



SDRC

SAN DIEGO RECREATIONAL CANNABIS

C10-0000323-LIC & C10-0000634-LIC

MISSION VALLEY

1299 CAMINO DEL RIO S.

SAN DIEGO, CA 92108

SORRENTO VALLEY

10150 SORRENTO VALLEY RD.

SAN DIEGO, CA 92121

Wonderful winter celebration

25% OFF STORE WIDE

MISSION VALLEY & SORRENTO VALLEY

valid through 01.30.2022 not valid with any other coupon deals in store only

FREE DELIVERY 30 MIN OR LESS*

MENTION THIS AD WHEN YOU CALL OR ORDER ONLINE *RESTRICTIONS APPLY

VOLUME 11

ISSUE 11

Nov. 26 – Dec. 23, 2021

f

t

i

a

Follow us on social media

sdnews.com



La Mesa

COURIER

La Mesa Muffler & Brakes

Locally Owned & Operated Since 1982

Hours:

Monday-Saturday 8AM-4PM

Sunday 10AM-4PM

Zeus Looks Forward To Seeing You

Office-619-582-7100 Cell-619-955-2524 • 6517 El Cajon Blvd San Diego

INSIDE THIS ISSUE

A&E

Family matters



Local painter finds inspiration from his children's artistic endeavors. **Page 8**

EDUCATION

Benchmarks



Grossmont High's sitting reminders of past students and faculty members. **Page 13**

FOOD & DRINK

Making 'Mama' proud



Anthony's celebrates 75 years of Catherine "Mama" Ghio's seafood restaurant legacy. **Page 16**

ALSO INSIDE

Opinion / Politics

Seniors

Business Directory

6

15

18



Clergy members including current and former pastors of St. Martin of Tours, as well as the bishop of the San Diego diocese celebrated the Mass of Thanksgiving on Nov. 7. (l to r) Back row: Rev. James Poulsen, Rev. Bruce Orsborn, Rev. Peter McGuine, Rev. Manuel del Río, Rev. Ronald Buchmiller, Rev. Donal Sheahan, Rev. Brian Cororan, Rev. John Keller; Front row: Deacon Allen Rosker, Bishop Robert McElroy, Rev. Elmer Mandac (Photo by David Edgar)

St. Martin of Tours celebrates a century

By JEFF CLEMETSON

Clergy and parishioners of St. Martin of Tours Catholic Church had even more cause to be thankful at this year's Mass of Thanksgiving on Nov. 7 as the church used the occasion to commemorate its centennial.

The St. Martin community filled the pews as well as outdoor seating areas with video monitors for the celebration, which was led by the Most Rev. Robert W. McElroy, bishop of the Diocese of San Diego. Community groups affiliated with the church set up tables in the courtyard, including St. Martin of Tours Academy, which had a milestone of its own — 70 years of educating local students.

SEE **ST. MARTIN**, Page 11

Lothian elected to City Council seat

By JEFF CLEMETSON

On Tuesday, Nov. 22, La Mesa City Council swore in its newest member, Laura Lothian.

Lothian was elected to the council seat in a Nov. 2 special election to replace Dr. Akilah Weber who vacated her City Council seat to run for a state Assembly seat, which she won in 2020.

"Congratulations, welcome Council member Lothian," said La Mesa Mayor Mark Arapostathis.

"Hello everybody, Laura Lothian, very excited to be here," she said in a brief statement. "Bare with me, it's going to take a couple of meetings to get my sea legs but I'm looking forward to working with all of you for the next 12 months."

Because Lothian was elected to fill a seat that is up for reelection, she will again be on the ballot in 2022.

"I'm looking forward to doing wonderful things for La Mesa," Lothian added.

Lothian won the special election with 38.43% of the vote. The crowded field of six candidates included Mejgan Afshan, who received 21.67% of the vote, Patricia Dillard (20.36%), Jim Stieringer (10.95%), Kathleen Brand (6.84%) and Michelle Loudon (1.76%). Of the 39,348 registered voters in the citywide election, only 11,686 voters cast ballots.

Lothian, who was endorsed by the county Republican Party, is one of many conservatives to win office in special elections across the country. She ran a campaign centered on reducing government regulations, especially ones created in wake of the COVID pandemic.



Councilmember Laura Lothian

(Courtesy photo)

To read more about La Mesa's news City Council member, visit her La Mesa Courier candidate profiles at bit.ly/3raSNBp and bit.ly/3xjA6MU.

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

NEWS BRIEFS

CHAMBER HOLIDAY DRIVES

Toy drive for military families:

Want to make a difference this holiday season for the children of military personnel that live in La Mesa military housing? Then join the members of the La Mesa Chamber of Commerce (LMCC) and purchase toys, diapers and other items that will make their holiday season special.

LMCC is coordinating this holiday project with Lincoln Military Housing and is collecting items for children of military families living in La Mesa military housing between the ages of 2–13 years old.

"The La Mesa Chamber is honored to be a part of this endeavor and making a difference in

SEE **NEWS BRIEFS**, Page 8

VOTED #1 DISPENSARY IN SAN DIEGO

2021 SAN DIEGO READERS BEST



THE RESERVE

HIGHER STANDARDS

619.FRESHSD

www.reservesd.com

LICENSED CANNABIS BOUTIQUE

10% OFF PURCHASE

Not to be combined with other offers exp 12-16-21

8744 La Mesa Blvd. La Mesa, CA

LIC#C10-0000630



THA HEATING AIR & PLUMBING

Proudly Serving San Diego Since 1980
Residential • Commercial • Industrial

- Open During Covid-19!
- No Overtime Charge
- Competitive Prices
- All Work Guaranteed!
- Preventive Maintenance Available



- Save up to \$1300 by Replacing your Outdated AC & Heating Systems with a Newer Model for better Efficiency & Output
- Save up to \$500 Off Ductless Cooling & Heating System with Zoning
- 27 Point Inspection with every A/C Tune Up for \$59
- A/C Replacement Includes Installation \$3,600
- Furnace Replacement Includes Installation \$2,300

10% OFF
Senior & Military
Service Calls



We beat any prices within 5-10% for the same quality equipment & workmanship compared to any legitimate contractor

(858) 571-8865

FREE Estimate with Installation & FREE Service Call with Repair
(These offers cannot be combined with any other discounts)

Visit Our Website: www.thaheatingandair.com/plumbing

24/7
Emergency
Service!

Panel on women in public safety

By ELAINE ALFARO

From their first published study in 1885 disproving the prevailing myth that college impairs a woman's fertility, to their first grant recipient, Marie Cury, the American Association of University Women (AAUW) have had the goal to advocate for economic and educational equality, and leadership to support racial and social justice, according to AAUW president of the La Mesa-El Cajon branch Joan Camana.

2021 marks the 70th anniversary of the AAUW branch in La Mesa and El Cajon. On Nov. 13, the local AAUW members met in person to recognize their 2021 scholarship recipients and foster a panel discussion on the challenges and rewards for women in non-traditional roles.

"Our advocacy efforts over the last 140 years have propelled many laws that you women all enjoy today," said Camana. "Many of us worked, marched, lobbied, and donated."

Members of the association represent cross-generation activists who took part in bringing about the Equal Pay Act first proposed 1945 and passed in 1963, the Title 9 amendment in 1972, the Family and Medical Leave Act in 1993, and the Lily Ledbetter Fair Pay Act in 2009.

In their most recent meeting, the AAUW continued its efforts for recognizing injustice and inequality by hearing from a panel of female law enforcement and public safety leaders on their experiences in the male-dominated field.

The panelists represented the multi-faceted components of law enforcement with Lt. Katy Lynch from the La Mesa Police Department, U.S. Border Patrol Agent Katherine Griffith, Catie Casciari from the San Diego Fire Department, and mother, daughter, dispatchers from San Diego Police Department, Ann Claret and Tawnya Ross.

The commonality these women recognized about their diverse careers was the fact that they had to fight to prove their capabilities in their fields.

"The border patrol is one of the only federal agencies that have physical abilities testing (PT) standards that are the same for both genders," said Griffith. "I'm proud to say men and women have the same PT standards; I can say we are equals. But, someone told me this when I was in the academy: 'You have to hit the ground running as soon as you

get to the station. In a very heavily male-dominated workforce, if you come in and you're meek and you show your weaknesses, that, unfortunately, stays with you for the rest of your career.'"

Casciari's experience working in the fire department resonated with Griffith's statement.

