

INSIDE
THIS ISSUE

■ **FEATURE**
GI Film Festival



Actor George Takei to host opening night of local fest. **Page 2**

■ **FEATURE**
Early Xmas



Hallmark artists bring holiday cheer to Grossmont Center. **Page 4**

■ **FOOD & DRINK**
Heavenly Himalayan



Grantville restaurant is cure for curry cravings. **Page 14**

■ **ALSO INSIDE**

Opinion	6
Politics	7
Mission Trails	12
Education	16
Classifieds	18
Community	19
Library	21

■ **CONTACT US**

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

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

www.sdcnn.com
San Diego Community News Network



Robrigo Cano launches an axe at a target at Battle Axe San Diego. (Photo by Jeff Clemetson)

AXE THROWING CRAZE COMES TO GRANTVILLE

Jeff Clemetson
Editor

Three years ago, on a trip to Philadelphia, Steve Wyland got hooked on the thrill of axe throwing. An old friend took

him to an indoor axe throwing facility, and as he looked around at the crowd there and saw men and women of all ages enjoying the off-the-beaten-path activity, he saw a future for a similar concept in San Diego.

In April, Wyland opened Battle Axe — the city's first indoor axe throwing center. "Yes, a lot of people laugh and it's hard but it's a fun activity ... it's adrenaline," he

See **BATTLE AXE** page 5 →

The ever-changing face of San Carlos Village

Doug Curlee
Editor at Large

Longtime patrons of the small shopping center on Navajo Road just off of state Route 125 are pretty used to seeing businesses there open and close, sometimes with little notice.

That's happening again now, with the opening of an ALDI grocery store where there used to be a short-lived Fresh and Easy market.

The privately held German grocery chain won't face the



A line of customers waiting to get into the new ALDI grocery store at its grand opening (Photo by Doug Curlee)

See **SC VILLAGE** page 10 →

Airport issues prompt locals to organize

Dave Schwab

A neighborhood watchdog group recently formed to oversee Montgomery-Gibbs Field has raised a number of red-flag issues about the airport's ongoing master plan update including noise, proposed airport runway expansion and the facility's continued use of leaded fuel.

Runway expansion to accommodate larger jets is one proposal in an ongoing master plan update for the 456-acre, three-runway Montgomery-Gibbs Executive Airport at 3750 John J Montgomery Drive in Kearny Mesa.

Reaction to that, and other issues, has spurred surrounding Navajo and Mission Valley residents to create the Montgomery-Gibbs Environmental Coalition.

MGEC is committed to ensuring residents' concerns about planning for Montgomery-Gibbs Airport's future are properly — and fully — addressed.

Leaded fuel use tops MGEC Executive Director Sandra Stahl's airport priority list.

"The Airports Advisory Committee and [Mayor Kevin Faulconer] have both basically ignored our written request to explain why unleaded aviation fuel is not being offered for sale at Montgomery-Gibbs Executive Airport," said Stahl. "As a result, we have launched an extensive campaign to inform the public about the health hazard caused by the 1.442 metric tons of lead particles generated annually by airport operations."

Stahl and others from MGEC have begun

See **AIRPORT** page 10 →

La Mesa
OKTOBERFEST

1973 VILLAGE 2018

SEPT 28, 29, 30

LAMESAOKTOBERFEST.ORG

BEER, BRATS, MUSIC, CARNIVAL & COMMUNITY TRADITION



Dr. Roy C. Springer, MD
Family Medicine



Dr. Stephen Reitman, MD
Internal Medicine & Geriatrics



Dr. Mirvais Saifi, MD
Family Medicine



Dr. Halya West, MD
Family & Holistic Medicine

OUR FAMILY CARES
FOR YOURS

Center For Family Health is East County's top destination for excellence in Primary Medical Care

With over 100 years of combined experience, Sharp has rated our physicians in the top 1% in San Diego

Our on-site Dermatologist, Dr. Alexander Stein, MD, FAAD, sees new patients for dermatological and cosmetic exams

New Patients Welcome - Most major insurances accepted, including Sharp and Medicare - Call today to make an appointment

Center For Family Health • 6280 Jackson Dr. Ste 8, 619-464-1607

GI Film Festival makes San Diego 'home base'

George Takei special guest at opening night celebration

Albert H. Fulcher
Contributing Editor

Founders of the GI Film Festival announced in May that San Diego is the official home of the military dedicated festival. The shift to the West Coast is a natural one for the national festival, which launched in Washington, D.C. in 2007.

San Diego has one of the largest military populations in the U.S., with seven major military bases between the Navy, Marines and the Coast Guard. San Diego County has the third largest veteran population in the country (240,000) and more than 100,000 active duty members. San Diego is also home to a thriving film and media production industry with dozens of film festivals year-round.

Documentaries, shorts, and narratives highlight stories of heroism, resilience, and honor. The festival includes Local Film Showcase, which features San Diego's filmmakers, events, people, or places. Panel discussions with filmmakers, actors, and documentary subjects are also part of GIFFSD.

The festival is organized by KPBS in partnership with the GI Film Group and Film Consortium San Diego. The GIFFSD is a proud member of the San Diego Veterans Coalition.

Now in its fourth year, the six-day military film festival

is back to feature more untold and underrepresented stories of America's military through film. GI Film Festival San Diego (GIFFSD) kicks off with the opening night screening and reception on Tuesday, Sept. 25 from 7–10 p.m. at the Museum of Photographic Arts in Balboa Park. The evening includes screenings of the narrative short "American," followed by the documentary short, "The Registry."

Special guest George Takei is attending as the leading actor in "American." Both films focus on World War II events and the important roles and services that Japanese-American military members provided. In addition to Takei, the directors of each film are expected to attend the opening night celebration and will participate in a panel discussion after the screenings.

'American'

In "American," actor and activist Takei plays a 94-year-old veteran who works as a volunteer at the Japanese American National Museum. His character encounters a mother and her young daughter, triggering events that happened in his past, including his time as a young man in a Japanese American internment camp and later serving with the 442nd Central Postal Directory in World War II.

The history of the Japanese American internment camps

is personal for Takei. From the age of 5 to 8 and a half years old, his family transferred from camp to camp. Takei said his father influenced his knowledge and eventual activism to ensure this part of American history was not forgotten.

His role in "American" first came to him with a call from "American" producer, creator and director Richie Adams. The more Adams talked about the film, the more Takei got excited about participating in this project.

"First of all, the subject matter, the internment of Japanese Americans and the heroism of the young men that were taken from barbed wire imprisonment who fought with such incredible, amazing valor and indeed heroism, the telling of their story is very important to me," Takei said.

But there was more to the story that drew Takei in. Executive Producer Ken Whitney married a Japanese American woman. Her mother was Takei's father's secretary while imprisoned in the Arkansas camp.

"My father was a block manager," Takei said. "The camp was divided into blocks. Each block had a block manager who was the liaison between the camp command and also dealt with whatever issues came up within the block. I remember that. She was a young teenager then. I went to my father's office and she



George Takei stars in "American," a short film about a 94-year-old volunteer at the Japanese American National Museum. (Courtesy "American" filmmakers)

was tapping away at this amazing machine [typewriter], I was 5 [years old] and had never seen that. It fascinated me."

Takei said after reading the script and additional reading material for the short film, he already knew the story of heroism of the young men who were drafted from those barbed wire prison camps and that it was an important story to tell.

"It's really a small world and a world of not coincidences, but I think this was all meant to be," Takei said. "In San Diego, I did another passion project of mine, 'Allegiance,' a musical at The Old Globe Theater. It was the biggest box office success in Old Globe history. I love San Diego because of all of these wonderful things that have happened in connection with San Diego. These projects, that happened in an almost a pre-ordained way, is something in life that I believe that some force is controlling our lives. That's how 'American' came to me."

Takei said he was able to share much of the information that he has gathered throughout his life with the producers.

"As many people know my mission in life is to try and raise awareness of that chapter of American history, the imprisonment of Japanese Americans," Takei said. "Because of the inability of this country to draw the distinction between the Japan that bombed us and American citizens of Japanese descent. They thought we were the same as them. So, that story is very important to me."

After the bombing of Pearl Harbor, Takei said that like many other young Americans, young Japanese Americans rushed to the recruiting office to volunteer to serve. He said this act of patriotism was answered with a "slap in the face." They were denied service to their country and categorized as enemy aliens.

"They were born, raised, educated ... they were Americans," Takei said. "That's the kind of hysteria that Japanese Americans were subjected to. At the age of 5, I was classified as an

See GI FILM page 17 →

SAVE MONEY!

Tom DiNardo Plumbing Inc.

Call Tom at
(619)582-1646

We charge by the job, not by the hour!

Bonded & Insured
CA Lic 850535

www.TomDinardoPlumbing.com

Benefits of choosing Tom DiNardo Plumbing:

- Tom personally performs all work so you know the job will be done right.
- 100% satisfaction guarantee or the service call is free! (\$90.00 value)
- A+ rating with Better Business Bureau

DIMENSIONS COLLABORATIVE

Shaping the Future...One Student at a Time

Discover the Dimensions Difference!

- Interest-led Projects
- Self-paced Reading, Writing, and Math
- Socratic Discussions
- Real-world Apprenticeships
- Credentialed Educational Facilitators
- Student Portfolios of Purposeful Work
- Academic Counselor
- World Travel
- Collaborative Learning Centers

Now Enrolling
Tuition-Free
www.dimensions.org

Students take ownership of their education through:

- mastery of meaningful learning
- discovering their passion
- building skills for adult professional, educational, and personal life

An Antidote to Conventional Schools!
Serving K-12 Students
Throughout San Diego County
For More Information:
www.dimensions.org ~619-571-9927

Friends of Del Cerro thanks fire department with donation

Jeff Clemetson
Editor

In June, as the Adobe Falls Fire threatened her home and she prepared to evacuate, Jackie O’Conner noticed something strange happening on the slope behind her house.

“Before I left there was a weed on fire down my slope and I actually saw a fireman down on one knee with a little hand shovel digging a trench around this plant so it would stop the fire,” she said.

The image of a firefighter battling a blaze with a simple garden tool is one that stuck with her, and one she reminds herself about as chair of the Friends of Del Cerro (FODC), which began a fundraising effort to purchase proper equipment to fight brush fires for the San Diego Fire-Rescue Department.

The Adobe Falls Fire burned up several acres of brush in the canyon behind Del Cerro,

but not a single home burned because of the extraordinary air and ground effort by local fire agencies. FODC initially thanked the firefighters by delivering thank you and gift cards to Station 31.

“But then we realized that it was a bigger thank you that we needed to give,” said FODC vice chair Glenn Thomas.

To help figure out the best way to thank the firefighters, FODC enlisted Don Teemsma, a Del Cerro native who is on the board of the San Diego Fire and Rescue Foundation.

“It’s personal as a resident,” Teemsma said of his effort in thanking the firefighters. “And of course as a board member of the Foundation one of my passions is to see what I can do for the needs of the fire department.”

What the fire department needs, and what the FODC is supplying as a thank you for firefighting effort that saved their homes, is \$20,000 worth of brush fighting tools to stock

its 75 trucks — and the effort is well on its way. So far, the group has raised \$16,000, which included a generous \$10,000 donation right off the bat from the San Diego Padres.

On Sept. 4, the effort got another boost of \$1,500 from SDSU, delivered in person by SDSU President Adela de la Torre. The visit by de la Torre was welcomed by FODC because the Adobe Falls area has been a bit of contention between residents and SDSU. The college owns a large portion of the land and over the years has done little to take care of it, resulting in graffiti and other unwanted behavior in the area. The new president wants to change that.

“It is very critical for us to work in partnership. I look forward to work in a productive way with the community and I see a lot of opportunities here” de la Torre said, adding that she is interested in exploring what

See DONATION page 8 —————>



(l to r) San Diego Fire-Rescue Foundation board member Don Teemsma; FODC fundraising committee co-chair Mary Roberts; FODC chair Jackie O’Conner; SDSU president Adela de la Torre; FODC vice chair Glenn Thomas; Del Cerro Action Council secretary Jay Wilson; and Deputy Fire Chief Kelly Zombro (Photo by David Cooksy)

Home Owners Lose Thousands When Selling Their Homes

San Diego - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market. The fact of this matter is that fully three quarters of homesellers don’t get what they want for their homes and become disillusioned and worse financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitles “The 9 Step System to Get your Home Sold Fast and For Top Dollar”. To order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1000. You can call anytime, 24 hours a day, 7 days a week.

Get your free special report Now to find out how you can get the most money for your home.

Dan Smith EXP Realty 01346593
sponsored content

COPD?

PULMONARY REHABILITATION IS MEDICARE APPROVED

CALL FOR FREE LUNG FUNCTION TEST AND CONSULTATION:
619-488-6422

La Mesa Rehab

Pulmonary Rehabilitation

www.LaMesaRehab.com

Mission Times COURIER

Affordable Ad Rates - Great Results!

For advertising info call:
Heather Fine
(619) 961-1957
heather@sdcdn.com

Kennedy Electric

619-464-6568

Complete Electrical Service and Installation
Residential • Commercial

- Experienced Professionals
- Competitive Prices
- Bonded & Insured
- Swift Response

Lic #C10-516913

No job is too small... No problem is too large!

To reach us please call:
619-464-6568

Email Address:
info@tomkennedyelectric.com

Web Address:
www.tomkennedyelectric.com

We can help you through your next electrical project from troubleshooting a power loss, to installation of LED recessed lights to an upgrade of your service panel.

Early Christmas celebrated at Grossmont Center Hallmark shop

B.J. Coleman

What could be more precious than treasured Christmas memories?

On Aug. 25, collectors of specialty Christmas keepsakes gathered at Elam's Hallmark in Grossmont Center to meet two artist designers of collectible ornaments and grab up some of the precious Christmas treasures they create.

Hallmark artists Tammy Haddix and Matt Johnson traveled from Hallmark's corporate headquarters in Kansas City to sign the limited-edition keepsake ornament called "Santa's Sweet Treat Cart." Haddix and Johnson collaborated with other Hallmark Keepsake Studio artists in designing the ornament, which

was available only at this signing event. Purchases were limited to one each until noon. Shoppers and collectors filled the La Mesa store, purchasing from the 300 ornaments created, as some tried their luck with tickets for silent auction raffle baskets on display outside the store.

The collector hobbyists noted that they often partner their pastime with fundraising for local charities at special events like the Hallmark artists' ornament signing that day. Proceeds from the ticket sales were slated for the San Diego Fisher House, providing lodging for families of military undergoing medical crises and being treated at the Navy Medical Center San Diego.

Scott Elam, vice president of operations for Elam's



Mary Elam of Elam's Hallmark, standing beside her family-owned shop's Christmas Keepsake Ornament wall at special, limited-edition artist (Photos by B.J. Coleman)



Renee Micallef, president of Elam's Magical Hallmark Memories Club, holds up two of her favorite keepsake Hallmark Christmas ornaments during ornament signing at Elam's Hallmark in Grossmont Center.



Scott Elam, vice president of operations with family-owned Elam's Hallmark, during artist signing event for special, limited-edition Christmas ornaments at the store in Grossmont Center



(l to r) Matt Johnson, Hallmark Keepsake Ornament artist with his assistant and fellow Kansas City-based artist Tammy Haddix, waiting to sign limited-edition Christmas ornaments at Elam's Hallmark on Aug. 25.

Hallmark, was pleased with the turnout, observing that the ornaments had nearly sold out by mid-afternoon. Members of the local Keepsake Ornament Club (KOC) were there in force. The group, which boasts more than 100 members, is named more specifically as Elam's Magical Hallmark Memories Club. The club meets monthly and rotates fundraising to benefit the Women's Resource Center in Oceanside and the Helen Woodward Animal Center in San Diego, in addition to the Fisher House Foundation. The Hallmark shop raises money on behalf of cystic fibrosis and Rady Children's Hospital toy drives, as well.

"We're thrilled," Mary Elam said of the community's turnout for the artist visit. "This is a very successful event. You just don't often see customers turning out like this in retail stores anymore."

Another thing not often seen these days is a very successful, longtime family business. All of the Elam family members on hand during the afternoon agreed that Grossmont Center mall managers had delivered remarkable support for the event. (Father in the family, Guy Elam, attended morning hours of the event.) The Elam's opened their first Hallmark store in Spring Valley during 1979, with operations since

then growing to nine locations. Four Elam family members form the ownership group. The Grossmont Center store opened two years ago.

"I'd like to give a big shout out to Grossmont Center," Christie Elam said. "They have done a lot for us, with social media and overall publicity outreach. We could have held this event at any of our stores, but we chose this one because of the incredible support we've gotten from mall management here."

Scott Elam elaborated: "The center has been phenomenal, adding to the marketing," he said.

See HALLMARK page 19

GetItDone-Legal.Center

Don't let legal problems affect your health and well-being. **Get It Done** and move past your present troubles.

Specializing in Real Estate, Business Law, and Landlord Tenant Law, **GetItDone-Legal.Center** is here to help you get on with your life.

GetItDone-Legal.Center - Roseanna Miani, Attorney
2776 Gateway Road, Carlsbad, CA 92009 (760) 294 - 7533 or (951) 741 - 1833

Conveniently located in the HomeSmart Realty West offices.

800.277.9722
www.itex.com
CONNECT • TRADE • SAVE

We accept cash, credit cards, ITEX, and payment programs under special circumstances.

Dan Paterson Handyman

«The Best of Home Improvement & Plumbing for 2015»
«No Job To Small»

Electrical Diagnoses • Plumbing • Fixture Upgrades
Stucco & Dry Wall • Painting • Wood Repair • Fencing
Decks • Roof Eves • Mill Work • Pressure Washing

25 Years Experience | Raised in Allied Gardens
619.481.9978
(Not A Licensed Contractor)

SMILE

We'll handle the rest!

