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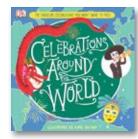
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FEATURE





Duke Windsor brings local alleys and landscapes to light in new exhibit. Page 2

FOOD & DRINK



Frank Sabatini Jr. reviews what Bo-beau serves up on Sundays. Page 12

Bodacious brunch



SPORTS 'Tis the season



Winter sports teams at Grossmont and Helix prepare for games and matches. Page 15

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Santa gives friendly wave from the "Selfie with Santa" booth at Holiday in The Village. (Photo by Jeff Clemetson)

LMVA event came together in St. Nick of time

By JEFF CLEMETSON | LA MESA COURIER

For the fourth year in a row, the La Mesa Village Association (LMVA) hosted its annual "Holiday

in The Village" celebration Dec. 13 and 14 in the Downtown Village.

The popular holiday event featured performances by local symphonic bands playing seasonal music, Christmas carolers, acoustic performances on the La Mesa Lumber truck stage and various dancers and performers on a wooden dance floor set up in the

SEE HOLIDAY, Page 8

Alvarado completes ER expansion

By JEFF CLEMETSON | LA MESA COURIER

A plan over 25 years in the making to expand Alvarado Hospital's emergency room has finally come to fruition.

On Dec. 5, Alvarado held a pre-grand opening for its \$14 million new ER facility that adds 20 new beds — which will relieve some of the pressure on the impacted emergency room that currently sees around 2,000 patients a month with only 12 existing beds.

"It's huge for the community because we've always been here but we've been so compact and now we're not compact anymore — we have more space,"

SEE **ALVARADO**, Page 5



Alvarado Hospital CEO Robin Gomez and head of ER Jordan Cohen, M.D. pose in front of one of the new GEDA ER rooms for senior patients. (Photo by Jeff Clemetson)

City Council mulls enacting smoking ban

By JORDEN HALES | La Mesa Courier

Phillip Hoffman logged onto Facebook the Monday before Thanksgiving Day anticipating typical business.

For him, business is smoke cigar smoke to be specific. He has owned La Mesa's Hoffer's Cigar Bar since 2008.

When checking activity on the bar's Facebook page, Hoffman was alerted by a customer to a new municipal code to be considered the following evening by La Mesa City Council.



CASA representative Lorenzo Higley speaks in favor of the proposal at the Nov. 27 La Mesa City Council meeting. (cityoflamesa.com)

The code proposal, which calls for city-specific regulation of public smoking described by most in attendance at the Nov. 27 meeting as a "ban," seemingly would have put his operations in jeopardy.

"I kind of went off immediately with Facebook and emails and it just blew up," he said. "The way they want to put it through had no safety for existing businesses that have areas for adults to smoke."

SEE **SMOKE BAN, Page 16**



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La Mesa artist brings out 'Radiance' in his work

By JOYELL NEVINS | LA MESA COURIER

The Duke of Earl has come to downtown San Diego from Mt. Helix riding a wave of gold.

That's right: artist Lester "Duke" Windsor is combining the intricacy of gold leaf with the rich colors of paint to showcase how the sunlight hits the backstreets of San Diego.

"Radiance" is a solo exhibition featured at Sparks Gallery, housed within the historic Sterling Hardware Building, from December to March. Windsor, a Mt. Helix resident, had learned of owner and chief curator Sonya



Golden Memories is a typical composite of alleys in La Mesa.

Sparks's vision of showcasing local professional artists, and submitted his work for inclusion in her space.

His nickname comes from when he worked as a combat illustrator in the Marine Corps in the '70s and '80s. Windsor's Marine brothers used to chant the popular Gene Chandler lyrics as his 'theme song' when he walked into the barracks.

Windsor was designated with the MOS 4611 Combat Illustrator designator, attached to Combat Camera and the audio-visual support branch when he was on a base. His duties included working on the training support publication and senior officer portraits, media and television graphic production, and hand lettered signage.

"All of our graphic work was even before desktop publishing on a computer," he recalled. "Everything was paste up, produced by hand. Definitely 'old school."

His artistic days are even older than that, starting when Windsor began sketching battleships and airplanes at age five. He's incorporated multiple mediums since then, all while working as everything from an amateur rodeo cowboy, to San Diego Opera singer, to fourth degree black belt in Kempo martial arts. He opened his first art studio space in San Diego in 1994.



"Lemon Avenue" is an acrylic and gold leaf on canvas painting depicting an early morning heading north toward Fuerte Drive.

Duke Windsor in his studio (Photos courtesy Duke Windsor)

STILL GLOWING AND GROWING

Although Windsor has been involved in art almost his entire life, he is still learning, discovering and creating - hence the addition of gold leaf to his designs.

"I truly love the journey the creative process offers. It is still 90 perspiration and 10% inspiration. My mind is always in that incubator session," he said, noting that, "The creative process is human. We are the only species that 'thinks' to create, whether it's art or a solution to a problem."

His fascination with gold leaf started with a gift of the material from an artist friend a few years ago. Windsor also pulled inspiration from the works of Gustav Klimt, and Russian iconic wood panels he saw at Timken Museum.

"The reverence and visceral experience I felt from the luminance of these traditional icon works further inspired me," he said.

Windsor describes gold as the "color of extravagance, wealth, riches and excess," and a symbol of spirituality. Therefore, the gold leaf was a perfect complement to his "Golden Skies" series, which expressed the "wonder and power of light" in San Diego streets.

"In the art world, gold leaf techniques are often considered as merely decorative art," Windsor noted in his artist statement. "My goal is to advance gold leaf as a contemporary medium."

The Radiance exhibition features both paintings and sculpture. Although Windsor notes that the "purely traditional" method of making gold leaf from scratch can be intricate and detailed, he employs a more straightforward method with ready-made mediums and adhesive.

"The process is simple," he explains. "Plan, prep, sketch the layout, apply size to a tack, apply leaf, brush, paint final image, buff and seal the finished work with varnish."

The process may be 'simple,' but the results are exquisite. Windsor hopes to continue developing this series and method even after the Sparks exhibit run.

THE TREEHOUSE OF LA MESA

Although Windsor has lived and worked all over San Diego for the last 40 years, he currently creates in his art studio from his home in Mt. Helix.

In 2014, Windsor and his partner were looking to purchase a home together. They were searching for a quiet, rural-like setting, with a view and

SEE **DUKE**, Page 4



La Mesa Lumber's history of keeping it all in the family

By JILL DIAMOND | LA MESA COURIER

Since 1907, La Mesa Lumber has been servicing customers for all their lumber needs and it doesn't plan on changing course any time soon.

According to general manager Wes Troy, the business is owned by his mother's side of the family, though his father did work there for a couple of years when he met his mother in the late '60s.

"My mentors here have been my uncle Chris Gauger, operation manager, and cousin Kim Wood sales manager, they have both been here for over 35 years and know the place inside and out," he said.

As a young boy, Troy grew up in Sacramento and was only around the business on holidays when visiting San Diego. He fit right in thanks to more than 10 years in hospitality management with Hyatt Hotels and five years in outside sales.

"It's dovetailed nicely bringing those skills into the lumber business," he said. "I did work in the yard for a summer in high school in 1993 to earn money for a car. Working a summer sweeping up a lumberyard was a learning experience for a 17-year-old."

EARLY ON

Troy said his great-grandfather, Fletcher Olson, bought into the business when he moved the family from Golden Valley, Minnesota, where he had a lumber business.

"He was looking for a milder climate. I am thankful he chose San Diego," Troy said.

His mother, Carol Baxter, entered the business in 1994 after his grandfather, Ray Olson, passed away. She soon became general manager, and successfully managed the business for over 25 years.

"Navigating throuh the emergence of big box store competition and a major recession, she has been a great role model as well," he said. "Navigating a small business over the last few decades in California is no simple task."

Troy said he thinks his family chose La Mesa to set up shop because "the winters in Minnesota were rough and they wanted somewhere with a milder climate. The story is that there was also a lumberyard in La Jolla that he considered at the same time as La



The 3.5-acre La Mesa lumber yard in the 1960s (Photos courtesy La Mesa Lumber)

Mesa. Though a view of the ocean would be nice, I think this place worked out for the best."

ABOVE THE REST

Of course, La Mesa Lumber has become a true mainstay in the community and its history is what makes it unique and sets it apart from the competition.

"We have a ton of history here for sure, and we have that family-owned atmosphere that can be hard to find these days. Being a small family-owned business also makes us flexible, if we want to change something or carry a product because a customer asked, we can, there is no big corporation telling us what to do," Troy said.

Currently, there are 31 employees and they are looking to hire another to be "ready for another busy summer."

La Mesa Lumber is about 3.5 acres and most of its current sheds have been at the location since the late '40s and the current office since the mid-'60s, according to

"The business has been in a couple locations locally," he added. "The corner of Allison and Date avenues on the west side of the tracks where lumber used to be delivered by rail car. An old office was also on the corner of Allison and Spring where the Chase Bank is now."

CHANGE IS GOOD

Over the years, the city has obviously changed but that's a good thing, Troy said.

"Though I have lived in San Diego off and on for over 10 years,



The Park-Olsen Lumber Co. which later became La Mesa Lumber used to be located on the train tracks at Allison and Date.

La Mesa has only been my home for the last two. But the changes are good! The La Mesa Village is having a moment and is quickly becoming a hot spot for this part of the county. I am happy to call it my home," he said.