"There's a special dynamic of a female put through a fire academy because not only does she have to be physical she also has to have the right mentality to deal with a male-oriented profession; She has to have a heart," Casciari said. "No female is going to put up with what we have to put up with in a fire academy without the passion to become a firefighter."

In addition to the physical demands both men and women have to endure to get into the field, the panelists mentioned that women face an added underlying societal pressure that emphatically impacts females' careers.

"We have a lot of young women who give us a solid five to ten years of a great career but then they have kids and we lose them," said Lynch. "They decide, 'I want to stay home and take care of the kids.' Which, if that's what you want, that's totally fine. But, is that because of societal expectations, or is that truly what you want? That's where you really see the challenge of getting women into these leadership positions."

Casciari mentioned there are specific areas within the fire department that should be improved.

"In all reality, the [fire fighting] gear is not made for a female's body. The self-contained breathing apparatus that we have to wear is for a long torso of a man. The belt will be down below my hips. For me, my movement is restricted. We are getting a little bit better but the numbers are so low that companies don't want to change what they're doing because they won't make a profit on female firefighters."

The panelists spoke about individual efforts that have been developing over the past few years to help females within the academy such as the LMPD's informal female mentorship group, the women's fire prep academy started by Casciari, and the women's task force within border patrol.

However, one area that was recognized as a place where women have made significant strides is the role of dispatcher.

"To hear the officers yelling that stuff over the radios is very traumatic," Ross said. "Our department is very big on debriefs. All these cops are sitting here and



LMPD Lt. Katy Lynch

trying to keep composure; I've kind of opened the floodgates. Most of the time I'll start talking about [the incident] and then I think they see, 'Oh, she's being open about it and that allows me.'"

Additionally, Claret recognized that women specifically play an essential role within the SDPD dispatching department as only six out of the 50 dispatchers are men.

"I believe the challenge in dispatching is actually for the male dispatcher," said Claret. "I'm a trainer. I find that when men come to me, they can't multi-task as women can."

The discussion of the issues within these departments continued after the panel was over when they spoke with individual members, but scholarship recipients had the opportunity to be celebrated and reflect on what they learned from these panelists.

Grossmont Community College student, Celia Pirita said, "This event meant a lot to me just because I grew up in a household with three brothers so there wasn't very much [discussion of] women empowering. Being able to see the dispatcher and the firefighter in these powerful positions was very inspiring for me. It keeps me hopeful to see that we're moving forward and see the progress that has happened so far."

The education of current female college students is something the AAUW hopes to continue to support through their scholarship program with the hopes of inspiring a new generation to rise up, according to Camana.

"My daughter-in-law frequently says, 'Aren't you a little disappointed with what's going on after all your hard work?' I say 'Yes, but it's your turn to pick up the mantel.'"

"It's so uplifting to have some support that's for empowering women specifically," said scholarship recipient Amy Martinez (another GCC student). "I am honored and inspired. They're paving the way for women. It's something I needed."

The next AAUW general meeting will be on Dec. 11 and is open for the public to attend. For more information, visit lamesaelcajon-ca.aauw.net/

—Elaine Alfaro is a journalism student at Point Loma Nazarene University and a former intern for San Diego Community News Group.



Lt. Katy Lynch, La Mesa Police Department; Katherine Griffith, U.S. Border Patrol; Catie Casciari, San Diego Fire Department; and Tawnya Ross and Ann Claret San Diego Police Department dispatchers. (Photos by Elaine Alfaro)

Investors Wanted!

Cash Flowing Duplex For Sale

Call Dan Smith at
858.232.3318

Dan J. Smith
eXp Realty of California Inc.
Dan@MyHomeSD.com
www.MyHomeSD.com
California BRE License: 01346593

Kirkland Insurance Services, Inc.

Medicare Plans! Medicare Plans! Medicare Plans!

Turning 65? Retiring Soon?
Interested in new plans?
We've got you covered!

We specialize in Medicare Supplement Plans.
Plan premiums are fixed by law.
This means you can't find a better price
for the same policy anywhere. Guaranteed.

Medicare Advantage Annual Election Period ends 12-7-21

People Love us On Yelp! 100% 5 Star Reviews!

858-688-2464
6977 Navajo Rd. Suite 173 San Diego
ckirkland@kirklandinsurance.com

Christopher Kirkland
CA Lic# 0E91569

CYNTHIA STEVENS-MONTGOMERY
CENTURY 21 REALTOR / FINANCIAL SERVICES

FOR ALL YOUR REAL ESTATE NEEDS & FINANCIAL SERVICES
IRA, LIFE INSURANCE AND ANNUITIES

619-301-2434

CENTRY21AWARD.COM
DRE#01944538

FINANCIAL INFORMATION
CYNTHIAMONTGOMERY12@GMAIL.COM

sdnews.com DAILY

STAY INFORMED!

Delivered daily to your inbox
subscribe at:
sdnews.com/dailyupdateform

City closes parks, beaches, and trails to discourage gatherings
On Monday, March 22, Mayor Kevin L. Faulconer was joined by Police Chief David Hovell, Fire-Rescue Chief Chris Stewart and Lifeguard Division Chief James Garland to announce the closure of City's...
Read more

Sen. Jones on the politics of legislating in California

By JEFF CLEMETSON

Sen. Brian Jones is just one of nine Republicans in the state senate — a position he describes as “working from the super minority.” Despite the relative powerlessness of his position, the Senate District 38 representative Jones reached out to La Mesa Courier to share his legislative accomplishments and reflect on the current state of partisan politics in California on a recent legislative break.

Among his accomplishments, Jones noted that he was able to move 12 bills through committees, six of which reached Gov. Newsom.

“So even the super majority Democrats agreed with me on at least six of my bills to get to the governor’s desk,” he said, adding that others bills he authored died in appropriations. “All of my bills are bipartisan, I can promise you that. If I want to get a bill to the governor’s desk, I need to get at least 12 Democrats to agree with me.”

Where Democrats agreed with Jones were on issues like SB 400, a bill that helps homeless students by supporting local education agencies to identify them and get the services they need.

“We want to make sure those kids aren’t slipping through the cracks,” he said.

A bill on conservatorships, SB 578, cleaned up the law governing

court proceedings to ensure all courts in California know that conservatorship hearings are to be held in private unless there’s a public interest.

“That is to protect families in, a very sensitive situation when you have to commit a family member,” Jones said. “We want those to be as private and personal as possible.”

SB 549 declares social workers as essential so they can be given more access to Personal Protective Equipment (PPE). As the only Republican on the Human Services Committee, Jones said he learned through an informational hearing last year that 33,000 foster kids were ready to go to adoptive homes but couldn’t because social workers couldn’t get the PPE to do the final interview or the courts were closed.

“So there’s not much I can do about the courts, but I could certainly help the social workers,” he said, adding that his bills were co-sponsored by SEIU and National Association of Social Workers. “That was an interesting situation because those aren’t two groups I normally work with, but I felt this was an important issue that needed to be covered.”

Another bill, SB 584, adds labor trafficking to a law that already addresses sex trafficking. “It’s a bill to train the foster families how to watch out for that for the sake of the foster child,” Jones said.

Two other bills that reached Gov. Newsom’s desk were code cleanups — one for regulations governing land surveyors and another for dental hygienists.

PARTISAN PRIORITIES

For Jones and other Republican legislators in California, bills that clean up regulatory codes or aid foster children are much easier to find support from across the isle than bills with more conservative priorities.

“One of the bills I took earlier in the year was a religion is essential bill, and that was brought to me by some very concerned constituents about Gov. Newsom’s shut-down of churches and places of worship and I certainly that felt he went too far on that and over-reacted and was too tyrannical about it,” Jones said. “So I knew that was going to be a long shot. But we got a hearing in the judiciary hearing. It failed on a party line vote—two Republicans, nine Democrats.”

“It was kind of demonstrational for all Californians to realize that the majority party really towed the line with the governor with this COVID reaction and even when he went too far, the legislature wasn’t willing to reign him in and provide the checks and balances that the legislature is supposed to provide,” he continued, adding that he also co-authored a bill to end the governor’s emergency services order,

but that Democrats wouldn’t allow it to come to a debate, “let alone a vote.”

Two “common sense” bills Jones authored and introduced this year died in the Assembly appropriations process, he said.

One was a bill to reinstate an exemption sticker program for off-road racing motorcycles that don’t comply with emissions standards.

“Two years ago the off-road folks came to me and said, ‘We got to fix this.’ We brought the bill up last year and it passed the assembly, but too late to get back to senate for a vote,” Jones said. “This year, we started with [the] same bill, straight forward: buy a bike, register it with a competition sticker. We haven’t figured out why it died in appropriations, but we’re going to keep working on it.”

