my favorite part of Helix field hockey is the feeling of family. On this team, I can tell my coach or any teammate what happened that day at school or how I'm feeling and they are there for me even if it has nothing to do with field hockey.

**Coming into the season, what goal or goals have you been looking to accomplish?**

My goal for this senior year of field hockey is to help strengthen our younger girls who are on defense with me. The past few years I have been a strong part of the defensive line and I want to make sure they learn as much as

possible so Helix field hockey can continue to grow and thrive once I graduate.

**Are you involved in any other sports, clubs etc. at school? Any plans for college and maybe even playing the sport at that level too?**

As well as four years of field hockey, I played two years of water polo and four years of varsity lacrosse. I plan on going to an out-of-state college to study exercise science and play lacrosse. If field hockey is still an option for me at the school I choose then I would love to continue playing.

**For any girls thinking of coming out for the team next season, what advice would you give to them?**

The advice I would give for aspiring field hockey players is to never stop trying. When I started my freshman year and even most of my sophomore year, learning the skills and techniques were so hard for me. I would watch other girls who started after me pick up skills quicker, but if you keep trying and ask questions, really get engaged at practice, then the skills and enjoyment will soon follow. Field hockey is an amazing sport that I never thought I would love so much. If you think you want to play, go ahead and try and make sure to continue trying for a while; field hockey is a challenge sport.

—Dave Thomas is a freelance sports writer. If you are a fall or winter sports varsity head coach at Helix High and have an athlete you think would make a good feature story, email hoopsthomas@yahoo.com.

## Grossmont sports

CONTINUED FROM Page 11

to do well in our tough league games."

In **boys cross-country**, the Foothillers were 2-1 at the midway point of the month for head coach Kevin Baer.

Baer noted the efforts to-date of senior Devin Provence (16:36 5K), sophomore Kei Okura (17:43 5K) and freshman Ian Rosen (18:34 5K).

"We have a hard-working group of young men who are motivated to win a league title," Baer commented.

In **boys water polo** play, Grossmont sat at 5-12 for head coach Clint McLaughlin midway through the month.

McLaughlin noted the play to-date of junior Ty Case (averaging more than three goals per game), junior Tanner Larsen (initiating the offense and being the team's top perimeter defender) and senior goalie Travis Clauson (averaging 10 blocks per game).

"We have a young team after losing a lot of seniors last year," McLaughlin commented. "Our focus throughout the season is to gain experience and work on getting better every day. If we do that, we will put ourselves in a position to compete for the Division 1 CIF championship."

In **girls volleyball** action, the Lady Foothillers have been working their way through a coaching change.

In mid-October, Grossmont was 3-15 (0-6 in league play) for head coach Peter Phillips.

Top players to-date, according to Phillips, have included senior libero Kate Seely, senior setter Cierra Hoppes, junior opposite Gabby Jones, junior middle Karsen Carroll, sophomore middle Aly Guise and sophomore outside hitter Sarah Oung.

"The girls have shown great character and commitment through the adversity they've faced," Phillips remarked. "The good news in moving forward to next season is that we are a fairly young team. Five of our six starters will be returning."

In **girls tennis** play, the Lady Foothillers under head coach Hillary Park sported an overall record of 6-9 (4-4 for third place in the league).

According to Park, key players have included the top two doubles teams of freshman

Ashley Smith and junior Helaena Calimlim (No. 1 doubles) and senior Ariana Watson and junior Toula Payán (No. 2 doubles).

"Our strength this season has been our doubles squad, which makes up three doubles teams," Park commented. "They contribute the majority of the points in our victories. We are in Division II and our goal is to win a round in team CIF, which begins Oct. 29. We also hope to qualify our top two doubles teams to individual CIF."

—Dave Thomas is a freelance sports writer in San Diego.

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## 5G

CONTINUED FROM Page 1

The new policy was presented to council by Robert “Trip” May, a partner at Telecom Law Firm PC, which represents individuals and city governments in matters relating to telecommunications infrastructure. May began his presentation with an explanation of the new regulations.

Under federal law, cities cannot outright prohibit or effectively prohibit the installation of wireless facilities. In addition, cities must treat all providers equal; cannot regulate facilities based on environmental effects of radio frequency emissions to the extent that the emissions comply with FCC rules; have to act (approve or reject projects) within a reasonable amount of time; and must issue written decisions to reject based on substantial evidence in the record – something already in local law.

“There has to be a basis,” May said of that last provision. “For example, a standard that says it’s too tall, or it’s not in the right location, or it’s too bulky in a particular area. Without those types of regulations, denials would on their face fail.”

In addition to those federal laws, the FCC has also recently issued new orders regarding cell towers, including an order which prohibits moratoriums against cell towers, either expressed or de facto.

The FCC also issue a “small cell” order that has “broad and significant changes and impacts on local governments” that defines small wireless facilities and redefines what an “effective prohibition” against them means. Under the small cell order, the fees that cities charge carriers for installing small cells have to be objectively reasonable, and aesthetic limitations cannot be more burdensome than applied to other infrastructure — cities can’t use zoning to block where small cells are installed or block their installation because they are not compatible

to community character because the FCC views those reasons to be subjective. The new FCC order also expands “shot clock” rules — the time frame in which cities must accept or reject small cell proposals — with new classifications and shorter time frames.

All these rules are under appeal and courts are expected to rule on them by the end of 2020, May said. The FCC is also considering more rules that could take effect as soon as six months from now. May said the ever-changing rulebook for cell towers makes it difficult for cities to come up with policies to regulate them.