As for who La Mesa Lumber services, Troy said, "everyone we

"But we are primarily a framing lumberyard and about 70% of our customers are professional contractors building single-family homes and remodels. But we carry siding, fascia, decking, windows, doors, moulding, fencing, concrete coatings, hardware, tools. and we have a full-service mill for custom jobs," Troy said.

And if you're wondering if the lumber business is enjoyable, Troy quickly acknowledges, "it's a blast."

"Our employees are the best around. Our average tenure is over 15-plus years and we just had one employee celebrate 40 years this summer. We pride ourselves in taking good care of our employees who turn and take good care of our customers," he said.

FUTURE

As for the future of La Mesa Lumber, don't expect it to leave the city any time soon.

"We are very thankful to have been able to be a part of this community for so long and excited for the next 100 years. We are currently on our fourth generation of family working here — 12 of our current 31 employees are family." he said.

Speaking of keeping it in the family Troy added, "I feel that each generation has passed on the ideals that have kept us going for so long. Work hard every day, offer a good product at a fair price and treat everyone with respect. The business is truly an extension of our family and those ideals, plus we have fun doing it, so why would we want to stop doing that?"

—Jill Diamond is a freelance writer in Southern California who gravitates toward stories about neighborhood histories.









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COURIER

New community market opens in Lake Murray area

By JEFF CLEMETSON | LA MESA COURIER

Good things are starting to brew in the Lake Murray area of La Mesa.

On Dec. 7, Brew Coffee Spot, 6101 Lake Murray Blvd., hosted the "Brew Holiday Market" — a crafts market in the parking lot next to the coffee shop that attracted vendors and local residents despite a rainfall that persisted throughout the event.

"It was pouring and it was so busy. It was awesome," said Tara Van Sickle, who was both a vendor and an organizer of the event. "Customers would walk by and you could see they were happy about the vibe."



Even the rain couldn't keep the holiday cheer away from vendors at the Brew Holiday Market. (Courtesy Tara Van Sickle)

The market did so well, that Brew Coffee Spot owner Joe Paraiso and Van Sickle have decided to make it a monthly event called the Brew Community Market. The new market, which will be held on the first Saturday of the month with the exception of January and July, when the market will be held on the second Saturday, is an opportunity to fill a need for community events.

"The whole idea is, this part of La Mesa and San Carlos and Lake Murray area, there's really nothing going on and there are so many people here and there are people in the community that just wish something would start happening over here. So

> that's where we come in," Paraiso said.

Although the monthly markets will mark the first regular events in Brew Coffee Spot's parking lot, they are not the first.

In the recent past, the lot has hosted two car shows — a classic car and bike show and a Volkswagen enthusiast show.

"We had a pretty big turnout for both of them," Paraiso said, and credited the ample parking and the proximity to his shop and others in the shopping center for the success of the events.



Tara Van Sickle and Joe Paraiso (Photo by Jeff Clemetson)

"People come out here, they walk around, check stuff out, buy stuff and then come in for a cup of coffee. But we're really going to help everybody in the shopping center. It's not just a selfish thing. We want to bring people to the shopping center."

At the Dec. 7 market, despite the rain, the community showed overwhelming support for the 17 vendors that sold everything from handmade holiday decorations and gifts to jewelry, clothing, essential oils, candies and more

"One woman crocheted actual little plaid ornaments — they were so cute. She actually sold out of everything she brought," Van Sickle said, adding that a

local school even raised money with a gift-wrapping station.

The next market will be held on Jan. 11, and Paraiso and Van Sickle expect it will do even better than the first as the word gets out and hopefully the weather improves. The space for the market can hold up to 20 or so vendors, so there is room for a few more, Van Sickle said, adding that the vendors in the first market were mostly locals and customers of the coffee shop.

For more information about upcoming events at Brew Coffee Spot, including the Brew Community Markets, visit brewcoffeespot.com.

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

Duke

CONTINUED FROM Page 2

a separate studio space – then inspiration struck.

"My partner noticed a house with a stunning view called the 'Treehouse of La Mesa' in the paper," he described. "We went to check it out and found more than we expected. We found Mt. Helix beautiful, quiet, and with a charming rural, country-in-the-city feel."

They were sold then, and five years later, they still love their "city in the country."

WORK WITH HIM

Want to explore the process of gilding in gold leaf yourself? You may not be able to visit his home studio, but you can register for the special workshop Windsor is hosting at Sparks from 6-8 p.m. on Jan. 29. Guests will be able to learn the history, tools, materials and techniques of applying gold leaf to artwork through both traditional and experimental methods. Tickets are required.

You can also take workshops and courses with Windsor at Art on 30th Street, where he instructs in drawing and painting.

For more information, visit sparksgallery.com, call 619-696-1416, or visit arton 30th.com.

—Freelance writer Joyell Ne vins can be reached at joyellc@gmail. com. You can also follow her blog Small World, Big God at swbgblog. wordpress.com.

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CONTINUED FROM Page 1

said Alvarado Hospital CEO Robin Gomez.

Alvarado is one of only two ER hospitals in East County and with the new emergency room, it will be the first with a special accreditation for serving seniors. As an accredited Geriatric Emergency Department (GEDA), Alvarado Hospital staff is trained to give a

special screening for older patients that covers medications, memory health, diet and living conditions. The hospital also provides special equipment for senior patients such as foam beds and informational cards with larger type for easier reading.

The expanded ER also boasts a new electronic medical records system that Gomez described as "the Rolls Rovce of EMRs."

Some additional staff will be hired for the ER including one extra physician shift, Gomez said.

Iordan Cohen.

M.D. head of ER at Alvarado said he and the staff are excited to move into the facility and are eager to be able to move patients through faster and reduce wait times.

"Robin and I have assembled the finest team I have worked with in over 30 years of emergency medicine — physicians, physician assistants, nurses, really down the EMTs and the CNAs. This is the facility that the staff deserves to function well in," he said. "With this facility, we're going to become the premier emergency department in the county."

Although the ER is ready to operate, Alvarado must wait for an inspection by the California Department of Health before it can begin admitting patients. Gomez hopes this will happen before the holidays, and by state law cannot take over 100 days before an inspector comes to do the site visit. Gomez is confident that Alvarado will pass the inspection.



The entrance to Alvarado Hospital's new emergency room facility (Photo by Jeff Clemetson)

"This isn't a new service line for us. We know how to do ER," she said. "We have all the policies; we have everything in place. The staff has been running drills. ... So we are literally just waiting on licensing. It's going to be an easy one-day survey."

For more information on Alvarado Hospital, visit alvaradohospital.com.

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

NEWS BRIEFS

NEWS



La Mesa Chamber of Commerce collected toys, books and gift cards for local military families. (Photo by Sandra Small)

CHAMBER TOY DRIVE A SUCCESS

La Mesa Chamber members, friends and sponsors came together on Dec. 4 to celebrate and give back to the community by collecting and distributing toys and items to military families living in La Mesa.

This is the fourth year the chamber has assisted these children and their families. The chamber partnered with the following sponsors to help make this happen: presenting sponsor EDCO; supporting sponsors First Command Financial Services and Kirk Paving, Inc.; underwriting sponsor State Farm Insurance, Kristie Facto Agency; and sponsors Nightwalker Caverns Escape Room Adventures, BI's Restaurant and Brewhouse, Cali Comfort BBO, Carl Burger Dodge Chrysler Jeep RAM World and Valley Farm Market.

The chamber collected a grand total of 732 toys and books. In addition to these gifts, the effort raised gift cards to Target in the amount of \$900 for these families.

Teresa McClatchy and her team at Barnes & Noble sold or donated 387 books and toys to the public through the chamber's one month "Stuff the Jeep" portion of this project. Kyle Nyswonger and the team at Carl Burger Dodge Chrysler Jeep Ram World transported all of the books from Barnes & Noble, stored them and delivered them to the party!

Matthew Eastman and his team at BJ's did a wonderful job of keeping the platters filled with piping hot pizzas, pasta dishes and chilled salads.

The chamber gives thanks to everyone who joined them and donated toys at the party and to those who made a financial investment and partnered on this special holiday project!

•••••••

HEALTHCARE DISTRICT FIGHTS HUNGER

If you randomly selected seven people in East San Diego County, odds are that one of those people will go home to little or no food, according to the Jacobs & Cushman San Diego Food Bank, a grant recipient of the Grossmont Healthcare District.

Because of this alarming statistic, the Grossmont Healthcare District (GHD) combats the chronic, and sometimes deadly, health consequences of poor and

unavailable nutrition through nearly \$70,000 in grants to the Food Bank, Meals-On-Wheels, and Serving Seniors.

"Hunger exists around every corner in San Diego County," said James Floros, president and CEO of Jacobs & Cushman San Diego Food Bank. "The Grossmont Healthcare District helps provide crucial food insecurity relief to East County families facing the unthinkable decision between paying bills and buying nutritious food. It takes all our caring and generous neighbors to make sure people do not go hungry."

GHD also gave a \$14,000 grant to provide resources at the distribution site, Heaven's Windows in Spring Valley. This distribution site consists of 90% fresh produce, nearly 155,000 pounds of which were distributed to East County residents last year alone.

Heaven's Windows is a member of San Diego County's Live Well San Diego initiative, which helps empower residents to take positive actions to improve their health. safety and overall well-being.