Jones said he is confused on why it wasn’t passed because the exemption to the emission standards affects as few as 500 vehicles in the whole state, but thinks it is possible that Democrats view the bill as something that could potentially lower their voting score assessment by environmental lobbying groups.

Jones’ other bill that died in the Assembly was a “porch piracy” bill that would match rules and enforcement of thefts of packages from people’s homes.

“The bill would actually just match rules laid out by USPS and



Sen. Brian Jones (Courtesy photo)

have them also apply to Amazon, FedEx and UPS deliveries,” Jones said, adding that it was nixed because of the Democratic majority’s priorities.

“Right now in Sacramento, the prevailing theory by mostly the Bay Area Democrats — some of the L.A. area Democrats, too — is they won’t do any sentencing enhancements,” Jones said. “They want to decriminalize stuff. They’re removing penalties from crimes. They saw this as increasing sentencing enhancement.”

MEDIA, MESSAGING AND MORE OUTREACH

Jones sees the problem and solution to the Republicans’ super-minority problem in California as one rooted in media, messaging and outreach.

“I don’t think that California voters, taxpayers, citizens are as lopsided as the legislature is. And the frustration that I have right now is that Californians don’t like the homeless issue, they don’t like the housing issue, they don’t like the crime issue, they don’t like the taxes and the regulations — I think those are majority viewpoints,” he said. “The criticism I have of the media is that when the media is covering these issues, the media doesn’t make the connection — and they should and they know — that these are policies coming out of Sacramento that got us where we are. We are where we are in California because of policies coming out of Sacramento. Those policies coming out of Sacramento are form the majority party, the Democrats.”

Jones added that Republicans haven’t done a good job of explaining that either and will need to make “better inroads and relationships” with the media to improve their messaging.

One messaging vulnerability for Republicans was recently laid bare during their attempt to recall Gov. Newsom. Early polling in the recall showed that the governor’s strict COVID policies and an embarrassing mask-less visit to an



Family Health Centers of San Diego is the #1 enrollment entity for Covered California in San Diego County.

Open Enrollment starts on November 1, 2021 and ends on January 31, 2022.

Health Plan Benefits

All Covered California health insurance plans provide comprehensive services, including:

- Ambulatory patient services (outpatient care you get without being admitted to a hospital)
- Emergency services
- Hospitalization (like surgery and overnight stays)
- Pregnancy, maternity and newborn care (both before and after birth)
- Mental health and substance use disorder services, including behavioral health treatment (this includes counseling and psychotherapy)



- Prescription drugs
- Rehabilitative and habilitative services and devices (services and devices to help people with injuries, disabilities, or chronic conditions gain or recover mental and physical skills)
- Laboratory services
- Preventive and wellness services and chronic disease management
- Pediatric services, including oral and vision care (but adult dental and vision coverage aren’t essential health benefits)

For free enrollment help, call (619) 515-2363 or visit fhcsd.org/covered-california.



**THE BEST HEATING & A/C
SERVICE SPECIALIST *In East County***
No Commission Sales!
We Try to Repair Before We Replace Your Unit



————— **WE TAKE CARE OF** —————
THE WHOLE FAMILY



LOCAL FAMILY OWNED BUSINESS SINCE 1974

10 YEAR WARRANTY (PARTS & LABOR) ON NEW SYSTEMS



AC & FURNACE
TUNE UP
\$79⁹⁵
(SENIORS 10% OFF)
With this ad. Expires 12-16-21

FURNACE
REPLACEMENT
\$2,495
From (INSTALLED)
With this ad. Expires 12-16-21

AC
REPLACEMENT
\$3,995
From (INSTALLED)
With this ad. Expires 12-16-21

619.449.1623

9717 Airport Vista Road, Santee, CA 92071 LIC. # 476448



1621 Grand Ave., Suite C
San Diego, CA 92109
(858) 270-3103
LaMesaCourier.com
Twitter: @LaMesaCourier

EDITOR

Jeff Clemetson x130
jeff@sdnews.com

CONTRIBUTING EDITORS

Kendra Sittton x136
Tom Melville x131
Dave Schwab x132

WEB & SOCIAL MEDIA

Jeff Clemetson

PRODUCTION MANAGER

Chris Baker x107
chris@sdnews.com

ACCOUNTING

Heather Humble x120
accounting@sdnews.com

CONTRIBUTORS

Elaine Alfaro
Connie Baer
Lynn Baer
Laura Crivelo
Robin Dohrn-Simpson
Nicole Donskaya
Sarah Nagle
Sara Nielsen
Jennifer Osborn
Bonnie Owen
Sean Quintal
Frank Sabatini Jr.
Brent Wakefield
Julie White

ADVERTISING CONSULTANT

Heather Fine x 118

BUSINESS CONSULTANT

David Mannis

PUBLISHER

Julie Main, x106
julie@sdnews.com



OPINIONS/LETTERS: La Mesa Courier encourages letters to the editor and guest editorials. Please email submissions to jeff@sdnews.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@sdnews.com.

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

DISTRIBUTION: La Mesa Courier is distributed free the fourth Friday of every month. COPYRIGHT 2021. All rights reserved.

sdnews.com



SAN DIEGO
COMMUNITY
NEWSPAPER
GROUP



Guest Editorial

California deserves school choice

By SARAH NAGLE

The California public school system is currently sinking like the Titanic. A couple of decades ago California public schools were some of the best in the country. But those days are long gone. The last two years have been a wake up call for parents, and a disaster for children. In Sacramento when politicians talk about school choice, they are usually talking about money. But when parents talk about school choice, they are talking about something far more personal and far more important than tax dollars. Inherently, citizens understand that school choice is about giving kids and parents a choice, a voice and a future. The landmark Educational Freedom Act would bring true school choice to all K-12 students in the state who choose to opt in to the proposed program.

By any metric, our public education system is failing too many kids. Back in 2019, the National Assessment of Educational Progress showed that only 32% of California's public school fourth graders were "proficient" readers. Overall, according to the California Reading Coalition, currently more than half the children enrolled in schools in over 300 public school districts can't read at grade level. Parents have a legitimate fear that their children aren't being adequately educated by the public K-12 system. Wealthy families are sending their kids to private schools in record numbers. Parents of every ethnicity, educational and economic background are exploring homeschooling. However, too many families simply don't have the financial

means to escape a system that is systemically failing their children.

The Educational Freedom Act is designed to give parents and kids the freedom to choose without costing Californians more money. Currently the state is spending an average of \$21,152 per year for every child enrolled in the public K-12 school system. Considering that, according to "Private School Review," the average cost of a private elementary school in the state of California is only about \$14,411 per year, we are spending a shocking amount of money on a public system that can't even guarantee most of the kids can read at grade level.

Sadly, most of the students currently enrolled in public schools in California have very few choices regarding where they can attend school. As a result, kids get trapped in failing schools and the parents end up footing the bill.

The Educational Freedom Act is designed to permit a portion of the Prop. 98 funding to follow the child to any accredited school in the state of California. Currently California public schools are funded through a combination of bonds, parcel taxes, donations, Federal Funds and Prop. 98 funding. As a result of Prop. 98, most public schools in California get most of their money based on student enrollment.

The Act treats all K-12 California students equally. An Educational Savings Account ("ESA") will be established for each K-12 child in California on request. Each ESA will receive \$14,000.00 per year. ESA funds can be used to pay for tuition at any accredited public, private or

parochial school. Any unspent funds will accrue in a low-risk portfolio. Parents would never have direct access to the money. However, homeschool students can also enroll in an ESA and use ESA funds to pay for qualified educational expenses if they enroll in an accredited private school independent study program. Because funds can accrue, families would be able to save the extra money in their accounts for students to use at an accredited college or vocational school up until the student turns 30.

The Educational Freedom Act has the potential to offer practical, workable educational options to millions of California kids. Our current system just isn't working. We need to offer the 6.6 million school aged kids in California more options. We need to offer families of the future a choice and a voice.

The California Attorney General's Office has issued the official title and summary for the Educational Freedom Act Initiative. Signature gathering has already begun. Volunteers represent a cross section of Californians. Yesterday I met a math teacher who is enthusiastically volunteering to gather signatures for the initiative because he thinks layers of administrative bloat have distracted schools from the core mission of teaching kids. He thinks educational choice will re-focus schools on teaching. Parents are volunteering to gather signatures because they want schools that listen to the needs of families.