We Specialize in Smile Makeovers, Implants & Oral Surgery

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

Ronald S. Lessem, DDS
619-255-7480 • www.drlessem.com
Fellow of Implant Dentistry • Convenient La Mesa Location!
7557 El Cajon Blvd. Suite A • La Mesa, 91942

► Battle Axe, from page 1

said, likening the experience to going to gun range but with less expense.

Axe throwing centers are relatively new to the West Coast, but the sport itself has been popular in areas where logging is a main industry. However, it is unclear on where exactly commercial axe throwing officially began.

“There’s a lot of [axe throwing businesses] in Canada, so that would be my guess,” Wyland said.

Battle Axe, located at 6330 Riverdale St. in Grantville, is the first of several similar axe-throwing businesses that

have popped up around San Diego this year, including Downtown, Uptown, Pacific Beach and San Marcos.

To separate his shop from the others in this fast-growing recreational business, Wyland designed Battle Axe to be a clean and fun gym experience, rather than a hokey barn-like atmosphere.

“I want everyone to feel that there is a kind of sport to it,” he said. “We have great staff here and we have four axes to choose from, not just one. What separates us, too, is we have an axe-pert with each group. We’re not just going to check you in and send you to your lane.”

One of the “axe-perts” at Battle Axe is Jeff Steinbacher,

who has been throwing axes — and pretty much anything else that is sharp and sticks into a target — for over 10 years. Steinbacher — who holds a world record for speed throwing knives (an impressive 30 knives in 20 seconds) — is a member of the San Diego Chuckers, a local team that competes in throwing competitions at a national level. In October, the team will compete at the final event for throwing held in Austin, Texas.

“Next year I hope to go to Europe,” he said.

Even though axe throwing centers are gaining popularity, Steinbacher said competitive throwing uses different tools.

“It’s mainly knives and tomahawks. Axes are actually less common in the big competitions,” he continued. “Right here [at Battle Axe], we’re just scratching the surface of what throwing is — and people still love it.”

One of those people that loved it is Robrigo Cano, who recently threw axes for his first time as part of a corporate outing with Kaiser Permanente.

“It is a lot of fun, very exciting,” he said, adding that he would gladly come back again.

This kind of response is what Wyland is banking



(l to r) Battle Axe staff: Jeff Steinbacher, Karah Hui, owner Steve Wyland and Xander Garza (Photos by Jeff Clemetson)



“Axe-pert” Xander Garza demonstrates the proper technique to throw an axe.

on — attracting groups like fraternities from nearby SDSU and more corporate events, as well as just individuals interested in improving their throwing skills. Battle Axe will also soon start hosting league play, starting with a Sunday cash league.

“\$20 per person, just like bowling and you get a team high score,” Wyland said. “Two games and you triple your money if you win it, double your money if you’re second.”

Wyland is also looking to offer a mobile axe throw by installing a target at the end of a cargo truck so he can bring the

sport to parties, breweries, etc. However, so far, he has been unable to find insurance for the venture.

In the meantime, Wyland is concentrating on getting the word out about axe throwing and get more people to “come with an open mind and have fun” at Battle Axe.

“When people walk in, they go, ‘this is awesome,’ just by the look of it. And then when they leave, they say, ‘that was awesome.’ Honestly, that is my goal,” he said.

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



ASCENSION LUTHERAN CHURCH

5106 Zion Ave. San Diego, CA 92102
(619) 582-2636 www.ascension-church.com

Sunday Worship – 9:30AM

Sunday School – during worship

Ascension Lutheran Church Hosts:



SAN DIEGO STREET CHOIR

Changing Lives Through Music

SUNDAY
September 30, 2018 • 4P
“Cookie reception, to follow”

ANIMAL BLESSING



SUNDAY | OCTOBER 14, 2018 | 10A
Allied Gardens Community Park
5155 Greenbrier Ave, San Diego, CA 92120
ALL Leashed or Caged Pets Welcome

La Mesa OKTOBERFEST

1973 **in the VILLAGE** 2018



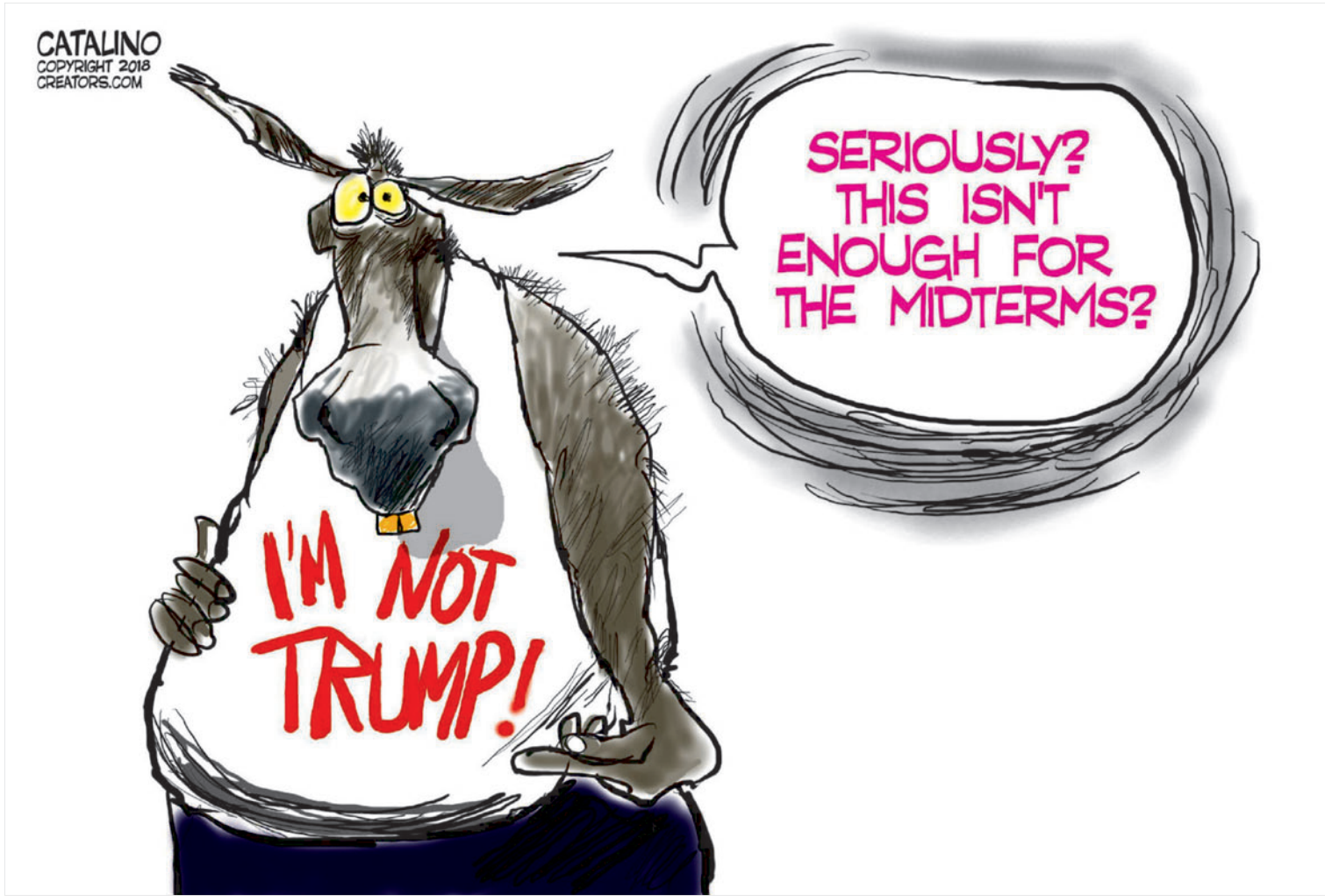
GERMAN BRATS, MUSIC, CARNIVAL & COMMUNITY TRADITION

FREE! ALL AGES FESTIVAL!

SEPT 28, 29, 30

LAMESAOKTOBERFEST.ORG





Guest editorial

Here out West, ‘smoke season’ keeps getting worse

Addressing climate change costs money, but wildfires gobbling up our country — and seas swallowing up our shores — costs more.

Jill Richardson

[Editor’s note: This op-ed comes courtesy of OtherWords.org.]

Right now, much of the West is affected by wildfires.

An unlucky minority will have to evacuate their homes, and some will lose their homes altogether — or even their lives. But for millions more across the West, “smoke season” is a real thing.

Vast swaths of the West can be covered in smoke for extended periods, and inhaling the fine particles in the smoke is deleterious to one’s health.

This year, fires resulted in the closing of Yosemite National Park and part of Glacier National Park. The Ferguson Fire in Yosemite is just one of many recent fires within the park, including the enormous Rim Fire in 2013, the fifth largest fire in California history.

As a Californian, fires are a regular part of life.

The Cedar Fire of 2003 in San Diego was so massive that the smoke interfered with air traffic. I canceled a backpacking trip in 2015 due to the Rough Fire in King’s Canyon National Park.

I went on a road trip that summer and the sky was hazy with smoke in Utah, Idaho, Wyoming, and Colorado. I was told the smoke came from fires in Washington.

In 2016, I spent a few weeks staying with a friend in rural San Diego County. I loved the area, and thought I might like to live there. Then, I thought, “This place looks like it could go up in smoke.” Within the month, it did. The aptly named Border Fire broke out in Campo, and my friend had to evacuate.

All of that is nothing compared to what a friend went through last summer in Montana. She and her family (including a toddler) were cooped up in their home for ages, trying to avoid inhaling the smoke. She had to install air filters in an attempt to keep at least the indoor air clean.

The increase in wildfires is linked to the climate crisis.

The equation is simple. When it’s hotter outside, water evaporates faster, so the “fuel” (trees, vegetation) is drier and more flammable. The many trees killed by drought and bark beetles also contribute to the dryness of the fuel.

As the effects of climate change get worse, they’re also going to get more costly — in dollars, lives, and in quality of life. It would be far cheaper to prevent and mitigate the climate crisis.

Cheaper and better.

We’re going to end up spending money either way: whether we pay to develop non-polluting energy sources, restore forests, and take other steps to prevent catastrophic climate change, or we don’t, and then we have to pay for the consequences.

The costs of inaction? More wildfires and more hurricanes destroy more homes and take more human lives. Inhaled smoke from wildfires leads to increased respiratory illnesses. Sea levels rise and some parts of the world end up under water.

Unfortunately, simply leaving it all up to individuals and to the market isn’t enough to prevent this outcome. We need to act collectively — as a nation and as a world. We’ve already pulled out of the Paris climate agreement, which was inadequate but at least it was something.

Climate change is real — ask anyone living through smoke season. With midterm elections coming up, candidates should be pressed to clarify just what they’re going to do about it.

—OtherWords columnist Jill Richardson is pursuing a Ph.D. in sociology at the University of Wisconsin-Madison. She lives in San Diego. Distributed by OtherWords.org.■

Letters

A goose by any other name ...

Re: “Fowl play at Lake Murray?” [Volume 24, Issue 8 or bit.ly/2Maqlr6]

Good morning, Jeff. Regarding your article about the two geese missing from Lake Murray, according to the Cornell lab of ornithology, the correct name for Squeaky is Canada goose, not Canadian. A very common error. Cheers.

—Margaret Green, San Diego

MADs have history of success

Re: “Letters” [Volume 24, Issue 8 or bit.ly/2QaDS5n]

Response to Joe Ney’s letter to the editor:

I have many favorite events in history that keep repeating themselves, like the New York Yankees winning the World Series, again and again or the New England Patriots winning the Super bowl five times. History repeating itself can be a great thing. Like establishing a maintenance district that enhances the quality of life of a neighborhood and improves the values of properties. I look forward to the day that Del Cerro can repeat the history of successfully establishing a maintenance assessment district, following the 55 communities that have thriving maintenance districts throughout the city.

Del Cerro was one of the last communities that were established in the 1950s that did not have a maintenance district created at the time of development. Now 60 years later, our community looks tired compared to the communities that have maintenance districts. I look forward to having beautiful medians, cleaner streets, additional lighting, nicer parks and walkable open space in the canyons surrounding our community. If we work together we can make history repeat itself. If you are interested in volunteering in making the Del Cerro Maintenance Assessment District a reality, please contact me at 619-888-9140 or send an email to delcerromad@cox.net.

—Mark Rawlins, Del Cerro■

Mission Times COURIER

444 Camino Del Rio South, Suite 102
San Diego, CA 92108
(619) 519-7775
MissionTimesCourier.com
Twitter: @MssnTimesCourier

EDITOR
Jeff Clemetson
(619) 961-1969
jeff@sdccn.com

SALES & MARKETING DIRECTOR
Mike Rosensteel
(619) 961-1958
mike@sdccn.com

EDITOR AT LARGE
Doug Curlee
(619) 961-1963
doug@sdccn.com

ADVERTISING CONSULTANTS
Heather Fine, x107
Esma Bohannon, x111
Norma Bialas, x113
Brenda Varga,
(619) 227-2583

CONTRIBUTING EDITORS
Albert Fulcher, x110
Sara Butler, x118

ACCOUNTING
Priscilla Umel-Martinez
(619) 961-1962
accounting@sdccn.com

WEB & SOCIAL MEDIA
Jess Winans, x102

SALES ASSISTANTS
Erik Guerrero
Eric Diaz

COPY EDITOR
Dustin Lothspeich

EDITORIAL ASSISTANT
Jess Winans

CONTRIBUTORS
Jeff Benesch
Pat Boerner
B.J. Coleman
Elizabeth Gillingham
Shain Haug
Sue Hotz
Dianne Jacob
Kathryn Johnson
Patty Mooney
Jennifer Morrissey
Jeanne Raimond
Jill Richardson
Tina Rynberg
Frank Sabatini Jr.
Dave Schwab
Scott Sherman
Patricia Simpson
Jay Wilson

EDITORIAL INTERN
Jules Shane

PUBLISHER
David Mannis
(619) 961-1951
david@sdccn.com

PUBLISHER EMERITUS
Jim Madaffer



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

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

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

DISTRIBUTION: Mission Times Courier is distributed free the second Friday of every month. © 2018. All rights reserved.



Republican Women plan vintage patriotism fashion show



Pat Boerner

Navajo Canyon Republican Women are once again looking forward to their annual fundraiser fashion show on Oct. 9 from 11 a.m. to 2 p.m. Social hour and check-in begin at 10 a.m. A delicious buffet lunch will be served and the setting will be the beautiful outdoor pavilion at the Bali Hai on Shelter Island.

Cost is \$40 per ticket and a portion of the proceeds will be donated to Canine Companions for Independence/Veterans in Oceanside. We are proud to support this organization, as the work they do training companion dogs for our disabled veterans is so important and appreciated. The dogs they train can make a life-changing difference in the lives of our heroes.

Fashions will be provided by Glamour Girls of El Cajon. Beautiful gift baskets, gift cards and vintage patriotic items will be offered as part of our always popular opportunity drawing and silent auction. Everyone attending will be included in a drawing for a \$100 cash prize. For reservations,

which are required, please contact ncrwf@gmail.com. (Fashion Show on the subject line).

We will be easy to find at the La Mesa Oktoberfest held Sept. 28–30. Our volunteers will be ready and waiting to register voters and share important election information. Please stop by the Republican voter registration booth and update your registration, ask questions or just chat about political issues. If you have changed parties, are a new citizen, moved or had a change in your name, you need to register. We want every eligible voter to vote!

We were all invigorated by the presentation from Steve Frank, founder of Political News and Views, at our Sept. 11 meeting. It was a great kick-off to the fall season and soon to be primary.

At our Nov. 13 meeting at the La Mesa Brigantine, Sen. Mike Morrell will be our speaker. Sen. Morrell now represents the 23rd District in the California Senate. He currently serves as vice chair for the following committees: Legislative Ethics; Energy, Utilities and Communications; and Public Employment and Retirement. In 2016, the Military Officers Association of America named him its Legislator of the Year. We know that he will be



Sen. Mike Morrell

informative and that we will have a chance to ask questions. Based on his extensive experience and background, this is an opportunity not to be missed!

Check-in at the Brigantine begins at 10:30 a.m. and the meeting begins at 11 a.m. Lunch is served at noon followed by our program. Cost of the lunch is \$25 and reservations are mandatory. RSVP at ncrwf@gmail.com (please put luncheon in subject line) or call 619-990-2791. Guests are always welcome, make your reservation now.

The Nov. 6 primary is right around the corner and this is a perfect time to get involved and learn what you can do to make a difference. Visit us at navajo-canyonrwf.org and check us out on Facebook.

—Reach Pat Boerner at pboerner@cox.net.■

Local candidates featured at next Dem Club meeting

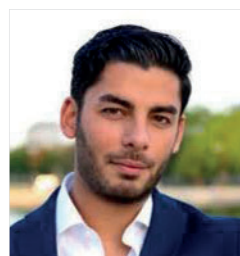


Tina Rynberg and Jeff Benesch

La Mesa Foothills Democratic Club shifts into gear with the last of our Candidates Forums before the most important midterm election of our lifetimes.

On Wednesday, Oct. 3, at La Mesa Community Center, we expect to hear from a host of impressive progressives, including the candidates for the San Diego County congressional delegation, Susan Davis, Scott Peters, Mike Levin, and the fast-rising star of East County, Ammar Campa Najjar. With the recent many-count indictment of crooked bunny-shipper Duncan D. Hunter and his wife/accomplice Margaret, the prospects of the race for the 50th tightening up look promising. (Even local Republicans think it's wrong to embezzle \$250,000 from your campaign funds and use them repeatedly for self-aggrandizement, family travel and moral interpetude.)

We've invited Sacramento stars Assembly members Shirley Weber and Lorena Gonzalez Fletcher, and state Senator Toni Atkins. Let's not forget club-favorite San Diego County District 4 Supervisor candidate Nathan Fletcher, as



Ammar Campa Najjar



Mike Levin



Scott Peters

well as Superior Court judge candidate Matt Brower.