The aging population in East San Diego County makes up a good portion of the area's poor. As such, a full \$55,000 in grants support Serving Seniors and Meals-On-Wheels Greater San Diego.

In the past, GHD has funded the purchase of a van to help

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

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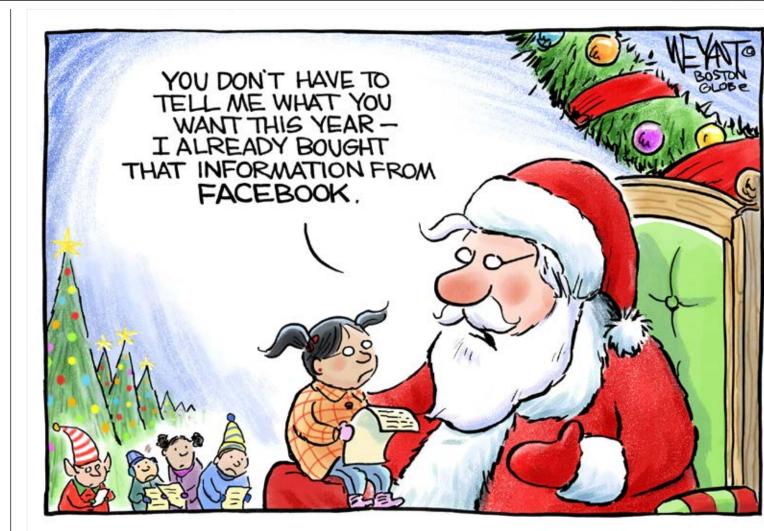












Guest Editorial

For older adults, the holiday blues are real

By SIMONA VALANCIUTE

The "holiday blues" are a too-common experience for more than 8 million older American adults suffering from social isolation — and they can lead to some very real health problems. Studies have shown that prolonged isolation is as detrimental to a person's health as smoking 15 cigarettes a day, and increases the risk of high blood pressure, obesity, anxiety, cognitive decline, and even death. According to Pew Research Center, Americans age 60 and older who live on their own spend more than 10 hours daily alone. Thankfully, there are many ways older adults can combat isolation, overcome the holiday blues, and improve their health in the process.

WHY DO SOME PEOPLE **EXPERIENCE THE HOLIDAY**

"Survivor's guilt" over the passing of a friend or loved one in the previous year (especially if it's the first holiday after their death), a decrease in energy or mobility that limits activity, living far away from family

and friends, the financial pressure of gift-giving, and social media-induced envy or FOMO (fear of missing out) can easily contribute to feelings of loneliness or isolation.

WHAT CAN BE DONE TO **BEAT THE HOLIDAY BLUES?**

Even if you feel down, you are still in charge of your life. If you're experiencing the holiday blues:

- Be around people and friends, even if you don't feel like it. Perhaps skip the festive holiday bash, but still make plans with small groups of friends.
- Find new ways to keep busy. Book a tour and see your city like a tourist. Go to a theater show or a sporting event.
- Learn something new. Sign up for a class in a skill you've always wanted to learn.
- Keep moving. When you exercise, you release mood-boosting endorphins. Plan a workout with a friend or join a group exercise class.
- Avoid social media. These are "highlight" reels of peoples' lives, not reality.
- **Volunteer.** Give back to your community; you will feel

more connected, and have a sense of purpose.

• Create new traditions, especially if you've lost a loved one. It's OK to be sad, but don't feel guilty. Try new things to enrich your life in a way your loved one would have wanted for you.

WHAT CAN BE DONE TO HELP AN OLDER ADULT WHO MIGHT BE **SUFFERING?**

If you have a parent or older relative who might be feeling the holiday blues, here are some tips for how to support them:

- Simplify your holiday plans to focus on the real meaning of the season. Consider cutting back on activities that require expensive outings or focus too much on gifts.
- Actively listen to them, even if the discussion is negative. The simple act of just listening attentively shows them that they are not a burden.
- Remind them how important they are as a part of your life. Look at family photos, watch home videos and holiday movies, or sing seasonal songs together.

 Help them get out and try new things. Check with your loved one's religious organization, if they have one, to see if they can offer social and/or spiritual support. Also, check if there's a local chapter of Oasis near you, offering classes and meetups for older adults that can help them feel more energized and mentally stimulated.

At San Diego Oasis, we like to say our classes, activities, and travel opportunities are the prescription for senior isolation. Our central location in Grossmont Center encourages connection and socializing during the holidays and throughout the entire year. If you're feeling a bit down, take a moment for self-care — to try new things, meet new people, gather with friends, and combat those holiday blues.

—Simona Valanciute is the president and CEO of San Diego Oasis, an award-winning nonprofit organization serving people age 50 and better, who pursue healthy aging through lifelong learning, active lifestyles, and community service. Learn more at sandiegooasis.org.

News briefs

CONTINUED FROM Page 5

deliver nearly 100,000 fresh, nutritious meals each year to low-income, homebound seniors.

Many volunteer and donation opportunities are available to help neighbors in need.

"We encourage folks to give as much as they are able this holiday season," said Barry Jantz, CEO of the Grossmont Healthcare District. "Everyone can do something to spread a little cheer."

Area residents can get involved in helping their neighbors in need to stave off cardiovascular disease, diabetes, obesity and cancer by donating time or resources to organizations like The Jacobs & Cushman San Diego Food Bank, Meals-On-Wheels, or Serving Seniors this holiday season. Learn more at grossmonthealthcare.org.

WOMEN'S CLUB TO HOST BLOOD DRIVE

On Saturday, Jan. 26 the La Mesa Woman's Club will host a

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blood drive from 9:30 a.m. to 3 p.m. at the clubhouse parking lot, 5220 Wilson St. January is National Blood Donor Month for the San Diego Blood Bank. Thanks to the generosity of blood donors, people in our local hospitals are able to get the blood they need when they need it.

SEE **NEWS BRIEFS**, Page 16

Republican Women anticipate election



By PAT BOERNER

Excitement is brewing for the November election, but even before that we are focused on the March 3 California primary. We are thrilled to see so many qualified candidates competing to serve as Republican representatives.

Meanwhile, the November election is growing ever closer and deserves our attention and our volunteer efforts. This is the time to not just talk about how much we want a Republican majority, but to get out and work to make it happen. There are endless opportunities to volunteer such as walking your precinct, registering voters, making phone calls, or helping with mailers. Please check our website, RWCNavajo-Canyon. org, and follow us on Facebook to learn more about the plans we are making for January.

We believe that a Republican Candidate Forum is the perfect way to hear each candidate speak and convince us they deserve our vote and support. The details are coming soon so please check and mark your calendar for upcoming events.

At our regular November meeting, members and guests were delighted to hear a bit of political humor from wellknown comedian Eric Golub. It was a wonderful change of pace from our usual seriousness and as we all know, laughter is food for the spirit. He also reminded us that President Trump is keeping his promises and that we owe him a conservative majority in Washington and throughout the country. It is truly amazing what he has accomplished, but he can't always reach his goals because of the extremely partisan atmosphere in Congress. Let's volunteer and work together to elect Republicans that we can count on to support the president's policies and get legislation

Tony Krvaric, San Diego County Republican Party chairman, will be our speaker at the Feb. 10 meeting at the La Mesa Brigantine. Check-in begins at



San Diego County Republican Party chair Tony Krvaric (Courtesy photo)

10:30 a.m. for the 11 a.m. meeting. Cost is S25 and a full-course lunch is served. Reservations are absolutely required. We usually have a waiting list days before the meeting and cannot accommodate everyone. Cash and checks are accepted, but no credit cards. Please make your reservation at RSVPrwcnc@gmail. com. You will receive a confirmation of your reservation. Any questions, please call Marjie at 619-990-2797.

You won't want to miss this opportunity to hear Krvaric's thoughts on the upcoming election and insight into all that is happening in the political world. We guarantee you will leave the meeting more informed and inspired.

The 2020 election will have life-changing consequences. It sounds dramatic, but it is true. We must prevent our county from going down the road of historically unsuccessful socialism. Single-payer health care would be a disaster for our country. Do you really want the government making your health care decisions and rationing services? We need to focus on having immigrants enter our country legally and spend our tax dollars on those who actually contribute to our economy and pay income taxes. Please join us and take part in spirited discussions and common sense proposals. This is the time to fight for Republican principles of freedom and less intrusive government.

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

Sudoku & Crossword puzzle answers from page 19 9 3 8 9 ε 6 3 9 6 2 9 8 8 Þ L 2 G ε 7 9 7 8 L Þ 7 9 8 6

Dems start new year with candidate's forum



By TINA RYNBERG AND JEFF BENESCH

La Mesa Foothills Democratic Club, perhaps the largest political entity in the 53rd Congressional District, has been represented in Congress by Susan Davis for nearly 20 years. Always strong in constituent relations, Rep. Davis has led on many progressive issues including pay equity for women, increasing veterans' benefits, growing our green economy, and lately, joining the call for the impeachment of a corrupt, immoral, dangerous and self-enriching president in Donald Trump.

She's seen San Diego County cities like La Mesa, Lemon Grove and Solana Beach join San Diego, Chula Vista and Imperial Beach in growing Democratic majorities during her decades long tenure. The county as a whole is now more solidly Democratic than even 10 years ago, and Republicans hold only one congressional seat in San Diego (and that one is being held by a thread by an politician who admitted using donor monies for personal expenses).