“Whatever we do, it’s probably going to be wrong six months to a year from now, so we need to take a flexible approach,” he said.

May then laid out a recommended proposal for La Mesa based on the existing code which allows cities to adopt standards for anything that encroaches on the public right of way. He said La Mesa could use that code to draft a policy that includes:

- A review process that is tailored to meet the shot clock deadlines.
- Failure to meet those deadlines means you lose your ability to say ‘no,’” he said.
- Maintains public notice and appeal rights.
- Provides detailed objective locations and design standards.

Under the new city policy, the city has a list of preferred locations for cell towers and requires carriers to use those locations that are technically feasible. To set up a cell tower in an alternate location, carriers must show the city that no other feasible preferred locations exist within a reasonable distance.

The preferred locations are based on a two-step analysis. Step one, the city looks at what road type the cell tower would be near, like collector roads, main thoroughfare, cul-de-sacs, etc. Step two is to look at the city zoning, whether the cell tower would be put in residential, commercial, industrial, etc. Additional

In addition to his general background in political science, Epps is an authority in American government, international relations, U.S. foreign policy, Middle East politics, and international security, with specializations in intelligence, nuclear proliferation, and terrorism. During his more than 25 years of teaching and research, Professor Epps has garnered numerous honors including the California State Assembly Award, Who’s Who Among American Teachers, Outstanding Professor of the Year and numerous other professional awards.

The Wednesday, Nov. 6 meeting begins at 6:30 p.m. at the La Mesa Community Center, 4975 Memorial Drive.

—Tina Rynberg is president and Jeff Benesch is vice president of programming for the La Mesa Foothills Democratic Club.



Robert “Trip” May presenting the 5G policy to City Council (Photo by Jeff Clemetson)

restrictions considered are proximity to fire hydrants, driveways, doorways, etc.

The design standards the city can use to regulate cell towers

include things like size and height limits based on practical realities. For example, requiring smaller facilities in residential zones. These standards can be employed as long as they are across the board for all infrastructure, not just cell towers, May added.

The new policy also institutes a plan for pre-approved design options. Approving designs ahead of time takes some of the shot clock pressure off the city, May said.

“But it would not shortcut the review process of where those particular facilities would go,” he added.

During public comments on the new plan, cellular industry representatives asked the city to table the vote to give them time to look over the proposed policy.

Opponents of 5G cellular also asked the City Council to delay the vote, over what they said are the potential health risks caused by radio frequency radiation put out by cellular towers.

Before the council voted to adopt the policy, May advised the city that citing health concerns is not a valid reason to deny a cell tower installation. He also advised that without a plan in place, cellular providers would have less restrictions on where to place small cell towers and what they would look like.

The council adopted the new policy with only Vice Mayor Bill Baber voting against it.

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



Here are some things you can do this season to save between 4 p.m. and 9 p.m. when energy prices are highest:



Do laundry before 4 p.m. or after 9 p.m. when energy prices are lower.



Caulk/weatherstrip doors and windows to save 10-20% on heating.



Let hot foods cool off (1hr max.) before placing them in the fridge.



Turn off computers, TV's and other electronics when not in use.



Prepare meals in a slow cooker outside the hours of 4 p.m. and 9 p.m.

Find more tips at [sdge.com/whenmatters](https://www.sdge.com/whenmatters)



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## LMFDC

CONTINUED FROM Page 7

we’ll have a presentation by San Diegans for Justice, a committee established to support a ballot measure proposed to the San Diego City Council by Women Occupy San Diego. Its focus is increased accountability and transparency in policing by creating an independent Commission on Police Practices that will investigate cases of police misconduct.

Ric Epps is a professor of political science and public administration at San Diego State University and Imperial Valley College. He is also a political commentator and consultant for multiple news and radio sources. He earned his undergraduate and graduate degrees from the University of California, Los Angeles (UCLA), where he also played football.





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Double pleasure, Himalayan style

Restaurant Review  
By FRANK SABATINI JR.

Only several years ago if you proposed going out for Himalayan food to family and friends, they'd look at you with crossed eyes and ask: "What the heck is it? And where do we find it?"

San Diego County today has a small handful of Nepalese-style restaurants. Three of them fall under the same ownership, with one located in the La Mesa Crossroads Plaza. (The others are in Mission Gorge and Chula Vista.)

It was only recently that I learned of Himalayan Cuisine's lunch deal, offered from 11 a.m. to 3 p.m. on weekdays. So I quickly set out to the La Mesa outpost and came away with a full gut of spicy fare (my choosing) and a palate lingering with exotic flavors for under \$10.

The lunch special is \$8.99. It's particularly attractive because you get a choice of two entrees from a select menu, plus lentil soup, grilled naan bread, and basmati rice. Based on dinner visits to the Mission Gorge location, the portions of these bargain entrees are only a notch smaller in comparison.

When chatting last year with owner Khem Kharel about the differences between Himalayan food and dishes common to its neighboring India, he noted: "Our food is lighter and healthier. It doesn't have all the butter, oil and cream of Indian food."

For newcomers familiar with popular Indian meals such as tiki masala and chicken vindaloo, the flavors won't seem too alien. In fact, those dishes are among your lunch choices. But it is the spices such as green cardamon, bay leaves, cloves, nutmeg powder and others — and used in hefty measures — that will charm your taste buds.



(l to r) Chicken "chilli" and chana masala

I could smell the aromas of the food when parking 50 yards from the entrance. Upon entering, images of Mount Everest and illuminated models of Nepalese temples whisked me away to some faraway land. Black-vested waiters wearing traditional topi hats further set the mood for cuisine that nobody can accuse of tasting bland.