In La Mesa, Dr. Akilah Weber and Dave Myers make a formidable slate of City Council candidates, aptly named "The Doc and the Cop." Our goal is to work hard enough to have these two outstanding community leaders join Colin Parent on the council to form a Democratic majority. Let's move La Mesa forward, shall we?

We've invited back impressive San Diego City Council candidates Tommy Hough and Dr. Jen Campbell, both with great campaigns against incumbent Republicans in their respective council districts. There's a chance for them to be part of a super-majority of Dems on the San Diego City Council. And Kevin Beiser will be sure to be part of our program to talk about his candidacy for San Diego Unified School Board.

We're also hoping to hear from Rebecca McRae and Charda Fontenot, outstanding candidates for the La Mesa-Spring Valley School Board. Also invited: Linda Cartwright, Debbie Justeson and Brad

Monroe in the race for Grossmont-Cuyamaca College Trustees, Liz Weaver for Grossmont Union High School Area 3 Trustee, and Gloria Chadwick and Ed Martinez in the race for the Grossmont Healthcare District.

There's more seats and candidates in San Diego and East County, and we hope to have Democratic candidates in every race join us for a real evening of politics and politicking. Our club represents the communities of San Carlos, Allied Gardens, Del Cerro, La Mesa, College Area, Santee, Mt. Helix, Casa de Oro and Spring Valley and other close-by areas. We meet the first Wednesday of each month at 6:30 p.m. Please join us as a guest or become a new member, with our modest dues pro-rated for the rest of the year. Like us on Facebook and check out our new website, lamesafoothillsdemocraticclub.com.

—Tina Rynberg is president and Jeff Benesch is vice president of programming for La Mesa Foothills Democratic Club. Reach them at jeffbenesch@gmail.com.■

CATCH A FILM. BE INSPIRED.

GI FILM FESTIVAL SAN DIEGO

September 25-30, 2018

Bringing the stories of America's military to life.

FILM PREMIERES ★ RED CARPET MOMENTS
FILMMAKER APPEARANCES
LOCAL FILM SHOWCASE ★ AWARDS PARTY
PANEL DISCUSSIONS

TICKETS NOW ON SALE



THE WEIGHT OF HONOR



WE ARE NOT DONE YET

UltraStar Cinemas at Hazard Center
Saturday, September 29 at 1:00 p.m.

Full lineup, venues,
and showtimes available at
GIFilmFestivalSD.org

PRESENTED BY



IN PARTNERSHIP WITH



LEAD SPONSORS



KPBS is a public service of San Diego State University.

► **Donation**, from page 3

can be done with the Adobe Falls property involving students and faculty. Some ideas that have been brought up include sustainability projects like a community garden. “We have students that are interested in nutrition, interested in urban gardening, so we have a lot of students and faculty that that land has a lot of potential for.”

The Sept. 4 check presentation was also attended by San Diego Fire-rescue Department deputy fire chief Kelly Zombo who expressed his gratitude for the effort to supply the brush fighting equipment.

“It’s tough times and throwing new things on top of an already stretched budget is not easy to do and these tools are going to give us the ability to do the job we need to do on these larger incidents,” he said. “Right now, our fire engines come with a square-tipped shovel and a round tipped-shovel, certainly not the types of tool you need to be using for this type of work. This grant will give our troops the tools that they desperately need to do this work safely and effectively and get the job done.”

—Reach Jeff Clemetson at jef@sdcn.com.

**FOR ADVERTISING
INFORMATION
CALL US
TODAY**



(619) 961-1958
MissionTimesCourier.com

Progress on cleaning up the San Diego River

District 7 Dispatch

Scott
Sherman



Back in July, I joined Mayor Kevin Faulconer to announce several private landowners and public agencies that control property along the 17-mile San Diego River have joined cleanup efforts to remove trash and debris from the river.

So far, the cleanup efforts have resulted in over 130 tons of trash removed from the riverbed and reduced the number of homeless encampments by half along the river since September.

The city of San Diego owns about one-third of the property along the river. The remaining two-thirds is split between private property owners, various public agencies and the San Diego River Park Foundation (SDRPF).

The ongoing cleanup, enforcement and cooperation is helping return the river to the way I remember it as a child. With the continued cooperation and the implementation of the San Diego River Park Master Plan, we

can turn the river into an amenity instead of an afterthought.

The city has offered one-time cleanup assistance to private property owners and several have accepted. After the one-time cleanup, it will be the owners’ responsibility to maintain the site. Those who do not take advantage of the offer are required to clean it themselves or they will be cited, which could result in fines ranging from \$100 a day to \$1,000 per day.

A vital part of cleaning up the river has been the SDRPF. The coalition is an organization dedicated to making the river a truly treasured regional asset that is valued by everyone in the San Diego region.

The coalition is always in need of new volunteer to help clean up the river. To help do your part, please visit sandiegoriver.org. There are many ways you can add your voice to the call for a safe and healthy San Diego River Park system!

—San Diego City Councilmember Scott Sherman represents the District 7 neighborhoods of Mission Valley, Grantville, Allied Gardens, Del Cerro and San Carlos.■

News and notes from your County Supervisor

Dianne’s Corner

Dianne
Jacob



Help on the home front: San Diego County recently took a huge step in its efforts to accelerate the construction of affordable housing for low-income veterans, seniors and others in need.

The Board of Supervisors agreed to enter into negotiations and award up to \$25 million to seven projects that would result in more than 500 new homes for low-income residents across our region.

Supervisor Ron Roberts joined me last year in proposing the special \$25 million fund as part of our stepped-up efforts to address the region’s affordable housing crisis.

Revamp and reboot: The San Diego Association of Governments (SANDAG) recently awarded a community group a \$500,000 grant to work with the county on a revitalization plan for Casa de Oro.

The money is a huge shot in the arm for the

group, the Casa de Oro Alliance, which has impressed me with its tireless efforts to build a safer, more vibrant community. The creation of a specific plan will set the stage for a major transformation of the unincorporated area starting within the next few years.

Wildfire warning: Ready for disaster?

This is a high-risk time of the year. Our backcountry is dry, grasses and other fuels are high and the fall Santa Ana winds are due to return soon.

Don’t take any chances. Among the ways you can get prepared: Check out readysandiego.org; clear brush and debris around your home; sign up for the AlertSanDiego notification system; and download the SD Emergency app on your smartphone.

—Dianne Jacob is San Diego County Supervisor for District 2. For more District 2 news, visit 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.■

Cox adds YouTube Kids and NPR One apps to Contour TV



Cox Communications has launched YouTube Kids and NPR One apps on its Contour TV service, once again bringing more innovative television programming choices to customers of all ages.

Cox Contour customers can now use their voice remote control to easily and quickly access YouTube Kids videos and NPR One audio directly on their televisions.

“There’s no need for a secondary device or input switch,” said Suzanne Schlundt, Vice President of Field Marketing. “Similar to Contour’s other integrated apps, Netflix, YouTube and iHeart Radio, all you have to do is speak into your voice remote control to access the apps. Just say things like “YouTube Kids,” “NPR One” or “National Public Radio,” and Cox Contour will take you to all the fun and informative video and audio programming that YouTube Kids and NPR One have to offer.”

YouTube Kids and NPR One can also be accessed in the “Apps” section of the Contour guide.

With YouTube Kids, families can:

- Easily access family-friendly videos and channels, from favorite shows and music to video tutorials on how to build a model volcano;
- Flag videos for review by the YouTube Kids team;
- Monitor what your children are watching through the “watch history” function.

With NPR One, Cox Contour customers have access to a stream of local and national news, stories and podcasts from National Public Radio (NPR) to help keep listeners informed, engaged and inspired.

“Contour has become one of the most innovative platforms in cable,” said Schlundt. “By adding YouTube Kids and NPR One to Contour, Cox continues to make it incredibly easy for customers to access all the programming they love in one place.”

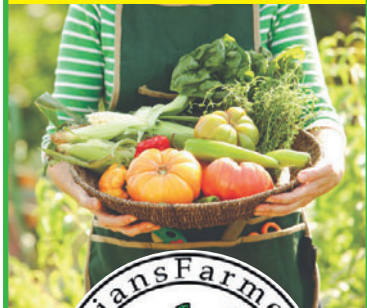


To access YouTube Kids and NPR One on Cox Contour, customers simply need a compatible Contour receiver and Cox High Speed Internet service. **For more information about YouTube Kids and NPR One on Cox Contour, visit www.cox.com.**

Grantville Certified Farmers’ Market

Every Wednesday,
Rain or Shine
12:00 - 4:00 pm

- FRESH FRUITS AND VEGETABLES
- LOCALLY MADE FOOD



Kaiser Permanente
Zion Medical Center
Front Parking Lot

SPONSORED BY
KAISER PERMANENTE. thrive

Text GrantvilleFM to the number 797979 for coupons and saving!

SHOP LOCAL

YOU should be connecting with customers within a 5 mile radius of your location!



RJCAthletics.com

Classes Held At
Allied Gardens Park



RJC Athletics "We Come To You" Mobile Training For All Ages Specializing In Out Door Fitness & One On One Personal Training .Weight Loss .Get Healthy .Be More Flexible .Cardio .Strength

FIRST CLASS FREE!!!

Call For Your Free Consultation & Class Schedule 619.884.5618

WE DON'T HORSE AROUND!



Keith Everett Construction & Handyman Service

619.501.7480

HOME REMODELING

Room Additions
Kitchens
Bathrooms
Window Replacement
Patio Covers
Decks
Fences
Brick Walls
Slabs and Paving
Artificial Terf

HOME REPAIRS

Water Heater Installed
Plumbing
Drain Cleaning
Electrical
Ceiling Fans
Light Fixtures
Tile Work
Dry wall
Painting
Roofing

NO JOB TOO SMALL!



Barbie's Nails And Tails PET GROOMING

We Are A Full Pet Grooming Service Dogs & Cats !
Self-Wash \$15.00 (All Supplies Provided)
Hair Dye • Pet Sitting • Doggy Day Care
• Doggy Boutique • Exotic Pets Welcome

For The Month Of September
When You Book A Full Service
Grooming Appt. Your Pet
Can Get A **FREE** Teeth Cleaning
or Anal Gland Expressions
or Ear Plucking !

Barbie's Nails & Tails Pet Grooming
6628 Mission Gorge Rd. Ste. A San Diego 92120

619.806.3056



AUTOMOTIVE EXCHANGE & SUPPLY OF CALIFORNIA INC.

Mobile Installation Available
Free Pickup And Delivery
To Your Door

NEW AND REBUILT AUTO PARTS MADE ON-SITE

AUTOMOTIVE • MARINE • VINTAGE & OBSOLETE • HEAVY DUTY
STARTERS ALTERNATORS RACK & PINION GEAR BOXES POWER STEERING PUMPS DIESEL INJECTOR PUMPS
TURBOS AXLES WATER PUMPS BLOWER MOTORS HYDRAULIC RAMS CLUTCHES
GENERATORS HEATER MOTORS HYDRO VACS WINDOW LIFT MOTORS WIPER MOTORS

Monday – Thursday 7:00AM to 5:00PM • Friday 7:00AM to 4:00PM
4354 TWAIN AVENUE UNIT G, SAN DIEGO, CA 92120

(619) 282-3207



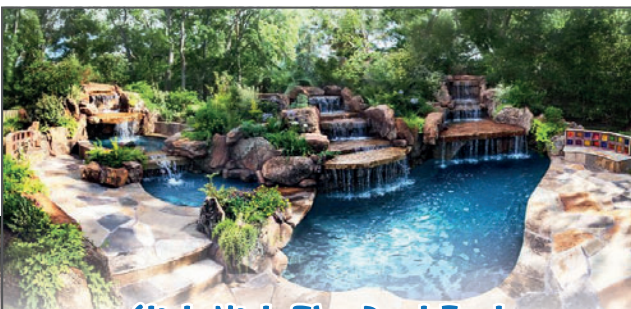
La Mesa First
United
Methodist
Church
4690 Palm Ave.
La Mesa, CA 91941

Arts & Crafts Fair

Saturday, September 22
9:00 am - 3:00 pm

Admission is free
Craft show is held rain or shine

Visit our website for future events www.LaMesaUMC.com



Slick Nick The Pool Fool Pool Service & Repair

"I'm No Fool At Keeping Your Pool Cool"

619-519-2211

Locally Owned & Operated Nick Guerra
slicknickthepoolfool@gmail.com

Rafael and Valeria's Shoe Repair

619-583-3276 Cell: 619-921-7049
5160 Warning Rd. San Diego



Serving All Brands Of Shoes, Boots, Bags,
Luggage, Zippers, Coloring

"SHOE REPAIR SPECIAL"

Ladies Heels Buy One Get One ½ Off
Men's Heels Buy One Get One ½ Off
Protective Soles Buy One Get One ½ Off

Open Mon-Fri 7AM - 6PM Sat 7AM - 4PM

Donate your car to the CARS FOR KIDS program



John's AUTOMOTIVE CARE

- Complete automotive maintenance and repair
- Early bird / Night drop off service
- ASE Master Certified Technicians
- Complimentary shuttle service
- 36 month / 36K mile warranty
- AAA Approved facility

6267 Riverdale St. San Diego 92120
619-280-9315 • johnsautomotivecare.com



BOYS & GIRLS CLUBS

SHOP LOCAL

YOU should be connecting with customers within a 5 mile radius of your location!

Place Your Ad Here!

Let Us Bring More Customers To You!

For More Information Contact Heather
Your Sales Consultant
heather@sdenn.com Cell 951.296.7794



Comfortable Handcrafted Mattresses

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



MATTRESS MAKERS

ESTD. 1988



**Free Custom Pillow and Luxury
Sheets With Mattress Purchase**

180 Night Comfort Guarantee

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

► **SC Village**, from page 1

stockholders rebellion the British-owned Fresh and Easy did — a rebellion that caused Fresh and Easy to pull out of the U.S. altogether.

Tom Cindel, group operations director at ALDI, says customers will see something very different at the new store.

“What customers will see is a smaller store, with fewer items, a lot of our own private brands that have done well elsewhere. They’ll see a store with wide aisles, well-stocked shelves, and the ability to get in, get what you want, and get out,” he said.

A look at the store on opening day, Aug. 30, bears out what Cindel said. Several thousand people passed through the

doors that day. Most of them went away happy.

“I just moved here from Chicago a few months ago,” said Linda Turner, one of the many shoppers checking out the new store. “I shopped at ALDI all the time there, and I’m really happy to see this one so close. I’ve always liked them.”

Daniel Duran says he’s looking forward to saving money.

“This place is a lot cheaper than the place I used to shop for groceries, and it has great products. I’ll definitely be back again and again.”

Cindel said this store is exactly the right size, and there are no plans to expand.

If there were expansion plans, all the company would have to do is knock down its western wall, and they could

move into the space about to be vacated by Orchard Supply Hardware after only a little more than two years in business.

The OSH, as it’s known, will be gone as of Feb. 1, 2019, or maybe sooner if they manage to sell everything currently available in the store. Everything is for sale.

It’s not just the San Carlos Village location that is shuttering its doors — there are 99 OSH stores nationwide and come Feb. 2, there will be none.

Orchard Supply Hardware will probably go down in history as the worst business decision ever made by Lowe’s, the main competitor to Home Depot. Lowe’s acquired Orchard Supply Hardware in a bankruptcy sale from Sears Holdings, Inc. It had been part

of Sears’ efforts to stave off its own serious financial problems, but it worked the other way.

It didn’t take long for the axe to fall.

Marvin Ellison, formerly the top executive at J.C. Penney (which has its own problems), was brought on board to head Lowe’s two months ago.

Among his first moves was to shut down OSH.

“It became clear to me that some strategic decisions were made that should have been made differently,” he said. “OSH was never going to be of benefit to our shareholders, even if it were much larger than it is”.

OSH employees are under orders not to talk to anyone about the closures — especially to reporters, but they’re not happy about it.

Remember the minor hullabaloo when LA Fitness closed several months ago?

It’s being replaced right now. 24-Hour Fitness is rebuilding the old LA facility inside, and they’re planning a Nov. 3 grand opening.

You can’t see inside yet, but if you look over in the corner of the parking lot, near Wendy’s, you will see a person or two sitting under a sunshade, ready, willing and able to sell you a membership at considerably reduced rates.

The changing face of San Carlos Village changes yet again.

You have to wonder what might be next.

—Doug Curlee is Editor at Large. Reach him at doug@sdenn.com.■

► **Airport**, from page 1

canvassing local civic groups, including the Clairemont Town Council.

“Hopefully, that will put enough pressure on the city to start offering unleaded fuel that can be used by some 80 percent of general aviation planes that now only have the option to purchase leaded aviation fuel at Montgomery-Gibbs,” Stahl said adding “young children are especially vulnerable to lead pollution.”

Concerning leaded fuel use, the city of San Diego said that’s not in their domain.

“Establishment of aircraft emission standards and

enforcement of fuel used by aircraft is outside of the city of San Diego’s authority,” said city Supervising Public Information Officer Arian Collins. “By federal law, such authority is with the U.S. Environmental Protection Agency and the Federal Aviation Administration, respectively.”

Ian Gregor, FAA communications manager, said the leaded fuel issue is being studied.

“The FAA is working closely with aviation associations, aircraft and piston engine manufacturers, fuel suppliers, and the Environmental Protection Agency to research and evaluate unleaded alternatives to leaded aviation gasoline,” said Gregor. “Critical research

is taking place through the Piston Aviation Fuels Initiative (PAFI) at the FAA’s William J. Hughes Technical Center in Atlantic City, New Jersey. PAFI expects to provide, before the end of the year, an update on when it plans to complete testing and issue final reports.”

Other MGEC members and their supporters weighed in with their Montgomery-Gibbs Airport concerns.

“Awareness is a big key,” said Quentin Yates, of Clairemont, about the leaded fuel issue.

“Lead actually falls on schools, hospitals, businesses and homes,” while adding, “unfortunately, lead just doesn’t go away.”