We live in a time of great social unrest, with an administration that defunds and denies climate science, upends long held immigration policies (and separates children from their families for months at a time), endangers women's right to choose, ignores bi-partisan gun control legislation, leaves key allies in the Middle East and elsewhere wondering about American commitment to our shared democratic ideals, and leases out public lands to drilling, mining, fracking and logging.

So the importance of replacing Representative Davis in the 53rd District with an equally effective and like-minded progressive Democrat is of critical importance.

We've invited all 11 Democratic candidates in the race for the 53rd to our Jan. 8 meeting, though the first of the year should see some narrowing of the field.

Without a doubt, the most recognizable names are San Diego City Council President Georgette Gomez, and ex-Obama State Department staffer Sara Jacobs. Many other of the candidates have excellent progressive bonafides, and work tirelessly for social and environmental justice in their communities. Gomez recently garnered the endorsement of the California Democratic Party and should be viewed as the front-runner.

La Mesa Foothills Democratic Club represents the communities of La Mesa, San Carlos, Allied Gardens, Del Cerro, Santee, College Area, Mt. Helix, Casa de Oro, and other close by enclaves.



The 11 Democratic candidates running to replace Rep. Susan Davis (pictured) will speak at a candidate forum on Jan. 8. (Wikimedia Commons)

The club meets on the first Wednesday of each month (except Jan. 1, which has been moved to Jan. 8) at the La Mesa Community Center, 4975 Memorial Drive. Doors open at 6:30 p.m. with a half hour social time with snacks and beverages.

Dues are being collected in January, starting at only \$35 per year. Silver and Gold memberships are also available for just a little more.

View lamesafoothillsdemocraticclub.com and follow on Facebook.

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

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Addressing climate change will take group effort



A new United Nations report released in November provided a serious warning regarding the climate crisis we face. Unless we act now, global temperatures will spike 4 degrees by the end of the century.

This year has been the hottest on record and we are seeing the impact. Superstorms, raging wildfires, droughts seem to be the new normal.

The good news is that solutions are not elusive and by working together there is a way to slow the rise in global temperatures.

While the House has taken action to address climate change, there is a new tool people are using around the country to better understand the challenges we face in creating viable solutions.

The En-ROADS initiative, created by MIT and the nonprofit, nonpartisan Climate Interactive, is a program that brings people together and requires them to engage as a group to craft climate change policy.

The nations of the world came together under the Paris Agreement with a goal of reducing global temperatures by 2 degrees by the end of the century.

With this goal in mind, the En-ROADs program looks to show how cooperation and a comprehensive approach can achieve the same outcome.

Mostly, it has been students who have taken up this challenge, but the creators of the initiative believe state, city, and local government leaders can participate to determine what policies they can implement to stem the rise in global temperatures.

In fact, just last month members of Congress were briefed on this new program.

En-ROADS takes a group of people and divides them into small groups representing stakeholders, such as climate activists, developed nations, developing nations, energy efficiency, fossil fuels, and renewable energy.

They then set about coming up with policy solutions requiring each group representing different sectors to find an approach that leads to a two-degree drop in global temperatures by 2100.

The groups eventually (usually through encouragement) then begin to negotiate with each other to come to an agreement.

from these sessions? People are realizing how hard it is to reach the goal of reducing rising temperatures and there is no silver bullet to ending climate change. It's going to take discussion, compromise, and a myriad of approaches to get the job done!

We cannot just look at reducing carbon emissions while very important and a key component to reducing the effects of climate change.

We must look at sustainable communities. It's not just cars with better gas mileage but how about fewer cars! Encouraging more bicycling through increased bike lanes. Making public transportation more accessible, reliable, and more affordable.

There is reducing our reliance on fossil fuels and increasing access to renewable energy. Looking at population and deforestation. Carbon pricing needs to play a role as well as building and industry energy efficiency.

How we look at these aspects to address the climate crisis and doing it while working together is what En-ROADS is all about.

This climate interactive tool should not be seen as something just for the classroom or government

The two big takeaways representatives. It can be a resource for citizens to use to learn more about how we can address the existential threat of our lifetime. Maybe they can take what they learned to their local representatives with ideas and proposals on how we solve this problem.

Get together with your friends, relatives, and neighbors. The challenge: See if you can achieve what world leaders are striving for, which is to bring down our planet's temperature.

We would love to hear what you discovered and how you approached the goal of reducing climate change. Send your findings to susandavis.house.gov/contact.

We are literally all in this together. No one is immune. This tool shows it will take a team effort — people coming together to find common ground to solve this. Only together can we create a sustainable Earth for future generations.

-Congresswoman Davis represents central San Diego, including the communities of Grantville, Allied Gardens, San Carlos and Del Cerro, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista.

Holiday

middle of La Mesa Boulevard. Children enjoyed bounce houses and a miniature train ride while parents shopped and dined at the various vendor booths and in local shops and restaurants in the Village. When the sun went down, people warmed themselves and chatted with neighbors and visitors alike by the fire pits set up around the Village.

The weather was good with only a very slight and short-lived sprinkle of rain on Saturday evening, and attendance was high for the popular event — which is somewhat of a holiday miracle itself considering that whether or not this year's Holiday in The Village would even happen was still up in the air just a few short months ago.

A FUNDING DILEMMA

Funding for the Holiday in The Village — and for the LMVA in general — became an issue following the July vote by City Council that effectively stripped the association of its partnership with Brian Beevers to put on the Friday farmers markets. That vote — which saved the market for residents to continue enjoying — made Beevers' Brian's Farmers Markets the sole entity in charge of putting on the weekly event, as well as the sole entity receiving money earned by it.

That created a dilemma for the LMVA in putting on this year's Holiday in The Village, said LMVA chair Theresa Favro.

"Our problem was that we only had a little bit of money and we were making our income from the farmers market and then when that income stopped abruptly Aug. 1, it kind of wiped out all our money coming in for Holiday in the Village," she said. "So if we did Holiday in The Village, we were going to be in the hole and owe money. None of us wanted to write big checks to get out of a hole

SEE HOLIDAY, Page 9







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Holiday CONTINUED FROM Page 8

and then start LMVA from scratch again, because we all put in a lot of our own money to start LMVA."

The loss of farmers market funds hit the LMVA especially hard, Favro said, because the uncertainty around the market made it difficult for the association to do anything else.

"We put everything on hold for a year and half to figure out what was going on with the farmers market," she said, adding that the association has stopped looking for new members or collecting dues from existing members because of its uncertain future.

A NEW FUNDING SOURCE

Around the time that City Council was debating whether or not to end the farmers market in the Village, it began debating and eventually passed a new plan to fund events in the Village — the Village Enhancement Fund (VEF) which draws from parking meter revenue collected in the Village for events and promotions.

Although the fund wasn't initially supposed to start providing money for events until next year, a decision was made to open a short window of time in early October for people to apply for events.

LMVA secretary Pam Rader filled out the necessary paperwork and after meeting with the city felt reasonably certain that the VEF would provide enough money to fund this year's Holiday in The Village.

The city ended up furnishing \$40,000 of VEF money for the event - most of the total cost of around \$58,000 to put it on.

"People think Holiday in The Village is a money maker, but it is not," Rader said. Unlike Oktoberfest which has many more vendors that pay for booths and proceeds from alcohol sales, Holiday in The Village doesn't take in enough money to pay for itself.

With the VEF funds and sponsorships for the event (which Rader said the LMVA managed to double this year), Holiday in The Village will likely break even and perhaps even leave a little extra in the LMVA coffers for the future.

UNCERTAINTY, HOPE FOR FUTURE

With Holiday in The village now in the past, the LMVA has already started looking toward the future and funding another popular event — the summer car shows.

When applying for VEF funds for this year's Holiday in The Village, the LMVA also applied for next year's holiday event as well as the 2020 car shows. Rader said the city has promised \$9,000 for the car shows and \$30,000 for next year's Holiday in The Village — \$10.000 less than this year.

NEWS

Unlike the consistent income the farmers market provided, the VEF funds are an unreliable source, Favro said.

"The thing I'm confused about this money from the city, once people find out about it, now you're going to have all kinds of different organizations coming after that money and so our money will get less and less," she said. "We might not get approved for anything in 2021 because there's not enough money to go around."

Despite the uncertainty of VEF money, there is still hope for finding revenue to keep the LMVA and its events going into the future.

"We've started membership drive again and we have people joining, so that's good," Favro said. The LMVA has also learned from its efforts to secure sponsors for this year's Holiday in The Village and is looking to work harder and start earlier to find event sponsors.

And there is also a chance that some farmers market money might find its way back to the LMVA.

Beevers is looking into what he can afford to donate to the association from his market income. It would be substantially less than before because now that the market is in the hands of a for-profit entity like Brian's Farmers' Markets, there are added expenses. Still, if it happens, Favro said, it would be a welcome donation, even if it is an unreliable one at this point.

"He's not obligated, he's under no contract with us to give us anything and [the amount] can go up or down depending on if the farmers market does well," she added.

But with new members and a city fund that has committed to helping finance two popular events, the LMVA looks at its near future with a mix of uncertainty and hope.

"We don't have anything planned other than the car shows. We had a lot of ideas that we put on the back burner because we didn't have a lot of income coming in," Favro said. "We want to do a vintage fair, maybe in the west side of the Village, do some art shows down there — there's all kinds of ideas. We want to sponsor building a sign to go over the street ... and that's going to be very costly."