My entrees of choice were "chicken chilli" and chana masala, a vegetarian dish of Indian origin — both "medium spicy" by default.

The chana masala offered the strongest burn due to dried chilies hiding in a light tomato sauce, which envelopes tender garbanzo beans. It was also the saltiest of the two entrees. Had it not been

Himalayan Cuisine

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Lunch special: \$8.99 plus tax for soup, bread, rice and two entrees (available from 11 a.m. to 3 p.m. Monday through Friday)

for the fragrant herbs and spices somewhat counteracting the high sodium level, I would've sent it back.

A luscious dark-red curry sauce cloaks boneless, skinless thigh meat in the second entree. The chicken was exceptionally tender, deeply flavored, and strewn with bell peppers and onions cooked exactly to my liking — semi-soft and verging on sweet.

The pile of basmati centered on the plate carried the usual mystery that always intrigues me in Himalayan restaurants. How on earth do they achieve such fluffiness?

Some of that rice ended up in my lentil soup to bulk up the thin, but tasty broth. The accompanying two wedges of naan bread took a dunking as well, and got devoured quickly. If



Vegetable momo from the regular menu (Photos by Frank Sabatini Jr.)

you aren't counting carbs, a full order the toasty bread costs \$2.45.

Other entrees from the lunch card include vegetable korma with coconut milk, mild curry chicken, and saag aloo, which consists of spinach and potatoes in a creamy sauce.

If jumping ship to the regular menu, the vegetable momo dumplings are a classic Himalayan specialty with their

generous fillings of minced cabbage, spinach, cashew nuts, onions and cilantro. Lamb lovers will delight in options showcasing the meat in different herbs and sauces. And there are also noteworthy shrimp and fish dishes as well as bone-in goat steeped in curry.

Whatever your choice, the spirit of culinary exploration runs as high as Mount Everest in a restaurant that proves culinary adventure is the spice of life.

—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.



The lunch special includes lentil soup and naan bread.

BAKED BRIE WITH FRUIT AND NUTS



By JULIE WHITE



(Flickr.com)

Warm, gooey cheese covered with nuts and dried fruit to spread on crackers is the end result of this recipe — easy to throw together at the last minute. For a Halloween look, use raisins and dried apricots.

INGREDIENTS:

- 1 pound round of brie cheese
- 2 tablespoons honey and some cognac mixed if you like
- 1/2 cup of dried cut apricots
- 1/3 cup dried raisins and or cranberries
- 1/3 cup pine nuts and pistachios

- Simple crackers or toasted thin baguette slices

DIRECTIONS:

Heat oven to 350 degrees. Place brie on a parchment lined baking sheet. Drizzle with the honey mixture.

Toss the fruit and nuts together and sprinkle over cheese round. Bake 10-12 minutes. Transfer to serving platter and serve with crackers or bread.

"When black cats prowl and pumpkins glean, may luck be yours on Halloween!"

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# The history of La Mesa Library and its Friends

By BONNIE BARANOFF

The Friends of the La Mesa Library are a nonprofit organization of citizens who believe that a modern, effective library is an essential service for our community. The Friends promote local awareness and appreciation of the library as a valuable center of learning, education, and pleasure, a community benefit offering key information, services and programs in addition to book dispersal.

2019 marks the 50th anniversary of the Friends of the La Mesa Library, and Oct. 20-26 is National Friends of Libraries Week.

## IT ALL STARTED WITH THE WOMEN OF LA MESA

You can't have a history of the Friends of the La Mesa Library without first having a library they can support.



Original La Mesa Women's Clubhouse on the corner of Third Street and Lemon Avenue around 1915. The club housed an early library collection.

Over 100 years ago, the visionary leaders of the La Mesa Women's Club established La Mesa's first formal library, a community owned and supported collection housed right inside their club house on the northwest corner of Third Street and Lemon Avenue.

When their club ran out of space in 1915, the popular library moved to La Mesa's City Hall, where eventually and once again, inadequate space became an issue. In 1932, the library found its first permanent home at Porter Hall, in the building's first location on University Avenue, across the street from where it stands today.

But there were even more libraries in the La Mesa area at this time. San Diego city directories from 1936 include listings for satellite branches found in businesses around town — including Emmons Mercantile Store on El Cajon Boulevard in today's College

Area — suggesting a need for more space or at least more access points.



Ben Polak Theater and Library building (Photos courtesy La Mesa Historical Society)

Resident demands for library materials and services continued to grow but following the Great Depression and leading into and following World War II, there just wasn't enough city revenue to support building a new library, let alone anything else.

Thankfully for the citizens of La Mesa, Ben Polak — La Mesa's mayor from 1936-1948 — was a man full of determination and imagination, helping develop a unique fundraising plan to build a new library as well as a number of other projects. His idea? The "Tacky Wacky Carnival," an annual event that amassed the required funds, and an occasion that residents enjoyed for many years. \$50,000 raised at the carnival helped fund construction of the Polak Fine Arts and Library

Complex, housing the Foothills Art Gallery, Lamplighters Theater, and San Diego County Library Branch. The library complex opened in 1957 as part of the new Civic Center, of which only City Hall remains.