“Our goal right now is to raise awareness,” said recent

City Council candidate Matt Valenti. “Every time we raise the lead issue — people tell us they can’t do anything about it, that’s for the FAA to regulate.”

Marcelo Bermann, of Kearny Mesa, said airport noise in the area has gotten decidedly worse.

“Sometimes I have 12 to 14 airplanes making racket flying over my backyard — it’s unconscionable,” Bermann said, pointing out there are only two flight paths planes from Montgomery-Gibbs can take over Kearny Mesa.

“The tower does not give the pilot any direction either way,” he said. “So the pilots tend to choose the civilian lower-altitude direction, subjecting the neighborhood to their noise and pollution.”

“The message we want to get out to the communities is that there are environmental issues that aren’t being addressed, like noise and leaded fuel,” concluded Valenti. “Those top the list of our concerns, which include safety.”

Montgomery-Gibbs Executive Airport is a public-use airport owned and operated by the city of San Diego and its Airports Division, a branch of the city’s Real Estate Assets Department, which oversees operations at all city-owned airports.

Montgomery-Gibbs is home to a number of facilities providing an array of aeronautical services including fueling, hangaring, tie-down and parking, aircraft rental, aircraft maintenance, flight instruction, hangar rentals, air charter and medical transport.

The city’s Airports Division has embarked on a master planning process to define the vision to guide airport development at both Montgomery-Gibbs and Brown Field airports for the next 20 years.

When finished, the airport master plan update for Montgomery-Gibbs Executive Airport will include reports of existing and future conditions, as well as providing airport layout plans and a schedule of priorities and funding sources for any proposed improvements.

—Freelance writer Dave Schwab can be reached at dschwabie@journalist.com.■



Marie Callender's
Restaurant & Bakery

70th Street & I-8 Freeway, 6950 Alvarado Rd.
(619) 465-1910

Locally Owned and Operated

PIE SALE
\$8.99*

PLUS TAX

ANY WHOLE PIE TO-GO

*Excludes Cheesecakes, Promotional Pies and Seasonal Fresh Fruit Pies.

20% OFF
YOUR TOTAL BILL

VALID THROUGH OCTOBER 21, 2018

Present this coupon to your server at the time of sale and receive a 20% discount off your total bill excluding alcohol, whole pies to-go and gift card purchases.

Not valid with Kids Eat Free, Pair & Share, Happy Hour Menu, or Daily Dish Specials. Cannot be combined with any other offer, discount or coupon. Limited one offer per table. Not valid on Easter Sunday. No cash value. Not redeemable or refundable for cash. Price and participation may vary by location. Sales tax, if applicable, must be paid by guest.

SELLING OR BUYING A HOME?

I WILL SAVE YOU THOUSANDS IN \$\$COMMISSIONS\$\$

SELLING: I List Home For 1%
BUYING: Receive a 25% Commission Rebate



Call LJ Woodard
(619) 794-9966

Go to my Website
www.LJWoodard.com

#1 Discount Broker in San Diego!
One Percent Listing Group Inc | DRE 01446472

SHOP LOCAL

The Mission of GADS as an inclusive group of local business representatives, is to gather and share relevant information for our areas' success. We help promote each business independently and collectively. We encourage buying locally, supporting growth and education, participation and community outreach.

Come Join Us For Our Next Meeting
October 12, 2018
7:30AM – 9AM
At Brother's Restaurant
5150 Waring Rd
heather@sdenn.com/951.296.7794



GADS
Grantville Allied Gardens Del Cerro San Carlos

Sponsored by
Mission Times COURIER

BROTHERS FAMILY RESTAURANT

We would like to invite you
to our Family Owned Business to try our
AMAZING HOME COOKING
(our Grandma Jennie Pancakes are a must)
OR COME HAVE SOME FUN WITH US ON BINGO NIGHT

On the third Thursday of every month we have an evening
with great food, and 5 games of Bingo for only \$17.00 per person.

Hope to see you there! 5150 Waring Rd, San Diego, Ca 92120



Personalized Service Since 1981
4680 Old Cliffs road • San Diego, CA 92120 • (619) 287-7200 • carrillonsons.com



Complimentary retirement plan reviews



Alex M Zubak
Financial Advisor
10330 Friars Rd Ste 115
San Diego, CA 92120
619-516-0155
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

MKT-58941-A Member SIPC



"Your Local Neighborhood
Merchant Processing Partner"
Mark Gillette
REGIONAL SALES MANAGER

With PayLo you can save money on your credit card processing,
with UNLIMITED transactions for one low monthly fee!

619-518-8701



*Thank You All For
Your Continued Support
Chris & Gay*

5185 Waring Rd San Diego • **619.764.4595**
Open Daily 7AM – 9PM

**Sometimes your best friend is
your banker, and that's okay.**



We make you our top priority with local decision-making and less red tape.
So, come on in. We're ready to put you first, second and third. And fourth. And fifth.

Mission Gorge Branch (619) 400-0400
6515 Mission Gorge Road, Suite 6515
Mon-Fri – 9-6pm, Sat. 9-1pm

[HomeStreet] Bank



**BUY TWO
GIANT SUBS
GET THE 3RD
FREE!**

OFFER VALID ONLY AT 6545 MISSION GORGE ROAD LOCATION
Hurry! Offer expires 10-11-2018. One coupon per person per visit per day. Not to be combined with other offers.
No cash value. Redeemable to person only. ©2017

jerseymikes.com

6545 MISSION GORGE ROAD | SAN DIEGO, CA | 619-563-7827

**What's your retirement number?
Here's mine: (619) 419-0238**



Visit us in Mission Valley!
591 Camino De La Reina
Suite 730
San Diego, CA 92108



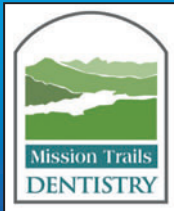
YOUR HANDYMAN: Garbage Disposals & Plumbing,
Painting/Dry Wall Repairs, Termite Damage/Dry Rot,
Window Screens, Door Lock Repair/Replacement,
Deck & Fence Repairs, Ramp Construction

Norm Johnson

Licensed Contractor * Bonded * Insured

Mobile: **619-316-6676**

Email: njconstructioninc@gmail.com



**Visiting the dentist
just got better!**

The offices of Dr. Bradley Ross and Dr. Lee Landes
have teamed up at Mission Trails Dentistry!

Now open 5 days a week and evenings.

MISSION TRAILS DENTISTRY
Offering the finest in compassionate and comprehensive dental care.

6902 Navajo Road (at Jackson Drive), San Diego, CA 92119 • 619-582-9700 • www.missiontrailsdentistry.com



*Join the GADS Networking
Association
Put Your Ad Here!*

For More Information Contact heather@sdenn.com



Mission Times COURIER

Grantville Allied Gardens Del Cerro San Carlos

Battle of the blue bills

Jeanne Raimond

Most of us delight in seeing the cute little ruddy ducks (*Oxyura jamaicensis*) floating on the lakes with their often cocked up “stiff” tails. Everything looks serene, but there is more to these little cuties than meets the eye.

Ruddy ducks are often just floating and dozing during the day because they have spent a considerable amount of time at night feeding, where they dive and strain mouthfuls of mud through thin plates on their large bills. They then swallow items left behind such as aquatic invertebrates, insects, mosquito larva, crustaceans, zooplankton along with small amounts of plants and seeds. They spend most of their time on the water because of limited maneuverability in the air and limited mobility on land due to the posterior placement of their legs. They swim and dive to escape predators such as hawks, owls, raccoons and weasels.

Although migratory throughout most of the U.S., ruddy ducks can be found year-round in the southwestern states. Locally, our numbers swell with migrants during the fall through spring.

During breeding season, the males take on bright blue bills and chestnut colored bodies. Several “ruddies” are often found on Kumeyaay Lake, and this spring I watched and photographed several males fighting each other over the females who were swimming nearby. Ruddies are known for being aggressive toward each other and toward other species, especially

during the breeding season. Unlike most ducks, they form pairs only after arriving on the breeding grounds each year.

Courtship displays include males sticking their tails straight up and striking their bills against their inflated necks, creating bubbles in the water by the air being forced out of their feathers. They will then make a belch-like call. Courting males may lower their tails and run across the water while making popping sounds with their feet. I observed several males head-bobbing as they neared each other and then they went at it flailing about and stirring up quite a commotion.

A female ruddy chooses her suitor based on the best plumage and display. Females build nests in dense vegetation of freshwater wetlands and in brackish coastal lagoons. Most nesting locations in San Diego County are in the northwest coastal lagoons and river valleys. Nests are constructed 2 to 10 inches over cattails, bulrushes and grasses that they bend and pull under their bodies, rather than carry material to the nest. Some will use the old nests of coots. A canopy of vegetation is then woven over the nest.

Parasitic egg-laying within and between duck species may be practiced by ruddies with some “dump” nests containing up to 80 eggs. Obviously, all will not develop. An average clutch is two to 13 eggs incubated only by the female for 20 to 26 days. Egg size is 2.3–2.7 inches by 1.7–1.9 inches, which for an adult bird measuring only 15 inches in length represents proportionately one of the largest egg-to-body size in birds.



Ruddy ducks at rest (Photos by Jeanne Raimond)



Ruddy ducks displaying aggression

Most chicks are observed from May through most of August. The hatchlings are precocial and leave the nest within a day. They will cluster near one another demonstrating their bond as a brood as they swim with their mother. The young receive no care from the father and the mother may abandon her young after only a few days as the young are able to dive and feed themselves shortly after hatching. Unfortunately, these little ducklings are preyed upon by black-crowned night-herons and California and ring-billed gulls.

These interesting and beautiful little ducks add a bit of color to our spring and early summer, and even with duller plumage in the winter, they can be fun to watch. So get out there to the lakes and enjoy them!

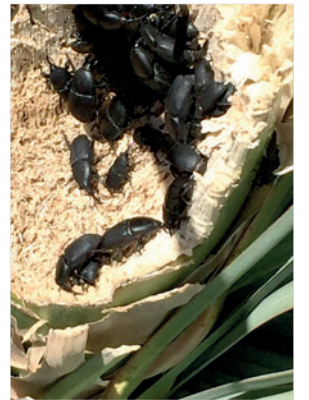
—Jeanne Raimond is a trail guide at Mission Trails Regional Park.■

iNaturalist observation of the month: Yucca weevil

Patricia Simpson

Up until May 9, no observations of yucca weevils (*Scyphophorus yuccae*) had been made at Mission Trails Regional Park on iNaturalist.org. That day, these rather large (about 5/8-inch) black snout beetles caught the attention of several hikers who came across a severed chaparral yucca (*Hesperoyucca whipplei*) stem along the trail. Adult beetles had congregated in numbers on top of the sectioned plant to create quite a tableau as shown in an observation by user egu5037, found online at bit.ly/2C2hQ1v.

The yucca weevil, as its name indicates, spends its life cycle on plants of the genera yucca and hesperoyucca. It is active roughly from April to July but often goes unnoticed. The adults spend time on the lower portion of the plant. The larvae bore into the flower stalk and tunnel their way up to the inflorescence where they pupate and emerge in the fall. Though this activity damages the



Yucca weevils (iNaturalist)

plant and might reduce seed production, it doesn't affect the health of the chaparral yucca too much since the plant dies down anyway after flowering. But for other species of yucca, an infestation of weevils can mean premature death. You can learn about managing the pest at home at bit.ly/2oouU7K.

Side note: For the chaparral yucca plant, which flowers only once before it dies, removing a flowering stalk can have a significant negative impact on propagation of future plants in that area.

—Patricia Simpson is a trail guide at Mission Trails Regional Park.■

ALVARADO HOSPITAL Among the best and the safest five years in a row.

- Nationally recognized patient safety: Among the top 5% in the nation, 2015-2018
- Nationally recognized clinical care: Among the top 5% in the nation, 2014-2016
- America's 100 best in spine and orthopedic surgery: top 5% in the nation, 2014-2018
- Five-star recipient for pacemaker procedures, 2018

Lean more by visiting us at:
AlvaradoHospital.com



**Alvarado Hospital
Medical Center**

Member of Prime Healthcare



Mobile Pet Grooming with Love!



Full Service • Customized

Because Your
Furry Family Members
Deserve Special Care

**Awesome!
Doggies**



**AwesomeDoggies.com/CNG
(619) 324-7304**

Mission Trails launches new photography program

Jennifer Morrissey

Even before Mission Trails Regional Park (MTRP) was officially designated in 1980, its stunning landscapes, flora, and wildlife had been popular subjects among both amateur and professional photographers. This fall, the MTRP

Foundation will launch a new program that celebrates contemporary images captured at Mission Trails, but which also gives photography enthusiasts the opportunity to learn from some of the most skilled photographers in the MTRP community.

Award-winning photographers David Cooksy and Rick Wiley have traversed the park countless times in their endeavor to capture its essence, and have graciously offered to share their expertise in two separate evening lectures, each followed by one session of optional in-field instruction. “In Focus: Perspectives on Photography at Mission Trails” was conceived by the two photographers, and Cooksy will present the inaugural lecture on Thursday, Oct. 18.



Wildlife photos like this one of a dragonfly will be discussed by David Cooksy (Photo by David Cooksy)

An MTRP volunteer trail guide, Cooksy has also served as a volunteer photographer for the park for eight years. His images have been used in various regional publications and utilized by the park for promotional and educational purposes, including the MTRP Foundation-published book “The Geology of Mission Trails” by Patrick Abbott, Ph.D.

Wiley has photographed the Mission Trails landscape for decades. The park became his photographic laboratory where he developed his skills through innovation and experimentation. In the years since, many of his photos have been used in park promotions and publications. At their lectures, Cooksy and



“Dream Catch,” by Rick Wiley is an example of landscape photography. (Courtesy Rick Wiley)

MISSION TRAILS REGIONAL PARK CALENDAR OF EVENTS*

Wildlife Tracking Walks – 8:30 a.m., first Saturday each month – Visitor Center
Guided Nature Walks – 9:30 a.m., Wednesday, Saturday, Sunday each week – Visitor Center
Guided Nature Walks Kumeyaay Lake Campground – 8:30 a.m., second and fourth Saturday each month – KLC Campground
Birding Basics Class – 1 p.m., last Saturday each month – Visitor Center
Bird Walks – 8 a.m., third Saturday each month – check website calendar for meeting locations
Family Discovery Walks – 3 p.m., fourth Sunday each month – Visitor Center
Discovery Table Activity – 10 a.m.–1 p.m., second Saturday each month – Visitor Center
Live Hawk Talk Activity – 9 a.m.–noon, first Sunday each month – Visitor Center
Native American Flute Circle – 1–3 p.m., second Sunday each month – Visitor Center Outdoor Amphitheater
Free Concert Series – 3 p.m., Sunday, Oct. 7, Fred Benedetti, guitar – Visitor Center Theater
Free Concert Series – 3 p.m., Sunday, Oct. 21, N. Scott Robinson, world music – Visitor Center Theater
Star Gazer/Telescope Parties – Sept. 22 at 7 p.m., Oct. 13 at 6:30 p.m. and Nov. 17 at 5 p.m. – Meet at KLC Campground Day-Use Parking Lot. Cloudy skies/rain cancels.

**Partial listing of Monthly Events at Mission Trails Park. View our website for full calendar of free activities and programs, visit mtrp.org, or call the Visitor Center at 619-668-3281.*

Wiley will share their work and present key concepts and techniques used in pursuit of remarkable wildlife and landscape photography. Attendees will have the opportunity to sign up for the complimentary 90-minute field class organized in conjunction with the lecture. On both lecture dates, doors open at 6:30 p.m. for refreshments and socializing, with the presentations beginning at 7 p.m. Both photographers have generously waived honoraria

for the engagements, choosing to have the proceeds from the program benefit the initiatives of the MTRP Foundation. Ticket price includes attendance at the selected lecture and the photographer’s field class. For tickets and more information, visit mtrp.org/infocus. —Jennifer Morrissey is director of the Mission Trails Regional Park Foundation. Reach her at jmorrissey@mtrp.org.■

Seiko Properties
619.251.1088
www.seikoproperties.com
CA - BRE #00993287 AZ - DR #812922

COMMUNITY & BUSINESS REAL ESTATE

Daniel Bonin
619.218.9873
Lic. # CA BRE# 02021065

Daniel Leenerts
619.384.5447
Business Manager

**Family Owned
for Over 50 Years**

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

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

Serving San Diego County with Reverence & Dignity

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

Are you a senior who needs reliable transportation?

Arrive Rides is a members-only service that sends you a low-cost car and driver when you need one. We're friendly and reliable, the rides are fully insured, and we accept last-minute ride requests.

Call (866) 626-9879 to become a member.

\$10/month subscription fee.
Ride costs are based on time and distance, and we'll give you an estimate before you ride.

www.arriverides.com

Recipes from an enchanted land

Restaurant Review

Frank Sabatini Jr.



This wasn't the first time I ate Himalayan food. But it was probably the best.

As with other restaurants around San Diego operated by Nepalese transplants, the cuisine at Himalayan Curry & Grill is similar to that of neighboring northern India, yet it has its own distinct markers.

"Our food is lighter and healthier," said owner Khem Kharel, a native of Nepal. "It doesn't have all the butter and cream of Indian food."

Though Nepal is a mosaic of different cultures scattered amid some of the highest mountain peaks and most fertile valleys in the world, the cuisine generally shows off a greater concentration of spices compared to Indian dishes. Such is the case here, found unexpectedly in a strip plaza fronted by Black Angus at the east end of Friars Road.

Those spices typically include cardamom, ginger, cloves, black pepper, paprika and turmeric, which in Nepal, is used

also as a first-aid rub for cuts and bruises.

"It's good for you on the inside too," said manager Puru Pudasaini as he cited five different types of lentils that go into the restaurant's turmeric-rich daal soup. I ordered a bowl and was awed by its earthy, floral undertones.