In the meantime, the LMVA is also looking to expand into simple events that don't break the bank.

At end of October, the LMVA held its first storefront Trick or Treating event. Rader went to businesses from Fourth Street to Acacia Avenue and asked them to participate by having candy on hand for children. She promoted the event on social media and with flyers and the turnout was better than expected.

"People loved it," she said. "We can do things like that that don't cost much."

Rader has a very positive outlook on the future of the LMVA: "We're going to be around," she said.

Favro agrees and hopes that by continuing to attract new members, the LMVA will grow and be able to put on more events and continue and grow its marketing of what the La Mesa Village has to offer.

"We're really stepping that up," she said. "We want to do advertising to bring people into the Village from outside of La Mesa."

For more information about the La Mesa Village Association, visit lamesavillageassociation.org.

[Editor's Note: For more images of Holiday in The Village, go to page 19.]

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





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Books to bring out holiday cheer

La Mesa Reads

By RAMONA PRICE

Deck the halls and "fa la la!" The holidays are a great time to find new reads. Whether you're looking for a last-minute gift or just trying to unwind from the holiday stress, here are some great holiday-themed books for everyone in the family.

'Yule Log Murder' by Leslie Meier, Lee Hollis and Barbara Ross: Three short, cozy mysteries with one thing in common — yule log cakes. From a murder on a film set to the mysterious Christmas deaths of one woman's relatives, there's something here to satisfy all your holiday mystery desires. What does the yule log cake have to do with all these deaths? Read it to find out!

'Scandikitchen Christmas' by Bronte Aurell: The Danish practice of "hygge" (coziness) has been having its moment lately, and what better time to cozy up than the holidays? Scandinavian culture is obsessed with everything Christmas, including delicious treats, and Aurell has brought them all together in this cookbook for you to create. Make gingerbread-spiced baked goods to share with your family, put on a lavish Jul smorgasbord feast and more!

'Celebrations Around the World' by Katy Halford: Know any kids who are really into the holidays? Get them learning about global festivals in this beautifully illustrated book. Not just for winter holidays, this book covers the whole year, from camel marathons in the Sahara Desert to kite festivals to Holi, the Hindu Festival of Colors. Maybe you'll find some new traditions your family can incorporate into their celebrations!

'Let it Snow' by John Green, Maureen Johnson and Lauren Myracle: For the romance-loving teen in your life, check out this trio of stories by popular teen authors, now a Netflix movie. When a snowstorm buries Gracetown on Christmas Eve, no one expects the chain of events that follows. Over the next few days, lives will be changed and new loves found in these three interconnected tales.

'Rules of Civility' by Amor **Towles:** A new year's novel by the author of "Gentleman in Moscow," this book explores how chance and choices shape our lives. It's 1937 in New York and Katey Kontent is stretching the last of her money to party on New Year's Eve, when she meets handsome banker Tinker Grey. This encounter will change Katey's life, and over the next year, she's propelled toward the upper echelons of Manhattan society, always hoping that circumstance will bring Tinker back into her life.



—Ramona Price is a librarian at the La Mesa Branch of the San Diego County Library. Call the library at 619-469-2151, visit in person at 8074 Allison Ave. or get information online at sdcl.org.

Featured artists: San Diego Drawing Guild



The mission of the San Diego Drawing Guild is simple. It was founded to provide a non-com-

petitive and supportive environment in which artists of all levels can pursue their love of drawing, enhance their skills through the sharing of knowledge, and enjoy the companionship of other artists.

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

drawing enthusiasts, who understood the drawbacks of this isolation, devised a plan to get together to both draw and socialize.

The Foothills Art Association has allowed us to meet in their gallery at La Mesa's historic Porter Hall, which we have found to be a wonderful venue for our group. We have a core group of 10-12 artists with others who pop in occasionally. The one comment we hear most from members in our group is how

grateful they are to have a place to come and draw.

If you would like to draw with a supportive group of like-minded artists, please join us. If you would like to view the work of our artists, you will find our work featured at the gallery during the month of January.



"Anza Borreo" by Rhonda Anderson

The artwork of the San Diego Drawing Guild will be featured at the Foothills' Gallery, 4910 Memorial Drive, La Mesa from Jan. 9-Feb. 5. The gallery is open to the public without charge Tuesday through Saturday from 11 a.m. to 4 p.m. Everyone is welcome. For more information, call 619-464-7167.

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



Commotion-free brunch



When learning that brunch at Bo-beau kitchen + garden is held within a narrow window of time between 10:30 a.m. and 1:30 p.m. and only on Sundays - I expected a torturing, stomach-growling wait. Visiting as a twosome at noon, we were almost tempted to grab a light nosh beforehand.

Fortunately, we didn't.

Within seconds, a hostess ushered us to a roomy booth near several open tables. Very soon after, the high-octane cocktails we ordered landed under noses and our food orders were underway.

The atmosphere was idyllically peaceful, unlike so many brunch and breakfast spots where I've practically begged for a spoonful of sustenance while waiting in a circus-like line.



Pork belly flat bread

Bo-beau's fast track into brunch is due partly to its impressive size. There's ample indoor seating on two floors amid rustic accents, plus a commodious garden patio that's probably the biggest outdoor dining space in all of La Mesa. Compared to the other Bobeau kitchens in San Diego (Ocean Beach and Hillcrest), this wins the prize for most square footage.

Operating partner Michelle Kveen attributes La Mesa's family-oriented demographic as another reason why brunch in the Village is so mellow, saying that parents want to enjoy domestic time with their kids on Sundays. She's probably right, since nary a rugrat was in sight on the day of our visit, although the spacious patio is a welcome amenity for when they do show up.

Kveen is partners with the Cohn Restaurant Group, which fully owns the other locations of Bo-beau, not to mention a couple dozen other restaurants throughout San Diego County. Each Bobeau menu is a little different with the exceptions of French onion

Bo-beau kitchen + garden 8384 La Mesa Blvd.

619-337-3445, cohnrestaurants.com

Brunch prices: Starters, \$7.50 to \$14; flatbreads, \$17 to \$19.50; jars and plates, \$8.50 to \$16.50

soup, the restaurant's famous roasted Brussels sprouts, the "burger royale" with pork belly and Gouda cheese, and the dinnertime offering of beef bourguignon.

onion soup and loved

every drop, thanks to a properly salted broth spiked with sherry. The crock was capped by a requisite layer of hearty croutons covered in toasted Gruyere cheese. Color me predictable whenever I see this pedestrian item on a menu. But when structured this exquisitely, I can bathe in it.

We might have passed up the deviled eggs in lieu of another starter such as dates wrapped in bacon, or the pancetta-strewn Brussels sprouts, which I've savored at the other locations. Yet it was the notion of roasted jalapenos and crispy prosciutto accenting the eggs that sold us.

The piped yolk mixture was smooth and creamy. The jalapeno element, which we couldn't visually detect, added a safe kick while crumbles of crispy prosciutto sprinkled on top contributed suitable bursts of saltiness.

My companion is a stickler for biscuits and gravy. Me not so much. Here, the biscuits are housemade and turned up buttery and flaky. Although we both agreed the sausage gravy could have



We started with the French onion soup (Photos by Frank Sabatini Jr.)

withstood more sausage as well as a generous dose of black pepper.

It didn't take long for the cocktails to limber our limbs. The refreshing, citrusy "La Mesa lemonade" was gulp-worthy despite strong measures of Absolut Citron and limoncello. And the "Ron Burgundy" carried the expected impact of scotch mixed with sauvignon blanc. Ginger beer rounded out the flavor.

We proceeded to a couple more dishes, such as a foot-plus-long flatbread carpeted with applewood-smoked bacon, tender pieces of pork belly, white cheddar, and onion jam. The ingredients jived well to a focaccia-like crust of medium girth.

A grilled chicken breast sandwich with bacon, avocado, lettuce and tomato on toasted sourdough tasted mediocre until slathering on excellent peppercorn aioli served alongside. It teased out the faint flavor of the chicken's herb marinade and served as a dip for the extra-skinny pommes frites.

Missing from the menu are pancakes and traditional omelets.



An understated entrance leads to a commodious dining room and patio

They're compensated by French toast paired to cinnamon whipped cream, and an egg-white frittata with mushrooms and quinoa. Other choices extend to fried chicken and waffles, crab cake Benedict, and short rib hash.

We afterwards got our sweet fix across the street from the dessert case inside of Surf Rider Pizza Co., which led to a leisurely stroll through the Village, sans the breakfast/brunch hordes found in other quaint locales throughout San Diego County.

It was exactly how I like sliding into Sundays — with a full stomach that required no hassle to get it.

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

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PAZOLE



This recipe is courtesy of Pam Crooks. Pam was the original editor of the La Mesa Courier.

It is an easy and delicious recipe. Thanks, sweet Pam. Happy zole: shredded green cabbage, holidays!

INGREDIENTS:

- 1 shredded whole rotisserie chicken from the grocery store or 4 cooked chicken breasts shredded
- 1 large can hominy corn (I do not drain, it thickens the soup)
- 1 large jar Herdez mild green salsa (if you prefer spicy food, you can use hot salsa)
 - 1 white onion chopped
- 2-3 zucchini chopped
- 2 cloves minced garlic
- 1 tablespoon ground cumin



(Photo courtesy Julie White)

- Salt and pepper to taste
- · Condiments to top pachopped radishes, sliced limes,
- · chopped avocado, sliced fresh jalapeños if desired.