Grandparents are gathering signatures because they want their grandchildren to grow up in a world where we don't accept failure as the new normal.

I'm volunteering to gather signatures for school choice because I was the beneficiary of school choice. I was a homeschool kid when homeschool kids were considered kind of kooky. The public perception of homeschool kids was that we were all the children of religious conservatives, or Angora goat raising hippies. The reality is that most of us were the children of parents desperate to give their kids the best education they could. And that is what every parent wants. That is what every volunteer wants. What every teacher, and grandparent and concerned citizen wants. We all want the kids to get the best education we can provide.

In order for the Educational Freedom Act to become a reality we need to gather 997,139 valid signatures to qualify for the November 2022 ballot. This means that in reality we need to gather 1.2 million signatures. We need your signature and eventually your vote. We'd love it if you would like to help volunteer. We have some money, we've had a few generous donations, but inherently this is a grassroots effort. We're in this for the kids. We believe California kids and families deserve school choice.

For more information, we have a website californiaschool-choice.org. There is a calendar of events on the website where you can find out how to sign the initiative. If you would like to help gather signatures or sign up to volunteer you can e-mail us at info@californiaschool-choice.org. Please help us make a difference.

—Sarah Nagle is senior advisor of Californians for School Choice.

Vax mandates are legal, effective and absolutely - and historically - American



By DEAN QUINTAL

Vaccine opponents often cloak themselves in the raiment of patriotism. But they might want to consult an expert of American patriotism: one of the nation's founders and its first president.

During the Revolutionary War, George Washington immunized his troops against smallpox, even against their will. He told Virginia Governor Patrick Henry that a deadly virus was, "more dangerous than the enemy's sword." The mandate worked. Smallpox had previously killed one-third of those

infected. After Washington's mandate the disease largely disappeared from the ranks.

Twenty years later, an English scientist discovered a safer vaccination method using cowpox, a similar but milder virus. Once states started requiring their residents to be vaccinated, pockets of resistance swelled amongst the public. People cited personal safety or religious beliefs to oppose vaccines (Why challenge the plans of The Creator?). As states' mandates were challenged in court, the issue ultimately reached the U.S. Supreme Court in 1905. The justices ruled in favor of mandates. Justice John Marshall Harlan wrote in the decision, "The liberty secured by the Constitution does

not import an absolute right in each person to be at all times ... wholly freed from restraint." He elaborated that the Constitution rests upon "the fundamental principle of the social compact... that all shall be governed by certain laws for the protection (and) safety ... of the people, and not for ... the private interests of any one man."

In 1922, the U.S. Supreme Court again decided that public good can outweigh certain claims of individual liberty when it comes to health and welfare. In its decision upholding a school's decision to bar a student from enrolling without proof of vaccination, the Court wrote, "it is within the police power of the State to enact a compulsory

vaccination law." In the century since, a string of anti-vax lawsuits have been similarly struck down.

Today, Armed Services personnel submit to a long list of vaccine mandates, and health care workers are in many places required to have multiple vaccinations as a condition of employment. And all 50 states have vaccination requirements for children to be admitted to school. So, despite the performative indignity of many Republicans today, vaccine mandates are a settled matter of law, and they predate the country's inception.

But it's not simply that vax mandates are legal; more

November red wave is just the beginning



By LAURA CRIVELLO

The Republican Women of California – Navajo Canyon's fashion show, which was held last month, was a great, sold out success. We are proud to announce that we donated \$2,500 to Saved in America, an organization that rescues sex trafficked minors.

School choice initiative petitions are now available. Please contact our club for information and to volunteer to help collect signatures.

No meeting is scheduled for December. See you in January! Details to follow.

Tuesday Nov. 2 was a big day for Republicans and the country. The voters screamed a resounding "No" to the Democrat Socialist Party and their destructive policies. Joe Biden and his agenda are a failure and definitely not the road that our country should be traveling. People are finally waking up. Hopefully, it is a referendum that will carry through to the mid-term elections in 2022.

This administration has failed us. In 10 short months, we are a disaster on every front. I am an American first. I have tried to find one positive item that has helped the American people and sadly, I can't come up with anything.

Our Democrat leaders, 46, his cackling Vice President and Nancy Pelosi are actually doubling down on their agenda, proving that they are tone deaf to the people that they serve.

They have vowed to continue to forge ahead with no end in sight to their reckless, addictive spending of our money. While many may wonder how they can be that tone deaf, I say, "good, keep it up." We will end this at the polls in 2022. The Republican Party will fight like hell to send these bad politicians a message that has long been forgotten: you work for us!

Let's remind them and send them packing. The real red wave is coming.

—Laura Crivello writes on behalf of the Republican Women of California – Navajo Canyon.

LMFDC

CONTINUED FROM Page 6

importantly, mandates work. Multiple studies show that school mandates have increased vaccination rates in all 50 states and have dramatically suppressed, and in some cases nearly eliminated, the spread of preventable diseases. In the 1970s, for example, Alaska had a serious measles outbreak. Almost 10% of students (~7,400) could not provide proof of vaccination and were forced to leave school. Just one month later, however, fewer than 51 students were still excluded, and no further cases of measles occurred.

These facts have not prevented the malicious and the mendacious from spreading disinformation and outright lies about the proven efficacy and safety of the Covid vaccines. Most repulsive are those who feign righteous indignation and make claims of personal liberty, or even more ridiculously, creeping tyranny. Among the most egregious of these are a minority of law enforcement personnel and police unions.

As a marker of conservative tribal identity, police officer unions,

and many sheriffs, have huffed and puffed about vax mandates, and how they would quit rather than get vaccinated. Like most right-wing whining, however, those threats have proven hollow. In New York, for example, the NYPD's union leader warned that as many as 10,000 officers would be pulled from patrol due to vaccine mandates. How accurate was that prediction? The total number of officers who left over the mandate is 34; that's out of 35,000 officers, 85% of whom are now vaccinated. What those willfully ignorant vax resisters fail to acknowledge, however, is that five times as many police officers have died of COVID (476) since the start of the pandemic, as have died from gunfire (94).

Police are paid by the taxpayers to protect public safety, not endanger it. If those self-important cops who preen theatrically about "personal liberty" threaten to quit, then let them. For every one of them, there are likely 100 well-qualified candidates to take their place. If they would rather score rhetorical points in their Facebook groups than protect the citizens who fund their salaries, then let them find another occupational sandbox that will

indulge their childish pouting. One might suggest a position as a security guard at a conservative news outlet. Except Newsmax requires all its employees be vaccinated, and Fox News' vax policy is even more strict than President Biden's.

Vaccine mandates have been a part of America since its beginning. Our courts have deemed them legal, and history validates their effectiveness. What is more patriotic than recognizing the interconnectedness of our shared health and well-being as Americans? What more demonstrates our love of country than taking simple steps to protect not just our own families, but our neighbor's family as well? And what more embodies public service than recognizing one's individual rights are inextricable from the rights of our fellow citizens? If we want to display our patriotism, then we should all do our part and get vaccinated. George Washington would be proud.

—Sean Quintal is a retired law enforcement officer. He writes on behalf of the La Mesa Foothills Democratic Club. The club meets the first Wednesday of each month at La Mesa Community Center.

Sen. Jones

CONTINUED FROM Page 4

upscale restaurant had lessened his popularity. However, Gov. Newsom was able to easily thwart the recall with a messaging campaign tying leading Republican candidate Larry

Elders to former president Donald Trump.

Jones said the Democrats' successful strategy of tying Elders to Trump would have been used no matter who was the Republican leader in the race, including former San Diego mayor Kevin Falconer, whom Jones endorsed.

"That's the playbook they would have played because it works in California," he said. "Now the reason it works is because, as Republicans, we haven't come up with a defense against it."

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

Tangled Up in Christmas Snowman Techno Plush - Only \$24.99 with a 3-card purchase (Reg \$34.99)

Press button to watch snowmen bob and decorate while singing a version of "O Christmas Tree"

Gingerbread Treat Playful Penguins Techno Plush - Only \$24.99 with a 3-card purchase (Reg \$29.99)

Press button to watch penguins dance and decorate to the tune of "Up On The Housetop."

HAPPY SHOPPING!