## HERE COME THE FRIENDS

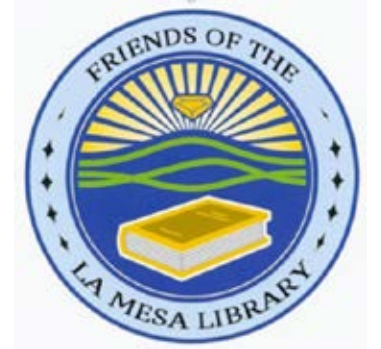
In April 1964, the Friends of California Libraries was established and later incorporated in October 1966. Encouraged by fellow library enthusiasts in El Cajon, an organizational meeting for forming a local Friends group was called to order on Feb. 4, 1969.

It comes as no surprise that the La Mesa Women's Club was the Friends' original sponsor; they organized the first meeting.

The Friends purpose, from the original constitution and by-laws, states:

*"The purpose of this organization shall be to foster closer relations between the La Mesa Branch Library and the citizens of La Mesa and environs; to lead in the development of a program for the extension and improvement of the Library services and resources; to promote knowledge of the functions, resources, services and needs of the Library; and to aid in the provision of adequate housing and other facilities for the library."*

Early supporters of the library and its Friends included County Supervisor Henry Boney (of Boney's and later Henry's and Sprouts grocery store fame).



*"He felt that there is no question of the need of expanded facilities ... and he felt that the Friends organization could be of valuable help in planning specifics as well as urging the Board of Supervisors to go ahead with the building since the need is urgent and costs are rapidly rising."*

A committee was formed and library expansion was realized in 1974, with an open house ceremony taking place on Nov. 6.

In 2006, that library was demolished to make room for a new police station and on July 19, 2008, the Friends hosted a grand opening celebration for the La Mesa Community Library in its current location, where the Friends were provided space for their bookstore. (Fun fact: the bookstore's shelves are from the old library.)

## 50 YEARS OF SUPPORT

In the years since the bookstore opened, the Friends have contributed more than \$200,000 to the La Mesa Library to help pay for materials, programs,

SEE LIBRARY HISTORY, Page 19

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Library history

CONTINUED FROM Page 18

equipment, and furnishings not covered by tax funds. On Feb. 26 of this year, Friends president John Schmitz accepted a commendation from La Mesa Mayor Mark Arapostathis “in honor of their 50th Anniversary and contributions and dedication to the patrons of the La Mesa Community Library and the city of La Mesa citizens.”

Today, the Friends continue their mission by addressing the ongoing need for additional space and funding — county and city budgets simply don’t provide enough tax dollars to cover each library community’s needs. Look around town and you will find Friends groups in most, if not all, city and county libraries.

For more about the Friends, please visit [lamesalibrary.org](http://lamesalibrary.org). While you’re at it, check out the San Diego County Library website ([sdcl.org](http://sdcl.org)) and the La Mesa Library’s online calendar where you will find information on free programs, reading clubs, tutoring, job help, concerts, and more.

The Friends of the La Mesa Library wish to thank the La Mesa Historical Society for their support with research for this article, and suggest folks visit the Historical Society’s archives to learn more about the history of La Mesa.

—Bonnie Baranoff writes on behalf of the Friends of the La Mesa Library.

Spooky books for Halloween reading



By JAKE SEXTON

In recent years, Halloween has transformed. No longer just plastic masks and candy for kids, we have come to embrace monsters and creepiness in our pop culture, and get pretty excited about this holiday. Here are a few recent works to get you into the Halloween spirit.

One of the creepier original premises I’ve heard of this year was for Adrian McKinty’s “The Chain.” Single mother Rachel Klein gets a phone call from a stranger to inform them that they have kidnapped Rachel’s daughter, and that her daughter will not be released unless Rachel kidnaps someone else’s child! It’s like one of those chain letters you were always warned not to break, but one in which you defeat your nightmare by becoming the monster in someone else’s. If you don’t want to sleep tonight, or want to gain phobias about your own children, read this book right away.

“Frankenstein” was essentially the world’s first science fiction novel, written by Mary Shelley. It was more of a tale of the folly of man playing God, than it was about the monster



we’ve come to know. Roseanne Montillo’s “The Lady and Her Monsters” tells us about Shelley’s life, feminism and personal relationships, and how her book was informed by the science of her time. Apparently much more lurid than most of us would expect, these early experiments were a mix of alchemy, medicine, reason, daring and madness. Many of these early scientists could easily star in true crime stories!

“Lore” is a recent multimedia phenomenon by author and producer Aaron Mahnke. It began as a podcast looking at “true scary stories” about myths, urban legends, hauntings and monsters. As the show became more popular, Mahnke started a “Lore” TV show and series of books. “The World of Lore” series has three books so far, focused

on different topics: “Monstrous Creatures,” “Wicked Mortals” and “Dreadful Places.” However the books stick very close to the content of the podcasts, so reading and listening could feel a bit redundant.

H.P. Lovecraft has become all the rage in modern horror, and homages to his work are quite common. He is known for his “weird tales” in pulp magazines from the 1920s, which developed a bleak mythology about powerful gods and alien worlds that were so incomprehensible that any human who saw them was reduced to madness. But over time, Lovecraft’s works have been tainted by revelations that in his personal life he was a horrible and vocal racist. Which is why I was so interested in Matt Ruff’s novel “Lovecraft Country,” which promised to juxtapose

the cosmic horror of Lovecraft’s mythology with the racist horror of African-Americans living under Jim Crow in the 1950s. In this book, the scares from white supremacy often outweigh the scares of evil cults and supernatural powers.