DIRECTIONS:

Saute onions and garlic in a few tablespoons of olive oil until tender.

Add remaining ingredients and simmer 20 minutes.

Ladle into bowls and top with your condiments.

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A semester of successes at Grossmont



Foothiller Footsteps

By CONNIE AND LYNN BAER

The first semester of Grossmont High School's 99th year ended on Dec. 20. Throughout the semester, the campus was filled with



Track star Madeline Minutelli at a state meet

the excitement of student and staff achievements. Here are a few of the ways that Foothillers distinguished themselves this semester.

GIRLS GOLF

Sophomore Carissa Freeman won the Grossmont Valley League Golf Championship at Singing Hills, and during Grossmont Conference Louise Parks Match Play, Carissa was tied until the last hole, placing second to Helix senior Jamie Lau. Carissa is the Athlete of the Year for girls golf for the Hills and Valley leagues.

Spanish teacher and golf coach Carmen Pantoja shares, "Carissa is a very discipled golf player. As a first-time coach for the GHS ladies golf team, I was lucky to have had the opportunity to work with a very enthusiastic group of young ladies. Each member of the team was willing to help each other during practices and matches. It was a very rewarding experience for me. I'm looking forward for our next season."

BOYS CROSS COUNTRY

At the CIF San Diego Cross Country Division II meet, senior Devin Provence, with his sixthplace finish with a time of 15:36.9. earned the right to compete in the California State Cross Country meet in Fresno. For his achievements this year. Devin was selected for the All-San Diego Section Cross Country Second Team and was honored at the Fall Awards Night on Dec. 17 at Petco Park.

GIRLS CROSS COUNTRY

Junior Madeline Minutelli was All-League with a second-place finish at league finals and set a school record for the League Finals Course at West Hills High School. She also placed sixth in the Division II race at the CIF San Diego Section Championships, breaking her own school record. Madeline qualified for the CIF State Championships, where she placed 56th out of 203 runners in the Division II race. Her time of 18:48 is the third fastest in school history at the state meet. For her achievements, Madeline was selected for the All-San Diego Section Cross Country Second Team.

GIRLS TENNIS

Freshman Ashley Smith was named Hills League "Rookie of the Year" and along with doubles partner Senior Helaena Calimlim. was named to the Second Team All-Hills League.

Congratulations to coach Hillary Park, Class of 1988, and former three-year GHS varsity player, on the 25th anniversary of her coaching Foothiller girls tennis. At the tennis team banquet, Hillary was surprised by returning players, a plaque, and a



The undefeated JV football team (Photos courtesy GHS Museum)

program celebrating her achievements as Foothiller girls tennis

Under her leadership, the teams have won 14 league championships; from 1999-2008, the team won an amazing 10 consecutive championships. Hillary admits, "I am blessed to be able to do what I love — coach and teach."

FOOTBALL

Congratulations to the JV football team for their 10-0 undefeated season this year.

Also, congratulations to varsity football senior quarterback Jaime Odom and junior running back Robert Tucker for being named to the first team All-San Diego Section Varsity Football team.

HOMECOMING

The 99th Anniversary and Homecoming Celebration on

Sept. 20 included the crowning of Grossmont's Homecoming Queen Maya Zimmer (a Foothiller tradition since 1947) and its Homecoming King Chris Alba (a tradition since 1974).

CHEER TEAM

On Saturday, Nov. 23, the Grossmont High School varsity competition cheer team competed at the Anaheim Convention Center. They returned not only as champions in Division III, but as the overall high scoring grand champions out of more than 20 teams and received a full paid bid to nationals in Las Vegas on Feb. 21-22, 2020.

CAMPUS CLEANUP

Advisor Mike Holcomb and 54 students from Green Club

SEE FOOTHILLER, Page 15

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Academic League team wins city championship trophy



Helix Highlights

By JENNIFER OSBORN

La Mesa City Council member Christine Alessio was in attendance at this year's Academic League match between Helix and Grossmont to present the winner with the newly-created perpetual trophy, sponsored by the City of La Mesa. In this inaugural match for the city championship, Helix claimed the victory. Congratulations to coaches Kirsten Schmidt and Jennifer Underwood and all the team members on their big win.

SCHOLARSHIPS FOR SENIORS

The Helix Foundation offers \$45-55,000 in scholarship money at Helix Senior Awards each year. Funds for the scholarships are raised through events, memberships, and other fundraisers.

Scrip sales are one of the ways to support these efforts. Scrip is essentially a gift card – the Foundation purchases scrip at a discount, then sells it for the face



The 2019 Helix Charter High School Academic League team and Council member Kristine Alessio (far right). (Photo courtesy Helix Charter High School)

value. The difference goes toward scholarships. When you purchase scrip, you get 100% of your pur- line or pay with your credit card. chase back in gift cards, you save a trip to the store, and students get assistance going to college. A win-win-win!

Many popular retailers participate in the scrip program (for example, Starbuck's, Amazon, and Target, to name just a few). It's easy to order and pay for scrip online – just follow these simple steps:

- Go to shopwithscrip.com.
- Click on "Register."
- Click on "Join a scrip program."
- Enter this code: 6LE3F9AE8752
- Complete registration process.

- Place order.
- Set up Prestopay to pay on-
- The Foundation will be automatically notified of your order.

The Helix Foundation will also hold the annual Highlander Open Golf Tournament on Saturday, April 25, 20120 at Carlton Oaks Golf Course. Tee time is 1 p.m. The event features contests, great raffle items, and everyone is invited to dinner following a day of golf. Mark your calendars now, and visit helixhighschoolfoundation.com to see the most up-to-date information regarding registration.

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

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Grossmont winter teams ready for success

By DAVE THOMAS | La Mesa Courier

With the winter sports season off and running at Grossmont High, a number of teams are looking to nab CIF crowns when it is all said and done.

In boys basketball action, the Foothillers under head coach Frank Foggiano went 12-14 a season ago.

According to Foggiano, key players this season look to include senior forward Mykol Rodriguez, senior forward Noah O'Clancy and junior guard Noah Velasco.

"The players are working hard," Foggiano commented. "When we run our offense, we play well."

Grossmont is in tourney play over the Christmas holiday season, with its first league contest Jan. 10 at Steele Canyon.

In girls soccer, the Lady Foothillers under head coach Fernando Ramos are back to defend their Division II CIF and league titles.

Grossmont went to the State Regional Semifinals last season, losing a tight 3-2 game. The Lady Foothillers also won the South Bay Classic Tournament a season ago.

With this year's team, Ramos notes that the team aspect is always No. 1.

"It's always tough to describe [key players] as we tend to implement the team spirit/ team wins, not just one player," Ramos remarked. "Here are some of the players that had a really great year [2018-19]: senior Mia Foster (midfielder) is a smart player and also is a captain in the team and tends to motivate her teammates in addition to performing and scoring; juniors Jennifer Giovengo and Alexa Gonzalez gave support in the midfield sections; seniors Victoria Ford and Kiera Smeenge, along with juniors Taylor Aguilera and Maddie Mayo, create a strong back line and minimized the goals against our team."

Ramos also noted the efforts of sophomore Sarah Lopez, who scored 24 goals last season and started as a freshman on the varsity squad. "Great player and we look forward to a better scoring result this season as well."

According to Ramos, the team has added a bigger roster with talented players that can push the program at a higher level. That is with the intentions of duplicating last season's results and most importantly making their way to the State Regional Finals and taking that championship.

Ramos also mentioned the great staff he has around him to support the program to the max.

Grossmont girls soccer begins league action at home versus Helix High on Jan. 14.

On the wrestling mats, Grossmont under head coach Todd Bell is back following a 7-4 dual season and first place in the Grossmont League.

Grossmont placed fifth as a team at CIFs a season ago.

Top wrestlers include Sebastian Coats (sixth place at Masters), Daryn White (second at CIFs) and Hassan Bassam (fourth at CIFs).

"We should be strong; we have a lot of seniors," Bell stated.

Grossmont wrestlers are in action Jan. 16 in a matchup at Granite Hills.

In boys soccer action, Grossmont went 2-11-7 a season ago.

Head coach Jeff Harns points to senior center midfielder Jackson Endres, junior goalie Caden McCulloch and senior center midfielder Fransisco Nava as some of the keys this season.

"As a new coach to the program, the players and I are very excited to get the season underway," Harns remarked. "We hope to make our program more competitive and look forward to the season."

Grossmont boys soccer opens league play at Mount Miguel on Ian 14

In girls water polo, the Lady Foothillers went 17-12 a season ago (2-6 in league play) and made it to the CIF Division II semifinals.

Head coach Danielle Cook noted she expects key contributions this season from the likes of Katie O'Laughlin (driver/utility), Raquel Berk (guard/utility), Isabella Nunez (whole set) and Haili Fellabaum (driver/utility).

"I have high hopes for this group of athletes," Cook commented. "They are hardworking and determined to do better than last year. Our goals are to win league and make it to CIF finals for the first time."

Grossmont girls water polo 2020 season opens at Valhalla on Jan. 8.

In girls basketball, the Lady Foothillers finished a strong 22-8 a season ago and CIF Division II runner-up.