Located in the Grossmont Shopping Center
(619) 465-8112

75 AND GOING STRONG

COME CELEBRATE OUR 75TH ANNIVERSARY THRU NOVEMBER AND SIGN UP FOR A CHANCE TO WIN COOL GIVEAWAYS & ANTHONY'S GEAR! FEATURING LA MESA'S BEST HAPPY HOUR WITH GREAT DISCOUNTS AND AN EXTENSIVE MENU. MON-THURS 3:00 - 5:30PM

75 years

ANTHONY'S FISH GROTTTO

CELEBRATING 75 YEARS

WE ARE OPEN FOR INDOOR AND OUTDOOR DINING! CHECK OUT OUR GROUP DINING AND BANQUET CHOICES ON OUR WEBSITE FOR ALL YOUR POSTPONED CELEBRATIONS!

SUNDAY BRUNCH NOW OPEN AT 10:30 AM ON SUNDAYS

Enjoy classics like our Crab Cake, Salmon, or Filet Mignon Benedict along with new favorites like Coconut French Toast or the Filet Mignon Machaca Burrito and great discounts on brunch cocktails!

Children's breakfast/brunch items available! Brunch menu ends at 2PM.

CHECK OUT THE SUNDAY BRUNCH MENU ON OUR WEBSITE!

Check out our **Street View** tour on **Google Maps!**

619-463-0368 • 9530 Murray Drive, 91942
➔ **ANTHONYSFISHGROTTTO.COM** ➔

News briefs

CONTINUED FROM Page 1

the lives of these children and their families, that do so much for our country,” stated LMCC president Mary England in a press release.

A celebration and the final collection of toys and gift items will take place Dec. 7, 5:30–7 p.m., at BJ’s Restaurant and Brewhouse in Grossmont Center. Admission is complimentary to LMCC members bringing a new, unwrapped toy; non-member guest tickets are \$10 each and bring an unwrapped toy; and \$20 each for all “at-door” guests and bring a new unwrapped toy, as well. The evening will include heavy hors d’oeuvres, salads, and signature

pizzas. Make reservations by Wednesday, Dec. 1 by emailing rsvp@lamesachamber.com.

Those that are unable to attend the event but wish to donate may contact the LMCC office at 619-465-7700 to make arrangements to either deliver the toys or have them picked up.

Homebound seniors gift basket drive: This year, La Mesa Chamber of Commerce (LMCC) will assist 24 homebound seniors for the holidays. LMCC is currently gathering items for these seniors with the goal to collect, purchase and assemble the items and place them in large gift baskets and gift bags.

All gift bags are delivered to the selected seniors by the La Mesa Retired Senior Volunteer Patrol.

Due to delivery schedule, the deadline to receive the gifts for our seniors is Wednesday, Dec. 1. This will allow time to wrap all of the items, prepare all of the gift baskets and purchase the items needed.

Suggested items to donate or purchase for this year’s gift baskets include: canned soups, canned vegetables, canned fruits, packets of crackers and packets of pasta or macaroni & cheese (For all food items from the pantry, check expiration dates.), bars of soap, tubes of toothpaste, packs of tissues, bottles of hand soaps, bottles of hand sanitizer, pens and pads of paper.

Gift cards in any denomination from the following locations are also welcome: Walmart, Target, or any grocery store. If you have another items you believe will put a smile on their faces, by all means drop them off!

All donated items must be received by Dec. 1 to be included in the senior gift baskets and bags. They may be delivered to the La Mesa Chamber office: 8080 La Mesa Blvd., Suite 214, La Mesa to Fran Smith, Monday–Friday, 10 a.m.– 4 p.m. Mary England is also available seven days a week to meet donors and pick up those items directly – call 619-251-7730.

LA MESA RESIDENT WINS LUXURY CAR IN CHARITY RAFFLE

In support of families experiencing a medical crisis, the 11th

SEE NEWS BRIEFS, Page 10

Featured Artist:
Glenn Osga



Glenn Osga has been a member for the Foothills Art Association for many years. He enjoys painting with acrylics and concentrates on nature and landscapes with occasional portraits and man-made objects. Recently, he has been thrilled by fall scenery on driving trips to Colorado where his daughters live.

“I got really lucky this year hitting some peak colors in late September,” he said. “You will see some of those fall colors in my works this month. I usually use photos as references, often using several as guidance for a single piece.

“A painting in the Wild Life in Art exhibit references a stream my daughter shot, elk we saw on one trip, and mountains on yet another,” Osga continued. “I am self-taught and each painting teaches me something new.”

Osga said he also learns new things from his son, who is a pro artist for the movie industry in Hollywood.

“[He] helps critique my work in progress and says to me ‘make it tell a story dad.’ I’ve been doing several train paintings lately and at first my train was passing through peaceful sunlight along a river — not exciting,” he said. “So I changed it to be leaving the sunlight and entering into a dark forest — trying to build sus-



“Elk Country - Winter is Coming” (By Glenn Osga)

pense. It was so much better and it sold quickly! I will continue to try mature artistically and hopefully hit upon some good stories to tell along the way.”

Osga’s work will be on display at the Porter Hall Gallery, 4910 Memorial Drive, starting Dec. 9.

—Bonnie Owen writes on behalf of the Foothills Art Association.

DINE.SHOP.EXPLORE.
LA MESA VILLAGE
WHERE HOLIDAY MAGIC BEGINS

SAVE THE DATE:
HOLIDAY IN THE VILLAGE
DEC. 4TH, 12 – 9 PM

La Mesa Village Association
VISIT: LAMESAVILLAGEASSOCIATION.ORG

Real Estate
with JULIE

JB
Julie Boyadjian

SOLD

111 Tamarack Ave. #206
2 bed
2.5 bath
1,375 square feet
Ocean Views

\$1,630,000
Represented Seller

SOLD

4005 Apore Street
4 bed
2 bath
2048 square feet
Solar

\$860,000
Represented Buyer

Housing supply is lower than last year, and home prices are up nationwide. Meanwhile, the average home is selling fast and receiving several offers. Listing now puts your house in the spotlight, meaning it could sell quickly – and for more than you’d expect.

Call Julie today to get a jump start on your 2022 real estate plans!



Julie Boyadjian
619.250.1129 | DRE #01820721
JulieBoyadjian.com
REALTOR®



Pacific

SCAN TO
DISCOVER YOUR
HOME’S VALUE

Sotheby’s
INTERNATIONAL REALTY

FEATURED HOLIDAY EVENTS

HOLIDAY IN THE VILLAGE

The sixth annual La Mesa Holiday in the Village will once again be ringing in holiday cheer for everyone far and near on Saturday, Dec. 4 from noon to 9 p.m.

La Mesa Village friends and family will have the chance to take part in free festive fun with live music, cozy fires, craft vendors, food, holiday photo opportunities and a kids' area bigger than Santa's toy shop.

This year's locally loved La Mesa Holiday in the Village is going back to its roots to bring guests more entertainment, more vendors, and an inclusive holiday experience for all ages to enjoy. Get in the holiday spirit while playing carnival games, listening to carolers, and enjoying delicious food and drinks from La Mesa local favorites.

Walk the streets of La Mesa's historic downtown while exploring dozens of local craft vendor stands, then cozy up with artisan and craft food and snack specialties. Friends and family can relax by the fire pits while enjoying holiday caroling, cheerful holiday music, and fun live entertainment on the La Mesa Lumber Stage. La Mesa's free Holiday in the Village will turn everyone holly and jolly with a full lineup of entertainment including traditional

holiday songs and music, local bands, and community performances.

For more information, visit lamesavillageassociation.org.

HOLIDAY FEST

On Saturday Nov. 27 and Sunday Nov. 28, Grossmont Center in partnership with San Diego Made will host Holiday Fest.

The special holiday pop-up event will feature over 70 craft vendors, giveaways, food from vegan and non-vegans vendors, a Santa meet-and-greet, holiday photo opportunities and a special tree lighting ceremony on Saturday.

The free event will be from 10 a.m. to 4 p.m. on Saturday, Nov. 27 and from 11 a.m. to 4 p.m. on Sunday, Nov. 28 at Grossmont Center, 5500 Grossmont Center Drive, La Mesa.

For more information, visit sandiegomade.org.

A FAIR TRADE EVENT

Just in time for holiday gift buying, St. Martin of Tours will host its annual A Fair Trade Event on Sunday, Dec. 5.

Billed as "Shopping that makes a difference!", the event will feature gifts, home décor, clothing, hand-crafted jewelry, coffees, teas, ice-cream and more — all sourced from fair trade vendors.

Items are deemed "fair trade" if they were created under fair wages, rather than exploitative ones, in developing countries.

A Fair Trade Event will be held Dec. 5, 8 a.m. to 1 p.m. at St. Martin of Tours Catholic Church, 7710 El Cajon Blvd., La Mesa. Call 619-368-8210 for more information.