After Halloween, you can start preparing for the next batch of holidays with Healthy Holiday Cooking workshop on Nov. 2 at 2 p.m. And if cooking’s not your thing, you can come to our next Second Saturday concert, to listen to the talented jazz pianist Danny Green, Nov. 9, at 1 p.m.

—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](http://sdcl.org).

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## Wildlife in Art Show celebrates 30 years



FOOTHILLS ART ASSOCIATION

By LINDA MICHAELS

The annual Wildlife in Art Show, hosted by Foothills Art Association, is one of the longest running open/juried art shows in Southern California. The opening of this year's show in November at the Foothills Gallery in La Mesa will mark the show's 30th consecutive year.

This year's show has 100 entries from 55 artists. From these, the juror will select 65-70 pieces for exhibiting in the show and will award approximately \$3,000 in cash and merchandise to award winners.

The show includes fine wildlife art presented in oil, acrylic, watercolor, colored pencil, mixed-media, collage, pastel, graphics and non-functional sculpture. Awards will be presented at an awards reception on Saturday, Nov. 16, at the Foothills Gallery.

Foothills is honored this year to have noted wildlife artist Lee



2018 Wildlife in Art Show first-place winner "The Big Gulp!" by Chuck McPherson (Courtesy Foothills Art Association)

Kromschroeder as the show's juror. Lee is recognized as one of the foremost artists in the wildlife genre. His work is represented in the finest galleries and can be found in many private collections. His illustrations have been presented on some of today's leading publications.

The Wildlife in Art Show runs from Nov. 12 to Dec. 4 at the

Foothills Gallery. Admission is free and open to the public Tuesday through Saturday, 11 a.m. to 4 p.m. The gallery is located at La Mesa's Porter Hall, 4910 Memorial Drive in La Mesa. For more information, call 619-464-7167.

—Linda Michaels is editor of Footnotes, the monthly newsletter of the Foothills Art Association.

## Take the time to be mindful

### Gen-X in La Mesa

By GENEVIEVE A. SUZUKI | LA MESA COURIER

A mind is a wild thing that sometimes needs to be sedated when it comes to everyday dealings.

I'm not talking about medicating yourself to remove yourself from reality, but I am talking about holistic ways to calm the feral mind.

One of the things I've learned through my weight loss program at Kaiser is how important it is to reflect on our choices when it comes to food.

During the early stages of this weight loss journey, I was encouraged to keep a good diary for a week. Among things I needed to chart were what I was eating, how much of it I was eating, what time of the day I was eating it, and how I felt around that time.

I learned soon enough I used food as a reward, a comfort and as entertainment. When I had a good day, I would celebrate by eating 500 calories of chocolate. When I had a bad day, I would make myself feel better by swallowing 500 calories of chocolate. And when I was bored, I munched on — you guessed it — 500 calories of chocolate.

I rarely ate because I was hungry or nourishing myself. Until the journal, I never realized how much food had become a crutch.

In addition to journaling, another suggestion for anyone looking to drop some pounds is to practice "mindful eating."

Mindfulness is on the rise in all walks of life. Mobile app

Headspace, an app that makes meditation accessible to anyone with a smartphone, features an easy-to-understand guide as to mindful eating.

For me, a person who thoroughly enjoyed mindless eating, it's hard to slow down when it's time to feed. Mindful eating comprises taking time with each bite. As you chew your food, you notice the flavor and its texture. You're thinking about how your food makes you feel.

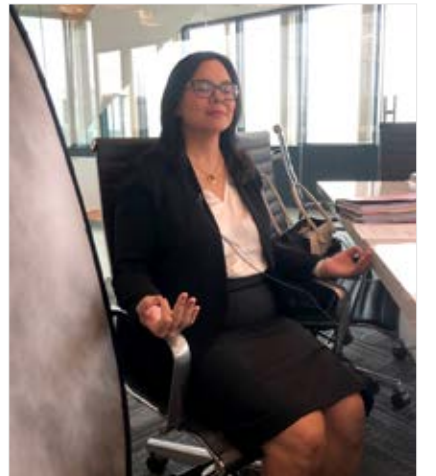
I know it sounds like touchy-feely mumbo jumbo, but it has been surprisingly effective.

Now that I have been given the green light to have one meal a day with my fast, I decided to incorporate mindful eating into my life.

It's not easy. The velociraptor I once was wants to sometimes swallow bites whole, but the Zen practitioner I want to become calmly reminds my inner hungry beast to relax and eat slowly.

Also, truthfully, there are only so many thoughts one can have about lettuce, cucumbers, chicken or salmon. Usually I'm thinking, "Why does it feel like it's taking forever to get through this salad?!" Sometimes my thoughts become really dark, like, "Did this chicken realize it was going to be on my plate? Did it live a meaningful life? Did it even know it was a chicken?"

Mindful eating has also taken me into regular meditation. I try to get at least five minutes in to start my day to ensure my mind is right.



Zen Gen meditating (Courtesy Genevieve Suzuki)

It's helped me at work, when in court for a trial, when my 4-year-old insists we play the same song for the 10th time in a row, and when I need a soft reset at the end of a big day.

Taking deep breaths to calm yourself can go a long way toward maintaining your health, emotionally and physically.

According to healthline.com, deep breathing helps you mitigate the harmful effects of the stress hormone cortisol on your body, lower your blood pressure and reduce stress in general.

It's funny how mindful eating and breathing, two things we've taken for granted since birth, can make a big difference on one's health. While I may not master mindfulness anytime soon, taking a step toward minding my health is surely more important than mindlessly noshing through life.

—Genevieve Suzuki is a local family lawyer and former La Mesa Courier editor.