The stage was set for a flurry of other exotic flavors in a peaceful red-linen dining room defined by checkered ceiling panels of various colors, floral-print carpeting, and lanterns beckoning to the many spiritual celebrations in Nepal's capital of Kathmandu.

Chicken chhoila is a common party food

in Nepal that's spicy. The recipe, however, typically calls for goat or buffalo. Here, it's an appetizer served in a teardrop-shaped bowl brimming with cubed chicken breast, stewed tomatoes, onions, bell peppers and copious spices including powdered chilies. The overall flavor is divinely intense. As for those semi-bitter crunchy bits you'll encounter along the



Himalayan "momo" dumplings filled with vegetables



Butter chicken in a striking red sauce (Photos by Frank Sabatini Jr.)

way, they're fenugreek seeds.

The vegetable pakora I tried were similar to Indian versions, but less greasy and offering hints of fennel seed and chaat masala, a spice blend containing mango powder. They're served with excellent mint chutney and tamarind sauce.

Butter chicken is an irresistible Indian dish served here in a brilliant red sauce laced with butter and cream. It's one of the better recipes I've encountered because of the addition of what I suspect are large measures of paprika, garlic and

Himalayan Curry & Grill

10330 Friars Road, Suite 104-105 (Grantville)

619-280-4048,
www.himalayan-curryandgrill.com

Prices: Soups, salads and appetizers, \$2.95 to \$10.95; biryani rice dishes, \$14.95 to \$19.95; vegetarian entrees, \$10.95 to \$15.95; chicken, lamb and seafood entrees, \$13.95 to \$16.95; Himalayan specialties, \$9.95 to \$18.95

See HIMALAYAN page 15 —————>

HEALTHY FOODS SATISFY



Do you know
of our
"Chef Program"
We Create
DAILY
FROM
SCRATCH
Salads &
Baked Items
WE PREP
FOR YOU

Salad Bar
Full Service Deli
Farm Fresh Produce
Old Fashion Meat Market
Baked Goods
Nutritional Supplements
Beer & Wine

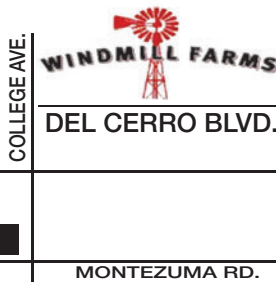
6386 Del Cerro Blvd.
(619)287-1400

www.windmillfarms.net

Receive The Farms updates & ads through Facebook

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

Find us on
Facebook



OPEN HOUSE

NOVEMBER 7, 2018 | 5:30-7:00 PM
7200 PARKWAY DR. SUITE 117 | LA MESA, CA 91942

Come meet the Docs, hear from our vendors,
and get to know your neighbors!
Food, Beverages, Raffle Prizes, and Lots
of information will be provided.

Journey of Health Medical Clinic

The Natural Solutions you've been waiting for!

RSVP early to
info@journeyofhealth.org
for entry into our Door Prize raffle

First 35 to arrive will receive a Naturopathic gift bag full of goodies!

619-772-1164

Bring diapers, new toys or books to be donated to
Angel Foster Family Network
and receive an additional raffle entry

► **Himalayan**, from page 14

cinnamon in the sauce. Whatever goes into it, the boneless, skinless thigh meat picks up a memorable depth of flavor. From the category of

Himalayan specialties, vegetable momo are like a hybrid of Chinese and Eastern European dumplings. Their pierogi-like casings contain minced cabbage,

spices,” according to Pudasaini, it’s a main course that might be better shared as an appetizer among three or four people. The menu is kind to vegetarians. There are more than 20 meat-free options such as mushroom tikka masala, paneer cheese tandoori, and tempting vegetable medleys cooked in flavorful



Vegetable pakora with tamarind and mint chutneys



An appetizer of chicken chhoila (Photos by Frank Sabatini Jr.)

Himalayan sauces.

spinach, cashew nuts, onions and cilantro. Served eight to an order with a thick, yellow dipping sauce containing turmeric and “up to 20 other

Lamb lovers are in luck too with options showcasing the meat in different herbs and sauces. You’ll also find a handful of shrimp and fish dishes as well as bone-in goat steeped in curry. All meals come with a choice of fluffy basmati rice or

house-made naan bread (the garlic version pairs supremely to the butter chicken). Kharel also operates Himalayan Cuisine at 7918 El Cajon Blvd., in La Mesa. The menus at both locations are the same.

—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. Reach him at fsabatini@san.rr.com.■







Dine Local



THE OMELETTE FACTORY

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

Buy one entree and get a second free with the purchase of two beverages
(up to a \$10 value).
Valid at the La Mesa location only.
Expires 10-11-2018

Free Entrée with Purchase of Entrée & 2 Drinks
Valid Mon-Fri, With coupon, Max Value: \$9.95
Not valid with any other offer. Expires 10-11-2018



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



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

\$5.00 OFF On \$25 or More
Valid Mon-Fri, With Coupon
Not valid with any other offer. Expires 10-11-2018



6519 Mission Gorge Rd.
Located in the Vons Shopping Center
619.283.0831

\$5.00 off of any order \$25.00 or more with this coupon
one coupon per table, not good with any other offer or discount. Valid thru 10-11-18

HAPPY HOUR
MONDAY - FRIDAY
3PM TO 6PM



Now Featuring 12 Beers On Tap



TROY'S GREEK RESTAURANT

10450 Friars Rd. • 619.281.7741
Monday – Saturday 7AM to 9PM
Sunday 9AM to 9PM



BREAKFAST • LUNCH • DINNER

\$5.00 OFF When You Spend \$25.00 Or More!
One per table, One per visit. Dine in only cannot combine with any other offer. Exp. 10-11-18

15% OFF Your Entire Meal!
One per table, One per visit. Dine in only cannot combine with any other offer. Exp. 10-11-18



Cucina Basilico
the fork-blossom

3755 Murphy Canyon Rd., San Diego
858.874.6436
Lunch: Monday – Friday 11AM – 2PM
Dinner: Tuesday – Sunday 4:30PM – 9PM

7200 Parkway Dr. La Mesa
619.825.3171
Open: Tuesday-Sunday 4:30PM – 9:00PM
Closed: Monday

Cucina Basilico
Where Everything Is Homemade!
Catering Available

20% OFF On Second Entrée of Equal or Lesser Value
Sunday thru Thursday Dinner Only
Cannot Be Combined With Any Other Offer or Discount
Exp. 10-11-2018





Restaurant Owners

PLACE YOUR AD HERE

Reach Over 28,000 Homes & Businesses
Let Us Help You Bring More Customers To You



For More Information Call Heather **951.296.7794**



**PATRICK
HENRY**
High School

Patrick Henry High School News

Elizabeth Gillingham

Back to School Night

Attention all Patrick Henry High School (PHHS) families: Come join us on Thursday, Sept. 27 at 6 p.m. to learn everything you ever wanted to know about PHHS and your student's schedule and teachers.

PHAME will be open at 6 p.m. with a special presentation given by PHHS's principal, Elizabeth "Listy"

Gillingham, giving a run-down on what's happening at Henry; parent, student, and teacher expectations; and anything else you ever wanted to know about the life of a Patriot. Come see our new sign in the front of the school as well!

Teacher presentations will begin at 6:30 p.m. and run to 8 p.m. Hope to see you there!



A new Patrick Henry High School sign welcomes students and visitors.

PHHS baseball club team wins

The Patriot baseball program has been putting in some hard work in the weight room and on the ballfield since school got out in June. That hard work and dedication has paid off as Coach Watkins and a select 18-man roster dominated the recently revived American Legion Summer Baseball League in San Diego.

With a record of 10-1 during league play, Henry earned the No. 1 seed going into the four-team playoff featuring Coronado, Helix, and Santana. Henry went undefeated in the playoffs and, in addition to taking home the first San Diego American Legion Championship trophy in over 33 years, they won a bid to the state championships July 25-29 in Yountville, California.

This young group of student athletes faced some tough competition from all over the state of California, including many athletes who are currently playing at the Division I and Junior College level. The Patriots had an incredible showing, making it to the semi-final game against Merced. It was a back-and-forth showdown that went into extra innings, and although the Patriots took the loss, they were third place out of 63 American Legion teams across the state of California.

American Legion is dedicated to supporting the



The Patrick Henry American Legion baseball team ended league play with a 10-1 record. (Photos courtesy PHHS)

development of young athletes and raises the funds necessary to cover all player costs throughout the summer. We are thankful for American Legion Post 416 for sponsoring our team and giving these young men an experience they will never forget.

It has been incredible to see how quickly the players, families, and community have rallied around the significant changes that have been made to the baseball program under Coach Sheldon Watkins this past year. Coming off a spring season without a field to practice on and all 27 games on the road, the players in this program have really bought into Coach Watkins' vision of what

Patrick Henry Baseball should and will look like in the years to come — and they are excited for it!

During summer workouts, players have been able to watch the progress being made on their future field and are anxiously awaiting its anticipated completion date in October. Coach Watkins has been working directly with the district project manager to ensure that our facility is the best of the best. His hope is that every young baseball player in the area will be excited about the prospect of one day putting on a Henry uniform and stepping out onto a beautiful field to compete for a CIF championship.

Henry students attend academic trainings

Two Henry students had a unique experience by participating in the Jacquelyn Harris High School Summer Training in Aging Research (HS STAR) program over the summer.

The HS STAR program chose a total of six applicants to affiliate them with aging research alongside a UCSD faculty mentor. This was a five-week paid internship (\$1,600) where students got to work with a research scientist under one of the three assigned departments: neurology, psychiatry, and ophthalmology.

Michelle Rivera-Lomeli and Jonny Pham were two fortunate candidates from Patrick Henry who were able to experience this research program.

Rivera-Lomeli worked under the department of psychiatry with Dr. Suzi Hong studying healthy aging practices for cardiovascular health, and Pham had the privilege to work in the ophthalmology department with Dr. Dorota Skowronska Krawczyk studying glaucoma.

"HS STAR has definitely been one of my luckiest and most fascinating educational experiences yet because of the unique exposure to medical research," Pham stated. "I always had an interest in health sciences, but I would have never imagined that a student like me would have an opportunity to work in a postgraduate research setting, handling sophisticated lab

equipment anytime soon. My project revolved around immunostaining of trabecular meshwork (TM) where a lab partner and I got to stain different TM tissue samples with artificial antibodies in order to detect specific proteins and cells within the sample. The investigation of the presence of these specified proteins were vital to our research because it would ultimately help us understand ways on how to treat glaucoma. All our tissue samples were collected from real glaucoma patients, so it was extremely important to not mess up the protocols within our experiment in which we



See PHHS page 17

Jonny Pham and Michelle Rivera-Lomeli



5 Bedrooms, 2.5 Baths,
family room/kitchen combo,
tons of storage, beautiful landscaping,
view from the backyard,
Pride of Ownership!
Offered at \$886,000

Linda Lee Harris
SRES

REALTOR- Associate
CALBRE 01238752
homesbylindaharris@gmail.com
619-820-4789



Joan Hay
SRES, CRS
Broker-Associate
CALBRE 00599034
joanhayc21@gmail.com
619-994-2816



Put Us to work for you today!
LIVING AND WORKING IN DEL CERRO

CENTURY 21
Award

COMPUTER PROBLEMS?

Very Slow Computer
Setup Problems
Strange PC Behavior
Virus Warnings

Help!

Protect Your Family Finances — Music — Photos

COMPUTER HELP IN YOUR HOME

619 992-5882

Trusted in Homes for 28 years
San Carlos • Del Cerro • Allied Gardens • Mission Gorge

BBB MEMBER

► PHHS, from page 16

were trained to eventually do on our own. Through this project, I was able to handle and familiarize myself with various lab equipment such as centrifuges, vortex machines, pipettes and different complex fluids that I had heard from AP biology and AP chemistry. It was extremely fascinating due to how the concepts that I had previously learned from the science courses' lectures and textbooks suddenly came to life (e.g. gene expression, DNA replication, buffers, paraformaldehyde, etc.), and that I was able to utilize these concepts to contribute to something important and revolutionizing."

In Rivera-Lomeli's research, her lab investigated how tai chi reduces blood pressure in the elderly through changes in autonomic nervous system regulation, immunological sensitivity, and psychological distress. What she found most interesting was observing how lab scientists measured immune

sensitivity by injecting bacteria cell membrane or lipopolysaccharides into a sample of monocytes which produced a cytokine called TNFL-alpha in response. Flow cytometry was then used to track the amount of TNFL-alpha produced. This was calculated since cytokines such as TNFL-alpha also influence sympathetic nervous system discharges which are responsible for blood pressure fluctuations. Her duty was preparing certain lab equipment for use and entering psychological questionnaire data for processing. Overall, this was also a great experience for her that allowed her to apply her background knowledge from AP psychology and honors chemistry.

During the final day of the program, all six interns presented their final presentations to all faculty members, special guests, and parents about what they had learned and taken away from their research projects.

More information about the program itself can be found at bit.ly/2oKUHYb.

JROTC summer news

PHHS JROTC program had an active summer by sending various cadets to leadership and academic events that occurred during their summer break. The San Diego Youth Leadership Conference (SDYLC) was attended by two Henry students, Tram Bui and Truc Nguyen. At the conference, they had the opportunity to learn some fundamentals about city counseling, entrepreneurship, and the American heritage at UCSD.

The JROTC STEM Pathways camp was a unique opportunity for cadets to explore their interests in the fields of science, technology, engineering, and mathematics (STEM) through applied workshops with collaborative projects and hands-on activities. This year,



(l to r) Truc Nguyen and Tram Bui (Courtesy PHHS)

hosting a total of 57 incoming junior and senior cadets from the SDUSD Joint Brigade (four were Henry students), STEM camp was held at UCSD, where cadets not only fulfilled STEM education, but explored the campus and college life through overnight stays in the dorms of Revelle College.

This year's workshops were comprised of bioengineering, oceanography, biology, and robotics. From July 31 to Aug. 4, cadets were split into four

different groups that rotated between four workshops over the course of the week. On the final day, during the closing awards ceremony, each group presented their final presentations based on their last workshop to show parents, guests, and cadre what they learned and explored.

On Aug. 21, the brigade staff had the opportunity to introduce themselves amongst all cadre (JROTC instruc-

tors) and members from the Military Order of the World Wars (MOWW) in San Diego County. Students followed an introduction with a briefing highlighting the goals and curriculums of the program. After the briefing, a BBQ was then held to celebrate the MOWW Chapter's 92nd birthday.

—Jonny Phan

—Elizabeth Gillingham is principal of Patrick Henry High School.■

► GI Film, from page 2

enemy alien too. But I was 100 percent non-alien. I was American. My mother was born in Sacramento and my father was a San Franciscan, and they married in Los Angeles, where I was born. So we are Americans. And then, to take everything away from us, impoverish us, and imprison us for the duration of the war was crazy."

"American" is a movie about a veteran of the 442nd Infantry Regiment. It is best known for its history as a fighting unit composed almost entirely of second-generation Japanese Americans who fought during WWII, recruited from the internment camps.

"He [the character] saw his buddies die right next to him," Takei said. "The character I play is a veteran in his 90s who volunteers at the Japanese American National Museum. A museum which I am one of the founders of, chairman of the board from 2000–2004. He volunteers as a docent to honor his buddies that died. This subject is so near and dear to me, I was impelled to do this film."



"The Registry," Budd Snow (Courtesy "The Registry" filmmakers)

'The Registry'

Following the screening of "American," there will be a viewing of "The Registry," a documentary directed by Bill Kubota and Steve Ozone. "The Registry" breaks open the hidden history of the U.S. Army's Military Intelligence Service (MIS) during World War II — a story made possible because of a few aging veterans, a little internet savvy and a lot of determination. There's little doubt the 7,000 soldiers of the MIS helped shorten World War II by as much as two years. Many have told their stories, recorded for history.

But for those in the MIS that were Japanese Americans, also known as Nisei, and who fought in the Pacific against the Japanese enemy, many of their

stories have been lost, as the unit was sworn to secrecy for decades after the war. The documentary "The Registry" profiles a few of those who served in the MIS, including surviving veterans, Seiki Oshiro and Grant Ichikawa, as well as other veterans who help tell the unit's story. The film looks at decisions made during a time of war regarding loyalty to this country while facing racism and the mass internment in the U.S. of people of Japanese descent.

"Films like 'American' and 'The Registry' remind us all of the sacrifice and service that all active duty and veterans have given to be considered proud American soldiers regardless of their country, origin or cultural background, and they deserve to have their stories be told," said Jodi Cilley, founder and president of Film Consortium San Diego. "Even in today's current affairs, we're seeing immigrant military members who have served our country to become citizens being discharged and deported. By viewing these films, we may begin to discuss the connections between the past and present day."

Following the GI Film Festival San Diego's opening night, festivities will continue through Friday, Sept. 28 at the Museum of Photographic Arts. The festival moves to UltraStar Cinemas at Hazard Center for Sept. 29 and 30 screenings.

All access passes for entry into festival events and screenings, general admission tickets for the opening night screening

and reception, as well as the rest of the festival screenings are available online. Many events are open to the public with discounted opportunities for active duty personnel and veterans. More details on the full film festival lineup are available at gifilmfestivalsd.org.

—Albert can be reached at albert@sdcdn.com■

Sunny San Diego!

2018 MISSION TIMES COURIER BEST OF

Mike Barbusca
Sales Agent
619-379-6587

Beautiful 2006 Golden West manufactured home located in The Cliffs 55+ Mobile Home Park. 2BR/2BA, a den and a gorgeous sunroom! Home features a welcoming front porch, new front and rear decorative screen doors, dual glazed vinyl windows, vaulted ceiling with an east facing dormer, 5 remote controlled ceiling fans, bright kitchen with plenty of storage, a welcoming floor plan, (the den could be an office or 3rd bedroom), new laminate flooring throughout, large master bedroom with walk-in closet and French doors opening to sunroom. The Beautiful sunroom has a private entrance and patio! Washer, dryer, refrigerator, dishwasher and new microwave convey! 2012 hot water heater & evaporative cooling system. Custom made 8 x 10 shed, pygmy palms with irrigation. Home is in "like new" condition with too many amenities to list.