BREW COMMUNITY HOLIDAY MARKETS

On Saturdays, Dec. 4 and 18, Brew Coffee Spot will host holiday markets in its adjacent parking area 6101 Lake Murray Blvd. from 9 a.m. to 1 p.m.

The Brew Community Holiday Markets are special seasonal events that bring the community together by creating a diverse venue of local artisans, craft home goods, fresh produce, hand-made creations, organic soaps, scented candles, activities, live music (when allowed), and more — up to 24 different vendors.

Hand sanitizer will be provided at each vendor booth and at the entrance. People showing any symptoms of illness are asked stay at home. Temperature screenings may also be required for all vendors and attendees. For more information email joe@brewcoffeespot.com. Vendor Inquiries contact Tara Van Sickle at Tara.vansickle@yahoo.com.

Holidays in the 1940s

Lamplighters Community Theatre will be swinging into the holidays with a production of "The 1940's Radio Hour."

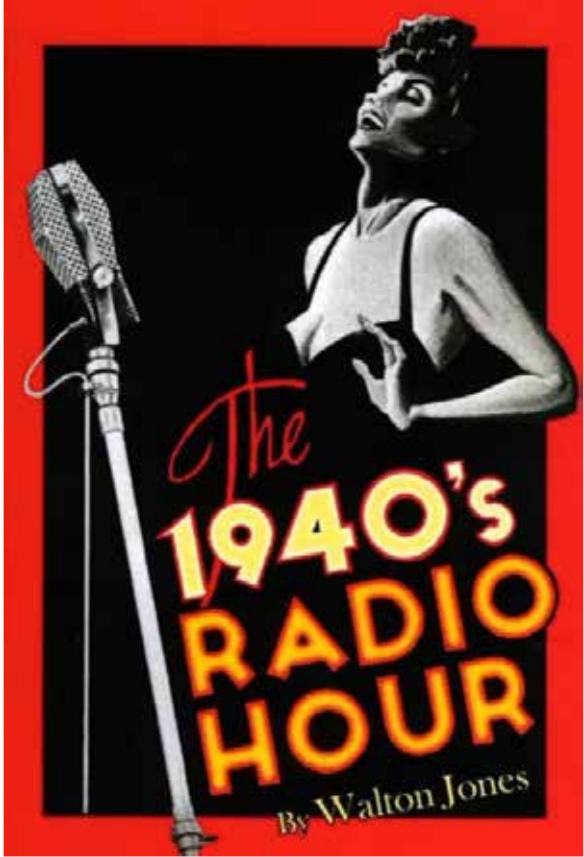
The holiday musical was written by Walton Jones and will be directed by Pamela Stompoly and George Bailey, with musical direction by Benjamin Read and choreography by Bruno Bosardi. Heather Kenny is producer.

"The 1940's Radio Hour" is a nostalgic look into yesteryear centered around a live radio broadcast of "The Mutual Manhattan Variety Cavalcade," from the Hotel Astor's Algonquin Room on Dec. 21, 1942.

Theatergoers will experience the spirit of that bygone era when the world was at war and pop music meant "Strike Up the Band" and "Boogie Woogie Bugle Boy." The show will also feature radio jingles and advertisements from the era.

In addition to the musical numbers, the audience will be treated with the behind-the-scenes antics of the cast as the harassed station manager copes with a drunk lead singer; a delivery boy pines for a chance in front of the microphone; the second banana cabbie dreams of singing a ballad; and the trumpet player chooses a fighter plane over Glenn Miller.

The Lamplighters cast stars Dan Hall as Clifton A. Feddington; Olivia Torres as Ann Collier; Rob Johnson as Johnny Cantone; Lizette Kent Allen as Ginger Brooks; Kara Tuckfield as Geneva Lee



(Courtesy image)

Brown; Jeff Jones as Neal Tilden; Kyler Waitley as BJ Gibson; Dani Uzman as Connie Miller; OP Hadlock as Pops Bailey; Lee Price as Lou Cohn; Daniel Savala as Wally Ferguson; Braden Evans as Biff Baker; and Ben Read and Zoot Doubleman.

"The 1940's Radio Hour" runs Nov. 26 through Dec. 19 on Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m.

Tickets cost \$26 for adults; \$23 for seniors, students and active military; and groups of 10 or more are \$20 each. For tickets and more information, visit lamplighterslamesa.com or call the box office at 619-303-5092.





SUPPORT LOCAL



Amber McWhirter-Griffith
8911 La Mesa Blvd
619.463.7320
amber@farmerssandiego.net

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



Get your Best Sleep Guaranteed

Family owned since 1968 | Locally Made and Handcrafted | Natural Materials No Harmful Chemicals



 Tax free Savings! Pay no sales tax for a limited time

 Free mattress protector with mattress purchase

 Voted #1 mattress store in La Mesa 2 years in a row!



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



Lawyer. Broker. Expert Negotiator.

Need Estate Planning/Wills & Trusts?
Buying or Selling your home?
Call or text Attorney Lopez today at 661-889-8000.

The Law Offices of Dorian Lopez
8200 Allison Ave.
La Mesa, CA 91942

Se Habla Español
S.B.N. 303585/BRE 02137396







2021 **HOLIDAY IN THE Village**

A La Mesa Tradition

SAT. 12PM - 9PM DEC. 4TH

Join us in the Village for a HOLIDAY CELEBRATION

LAMESAVILLAGEASSOCIATION.ORG





MATTRESS MAKERS

LA MESA'S BEST MATTRESS STORE!

NATURAL AND ORGANIC MATERIALS FOR A SAFER SLEEP

CUSTOM PILLOWS MADE TO FIT EACH PERSON PERFECTLY

FAMILY OWNED SINCE 1968 RIGHT HERE IN SAN DIEGO

8366 La Mesa Blvd.
La Mesa, Ca 91942
(619) 303-9505
MattressMakers.com

2021 BEST OF LA MESA



Find perfect holiday recipes in these great cookbook titles



By SARA NIELSEN

The holiday season is officially upon us! A time when many gather with family and friends to enjoy each other's company and share delicious food. This month we'll explore cookbooks for all of your fall and winter occasions.

America's Test Kitchen puts each recipe through rigorous testing to pinpoint common problems and solutions so that you have all the tools you need to (hopefully!) cook it flawlessly on the first attempt. In their "Complete Autumn & Winter Cookbook" they have compiled over 550 recipes including soups, simple dinners, vegetable dishes, drinks,

bread, desserts, and much more. Find your next holiday staple in this diverse recipe collection!

If low-stress simplicity is more your style, you might enjoy "Fix-it and Forget-it Best of Fall Recipes" edited by Hope Comerford. The holidays can be a very busy time of year for many, but with this collection of easy slow-cooker recipes you don't have to let making meals make your metaphorical plate overflow. Whether it's for a potluck at work, an easy weeknight dinner for the family, or a holiday gathering – this book has you covered.

From decadent desserts, to savory mains or sides, pies are among the most versatile additions to your winter table. "The Book on Pie" is by Erin Jeanne McDowell and it strives to teach everything you need to know

about baking impeccable pies. Step away from store-bought and perfect the homemade piecrust with an entire chapter dedicated to doughs and crusts. Then learn all about different fillings including fruit, custard, chiffon and savory. Non-bakers, baking beginners and experienced pie-makers alike can take their skills to the next level with this comprehensive and enlightening tome.

And who doesn't love a good cookie? Rose Levy Berenbaum, author of "The Baking Bible," is back with a definitive manual entirely dedicated to perfecting the art of all varieties of cookies. Featuring almost every cookie you can imagine; "The Cookie Bible" breaks down every detail of cookie making and provides creative tips and tricks for baking success.

You can request a copy of any of these titles on sdcl.org. If you prefer to read on your smartphone or tablet, simply download the Libby app and use your County Library card to access hundreds of cookbooks.

LIBRARY EVENTS:

The La Mesa Book Club is back in full swing! Call or visit the branch to find out about the December selection, and then join us on Wednesday, Dec. 15 at 10:30 a.m. for the discussion.

Need help learning how to use your smart phone, laptop, e-reader, or other technological device? Check out our weekly Drop-in Tech Help – every Tuesday from 2–3 p.m.

News briefs

CONTINUED FROM Page 8

annual Hoehn Motors Luxury Car Raffle raises more than \$300,000 benefitting Ronald McDonald House Charities of San Diego and names Jeffrey Ciesieker of La Mesa as the raffle's grand prizewinner.