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# LA MESA COURIER

## COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

### ONGOING EVENTS

**EDITOR'S PICK**



**'On Golden Pond'**  
Through Nov. 10

Lamplighters Community Theatre presents a play written by Earnest Thompson, made famous by its 1979 film adaptation. The plot focuses on aging couple Ethel and Norman Thayer, who spend each summer at their home on a lake called Golden Pond. During the year the story takes place, they are visited by daughter Chelsea, with her fiancé Billy Ray and his son Billy Ray Jr. The play explores the often-turbulent relationship the young woman shared with her father growing up, and the difficulties faced by a couple in the twilight years of a long marriage. Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. at Lamplighters Community Theatre, 5915 Severin Drive. Tickets are \$23 general; \$20 seniors, students, active military; \$18 groups of 10 or more, available at [bit.ly/2kPmvMr](http://bit.ly/2kPmvMr).

### FEATURED EVENTS

**Friday, Oct. 25**

**'Les Misérables School Edition'**  
Through Nov. 3

Christian Youth Theater presents: "Les Misérables School Edition." "Les Misérables" is the world's longest running musical — a true modern classic based on Victor Hugo's novel and featuring one of the most memorable scores of all time. Fridays and Saturdays at 7 p.m., Sundays at 2 p.m. at Joan B. Kroc Theater, 6611 University Ave. Tickets are \$18 advance; \$14 group of 20 or more; \$20 at the door. Advance tickets and information at [bit.ly/2AZcKA0](http://bit.ly/2AZcKA0).

**Halloween Happening**

San Carlos Preschool's annual Halloween Happening is a fun event for children ages 3-7 and their parents. The carnival features games, food, silent auction and a cakewalk. Costumes are encouraged. Admission is free. Tickets for games and refreshments sold at the event. Money raised will go directly back into the classroom and provide the opportunity for teachers to purchase items that meet the needs

of their classroom community. Tickets for food and games are available at the event. Contact Cindy Prodor at 619-464-4335 for more information.

**Saturday, Oct. 26**

**Pumpkin Poolooza!**

Come to a floating pumpkin patch on Saturday, Oct. 26, from 10 a.m.-1 p.m. Children will get to dive in, pick a pumpkin, and then decorate it! The whole family will be entertained by the inflatable obstacle course, rock-climbing wall, games, prizes, goodie bags, candy and more. Plus, stay for open swim after from 1-4 p.m. Children 6 months-12 years: \$7 for members /\$10 for community. Adults ages 13 and over: \$1 with paying child (Does not include pumpkin or goodie bag.) Space will be limited. Sign-up began Sept. 23 at: [sd.kroccenter.org/poolooza](http://sd.kroccenter.org/poolooza).

**Stuff The Jeep**

Join the La Mesa Chamber of Commerce and support military children and families living in La Mesa military housing. 11 a.m.-4 p.m. at Barnes & Noble at Grossmont Center. Crafts, activities, special story time, and raffle prize drawings and ending with stuffing a Jeep with the donated books for children and families of military personnel. For details, contact the La Mesa Chamber at 619-4657700 or [chamber@lamesa-chamber.com](mailto:chamber@lamesa-chamber.com).

**Sunday, Oct. 27**



**Ed Kornhauser Live at The Table**

Pianist/keyboardist Ed Kornhauser is one of the busiest artists on the San Diego music scene. From performances at Normal Heights' go-to neighborhood pub, Rosie O'Grady's, to the vaulted ceilings and cedar walls of Madison on Park and from the upscale Westgate Hotel to the retro cocktail lounge of Golden Hill's Turf Supper Club and the peace of Unity Way, the "Little Church on the Hill" in

Vista, Ed's music is heard and celebrated. Also known for his work backing such noted vocalists as Leonard Patton and Whitney Shay, he holds the piano chair in the drummer-led Matt Smith Neu Jazz Trio, sharing with them the credit for two albums of original music. 2 p.m. at The Table: United Church of Christ of La Mesa, 5940 Kelt-on Ave., La Mesa. For more information, visit [tableucc.com](http://tableucc.com). A freewill offering will be collected.

**Monday, Oct. 28**

**Blood Drive**

Cuyamaca College is hosting a blood drive in partnership with the San Diego Blood Bank Oct. 28 and 29 from 10:30 a.m. 4 p.m. at 900 Rancho San Diego Parkway, El Cajon. Look for the Bloodmobile Parked in the Quad. Anyone 17 and older, who weighs at least 114 pounds and is in good health may be eligible to donate blood. A good meal and plenty of fluids are recommended prior to donation. All donors must show picture identification. Donors are encouraged to schedule an appointment to donate, but walk-ins are welcome. To schedule an appointment or for more information, visit [sandiegoblood-bank.org](http://sandiegoblood-bank.org).

**Thursday, Oct. 31**

**Halloween Walk-through**

Free walk-through scary house featuring the scariest movie characters and villains. Starting at 6:15 p.m. at 8414 Kappa St., La Mesa

**Saturday, Nov. 2**

**Historical Society Home Tour**

The La Mesa Historical Society presents its 14th annual Home Tour, "Stone Age to Space Age." Featuring the rural suburban neighborhoods of Grossmont/Mt. Helix, the breathtaking views, the period decor, inspiring architecture, and the beautiful landscapes. Check in at 8:30 a.m. at San Miguel Fire District Station 21, 10105 Vivera Drive, La Mesa. \$40 tickets for non-members and discounted tickets for members available at [bit.ly/2BeVs1R](http://bit.ly/2BeVs1R).