Mobile Home Connection
San Diego's Mobile Home Connection since 1990

Jeff Rosa President/ Broker
#1 in 92120

Call Jeff To Sell Your Home!

\$285,000 • 7430 Park Ridge Blvd. #232 • 1 Bedroom, 1 Bath, • 694 sq. ft • Forever Views! • Top Floor

Do you know what your home is worth?
Call Jeff Rosa ... Helpful insight and strategies to maximize your home's value

www.JeffRosaHomes.com | Jeff@jeffrosahomes.com
San Carlos/Del Cerro Real Estate Expert | Unparalleled Marketing

Allen & Rosa
A REAL ESTATE BROKERAGE

An Equal Opportunity Broker. If you have a relationship with another agency, this is not intended as a solicitation. Information provided by SANDICOR, Inc. and is deemed reliable but not guaranteed. CA BRE#01452880

2018 MISSION TIMES COURIER BEST OF

Business & Services - Contact Heather Fine
email heather@sdccn.com or call 619-961-1957

COMPUTER SERVICES

the
COMPUTER
ADMIN

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

TIM FRONCZEK
619.713.7422
TheComputerAdmin.com

Follow us on Facebook at:
[Facebook.com/TheComputerAdmin](https://www.facebook.com/TheComputerAdmin)


CONTRACTOR

Home Transformation
Home Transformations
All Types Of Interior & Exterior
Remodeling and Repairs
High Quality Craftsmanship
35 Years' Experience
References Available
Licensed Bonded Insured



Ca Lic # 809751
Free Estimates
858.663.6570

DENTAL IMPLANTS



Ronald S. Lessem, DDS
Dentistry - Implantology,
Cosmetic, Oral Surgery,
Endodontics, Sedation
Dentistry Evening, Sat. &
emergencies, TLC

7557 El Cajon Blvd. Suite A
La Mesa, CA 91942
(619) 255-7480

ELECTRICIAN



Fischbeck Electric Inc.
For all of your electrical needs.
Solar systems, Green energy
savings, panel upgrades and
changes, remodels, recessed
lighting, etc. CA Lic. #900788
(10-12)

(619) 749-7105
www.FischbeckElectric.com

GARDENER

GARDENER
Expert Work. Reasonable Rates.
Sprinklers, Clean-ups, Tree
Trimming, Lawn Maintenance,
Drought Resistant, Drip Irrigation,
Weed Management And More.

• 40 Years Experience •
John McCue Lic# 001283

CALL 619-464-4910

HOUSE CLEANING

Lori's House Cleaning



Reliable.
Reasonable Prices
Great References

"Call For A Free Estimate"
619.340.9426

LANDSCAPEING



Turner Landscaping
• Landscaping
• Lawns
• Hedges
• Weeding & Trimming

We Do It ALL!
Allied Gardens Resident Since 1983
23 Years' Experience Specializing
In Local Communities.

• Licensed
• Free Estimates
• Reliable
• Weekly
• Biweekly & Monthly
Service Available

Call 619-287-6947

PAINTING

PAINTING
MK Co.
PROFESSIONAL PAINTING
& HOME REPAIR

SERVING YOUR HOME
IMPROVEMENT NEEDS

INTERIOR & EXTERIOR
PAINTING

RESIDENTIAL UPGRADES
& REPAIRS

Mike Kull • CSLB 710547
Contractor Since 1995

619.540.6946
mikekull@cox.net

PLUMBING

ideal
PLUMBING • HEATING • AIR • ELECTRICAL
SINCE 1960

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

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

REMODELING

Pykles Remodeling

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

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

YOUR AD HERE

Reach over 200,000 readers



Call David
619-961-1951
David@sdccn.com

San Diego Community News Network

COMMUNITY CLASSIFIEDS

SOCIAL SECURITY DISABILITY/SSI

DENIED Disability/SSI?
NEVER, EVER Give Up!
Hearing Scheduled?
No Attorney?
NEVER, EVER Go Alone!
No FEE EVER Unless YOU WIN!

(858)888-2289

Auto Donations

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

Auto's Wanted

CARS/TRUCKS WANTED!!! 2002 and Newer! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

Business Opp

\$500 - \$1000 Daily Returning Phone Calls! No Selling, No Explaining! Not MLM! Call 1-844-427-0313

Education

MEDICAL BILLING & CODING TRAINING! Train at home to process medical billing & Insurance! CTI can get you job ready! 1-833-766-4511 AskCTI.com HS Diploma/HSD/GED required

AIRLINES ARE HIRING - Get FAA approved hands on Aviation training. Financial Aid for qualified students - Career placement assistance. CALL Aviation Institute of Maintenance 888-686-1704

PHARMACY TECHNICIAN - ONLINE TRAINING AVAILABLE! Take the first step into a new career! Call now: 855-669-2185

Employment

PAID IN ADVANCE! Make \$1000 Weekly Mailing Brochures From Home! NO Experience Required. Helping home workers since 2001! Genuine Opportunity. Start Immediately! www.MailingOpp.net

Financial

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

IRS TAX DEBTS? \$10k+! Tired of the calls? We can Help! \$500 free consultation! We can STOP the garnishments! FREE Consultation Call Today 1-844-315-7039

Reverse Mortgage: Homeowners age 62+ turn your home equity into tax-free cash! Speak with an expert today and receive a free booklet. Call 1-866-880-2444

Health & Fitness

VIAGRA and CIALIS USERS! 100 Generic Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Espanol

\$\$\$VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150 FREE shipping. NO prescriptions needed. Money back guaranteed! 1-800-943-1302

Male Enlargement. Gain 1-3 inches permanently, safely. Resolve ED. Licensed medical vacuum pumps or surgical. Free consultation. Call Dr. Joel Kaplan 888-978-HUGE (4843). www.getbiggernow.com

Generic VIAGRA 100mg Generic CIALIS 20mg. 80 for \$99 GREAT DEAL!!!! FAST FREE SHIPPING! 100% money back GUARANTEE! CALL NOW 888-669-9343. Se habla espanol.

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

Help Wanted

25 TRUCK DRIVER TRAINEES NEEDED! Earn \$1000 per week! Paid CDL Training! Stevens Transport covers all costs! 1-877-209-1309 drive4stevens.com

Home Improvement

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 888-912-4745

Medical

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit 800-984-1293



Discover the world's best walk-in bathtub from American Standard

5 Reasons American Standard Walk-In Tubs are Your Best Choice

- 1 Backed by American Standard's 140 years of experience
- 2 Ultra low entry for easy entering and exiting
- 3 Patented Quick Drain® fast water removal system
- 4 Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 5 44 Hydrotherapy jets for an invigorating massage

\$1,500 SAVINGS

Includes FREE American Standard Right Height Toilet
Limited Time Offer! Call Today!

855-429-0403

Receive a free American Standard Cadet toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. See www.walkintubs.com for other restrictions and for licensing, warranty, and company information. CSLB 8982796, Suffolk, NY 5543H, NYCHC#2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

AS SEEN ON TV America's Foundation Ease of Use MADE IN USA FREE IN-HOME EVALUATION!



DENTAL Insurance
Physicians Mutual Insurance Company

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

- ✓ If you're over 50, you can get coverage for about \$1 a day*
- ✓ Keep your own dentist! You can go to any dentist you want
- ✓ NO annual or lifetime cap on the cash benefits you can receive
- ✓ No wait for preventive care and no deductibles – you could get a checkup tomorrow
- ✓ Coverage for over 350 procedures including cleanings, exams, fillings, crowns...even dentures

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

*Individual plan. Product not available in MN, MT, NH, NM, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN) 6096E-0917 MB17-NM008Ec



Discover the world's best walk-in bathtub from American Standard

5 Reasons American Standard Walk-In Tubs are Your Best Choice

- 1 Backed by American Standard's 140 years of experience
- 2 Ultra low entry for easy entering and exiting
- 3 Patented Quick Drain® fast water removal system
- 4 Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 5 44 Hydrotherapy jets for an invigorating massage

\$1,500 SAVINGS

Includes FREE American Standard Right Height Toilet
Limited Time Offer! Call Today!

855-888-7010

Receive a free American Standard Cadet toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. See www.walkintubs.com for other restrictions and for licensing, warranty, and company information. CSLB 8982796, Suffolk, NY 5543H, NYCHC#2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

AS SEEN ON TV America's Foundation Ease of Use MADE IN USA FREE IN-HOME EVALUATION!

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

FDA-Registered Hearing Aids. 100% Risk-Free! 45-Day Home Trial. Comfort Fit. Crisp Clear Sound. If you decide to keep it, PAY ONLY \$299 per aid. FREE Shipping. Call Hearing Help Express 1-855-409-6129

Miscellaneous

INVENTORS - FREE INFORMATION PACKAGE Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-888-501-0236 for a Free Idea Starter Guide. Submit your idea for a free consultation.

DIATOMACEOUS EARTH-FOOD GRADE 100% OMRI Listed-Meets Organic Use Standards. BUY ONLINE ONLY: homedepot.com

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 888-652-0785

SAVE YOUR HOME! Are you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line now for Help! 855-794-7358

HARRIS 5 MINUTE BED BUG KILLER! Professional Exterminator Formula. Available: Hardware Stores BUY ONLINE: homedepot.com

Stay in your home longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-855-534-6198

SAVE ON YOUR NEXT PRESCRIPTION! World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications available. CALL Today For A Free Price Quote. 1-866-293-9702 Call Now!

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 855-741-7459

CASH FOR CARS: We Buy Any Condition Vehicle, 2002 and Newer. Nationwide Free Pick Up! Call Now: 1-800-864-5960.

DISH TV \$59.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply 1-800-718-1593

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

HOME SECURITY - Leading smart home provider Vivint Smart Home has an offer just for you. Call 888-508-5259 to get a professionally installed home security system with \$0 activation.

LIVING WITH KNEE OR BACK PAIN? Medicare recipients that suffer with pain may qualify for a low or no cost knee or back brace. Call 844-308-4307

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

Services

Painting Service - \$60 for an average size room, 30 yrs experience. Satisfaction guaranteed. References available. Call Rob (619) 280-7752.

DOG GROOMING Caring For Our Community's Dogs Since 1985. ALL ABOUT GROOMING 619-583-3644 Large open air pens for comfort & safety. Only the owner grooms your pet. 7525 Mission Gorge Rd at Princess View Dr. See our Photo Gallery at www.chgala.com/AllAboutGrooming

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

German Setter Tile and Stone Professional stone/tilesetter with 30 years experience. European craftsmanship. Punctual & dependable. License# 872804. Contact Jens Sedemund: 619-415-6789 or jens@germansetter.com (3/17)

ROOFING & REPAIRS Veteran Owned in San Diego since 1993. Full roof and repairs. FREE ESTIMATES. Discounts available. Lic# 691295-C39. 619-823-7208 (9/17)

Plumbing. Kitchen faucets installed, labor included \$250.00. High quality chrome single control pull out. Dan Paterson Handyman. 619-481-9978

Linda's Puppy Love, licensed, insured pet sitting service offering daily walks, cat care, overnight stays-your home, lots of love. 619-857-3674 www.lindaspuppylove.com or email lindasmithlpl@gmail.com

WIDOW OR WIDOWER? Interested in participat- ing in friendly social activities? You are welcome to join our very active club: WIDOWS OR WIDOWERS (WOW) of SAN DIEGO. Website: www.wowsd.org Phone: 858-278-3884, 619-579-5930, or 619-448-7113

STRONGER, SAFER SENIORS. Personal training for all ages from beginner to advanced. Workout in your home, residential facility or outdoors. Certified 21 years. FREE consultation. Email pkmelody@sbcglobal.net or call Pam at 619-962-7144. www.strongersaferseniors.com

Wanted To Buy

Cash for unexpired DIABETIC TEST STRIPS. Free Shipping, Best Prices & 24 hr payment! BBB Rated A+. Call 1-855-440-4001 www.TestStripSearch.com. ■

News from the Allied Gardens Grantville Community Council

Shain Haug

Town Hall Meeting

Our Town Hall Meeting on Sept. 25 at 6:30 p.m. at the Benjamin Library (corner of Glenroy Street and Zion Avenue) will feature a presentation by representatives of San Diego State University (SDSU) regarding the plan for development of SDCCU Stadium (formerly Qualcomm Stadium).

This presentation represents the last of the Allied Gardens-Grantville Community Council's on-going efforts to inform residents of Allied Gardens and Grantville about the proposals they will see on the Nov. 6 ballot.

As many residents already know from previously published documents or public presentations, the initiative proposes a plan to demolish the existing stadium and to build a new 35,000-seat stadium to host SDSU Aztec football games and other major sporting events such as major league soccer. The proposal includes development of a 34-acre river park that will be available to the public, a research park, student and faculty housing, apartments that can be rented to the public, and retail that will serve the new campus and residential areas surrounding the campus.

The SDSU proposal for a west campus is extremely ambitious and it leaves unanswered a number of questions that are important to city residents.

Who is purchasing the property and what is the source of the funds for the purchase? What are the public-private partnerships that are mentioned in the initiative? To what extent will citizens participate in the future development of the site? How much will the development contribute to the city in the way of development fees and property taxes? These are just a few of the questions that you can expect to be answered in the question and answer segment that follows SDSU's presentation.

Allied Community Garden

The community garden is located behind the Ascension Luther Church at Zion Avenue and 51st Street.

As August comes to an end, it is amazing to see how the Allied Community Garden has flourished since it was established only a few months ago. The 14 boxes that were funded through local community donations and were constructed by the hard work of community members have been filled with all types of produce.

On a beautiful summer evening, I took a stroll through the community garden while greeting the gardeners. I saw gorgeous zucchini, corn, tomatoes, cucumbers and melons ready to harvest. The fruit trees that were planted during the Allied Gardens Arbor Day festival in April are starting to bear fruit, which will be shared amongst the community gardeners.

When more funds become available, the plan is to build

planter beds for the gardeners who are on the waitlist. With the blessing of our year-round growing, I'm looking forward to seeing what the winter garden will produce.

This community garden has been a great catalyst for community fellowship. If you are interested in learning more or seeing the garden, you can either contact the Allied Gardens Library or email alliedcommunitygardens@gmail.com.

—Jessica Read

Zephyr housing

The conversion of the old Motel 6 on Alvarado Canyon Road to an apartment residence for 84 previously homeless veterans is near completion. Occupancy is expected to begin by the end of the year. Our Nov. 27 Town Hall Meeting will be dedicated to information about this development and a discussion of how we can greet and support these new members of our community. We will provide more information about this matter in our October article in the Mission Times Courier. This could be the most important Town Hall Meeting of the year.

Board of directors meetings

The AGGCC board of directors meets on the first Tuesday of each month at 6:30 p.m. at Benjamin Library, at the corner of Zion Avenue and Glenroy Street. Our next board meeting will be on Tuesday, Oct. 2.

—Shain Haug is the president of the Allied Gardens-Grantville Community Council. Reach him at aggccshain@yahoo.com, or visit aggccouncil.org. Barry Price and Jessica Read contributed to this report.■

► Hallmark, from page 4

Renee Micallef has been president of the Elam's Magical Hallmark Memories Club for over 10 years. "Club members are very passionate about this," she said. "We have made lasting friendships and lasting memories, including family memories for many members."

Another limited-edition companion ornament was available until noon, exclusively for KOC members. Titled "Sweet Sweet," the KOC exclusive featured chef Santa Claus hoisting aloft a platter of cookies stacked like

a Christmas tree in one hand, while holding a frosting-topped bundt cake in the other.

The collectors mainly focus on keepsake Christmas ornaments, although some club members also have special events ornaments in their collections. Club member Megan Casey-Jones said that each holiday season she creates a Christmas village from the ornaments in her collection.

Collectors traveled from as far away as Phoenix, Arizona for the day. Chris Ryan arrived late, after four hours on the freeway driving from Yorba Linda. Ryan said that he has

been a collector for more than 30 years, dating to the 1980s. His personal collection features motion series ornaments, window ornaments, and "Star Trek" and "Star Wars" collectible ornaments.

More information about Elam's Hallmark and the affiliated Keepsake Ornament Club can be found online at elam-shallmark.com.