Ciesieker wins his choice between a 2021 Audi Q7 and \$25,000, a 2021 Porsche Cayenne and \$25,000, or \$75,000 cash.

For more than a decade, Susan and Bill Hoehn have hosted the Hoehn Motors Luxury Car Raffle, with more than \$3 million in net raffle proceeds going directly to Ronald McDonald House Charities of San Diego to provide a

Alvarado Hospital Advanced Primary Stroke Center

When a stroke strikes, every second counts. The nurses and physicians at Alvarado Hospital are certified experts in delivering effective and FAST stroke care. As an Advanced Primary Stroke Center, we are ready and able to help you or your loved ones at a moment's notice, any time of the day.

AlvaradoHospital.com

VISIT US!



American Heart Association
American Stroke Association
CERTIFICATION
Meets standards for
Primary Stroke Center



Alvarado Hospital
Medical Center

Member of Prime Healthcare

02013.090821

St. Martin

CONTINUED FROM Page 1

“Celebrating 100 years is really remarkable occasion for us because we’ve been part of this great community,” said St. Martin of Tours Rev. Elmer Mandac. “It is a prayer answered for us because in the early part of the year we thought we would not be able to come together as a community because of COVID, but we prayed a lot and our prayers were answered because we were able to celebrate it and come together as a community and enjoy this remarkable moment in our life as a faith community in La Mesa.”

The roots of St. Martin of Tours’ life in La Mesa began even before the church was built when the small Catholic community in the city would gather to worship in private homes and trek to San Diego or El Cajon to celebrate Mass. In 1920, families in La Mesa were given permission to use the main hall of a local undertaker parlor to hold their first regular Mass gatherings.

By attracting Catholics not only from La Mesa but Lemon Grove and Encanto, the community grew enough to warrant constructing a permanent church. With funding from the wealthy Cavano family of Los Angeles, who funded many church projects of the time throughout Southern California, construction began in October of 1921 to build a church on a small lot at the corner of Normal Street and La Mesa Boulevard. The congregation celebrated Christmas Mass in the unfinished church mere weeks later. The church was completed in 1922, as well as a rectory.

In 1937, San Diego became its own diocese. With the war effort in full swing, the region exploded with growth that caused housing shortages and strained resources. St. Martin of Tours expanded the number of Masses, formed men’s and women’s groups and took other actions to deal with the influx of new community members, but it was not enough — the church needed more space.

In 1948, St. Martin of Tours purchased the lot off El Cajon Boulevard where it resides today to build an expanded church facility. According to the St. Martin of Tours’ “A Century of Blessings” webpage, church leaders decided to reuse materials from the old church to reduce building costs:

“First, the Normal Street church was moved to our current site on El Cajon Boulevard. In a spectacular feat of ‘moving’ engineering, the church was rolled from its former location and placed on the new site. It was then cut in two and expanded to twice the original length. To preserve the salient features of the former church, the interior structural design was left almost untouched. The exterior had to undergo extensive alterations to bring about the desired Early California Mission effect. Flying buttresses were retained



St. Martin of Tours church building at its original Normal Street location. (Courtesy photo)

and increased in number. The tower was completely redesigned to balance the enlarged nave. The church roof was given a mission tile cover and the tower was crowned by a tiled dome of soft blue and gold. The building presented a striking appearance on a commanding position over the junction of the two main boulevards of the city of La Mesa. In conjunction with the reconstruction of the church, work was rushed to prepare a new rectory on the grounds. With slight alterations, an existing building (a sanitarium) became a spacious rectory with ample accommodations for church group meetings and parish parties. This project took six months to complete. And so, once again, Christmas Mass, 1948 was celebrated in a ‘new’ church.”

In 1950, St. Martin of Tours expanded again with construction of the Academy, which was completed in 1951. The parish hall and school cafeteria were completed in 1952. Four additional classrooms were built for the school in 1956.

The St. Martin congregation continued to grow and by 1961, the church was fundraising for yet another expansion. Ground broke for the new church in 1964 and once again St. Martin of Tours celebrated Christmas Mass as its first gathering in the new building in 1965. The original church is still in use today and is known as Barry Hall.

Although there are no plans for major expansions or renovations in the near future, Rev. Mandac said he feels “blessed” by what St. Martin of Tours has accomplished over its century of serving La Mesa-area Catholics.

“What it means for us is it shows that the faith of this local community has grown over the years. This is just a tremendous blessing to all of us,” he said. “Because God loves us so much, he has given us the faith that has grown over the past 100 years.”

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

News briefs

CONTINUED FROM Page 10

“home-away-from-home” to families with a hospitalized child.

The raffle, offering over \$140,000 in prizes, has sold out every year for the last four years. This year, ticket holders also won a Mario Andretti racing experience for two, Louisiana Grills LG860C Wood Pellet Grill and Smoker, a Lifetime Big Stuff swing set, a Milwaukee MX FUEL 3600W/1800W Power Supply, and various other prizes. Winners also have the option to claim cash in lieu of product prizes.

“Susan and Bill Hoehn’s generosity over the last 11 years

has made a lasting impact in the lives of Ronald McDonald House families,” said Chuck Day, president and CEO of Ronald McDonald House Charities of San Diego. “Their thoughtful partnership and the support of those that continue to participate in this raffle have allowed us to continue to serve families with a child undergoing a medical crisis. We’re forever grateful for their ongoing support and the privilege to make a difference in these families’ lives.”

To view the full list of prizes and winners, visit sdcaraffle.com. For upcoming fundraisers, events, and volunteer opportunities for San Diego’s Ronald McDonald House, please visit rmhcsd.org.

Family Owned
for Over 55 Years

More
Important
Than Ever



featheringill
mortuary

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

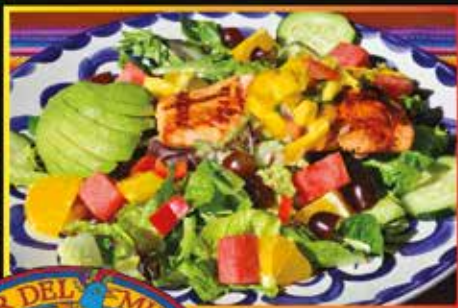
Thank You La Mesa!

— Casa De Pico —

Voted Gold

In The La Mesa Courier's "Best Of La Mesa" Awards

- ★ BEST MEXICAN CUISINE
- ★ BEST MARGARITA
- ★ BEST LUNCH
- ★ BEST PATIO DINING



5500 Grossmont Ctr Dr. La Mesa, CA 91942

619.463.3267 CasaDePico.com

Celebrating
50
Years!



La Mesa Community Page Shop & Spend Local!

Do-It-Yourself Dog Wash
The Doggy Self Wash
NOW OPEN!

"Professional quality supplies provided, and a dryer at each tub. Ramp and booster shelf available, and we clean up!"

\$10 Tuesdays!
Use of facility for any size dog!

No Appointment needed.
Open Monday-Thursday 8am-5pm Friday 8am-1pm

619-857-7468
3855 Avocado Blvd Ste 160, La Mesa
thedoggieselfwash@icloud.com

San Diego County
Does your Medicare health plan meet your needs?

When it comes to choosing a Medicare health plan, there's a lot to consider. As your Kaiser Permanente Medicare specialist, I am here to help make Medicare simple.

Now's the time to get in touch so I can help you:

- Understand the basics of Medicare
- Learn the benefits of a Kaiser Permanente Medicare health plan, which is rated 5 out of 5 Stars in California for 2021, Medicare's highest possible rating¹
- Enhance your coverage with additional dental, hearing, and vision benefits
- Learn how you may be able to enroll and become a member as soon as next month²
- Enjoy \$0 copays for virtual care, including phone, email, and video visits³

Join me at a Live Neighborhood Webinar to learn more.
Call me to RSVP or visit my website at mykpagent.org/marthac

Martha Camarena
Kaiser Permanente Medicare specialist
Call me at: **619-876-3575**
Se habla español


BRIT IN HOME / TRAILS PHYSICAL THERAPY

Covid-19 Essential worker following all CDC guidelines (only one patient seen at a time).

FREE Screening of Physical Therapy problem (no referral needed from your Doctor) and a FREE 30 minute Massage with any new qualifying patient.

Can be seen at Therapy clinic in the San Carlos area of SD or if preferred, in your own home as Mobile/In-Home Physical therapy provided since 2004.