**Craft & Bake Sale**

St. Andrews Lutheran Church and Lake Murray Community

Church have joined together to present an annual Craft & Bake Sale. It will be held Nov. 2-3, from 8 a.m.-1 p.m. at St. Andrews Lutheran Church, 8350 Lake Murray Blvd., San Diego, CA 92119. The crafters have been working very hard to sew, design, bake and create many new crafts to be sold at the event. All proceeds go to local and global charities. All are to join us for the fun festivities.


**Friday, Nov. 8**

**Joan Evards One-Woman Show**

Artist reception for Jon Evards. Free and open to the public. Wine and hors d'oeuvres served. 6-8 p.m. at Nainsook Framing + Art, 8130 La Mesa Blvd.

**Saturday, Nov. 9**

**EDITOR'S PICK**



**La Mesa Park Appreciation Day**

La Mesa is proud to hold the honor of being called Tree City USA by the Arbor Day Foundation for the past 39 years! To continue our efforts, the city will host the 14th annual Park Appreciation Day at Harry Griffen Park on Saturday, Nov. 9, from 8 a.m.-noon, where 200 trees will be planted. Before the planting begins, there will be free snacks, information booths, opening comments and a tree-planting demonstration. Funding is provided through a grant from the California Department of Forestry and Fire Protection (CalFire) Urban and Community Forestry Program. All ages are welcome! Register online and sign the waiver at [cityoflamesa.us/specialevents](http://cityoflamesa.us/specialevents) or at Harry Griffen Park on the day of the event at 9550 Mildred St., La Mesa. For more information call 619-667-1300. All participants are encouraged to bring their own gloves and tools such as shovels, trowels, rakes, etc.

**Fall Festival**  
The Casa de Oro Alliance presents its annual Fall Festival, featuring games, food trucks, live entertainment and prizes. 10 a.m.-3 p.m. at the Spring Valley Academy, 3900 Conrad Drive, Spring Valley. Free.

**Saturday, Nov. 12**

**Genealogical presentations**

The preeminent speaker and researcher on the topic of Eastern Europe, Lisa Alzo will be

presenting "Ten Ways to Jumpstart your Eastern European Research" and "Crossing the Pond: Successful Strategies for Researching Eastern European Ancestors" at the San Diego Genealogical Society (SDGS) meeting at St. Andrews Church, 4816 Glen St., La Mesa on Saturday, Nov. 12 at 10 a.m. The San Diego Genealogical Society meetings are open to the public. Visit [casdgs.org](http://casdgs.org) to register if you plan to attend and for a complete calendar of events.

### 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 [herrick-library.org](http://herrick-library.org).

**Grossmont Center Farmers Market**

Grossmont Center hosts a produce-only farmers market, 2-6 p.m. in the back lot in front of the Dollar Tree.

**Thursdays**

**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.

**Saturdays**

**Shop Local Market**

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

**McKinney House Museum**

The McKinney House Museum, 8369 University Ave., is open Saturdays from 1-4 p.m. Fall 2019 exhibit is "La Mesa's Hospitals: A Brief History of Local Healthcare Institutions."

**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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### Sudoku & Crossword puzzle answers from page 23

9	7	9	2	8	1	2	6	8
6	8	2	9	2	8	9	1	7
8	1	2	6	9	7	9	8	2
8	9	1	2	8	9	2	7	6
7	9	8	1	2	6	8	9	2
2	2	6	7	9	8	1	8	9
1	2	8	8	7	2	6	9	9
9	6	7	9	1	2	8	2	8
2	8	9	8	6	9	7	2	1

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News briefs

CONTINUED FROM Page 14

“Conquering Your Passwords,” and “Money and Tech: Is Your Digital Wallet Ready?” Presenters were multi-generational, diverse, and have varying perspectives.

“Peer-to-peer learning creates a comfortable, non-threatening environment,” Valanciute. said “Students leave our event feeling motivated and empowered to further use the smart technology they have at their fingertips.”

Attendees also had an up-close look at a Tesla Model 3 and Model 5 vehicles, learning about charging options, federal tax credits, and state rebates on electric vehicles. Opportunity drawings for some exciting tech-related gifts were held throughout the day.

San Diego Oasis hosts technology classes and workshops throughout the year at their locations in Grossmont Center, Escondido, and across the county. Visit SanDiegoOasis.org for more information.

COUNTY PROPOSES CRACKDOWN ON VAPE PRODUCTS

Alarmed by a spike in vaping-related illnesses and deaths, on Sept. 30 County Supervisors Dianne Jacob and Nathan Fletcher called for a crackdown on products associated with vaping.

They proposed a ban on the sale and distribution of flavored tobacco products, along with a moratorium on the sale and distribution of the e-devices.

“Vaping-related illnesses are a grave concern and we must take local action to address this fast-growing public health crisis,” said Jacob, chairwoman of the Board of Supervisors. “Teenagers and young adults have been the hardest hit, and we must stand up to vaping manufacturers that are preying on them for profit.”

The recommendations will initially come to the board on Oct. 15. If the board follows up with a final approval, it would take effect in the county’s unincorporated area.

“E-cigarettes, and in particular the flavored products, are erasing years of progress in reducing teens’

use of tobacco and nicotine,” said Supervisor Fletcher. “Big tobacco is again preying on our kids, and we have an obligation to protect our children and public health. While I respect people’s right to personal choices, there are simply too many unknowns about the danger of these products and too much concerning data about illness and deaths linked to these products.”