—B.J. Coleman is a local freelance journalist and editor/staff reporter with 22nd District Legionnaire. B.J. can be reached at bjccjournalist@gmail.com.■

WORSHIP DIRECTORY

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

San Diego Church Of Christ
Join Us
devoted Sunday Mornings
10:00 AM
Patrick Henry High School
6702 Wandermere Dr
Weekly Bible Studies
Email Us For More Info @ jsilipo3@gmail.com

WORSHIP DIRECTORY
Advertise your Church in the
Worship Directory & Reach
28,000 Readers
Call Heather @ **951.296.7794**
Heather@sdcdn.com



PUZZLES ANSWERS ON PAGE 20

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

© 2014 Janric Enterprises Dist. by creators.com

CROSSWORD Oscar-Winning Actresses

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
	20								21					
					22			23	24			25	26	27
28	29	30							31					32
33							34		35				36	
37					38	39							40	
41						42						43		
44			45					46		47	48			
	49						50							
					51		52			53			54	55
56	57	58						59	60					61
62						63						64		
65						66						67		

- CREATORS NEWS SERVICE

ACROSS

1 Catch fly balls

5 Recording artist Paula

10 NV city

14 Smidgen

15 Chain Gang singer

16 Cry out for

17 1983 winner

20 Term-paper abbreviation

21 Son of Noah

22 Wise one

25 Curious and intrusive

28 1972 winner

31 1982 winner

33 Slaughter, on the diamond

34 Avian penthouse

36 Fig. for Willie Nelson

37 Wheat's whiskers

38 1981 winner

40 Dem. leader in the 1950s

41 Actress ____ Dawn Chong

42 Maxwell and Lancheater

43 Margaret, and others

44 Bighorn sheep

46 1965 winner

49 New stadium feature

50 Cricketer's pop-ups

51 Veterinary school subj.

53 Box-office success

56 1966 winner

62 Showroom model

63 January, in Jalisco

64 Naturalness

65 Actor Stockwell

66 1961 winner

67 Stained
- DOWN**

1 Bro's relative

2 Santa's belly shaker

3 On one's toes

4 Lyons siblings

5 Colorless liquid

6 Singer ____ George

7 Funnymen DeLuise

8 Kin to an edict

9 Solidarity's Walesa

10 Captivate

11 Maui neckwear

12 Barbie's beau

13 Dedicated verse

18 Italian bread?

19 During a fasting period

23 Thunder units

24 Take it easy

26 Curve cutter

27 Man from Ibb

28 Stilller's partner

29 Toward the center

30 Idealist's object of knowledge

31 Knightly title

32 Out-of-date

35 Full of swamp plants

38 ____ Rubenstein

39 Ivy Leaguer

43 Analyzed ore

45 Wonder woman, e.g.

47 ____ one's laurels

48 LaDouce

50 Dictation whiz

52 Former labor leader

54 Do away with

55 Socks

56 "Cookie" Byrnes

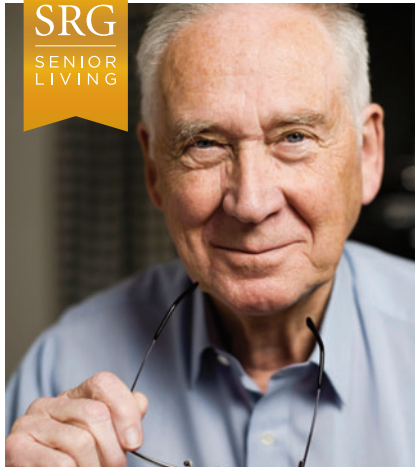
57 1975 winner Grant

58 1971 Chicago tune ____ Man

59 Race or mite leader

60 Dom. of Otto I

61 Cross or deer



What can you learn about senior living at our Lunch and Learn? A whole bunch.

Ask questions. Take a tour. Ask more questions. Try the food. Ask even more questions. You get the idea. It's casual, it's complimentary and you're invited.

La Vida Real's next Lunch and Learn is Wednesday, October 24th from 11:30am-1:30pm.

Please call 619.592.8067 to RSVP.

INDEPENDENT & ASSISTED LIVING • MEMORY CARE **LAVIDAREAL**

11588 Via Rancho San Diego • Rancho San Diego • 619.592.8067 • LaVidaRealSeniorLiving.com

RCFE# 374603565

Del Cerro Action Council news

Jay Wilson

The Adobe Falls Fire is behind us, but Del Cerro residents are not just standing by. Glenn Thomas, the vice chair of the Friends of Del Cerro contacted San Carlos resident Don Teemsma, owner of Ideal Plumbing, Heating, Air & Electrical, and a board member of the San Diego Fire-Rescue Foundation and asked how Del Cerro residents can say thank you to all the firefighters.

They checked the list of what the firefighters could use, and more tools for fighting brush and canyon fires were selected. The goal was \$20,000. The Friends of Del Cerro partnered with the San Diego Fire-Rescue Foundation to raise the funds.

Teemsma contacted the San Diego Padres and they pledged \$10,000. He called me and asked if the Del Cerro Action Council (DCAC) could lend a hand. I also contacted Rachel Gregg, the director of government and community relations for SDSU since the majority of the canyon fire was on their property.

On Sept. 4, SDSU President Adela de la Torre, and I, representing the DCAC, presented checks of \$2,500 and \$1,500 respectively to the Friends of Del

Cerro. Friends of Del Cerro has raised over \$2,000 and their goal is \$6,000. To contribute, go to their website at Friendsofdelcerro.org. Read more about this project in another article in this issue.

Highlight your calendar for Monday, Oct. 22. This is the new date for the DCAC October meeting to accommodate Dr. de la Torre's schedule. She will be our guest speaker. Fortunately, she is very interested in establishing good working relationships with the communities adjacent to SDSU.

Mark Rawlins, chair of the DCAC, would like to remind everyone that if you see homeless individuals in our canyons to contact Officer John Steffen, our SDPD community relations officer, at JMSteffen@pd.sandiego.gov or call him at 858-495-7971. He will alert the special unit from Eastern Division responsible for dealing with this type of issue. Don't forget to use the city of San Diego's "Just Do It" app to report everything from graffiti to lights out on a traffic signal. Rawlins said: "It really works. I used it to report graffiti and the graffiti was removed in two days."

—Jay Wilson is secretary for the Del Cerro Action Council. Reach him at delcerroactioncouncil.org.■

Patty Mooney

Join us at the next meeting of the San Carlos Area Council (SCAC) on Wednesday, Oct. 3, 6:30–8 p.m. in the San Carlos Branch Library, 7265 Jackson Drive.

Representatives of elected officials will provide brief reports of the latest news and answer your questions and concerns. Our guest speaker will be Cherry Robinson Psy. D., volunteer climate leader at the Climate Reality Project. She is a Consultant, Coach and Trainer who helps people understand how their behavior affects the world around them. To learn more about her work, go to cherrytreeconsulting.com.

Our September meeting featured reports from the offices of Rep. Susan Davis, state Assembly members Brian Maienschein and Dr. Shirley Weber, County Supervisor Dianne Jacob, Mayor Kevin Faulconer, and City Attorney Mara W. Elliott. We in San Carlos are fortunate indeed to have our finger on the pulse of America's Finest City.

Rob Knudsen from Assembly member Brian Maienschein's office alerted us that if your driver's license is due to expire in the next few weeks, make that appointment at the DMV sooner rather than later, as operations have slowed to a crawl. A month is the current waiting time for

appointments. And if you go into a DMV office without an appointment, you might have to wait for four to five hours. Why? It's due to the implementation of the Real ID, which you will need by 2020 to board a domestic flight or enter a federal facility that requires identification.

ALDI Operations Manager, Mary Holt, came to talk about the opening of their franchise inside the mini-mall at Navajo Road and Lake Murray Boulevard. They celebrated their ribbon-cutting on Aug. 30. ALDI is next door to the Orchard Hardware Store which is soon planning to close its doors. ALDI originated in Germany and now boasts over 1,800 U.S. grocery stores in 35 states. They typically sign 30-year leases and enjoy sponsoring events that benefit children.

24-Hour Fitness is planning to open their doors at the property formerly known as LA Fitness, in the same mini-mall as ALDI. Their grand opening will be on Nov. 3.

The next Mission Trails Free Sunday Concert on Oct. 7 at 3 p.m. will feature guitarist Fred Benedetti. Friends, family and I have enjoyed many different world-class musical performances at this lovely venue for several years. These amazing musicians — who volunteer their time and talents — have brought a lot of joy to a predominantly senior population; for some, it's

the highlight of their month. There's a possibility of the concert series coming to an end after the 2018 season. So stay tuned as this story unfolds.

A Beginning Vegetable Gardening class will take place in October on every Saturday from 9 to 11:30 a.m. at the San Carlos Community Garden. Topics include planning a garden, healthy soil, composting, planting layout, starting from seed, transplanting, beneficial insects and what to do about pests, appropriate water use, harvesting and more. Pay \$20 for all four classes or lease one 4-by-10-foot raised plot at the San Carlos Community Garden for a year (\$100 including water) and get all four classes free. (New plots only.) Visit sancarloscommunitygarden.com for further information.

Consider becoming a member the SCAC. The dues are modest, \$7 per household. Help support this local volunteer-run organization by sending a check to: SCAC P.O. Box 19246, San Diego, CA 92159-0246. If you wish to be added to the Interested Persons List or have a topic you would like to learn about, please contact San Carlos Area Council Secretary Mickey Zeichick at mrzeichick@gmail.com.

—Patricia Mooney is vice president of the San Carlos Area Council. Reach her at patty@crystalpyramid.com.■



Pacific
COMPUTER SERVICES

Professional • Friendly • Responsible • On-Site Support

- Virus Removal & Recovery
- Laptop & Desktop Repair
- Home Network Set-Up & Service
- PC Tuneups & Upgrades
- Internet Security
- On-Site Training
- Project Assistance



Call Mike!
(619) 784-6045
mikebaker5317@gmail.com
www.pacificcompsvcs.com



Finally A Positive Computer Experience!

Senior and Veteran Discounts!



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

Infusion Home Design



Your Full-Service Real Estate Listing & Staging Experts!



IHD
INFUSION HOME DESIGN
LIST - STAGE - SELL

Pacific | Sotheby's
INTERNATIONAL REALTY

Cynthia Lingg • 619.840.7979
cynthialingg@gmail.com

Lic. # 01385641

California BBQ & Oven Cleaning

"The most thorough BBQ and oven cleaning service!"



before **after**

Packages starting at \$149



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

SUDOKU & CROSSWORD PUZZLE ANSWERS FROM P. 19

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

DEAD

DOWN

LOREN

DEAN

EASE

ENERO

ELIZABETH

LOHAR

SMASH

ANAT

SKYERS

DOMS

ARGALL

CHRISTIE

ELANS

ESAS

AWN

HEPBURN

AWNS

ARELIE

COMA

MINNELL

STREET

ORACLE

NOON

POPCIT

SHEM

SHIRLEY

MACALINE

LOTA

COOKE

NEED

ELKO

SHAG

ABDUL

sd cnn
SAN DIEGO COMMUNITY NEWS NETWORK

Mission Times COURIER



For up-to-date news follow us on Facebook and Twitter
sd cnn.com

sdenn.c

Sue Hotz

Be our Friend

Annually, we encourage our friends and neighbors to become Life-Members of the San Carlos Friends of the Library (SCFOL). For an individual donation of \$250, new Life-Members, joining before Oct. 30, will have their names added to the 2018 Life-Member Honor Wall plaque located in the Winer Family Community Room & Art Gallery. Friends' memberships and donations are deductible as charitable contributions, matched by the city of San Diego, and fund the purchase of library programs and materials. At any level, join SCFOL on our website, or pick up an envelope at the library. We look forward to seeing you at our annual SCFOL General Membership meeting on Nov. 14.

Youth activities

Our eight Summer Reading Program special events attendance was 768. Wow, we need more space!

Our "After School Special" program on Wednesdays, 2:30–3:30 p.m., began Sept. 5. These delightful mid-week breaks for ages 5-10 include stories, silly songs, and crafts.

LIBRARY

San Carlos Library news

New this fall are science, technology, engineering and mathematics (STEM) interactive classes presented by the League of Extraordinary Scientists (LXS). Sept. 26, 4–4:45 p.m., kids ages 8–12 will learn to extract DNA from strawberries when the league presents "DNA Chemistry," and answers the question, "What makes living things physically unique?" Registration is required; please call 619-527-3430.

"Do Your Homework @ the Library" is back for K–8 grades, Mondays and Thursdays between 3–6 p.m. and Tuesdays and Wednesdays between 3–7 p.m.

The "In-N-Out Reading Program" will run Oct. 6–Nov. 17. Kids ages 4–12 can earn up to three certificates, one for each five books read. Each certificate is good for a free hamburger from In-N-Out. Sign up at the library's front desk.

Our ongoing programs include Yoga & Storytime for ages 3–8; Chess for ages 18 and under; Process Art for ages 3–8; and Preschool Storytime & Crafts. Pick up the fall youth schedule at the library, or download it from our website where it is listed under Youth Programs, "In-A-Nutshell."

about this historic philanthropic San Diego family, their department store, the family's progressive social and political views, leadership and legacy. George Marston helped direct the creation of Balboa Park and its two expositions, Presidio Park and the Serra Museum, Torrey Pines State Park and the Anza-Borrego Desert State Park. Marston is known as one of San Diego's earliest, most prominent historic preservationists and environmentalists, as well as a lifelong supporter of the arts, architecture, and landscape design. His family continues his legacy.

Authors and books

Sept. 28, 2–3 p.m., author Marlene Wagman-Geller returns to our branch to discuss her newest book, "Still I Rise: The Persistence of Phenomenal Women." In this book, Geller delves into the lives of women who all share one thing: each became the "first woman to..." by fighting for and effecting a significant political or social change. Learn how the actions of these women helped shaped world history.

Oct. 11, 12:30-2 p.m., the Library Book Club will discuss Mark Sullivan's, "Beneath the Scarlet Sky." Sullivan, a lifelong journalist, was an investigative reporter for the San Diego Evening Tribune. His novel is based on the true story of Pino Lella, an Italian boy during World War II, who fell in love with a Jewish woman while he



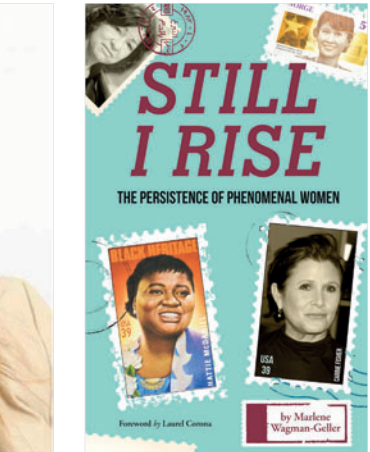
Author Marlene Wagman-Geller will discuss her latest book "Still I Rise" on Sept. 28. (Courtesy SCFOL)

was helping Jews escape over the Alps via the Underground Railroad. The plot thickens when Lella becomes the personal driver of one of the Third Reich's most notorious commanders, giving Lella the opportunity to spy for the Allies inside the German High Command. Copies are located directly inside the library to your right.

'One Book, One San Diego'

"One Book, One San Diego," is a partnership between KPBS, San Diego Public Library, San Diego County Library, and 80 other community partners. The purpose of One Book is to encourage community conversations about the issues presented in the annual selection.

Help us welcome One Book co-authors Congressman John Lewis, Andrew Aydin and Nate Powell at the San Diego Civic Theatre, on Sept. 21, 6:30–8 p.m., for the free (but tickets are required) launch of 2018's One Book, One San Diego



selection, "March: Book One." This graphic memoir is the first of a trilogy, which describes Lewis' youth in rural Alabama, his meeting Martin Luther King Jr., and the birth of the Nashville Student Movement.

The KIDS companion 2018 One Book is, "Blue Sky, White Stars," a picture book written by Sarvinder Naberhaus and illustrated by New York Times bestselling- and Caldecott-honor-winning artist Kadir Nelson. A series of special events, book discussions, and film screenings will be held throughout 2018, exploring the themes of this year's One Book: civil rights, social justice and discrimination. Go to KPBS.org/one-book for event topics and schedule.

Art shows

Sept. 5–Oct. 5, the Winer Family Community Room & Art Gallery will be filled with the unique works of two Spanish

See SCFOL page 22 —————>

Want to Learn More About

Multiple Myeloma?

Join us for a free educational event

When:
Saturday, October 6, 2018
Check-In: 9:30 AM
Start: 10:00 AM

Where:
Marriott San Diego La Jolla
4240 La Jolla Village Drive
La Jolla, CA 90237

Featuring:
Marin Xavier, M.D.
Scripps MD Anderson Cancer Center
& a Patient
Living with multiple myeloma

Complimentary parking validation and light fare provided.
Friends and family are welcome!

Call **1-866-508-6181**
to register today

Sponsored by **Takeda**

ONCOLOGY

All trademarks are the property of their respective owners. ©2018 Millennium Pharmaceuticals, Inc., a wholly owned subsidiary of Takeda Pharmaceutical Company Limited. All rights reserved. 07/18 MAT-US-NON-18-00162

ruffnertransmission.net

Whether your vehicle needs transmission repair or rebuild services, you can trust our mechanics!

FREE Car Rental & Towing

*With major repair only. Car Rental up to 3 days

Complete auto repair available including...

- Brakes (Specials)
- Shocks
- Timing Belts
- & Much More

Call us TODAY to Schedule a Service!

(858) 571-7132

4645 Ruffner St. San Diego, CA 92111

► SCFOL, from page 21

Village artists, Kathi Vargo and Beth McClellan. Vargo is a self-taught, mixed-media artist who enjoys creating artistic puzzles with paper and discarded objects. Vargo has won awards in Gallery 21 in Spanish Village Art Center for the Elements Show and the Small Image Show.

McClellan is self-taught in the art of paper-cutting. While traditional paper-cuts are two-dimensional black silhouettes, McClellan layers colored pieces to create depth and three-dimensional works. A juried member at Spanish Village Art Center (SVAC) in Balboa Park, McClellan is a partner in Studio 32. Family commitments prevent these artists from having an artist reception, but you can find their individual price lists in the wall holder next to the door into the children section of the library.

Dates to remember

- September: CANCELED: Adult & Body Fitness resumes in October
- Sept. 19, 4–5:30 p.m.: SCFOL monthly meeting. Please join us.
- Oct. 5, 1:30–3:30 p.m.: Friends of the Library only, Used-Book Pre-sale. Join SCFOL during the sale.
- Oct. 6, 9:30 a.m.–3 p.m.: SCFOL Monthly Used Book Sale
- Oct. 11: CLOSED City-wide staff development
- Oct. 13: San Diego Library Foundation's annual fundraiser "Celebration Under the Dome"

—Sue Hotz is board member and publicity chair of the San Carlos Friends of the Library. Reach her at publicity@sancarlosfriendsofthelibrary.org. ■

Happenings at the Allied Garden/Benjamin Library

Kathryn Johnson

Save the date

Our Friends of the Library will be having their next book sale on Saturday, Oct. 27 from 9:30 a.m. to 1:30 p.m. Stock up on your fall reading material at this well-priced book extravaganza!