Looking at this season, head coach Grace Campbell noted key players should include senior Sarah Henry and sophomore Shyann VanKirk.

"After finishing as runners-up in the Division II CIF Finals, we have some unfinished business," Campbell commented. "With this year's tough schedule, we are working hard to get back to that stage this year to win it all."

—Dave Thomas is a San Diegobased freelance sports writer. If you have an idea for a sports article, reach him at hoopsthomas@yahoo.com.

Helix winter sports teams heating up

By DAVE THOMAS | La Mesa Courier

As fall turns to winter on the calendar, a number of Helix High winter sports teams are heating up.

Once tournament play is over for some of these teams during the holiday break, they will turn to league action in January.

In boys' soccer, the Highlanders finished 5-5-9 a season ago.

According to head coach Joaquin Huertero, some key players this season look to include senior holding midfielder Jeremiah Frias, senior winger Danny Nunez and senior center back Allesandro Flores.

"Our goals for this year are to improve our record from last year and put ourselves in a position where we are competing in the postseason," Huertero commented.

Helix will return to action after the holiday break to play at Granite Hills on Jan. 7.

In girls soccer play, the Lady Highlanders went 11-10-1 a year ago (10-1 going into league). Helix ended up getting a bye for the first round of CIF but lost a quarterfinal match to Bonita Vista.

According to head coach Jeff Kepper, some key players this season look to be returning captain Reina Oliver (she played as a midfielder and defender and was on second All-Grossmont Hills team)



Senior Jeremiah Frias is a key player for Helix boys' soccer this season. (Courtesy Helix Charter High School)

and senior midfielder Makaia Saucier (first All-Grossmont Hills team).

"It is great getting to play teams in the East County," Kepper noted. "The teams are very competitive and full of talent. You just have to look at the number of teams that were in CIF finals or Open. The competition makes your team get better as the season progresses, and we want to be playing our best at the end."

The Highlander girls return to play after the holidays with a Jan. 2 home match versus West Ranch.

In boys basketball, the Highlanders have a senior-laden team this year.

According to varsity assistant coach Ryan Silva, four-year

letterman Maurice Holmes leads the way this season.

Holmes was first team Allleague last year and has already signed to play his college basketball at Fresno Pacific University in the fall of 2020.

The Highlanders will also be relying on senior point guard and captain Jayden James to help lead. Others expected to contribute include seniors, Keishon Trice, Nick Carlson, Jahari Hill and Sammy Stewart.

Boys basketball is back in play after the holidays with a Jan. 10 game at Valhalla.

—Dave Thomas is a San Diegobased freelance sports writer. If you have an idea for a sports article, reach him at hoopsthomas@yahoo.com.

Foothiller

CONTINUED FROM Page 14

and honors chemistry picked up trash and cleaned up the entire GHS campus. Way to demonstrate Foothiller pride!

DRAMA

The GHS Foothiller Players closed "Failure: A Love Story" to much applause.

"It was a beautiful show and we are so proud of our actors and crew members for a successful run," shared drama teacher Amity Ecker.

Their next production will be the musical "Freaky Friday" running March 12-14 and 18-21, 2020, at 7 p.m. in the Little Theatre. It will most likely be the last show in the decades-old Little Theatre Black Box space. Visit ghsfoothillerplayers.com for more information and photos.

It's an exciting time to be a Foothiller. There is good news to celebrate every day of the year at Grossmont High School.

To learn more about GHS, visit our website at foothiller-museum.com or visit the GHS Museum Wednesday, Jan. 8, 2020, from noon-3:30 p.m. or by appointment. Contact: 619-668-6140 or email ghsmuse-um@guhsd.net.

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



Smoke ban

CONTINUED FROM Page 1

Specific language that left Hoffman and his followers concerned indicates "any place, publicly or privately owned, which is open to the general public regardless of fee or age requirement" would be subject to the new municipal code.

Several representatives from bar and nightlife establishments were present at the meeting to demonstrate their concerns.

"We figured it would be revised," said Council member Kristine Alessio, who partnered with Council member Dr. Akilah Weber to present the proposed legislation to the public. "You have to put something together that leads to discussion. I would have been surprised if it had been adopted as was with no comment."

In addition to several speakers during the meeting and contact from Hoffman prior to it, Council member Bill Baber was among the most vocal advocates for specific amendments to the proposal.

Among Baber's concerns was the possibility of redundant or conflicting details between La Mesa's proposed regulations and California state law and how the city would go about coordinating to make sure fines, citations or other possible infractions were not redundant.

California's current smoking laws generally ban smoking in bars and other public gathering spaces.



Hoffer's Cigar Bar owner Phillip Hoffman worries that the proposal would restrict his customers from enjoying the products he sells on his own patio, pictured here. (hofferscigar.com)

Since statewide smoking regulations went into effect in the 1990s, cities have primarily been tasked with setting local standards.

"Everything we have about smoking cannabis in here is already state law," Baber said. "And the last part of this sort of deputizes the city manager to work with other agencies...We already have an overworked city manager. If there's funding for an officer who could help, that would be different."

According to no-smoke.org, more than 100 California cities have passed laws restricting smoking in certain areas. Carlsbad and El Cajon are two other local jurisdictions among them.

A survey done earlier this year by Community Action Service Advocacy (CASA) indicates more than 70% of La Mesa residents support a comprehensive ban of smoking in public areas; 90% prefer smoking not be allowed in outdoor areas and 57% indicated they have personally been bothered by secondhand smoke in public La Mesa spaces.

"I had to go through a review to get authorization to have my patio for cigar smoking 11 years ago," Hoffman said. "This will destroy me. And customers want to be there. How are you going to protect them from themselves?"

Further discussion of the ordinance will be postponed for the remainder of the year. Alessio promises concerns from City Council and the public will be a part of the future discourse.

"We will be meeting with the city attorney to start making sure the concerns of citizens and business owners are met," she said. "For now, no discussion is taking place."

—Reach reporter Jorden Hales at jorden@sdnews.com.

News briefs

CONTINUED FROM Page 6

To make an appointment to donate, visit SanDiegoBloodBank. org/LMWC.

La Mesa Woman's Club was established in 1902 and is the oldest non-profit organization in La Mesa. The scholarship program for seniors from Grossmont Union High School District began in 1971 by Margie Howard-Hartman who gave a \$100 scholarship. This program has grown and the Club has awarded 237 scholarships to local high school seniors over the past 44 years in the amount of \$93,600. The Club was instrumental in starting the first library and thrift shop in La Mesa. The members also donate to many other local charities each year.

Membership in the La Mesa Woman's Club provide opportunities for women to meet and socialize and to hold fundraisers for their scholarship funds. The membership drive for 2019 is in progress and dues are \$50 for the year. The next Club meeting will be at 6:30 on Wednesday, Feb. 13. RSVP to 619-466-4362. For more information, visit lamesawomensclub.org.

HISTORY SOCIETY 'BUY A BRICK' CAMPAIGN

La Mesa Historical Society has started a new campaign to raise funds for the McKinney House museum. The "Buy a Brick" campaign allowing donors to support for the museum while also adding their story to the history of La Mesa. For \$100, purchasers get an engravable brick which will be incorporated into a path at the McKinney House

Currently, the house is open every Saturday (except holidays) from 1-4 p.m. Its free admission gives guests a chance to see what life was like in La Mesa in the early 1900s.



The McKinney House Museum (Photo courtesy La Mesa Historical Society)

In order to expand its reach, the Society wants to be able to hold more programs in the yard around the house. Currently, it isn't set up for that type of activity. To reach that goal, the Society has developed a new landscape plan that would allow for appropriately-sized events and programming. Proceeds from the Buy a Brick campaign will go toward the landscaping plan.

For more information, or to purchase a brick, visit lamesa-history.com.

Home technology that helps you adjust to time and weather changes



With the time and weather changes upon us, we're now arriving home to a darker, colder house. Yes, even in Southern California.

But with the vast array of smart home technology available today, and a strong internet connection that can power dozens of devices simultaneously, you and your family can better adjust to standard time and the winter months.

Smart lights. Don't waste energy or money leaving lights on all day to deter would-be burglars. Turn individual lights on or off using your smartphone or tablet with Cox Homelife automation features. Set automatic lighting timers if you want to turn on a light before arriving home.

Cox Homelife's lighting control function means your pet doesn't have to be in the dark either.

Smart thermostats. Forgot to turn off the heating before you left for work? Or maybe you want the house to be nice and toasty when you get home. Cox Homelife's programmable thermostats allow you to remotely adjust the heat and air to have the perfect temperature when you get home or wake up.

Home cameras. Daylight saving means the kids may be home by themselves when it's dark. Cox Homelife's home monitoring services offer remote live video viewing, professional monitoring, video recording, and customizable notifications, allowing you to monitor things when you're not home. And with Cox Homelife, you'll feel safe knowing only you have access to the video footage. Learn more at cox.com/homelife.

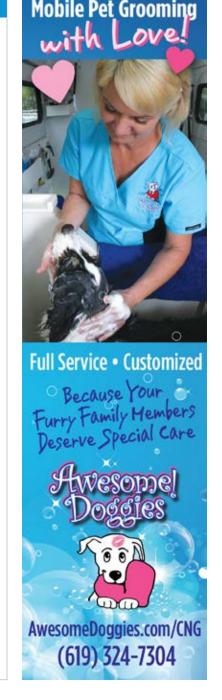
Smart locks. Roughly 30% of burglars enter a home through an unlocked door. A smart lock allows you to remotely control home door locks from your smartphone. Cox Homelife's smart lock features include voice commands,

customized chimes so you can recognize certain visitors or family members, activity logs, and integration with other smart devices in the home. You can also set special codes for house sitters, dog walkers, and even deliveries to keep the porch pirates away.