State and local public health officials are advising people to refrain from vaping, no matter the substance or source, as investigations continue into the cause of the crisis.

“Until more is known about what is causing these cases of severe illness, it is important for people to stop using these products,” said Wilma Wooten, M.D., M.P.H., County Public Health Officer. “Help is available for those who want to quit smoking in all forms, and I encourage people to take this important step for their health. If you do not vape, do not start.”

According to federal officials, since Aug. 23, there have been at least 12 confirmed deaths nationwide associated with e-cigarette use, along with more than 800 related lung injury illnesses, most of them since late August as well. As of Sept. 26, there have been 22 confirmed and probable vaping-associated pulmonary injury (VAPI) cases reported among San Diego County residents.

Nearly 2 out of 3 of those affected are 18 to 24 years old. Sixteen percent are under 18.

According to the state Department of Public Health, teenagers and young adults make up about half of the people hospitalized in California as a result of e-cigarette use. In 2018, 1 in 5 high school seniors reported vaping in the past month – almost double the number reported in 2017.

SDG&E PROPOSES PLAN TO END BILL SPIKES

San Diego Gas & Electric’s (SDG&E) residential customers could see lower electric bills next summer under a proposal the company filed today with the California Public Utilities Commission (CPUC) to eliminate seasonal pricing changes, which

often creates bill spikes during hot summer months.

If approved by the CPUC, a typical residential customer would see their summer bills reduced by about \$7 per month. Under the existing seasonal pricing structure, the pricing per kilowatt hour is adjusted twice a year. During the summer months, June-October, rates are adjusted higher to encourage conservation because energy demand tends to be higher during hot months. Winter rates are lower and in effect from November to May.

By eliminating seasonal changes in pricing, SDG&E’s proposal is intended to reduce bill volatility in the summer and provide customers with more consistent bill amounts throughout the year, so it’s easier for them to budget for household energy expenses.

The company’s request builds upon previous efforts to stabilize bills and create pricing structures that minimize burden on customers. After extreme bill volatility in the summer of 2018, SDG&E heard the concerns of its customers and filed a request to eliminate the state-mandated High Usage Charge, which led to higher bills for customers who used more than 400% of their baseline allowance. Prior to this summer, the CPUC denied SDG&E’s request to eliminate the High Usage Charge.

“We remain committed to helping our customers and will make every attempt possible to create fair, transparent and reasonable energy rates,” said Scott Crider, SDG&E’s vice president of customer services, in a press release. “While we were disappointed in the commission’s position on the High Usage Charge, we respect their decision and look forward to working with them to eliminate seasonal pricing changes to benefit our customers.”

SDG&E’s proposal to eliminate seasonal pricing changes would apply to all residential customers, including those on time-of-use, non-time-of-use, and electric vehicle pricing plans. Today’s filing is the first step in a months-long process for the CPUC to issue a decision on SDG&E’s request. Pending approval, the company hopes to eliminate seasonal pricing changes prior to the start of next summer.

PUZZLES

ANSWERS ON PAGE 22

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.

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

Level: Beginner

CROSSWORD

			1	2	3	4	5	6			7	8	9
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	13										14		
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				36							37		
				38								39	
	40									41	42	43	
44							45	46	47				
48							49						
50							51						

ACROSS

- 1 Type of relic
- 7 Type of medical program (abbr.)
- 10 Outer defense of a castle
- 12 1,000 calories (abbr.)
- 13 A way of using
- 14 Abounding with surf
- 15 Expressed violently
- 16 Shared a boundary with
- 17 Swedish krona

- 18 Thick piece of something
- 19 Wreaths
- 21 Animated program network (abbr.)
- 22 Regains possession of
- 27 Spielberg sci-fi film
- 28 2-time Super Bowl winner
- 33 Ice hockey position (abbr.)
- 34 Circulatory system parts
- 36 Supervises flying
- 37 District in Peru
- 38 Impudence

- 39 \_\_ willikers!
- 40 One point east of southeast
- 41 Papas’ partners
- 44 Youngsters
- 45 Type of tree
- 48 A hazy or indistinct appearance
- 49 Poems with distinct pattern
- 50 Marketing term that denotes price
- 51 Fast drivers

DOWN

- 1 Grenade
- 2 Off-Broadway theater award
- 3 Small, immature herring
- 4 \_\_-fi (slang)
- 5 007’s creator
- 6 Liquefied natural gas
- 7 Cleanse thoroughly
- 8 Handle of a knife
- 9 Perform diligently
- 10 Drink pourer
- 11 Extreme greed
- 12 Southern Russia river

- 14 Type of cracker
- 17 Single Lens Reflex
- 18 Barely sufficient
- 20 Slick
- 23 Reference books
- 24 Federally recognized native peoples
- 25 Manganese
- 26 Senior officer
- 29 Atomic #18 (abbr.)
- 30 Tax collector
- 31 World wonder \_\_ Falls
- 32 Origins

- 35 Car mechanics group
- 36 MMA fighter Urijah
- 38 Gland secretion
- 40 Gelatinous water creature
- 41 Good friend
- 42 Arab ruler
- 43 Capital of Belgian province Hainaut
- 44 English broadcaster
- 45 Soviet Socialist Republic
- 46 Affirmative
- 47 Trigonometric function (abbr.)

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**LA MESA**

**SOLD!**



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**FASHION VALLEY**

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**LAKESIDE**

**SOLD!**



**HEMET**

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**SOLD!**



**CASA DE ORO**

**SOLD!**



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