Staff Development Day

Please be aware that all San Diego Public Library locations will be closed on Thursday, Oct. 11 for our biennial Staff Development day. All library staff will spend the day learning about ways to improve our outreach efforts, merchandising our collections and team building. Your improved staff will return to work on Friday, Oct. 12 at our regular hours.

October Book Club

Our book group will be reading Agatha Christie's "Endless Night" this month. This title, published in 1968, was heralded as "a perfect evening's entertainment for all ages" by the Kirkus Review. All are welcome to join the discussion on Tuesday, Oct. 9 at 1 p.m. Copies of the book are available for check out at the front desk.

Artist display and reception

Our library is very fortunate to be hosting two

community celebrity artists for the month of October. Stop in to take a look at George's interpretive paintings and 4-year-old Carmen's sensory art works. The works of George and Carmen will be on display throughout the month and an artists' reception will be held on Friday, Oct. 12 at 11 a.m. All are welcome to attend!

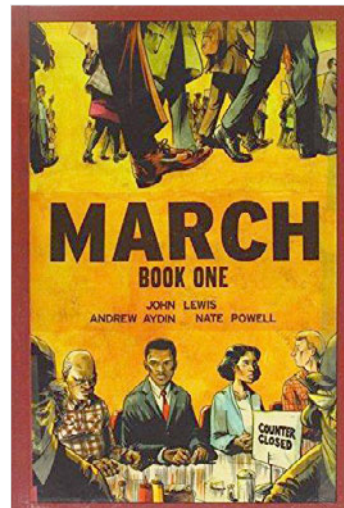
One Book/One San Diego

Drum roll, please ... We are very excited that John Lewis' "March: Book One" has been selected for this year's One Book/One San Diego! This graphic novel, created in collaboration with Andrew Aydin and Nate Powell, details John Lewis' experiences as a youth in rural Alabama and his involvement with the civil rights movement, as well as the Nashville Student Movement.

Whether you are a graphic novel aficionado or have yet to read a graphic novel, we highly recommend that you read this title and join in the conversation. All 36 library locations will host programming related to the book and our branch is celebrating with a tween book club and interactive display. For more information, visit bit.ly/2oMUa7Y.

Vegan Adventures: Salad dressings

On Tuesday, Oct. 9, we encourage all who eat vegan or just love salads to join us



for a salad dressing program. In this class, we will make several simple, yet delicious salad dressings to bring your salads to life. This program will take place at 6 p.m. and is free to attend.

Handmade @ the Library: Zentangle

Whether you are a professional artist or intimidated by the thought of a blank page, Zentangle is the perfect way to explore your creativity. This easy to learn art method will have you creating beautiful images in no time. This program is geared toward adults and will take place on Friday, Oct. 12 at 2 p.m.

No Fitness Fun in October

Our amazing fitness fun instructor will be taking the month off. Please check with



Rep. John Lewis' graphic novel "March" has been chosen as this year's One Book/One San Diego title. (Wikipedia)

the library toward the end of the month for information on November Fitness Fun programs.

Voter registration

Has your name or address changed since the last election? Do you still need to register to vote? If so, stop into the library for a voter registration form. The deadline to mail in registration is Oct. 22. Interesting fact, youth can pre-register at age 16 so they will be eligible to vote once they turn 18.

—Kathryn Jonson is managing librarian of the Allied Gardens-Benjamin Brach Library. Reach her at johnsonka@sandiego.gov. ■



3BR/2BA/1572SF
One Level/Pool
San Carlos/\$575,000

Mary Jane Harris
(619) 518-1159

Allison James Estates & Homes
DRE#00890886

COMING SOON




4BR/2BA/2024SF
Terrific Remodel
San Carlos/Call for Price

Kassy & Lindy Kaiser
(619) 265-0454

Keller Williams Realty
DRE#01889763

GET READY TO MOVE

If you're planning to buy or sell a home or property, we would like to help you put your plan in motion. Here are some properties that are currently on the market, but they'll be going fast. Give one of us a call! **It's your move....**

GEMS & JEWELS

By Enhancery Jewelers, Kathleen White, Graduate Gemologist, GIA

JEWELRY MAINTENANCE TIPS – FIVE SIMPLE STEPS

Just like your car, your jewelry will last longer and wear better if it is properly maintained on a regular basis. Here are some basics for keeping your jewelry looking it's best. The first step is easy keep it clean, you can bring it in to us regularly for a basic free cleaning and inspection. Second step is examination for wearing down of prongs which hold in your gems and the thinning of shanks, the under portion of a ring which can become thin and may break after years of wear. The third is to check that clasps are tight and secure on bracelets and chains as these can become loose causing the loss of precious jewelry. Fourth check your earrings to make sure the backs fit nice and snug so they don't accidentally fall off while wearing or changing clothes. Fifth if you have strands of pearls or beads have the cords checked for frays as they may split and become brittle over time.



BIRTHSTONE OF THE MONTH – SAPPHIRE

Sapphire is a beautiful gemstone whose name comes from the Greek word for blue. The ancients are said to have believed that the world rested on a large sapphire. It's reflection they thought made the sky look blue. However sapphires come in all colors, except red. When a gemstone from the sapphire family of corundum is red in color it is called ruby. The other colors of sapphire are called fancy sapphires. Most rare is the padparadscha pink-orange variety with a salmon color, like that of a tropical sunset. Sapphires make a wonderful accent or center stone in engagement rings as well. Pink sapphires are a current fashion trend.



Martin and Kathleen White have owned Enhancery Jewelers for over thirty nine years. They specialize in diamond and gemstone jewelry, custom design, appraisals, and jewelry and watch repairs. Find us on Facebook and check out our monthly specials or shop online at www.enhancery.com.



4242 Camino Del Rio N. #17
(next to chilli's at I-8 & Mission Gorge)
619.282.3900

MISSION TIMES COURIER
COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

FEATURED EVENTS

SATURDAY
Sept. 15

Santee Bluegrass Festival
The city of Santee's annual bluegrass festival returns with bands the Vulcan Mountain Boys and MohaviSoul. Proceeds from the evening will go towards subsidizing programs for seniors and low-and moderate-income families, park improvements and operating funds for the Santee Teen Center. Since its conception, the event has generated more than \$250,000. Libations will be available for sampling from more than 35 restaurants, 20 breweries, and a dozen wineries. Tickets are \$50 for general admission, or \$35 for designated drivers. Go to bit.ly/SanteeBluegrass for tickets and information.

SUNDAY
Sept. 16



Artist reception: 'Inspired Expressions'
The Mission Trails Regional Park Foundation (MTRPF) is pleased to present a fine art exhibition featuring seven award-winning artists: Pat Dispenziere, Deanna Ditzler, Joan Hansen, Elaine Harvey, Denise Strahm, Mark Wade and Cathryn Ward. The "Inspired Expressions" exhibit is a mix of watercolors, acrylic painting, photography and mixed-media artwork. The exhibit will be on display in the MTRP Visitor Center Art Gallery Sept. 15–Oct. 12. The public is cordially invited to a reception in honor of the artists on Sept. 16, 2–4 p.m.

Film discussion: 'Dying Wish'
The Hemlock Society of San Diego presents a film and discussion on Voluntarily Stopping Eating and Drinking (VSED) at 1:30 p.m. at the Scottish Rite Event Center, 1895 Camino del Rio South. The award-winning, 20-minute documentary, "Dying Wish," will be shown. This film chronicles the journey of an 80-year-old retired surgeon with end-stage cancer, on hospice, who chooses to stop eating and drinking with the support of his friend and fellow physician. After the film, Dr. Bob Uslander will speak about VSED. Several family members of people who have watched family members participate in the VSED process will also speak. This program is free

as is the ample parking. Visit HemlockSocietySanDiego.org.

MONDAY
Sept. 17

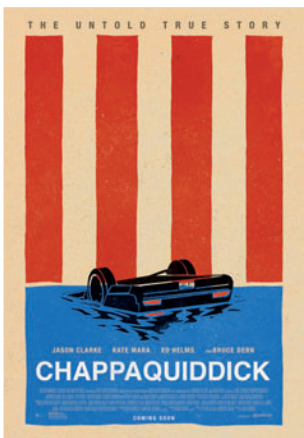


Film discussion: 'Finding Your Feet'
Everyone deserves a second chance! Richard Loncraine's frisky, bouncy little charmer of a film features a crackerjack British cast headed by Imelda Staunton, Timothy Spall, Celia Imrie, David Hayman and Joanna Lumley. A snooty suburbanite (Imelda Staunton) discovers her husband's long-running affair and leaves her posh mansion to stay with her eccentric, free-spirited older sister (Celia Imrie) in a cluttered North London flat. Discussion with Ralph De Lauro follows film. 1 p.m. at College Avenue Center, 6299 Capri Drive. Free. Visit jfssd.org.

FRIDAY
Sept. 21

Bernie Katz and Tommy Gannon
Popular songs and Broadway music performed on vocals and piano. 12:30 p.m. at College Avenue Center, 6299 Capri Drive. Free. Visit jfssd.org.

TUESDAY
Sept. 25



Film on the Fringe: 'Chappaquiddick'
John Curran's searing account of corruption in America. The film focuses on the tragic 1969 incident when Senator Ted Kennedy (Jason Clarke) careened off a bridge and left Mary Jo Kopechne to

drown. The scandal haunted him for decades. With Kate Mara, Ed Helms and Bruce Dern. Discussion after the film. 1 p.m. at Oasis Lifelong Learning Center, Suite 325, 5500 Grossmont Center Drive, La Mesa. Cost is \$8. For information, call 619-881-6262.

WEDNESDAY
Sept. 26



Sukkah Fiesta
A binational celebration commemorating the Jewish holiday of Sukkot will feature mariachi music, a gourmet Mexican meal, speakers from the Tijuana chapter of the Women's International Zionist Organization, who will discuss the Jewish community south of the border and special guest Cantor Hanan Leberman, a resident of Jerusalem who has performed throughout Europe. Sukkah Fiesta is sponsored by Tifereth Israel Sisterhood. The free event is open to all and begins at 5:30 p.m. at Tifereth Israel Synagogue is at 6660 Cowles Mountain Blvd. Tickets are \$20, or \$10 for children under 13 years old. Reservations can be made online at bit.ly/2wJXXHM or by calling 619-697-6001.

FRIDAY
Sept. 28

Food2Soil Composting Project
Food2Soil will host a free composting workshop 8:30–10:30 a.m. at the San Carlos Community Garden, 6460 Boulder Lake Ave. Food2Soil is a collective of chefs, farmers, students, teachers, entrepreneurs and innovators designing a people-powered, community-centered solution to food waste. Food2Soil offers a weekly pickup of kitchen scraps for its member businesses. Individuals and households interested in joining the drop-off program can sign up online at dropoff.food2soil.net. For more information, please contact sarah@inikasmallearth.org.

'The Great Broadway Musical: The show, the stories, and the music'
Entertainer extraordinaire Jacquelyne Silver has been connected to the entertainment industry for years. Silver has worked with many famous musicians including Leonard Bernstein and has performed at many venues including Carnegie Hall. She will perform a musical

journey sharing both her music and stories from her distinguished career. 12:30 p.m. at College Avenue Center, 6299 Capri Drive. Free. Visit jfssd.org.



Oktoberfest Through Sept. 30
La Mesa Oktoberfest returns Sept. 28–30 to the avenues of the La Mesa Village. An all-ages event that draws over 100,000 people from across San Diego for three days of fun, music, delectable food, and of course, beer! The community of La Mesa has joined together to revive the festival by bringing back elements of time-honored favorites as well as introducing new interactive and immersive experiences for attendees to enjoy. Activities include traditional games and music, speakers and demonstrations, a children's carnival, food and a craft beer and spirit garden, as well as a vendor market. 4–10 p.m. Friday; 10 a.m.–10:30 p.m. Saturday; 10 a.m.–6 p.m. Sunday. For more information, visit lamesaoktoberfest.org.

SATURDAY
Sept. 29



'Mickey & Worm' Saturdays and Sundays through Oct. 7
Dinner theater show about best pals and partners in shady deals, gambling and grifting. Mickey is a failed boxer who took a fall for a big payoff. Worm is the brains to Mickey's brawn. Dinner includes one drink, salad, veal or eggplant parmesan, pasta, garlic bread and dessert. 7 p.m. at Elks Lodge 168, 7430 Jackson Drive. Cost is \$50, tickets and info at bit.ly/2NVhjjK.



Kidz Bop Live!
The ultimate family concert experience "sung by kids for kids." 6 p.m. at Cal Coast Credit Union Open Air Theatre at SDSU, 5500 Campanile Drive. Tickets are \$25, available through ticketmaster.com.

THURSDAY
Oct. 4



'Coco'
Latinx Heritage Month at Grossmont College presents this Outdoor Family Movie Night, featuring "Coco," the 2017 Academy Award-winning animated film inspired by the Day of the Dead holiday. 7 p.m. on the east lawn of the Learning & Technology Center of Grossmont College, 8800 Grossmont College Drive, El Cajon.

SATURDAY
Oct. 6



Gardening 101 Workshop Every Saturday in October
San Diego Master Gardeners and San Carlos Community Garden will offer four hands-on workshops to teach participants how to have a healthy, productive garden. Topics include planning a garden, healthy soil, composting, planting layout, starting from seed, transplanting, beneficial insects and what to do about pests, appropriate water use, harvesting and more. Cost is \$20 for all four classes and free for anyone who leases a garden plot in September or October. 9–11:30 a.m. at the San Carlos Community Garden, 6460 Boulder Lake Ave. Space is limited. Sign up by sending an email to info@sancarloscommunitygarden.com.



San Diego Humane Society Fur Ball
San Diego Humane Society's 32nd annual Fur Ball is a dog-friendly evening that includes exquisite dining, live music, raffle drawings, live and silent auctions and much

more — all to raise money for the animals in our community and fund vital programs and services of San Diego Humane Society. Nearly 300 dogs and 600 people are expected to attend the annual gala. The event features a cocktail reception attended by people and dogs dressed in their finest attire; dinner and wine selections created by Chef Jeffrey Strauss of Pamplousse Grille; and live and silent auctions featuring fabulous prizes. 6–11 p.m. at the San Diego Humane Society, 5500 Gaines St. Cost is \$350 for Silver Tickets, \$550 for Gold; tickets available at bit.ly/2CqvyuU.

SUNDAY
Oct. 7



Sunset Yoga in the Garden Every Sunday in October
In partnership with CorePower Yoga La Mesa, the San Carlos Community Garden will host a free yoga series every Sunday in October. Participants will enjoy instructor-led yoga, 5–6 p.m. in the San Carlos Community Garden, 6460 Boulder Lake Ave. No experience necessary. Yoga mats available (or bring your own).

WEDNESDAY
Oct. 10



Grossmont College Career Expo
Grossmont College's 40th annual Career Expo is organized and coordinated by the Grossmont College Career Center and Student Employment Services Programs. The expo's primary goal is to introduce students and community members to employment and career opportunities in the San Diego area. Career Expo also provides an informal setting for employers to interact with Grossmont College degree and certificate program coordinators, faculty and staff. 10 a.m.–2 p.m. in the Main Quad on campus, 8800 Grossmont College Drive, El Cajon. Registration is free. Visit bit.ly/2zKryET or call 619-644-7612. ■

ideal
Kitchen & Bath
REMODELING

ideal
PLUMBING • HEATING • AIR • ELECTRICAL
SINCE 1960

ideal
ELECTRICAL SERVICES

(619) 583-7963 • idealService.com • 5161 Waring Rd • Lic# 348810

Last Concert!

Friday, October 5th
6-8pm

Bad Hombres

Allied Gardens Community Park
5155 Greenbrier Ave.

Thanks to Mission Trails Church
and Grocery Outlet for the water!



**MISSION TRAILS
CHURCH**

GROCERYOUTLET
bargain market

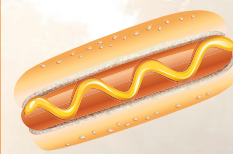


agfirstfridays.com

ideal
PLUMBING • HEATING • AIR • ELECTRICAL
SINCE 1960

Title Sponsor

Stop by the Ideal booth for your
FREE hot dog, grilled cheese,
and chips!



Put some chili on that dog,
by your friends at Longhorn!

LONGHORN
BAR & GRILL est. 1968

ideal's Trusted Partners

Thank you to our Subcontractors, Manufacturers, and Suppliers
for making the free food a sustainable part of our Summer Concert Series



VENSTAR

USAirconditioning
DISTRIBUTORS



United Environmental

BOB STALL
CHEVROLET
FIND NEW ROADS

MOEN



MISSION VALLEY
PIPE & SUPPLY INC.

TOTO
WASHLET

DELTA



**THE BOLD LOOK
OF KOHLER**

**SAN DIEGO AUTO
SERVICE SMOG
AND TIRES**

in sink erator

mainline
sales inc.

ZURN
WILKINS

Join Us!



**SAN DIEGO
FIRE RESCUE
FOUNDATION**

Saturday, October 6, 2018

San Diego Fire Rescue Foundation 5K & Kids Run (+Fire Safety Expo)
• Spanish Landing Park West
• More info: sdfirerescue.org/5k-and-kids-run
Use promo code IDEAL and save \$5 off your 5K registration.
(Promo code not valid on Kids 1-Mile Run, Sparky Sprint or Public Safety Personnel registrations. Expires 9/30/2018. Cannot be combined with other offers.)

Call Ideal for your free air conditioning
replacement estimate **619-583-7963**



YORK

INSTALL CONFIDENCE

YORK® AFFINITY™

NOW MORE OPTIONS THAN EVER FOR COOLING SEASON

idealService.com

619-583-7963

ideal
PLUMBING • HEATING • AIR • ELECTRICAL
SINCE 1960

\$15.00 OFF*
Your Next Service Call!

Present coupon at time of service. Not valid with any other offer.
Valid for service calls of 1-hour or more. Technician to verify special upon arrival. Not valid towards Service Maintenance Agreement Contract.
Expires 10-31-18