Next-generation internet connection. Just as important as the smart home technology you select is the internet service you choose. To get the optimal experience from your smart home devices and technology, make sure you have the right internet speeds. Cox offers various speeds to meet a household's needs. Its fastest service, Cox Gigablast, offers next-generation gigabit internet speeds (1 gigabit is equivalent to 1,000 megabits per second) and can connect dozens of smart devices in the home simultaneously.

Visit www.cox.com to learn more about Cox Homelife and Gigablast.





LA MESA COURIER

COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR



FEATURED EVENTS

Monday, Dec. 23



Happy Hanukkah!

Tuesday, Dec. 24

Let There Be Light

The Table: Unite Church of Christ of La Mesa hosts a Christmas Eve candlelight service of lessons and carols. 7 p.m. at 5940 Kelton Ave., La Mesa. Visit tableucc.com.

Wednesday, Dec. 25



Merry Christmas!

Thursday, Dec. 26



Happy Kwanzaa!

Sunday, Dec. 29



'PJ Masks Live! Save The Day'

PJ Masks is back with an all new super-heroic, live musical show featuring the heroic trio from the popular cartoon show. 5 p.m. at The Magnolia, 210 East Main St., El Cajon. Tickets are \$29.50 available at livemu.sc/2sojq9P.

Tuesday, Dec. 31



Roaring '20s Dance

Roaring '20s New Year's Eve Party with live music by Blue Zone. Light dinner, party favors and more! Come dressed to impress! 1920s theme costume contest for best 1920s dressed. Ring in the '20s with us! Since prohibition was still in effect in the '20s, we will toast the New York new year at 9 p.m. with sparkling cider. 6-10 p.m. at La Mesa Adult Enrichment Center. 8450 La Mesa Blvd. \$15 tickets. Contact Rosa Alcaraz at ralcaraz@cityoflamesa.us or call 619-667-1322.



Stand Back Blues Band

Guitarist Dave Gleason leads an all-star band for a New Year's Eve party at the Riviera Supper Club & Turquoise Room, 7777 University Ave., La Mesa. 9 p.m.

Friday, Jan. 3



Meteor Shower Hike

Join REI for a night hike at a local park during one of the meteor showers this year! Just outside the city, away from a lot of the ambient light, we'll hike by headlamp over moderate terrain and enjoy the picturesque atmosphere. Some hiking experience is recommended for this activity. Bring your sense of adventure and a list of wishes! Hopefully we'll see lots of shooting stars but even if we don't, it's a great chance for a night hike in a beautiful area. 7-10 p.m. at Mission Trails: Cowles Mountain,

7055 Golfcrest Drive, San Diego. Tickets are \$25 for REI members, \$35 for nonmembers. Register at bit.ly/2PhHpAs.

Saturday, Jan. 4



'Back To The Sixties'

Concert featuring Howard Blank's The Outsiders band. The Outsiders were/are a national recording and touring act with several Billboard hit songs from the mid-1960s, including the 1966 No. 5 hit song "Time Won't Let Me," No. 15 "Respectable," No. 21 "Girl in Love," No. 37 "Help Me Girl" - plus four albums. 7:30 p.m. at the Joan B. Kroc Theatre, 6611 University Ave. Tickets range \$46-\$52, available at bit.ly/2pTROII.

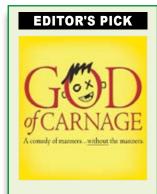
Thursday, Jan. 9



Art Garfunkel

Fames folk singer Art Garfunkel performs at The Magnolia, 210 East Main St., El Cajon. 7 p.m. \$30 tickets available at bit. ly/2YMZ5XW.

Friday, Jan. 10



'God of Carnage' Through Feb. 9

"God of Carnage" relates an evening in the lives of two couples, residents of a Brooklyn neighborhood, who meet to discuss a playground incident. Alan and Annette's son hit Michael and Veronica's son in the face with a stick, resulting in two broken teeth. The four of them agree to discuss the incident civilly, but, as the night wears on and drinks are imbibed, the polite veneer breaks down. The couples initially spar against each other, but the men gang up. Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. at the lamplighters Community Theatre, 5915 Severin Drive, La Mesa. Tickets are: adults \$23; seniors, students, active military \$20; groups of 10 or more \$18. Visit lamplighterslamesa.com.

Tuesday, Jan. 14

Create a Vision Board

Use essential oils to create and empower a vision board. 6-8:15 p.m. at San Pasqual Wine Tasting Room, 8364 La Mesa Blvd. \$10. RSVP to StressLess-Pros@cox.net or call Nancy at 619-933-1716.



Cafecito Networking

The San Diego County Hispanic Chamber of Commerce presents an opportunity to meet new "Referral Partners" who can help you grow your business. There are no fees or attendance requirements. But the chamber asks participants to support the local venue selected. The main focus is to bridge the gap from various groups and networks in the South and East (San Diego) County with other professionals who are interested in increasing their referability. 8-9:30 a.m. at Brew

Coffee Spot, 6101 Lake Murray Blvd. register at bit.ly/2YSCusY.

Wednesday, Jan. 15



The Dalí Quartet

The Dalí Quartet brings its signature mix of Latin American, classical and romantic repertoire to stages and audiences of all kinds. The quartet's passionate energy is poured into everything they do, generating critical and audience acclaim for their classical roots, Latin soul. 7:30-9 p.m. at Cuyamaca College, 900 Rancho San Diego Parkway, El Cajon. Tickets range \$5-\$15 available at bit.ly/2soGZ26.



RECURRING EVENTS

Mondays

Note Catchers

California Note Catchers, fourpart 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 for a fastpaced walk in the evening from various locations around La Mesa. On the second Tuesday, meet at 9 a.m. for a slower-paced walk beginning at the La Mesa Library, and on the fourth Tuesday, meet at 9 a.m. for a slower-paced walk beginning at the Porter Park Gazebo. Call 619-667-1300 or email SRTS@cityoflamesa.us for more information.

Wednesdays

Senior Women's Support Group

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

Wellness Wednesday

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

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.

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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NEWS / WORSHIP DIRECTORY / PUZZLES Holiday in the T



Christmas carolers performing at the corner of La Mesa Boulevard and Palm Avenue (Photos by Jeff Clemetson)



Krampus was available for pictures in front of Re-animated Records.



A festive dancer leads a number on the makeshift



Frosty The Snowman was a hit with the kiddos.

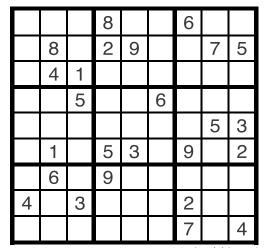


La Mesa Lumber supplied a stage truck for acoustic entertainment.

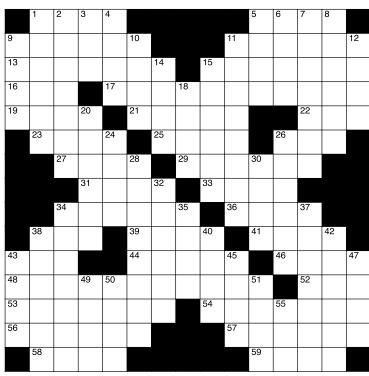
ANSWERS ON PAGE 7

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.



CROSSWORD



ACROSS

- 1 No longer on the market5 W. African language
- 9 A way to open 11 A type of pigeon
- 13 Japanese warrior
- 15 Pelvic areas
- 16 No seats available
- 19 In a way, soaks
- 21 Growing outward
- 22 Ritzy local __ Air

DOWN

- 1 Trapped
- 2 About osmosis 3 Romanian monetary unit 4 Form of Persian
- 5 Cold wind
- 6 Leave out
- 7 Small vehicle
- 8 A little off
- 9 Soviet Union
- 11 Contrary beliefs
- 10 A narrow path or road
- 12 One who speaks Gaelio
- 14 Private school in New York

34 They make great neighbors

- 15 Jackson and Townshend are two
- 18 Soldier in an airborne unit

23 Telegraphic signals

27 Fiber from the husk of a

25 Metric units 26 Large wine cask

coconut

31 French river

36 The sun does it

38 Used to store ashes

39 First Chinese dynasty

33 Witnesses

29 Gets up

- 20 Taken illegally
- 24 Capital of Valais
- 26 Male reproductive organs
- 28 State capital 30 One with supernatural
- insight
- 32 Starts all over again
- 34 Jai alai arena 35 Star Wars antagonist
- 37 Freestanding structure

41 Network of nerves

52 Appeal earnestly

48 Off-limits

43 Word element meaning ear **44** Metric unit of length (Brit.)

46 Tributary of the Danube

53 It's good to have them

56 Acted out in protest

57 Took to the sea

58 Cuckoos

59 Drove fast

54 Commercial flying company

- 38 The ideal place 40 The extended location of
- something 42 Made level
- 43 Distinctive smell
- 45 Greek goddess of discord
- 47 Got older
- 49 Type of monkey 50 Travels to
- 51 Geological times 55 Edge

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