Medicare and most other insurances accepted.
Darren Williams, P.T., A.T.P., Cert.M.D.T
(Licensed Physical Therapist PT 20328, NPI 1376683904)
858-692-5835
7676 Jackson Drive Suite #4 San Diego 92119
www.britinhomept.com • www.trailspt.com

BIRKENSTOCK
OF SAN DIEGO STORES

GIVE THE GIFT of Comfort

GET \$10.00 OFF
MENTION THIS AD TO RECEIVE \$10 OFF YOUR PURCHASE OF \$75 OR MORE

LA MESA • 7575 UNIVERSITY AVE • (619) 337-9292

ENCINITAS (760) 942-2177 OLD TOWN (619) 692-9485 CORONADO (619) 435-1071 GASLAMP (619) 794-2611 PALM SPRINGS (760) 323-1175

NEXT DOOR NUTRITION

NOW OPEN!

Your Local La Mesa Village Nutrition Store!

- Protein
- Pre-Work Out
- Keto Product
- Vitamins
- Aminos
- and Much More

FRESH Meals To-Go!

619-818-6871
8156 La Mesa Blvd La Mesa

Live Music
Fridays Saturdays & Sundays!

Wednesday 3:00 - 7:00PM
Thursday 3:00 - 8:00PM
Friday & Saturday 6:00 - 9:00 PM
Sunday 12:00 - 5:00PM

La Mesa Wine Works

8167 Center St. La Mesa
619-741-0700

"Family owned and Operated for 25 years"

LA MESA BIG TIRES

WE SERVICE CLASSIC CARS!
WE DO ALL SCHEDULED SERVICES ON ALL MAKES AND MODELS

- Oil Change
- Brakes & Shocks, Struts
- Alternators, Starters, AC Service
- Transmission Service & Coolants

COMPLETE AUTOMOTIVE SERVICES

Give Us a Call (619) 667-6767
7589 El Cajon Blvd La Mesa, CA 91942

Monday-Saturday 8AM - 4PM
Closed Sundays
Eddywoods66@gmail.com

Basic Oil Change \$19.99
Install oil and filter. Add up to 5 qts, Bulk, 10w30 or 5w3. Free 4 tire rotation* Exp. 12-16-21

Wheel Alignment \$20.00 OFF
Visual inspection of steering and suspension components. Computerized precision alignment. Set to manufacturer specifications. Adjust tire air pressure where applicable. (steering angle sensor reset extra) Exp. 12-16-21

FREE Brake Inspection
Plus \$40 off Brakes Exp. 12-16-21
(\$20 off per axle if work is required)

Pacific COMPUTER SERVICES
Providing Safe and Secure Remote Services To Our Clients

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

Senior and Veteran Discounts!

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

Call Mike!
619-501-0997

Finally A Positive Computer Experience!

VISA MasterCard

Gino's Wide Shoes & Repair

WIDE Shoes
Come See us At Our New Location At The Grossmont Shopping Center

Mens / Womens Shoes
Riding Boots • Chaps • Dance Shoes
Birkenstocks • Orthopedic • Corrections Filled

Sale Of: Wide/ Extra Wide Foot Wear
Comfort Footwear • Diabetic Footwear

\$5 OFF Any Purchase of \$25 Or More
FREE Shoe Shine!
No Purchase Necessary

Hours Monday - Friday 9AM - 6PM / Saturday 9AM - 5PM / Closed Sunday

619-433-4466
5500 Grossmont Center Dr. La Mesa
Across from See's Candies

Benched at Grossmont High School



Foothiller Footsteps

By CONNIE AND LYNN BAER

Since 2010, Foothillers have generously purchased royal blue campus benches which honor classes, individual teachers, administrators, staff, Foothiller values, and Foothiller families. The past two years 23 new benches were donated to Grossmont as alumni reflected on the influence Grossmont had on their lives. The donors of the benches vary from an individual, a family, a graduating class, or a group of alumni. Amazingly, 25 GHS alumni made donations to fund one bench.



Laurie MacDonald, president of the La Mesa Park and Recreation Foundation, accepts a Certificate of Recognition from Marc Schaefer, a representative from Supervisor Joel Anderson's office. (Courtesy of Supervisor Anderson's office)

This recent flurry of benches began with the passing of Ed Hollingsworth, a beloved drama teacher. His former students wanted a way to honor him near the new theater; his bench began a cascade of fundraising for other performing arts teacher benches.

Today, benches honoring the first three vocal music directors, legendary Merle Donahue, Don Hubler, and Bob Boucher, whose legacy spans 1929-1986 surround the vocal music classroom. A bench honoring legendary instrumental music director Jim Nichols, 1959-1988, faces the football field while a bench honoring director Harold Lutz, 1939-1955, is at the entrance to the band room.

The Class of 1958 itself donated three benches honoring English teacher George Gross, teacher, principal, and superintendent Tom Warburton, and most recently, their counselor Eva McCarthy Quicksall. More than 60 years later, the class recalls all three with affection and appreciation for the life foundation they received from them.

As Larry Durbin shared with his classmates while fundraising

SEE FOOTHILLER FOOTSTEPS, Page 14

Helix sports medicine
a program that shines



Helix Highlights

By JENNIFER OSBORN

The health and safety of Helix athletes has always been a priority — so much so that in 1996, then-principal Doug Smith started a sports medicine course as an elective. Since that time, Helix has illustrated the commitment to that priority by adding two Certified Athletic Trainers (ATC) to the staff and, most recently, creating a career pathway in sports medicine to align with the requirements to be part of Helix's Career and Technical Education (CTE) EDGE (Explore, Develop, Gain, Earn) program. Students in the CTE program participate in a multi-year sequence of academic and technical study to prepare them for career and college opportunities after high school. They are able to explore career options by taking academic courses that link with hands-on skills they will need to be successful in their future careers.

Helix teacher, ATC and Director of Sports Medicine Kathryn Welch started her career in sports medicine back in 2001 when she was a student in the sports medicine elective course taught by then-athletic trainer and current athletic director, Damon Chase. After graduating from college, Welch took over



Sports Medicine student Jared Jones performing a neurological exam on ATC and Sports Medicine instructor Kathryn Welch.

the course in 2008, and now teaches Beginning Sports Medicine, Advanced Sports Medicine, and Anatomy & Physiology, which make up the courses included in the Sports Medicine pathway.

Students in the program are also required to perform 15 hours of hands-on activity, with an additional 40 hours required for those in the honors-level program. Prior to restrictions implemented due to COVID-19, those hours would be completed through work off campus in medical settings, such as with physical therapists, in doctors' offices, etc. Now, students expand their on-campus activities and earn hours working with Helix sports teams.

In the Beginning Sports Medicine course, students explore the medical field, learning about careers and the "circle of care," meaning

SEE HELIX HIGHLIGHTS, Page 14

GARCIA'S AUTO REPAIR

Complete Auto Care
Domestic • Asian & European System

Open Monday-Friday 8AM-6PM
Saturday 9AM-3PM • Closed Sunday
619-521-0689
8230 Commercial St. La Mesa
garciasautorepairsd.com

La Mesa Community Page

Shop & Spend Local!

WANTED TO BUY

COINS & BULLION
Silver Bars & Rounds
Pre 1964 Silver US Coin
Collectible Coin Sets
Silver Dollars

ESTATE JEWELRY & SILVER
Vintage, Antique & Filigree Jewelry
Diamond Jewelry
Costume Jewelry
Sterling Silver Flatware

CAL COIN & JEWELRY
Open Monday – Friday 10AM – 5PM
Saturday 11AM – 4PM

VINTAGE WATCHES
Omega • Seiko
Rolex • Hamilton
Pocket Watches
Low to High Value Pieces
Accepted Working or not

WE BUY GOLD
Top Dollar Payouts on Unsold
Gold and Silver Jewelry.
Will beat all verified offers by
other dealers

Fully Licensed Buyer
A Trusted Dealer for over 15 Years
Family Owned and Operated
Private Office Setting
Similar items we buy are available
for purchase
Watch Band Adjustments
\$5 BATTERY REPLACEMENT* *most watches

9019 Park Plaza Dr. Ste. E La Mesa
760.315.3890
calcoinandjewelry@gmail.com

ON CUE BILLIARDS

"We Are OPEN!"
Now Serving Beer, Wine & Food
Open 7 Days A Week Noon – Midnight

On Cue Billiards
8308 Parkway Dr., La Mesa, CA 91942
619.463.8759

Helix Highlights

CONTINUED FROM Page 13

how different medical personnel work together to care for an athlete. They also learn about the human body and common sports injuries and ailments.

In Advanced Sports Medicine, students learn more detail, incorporating testing for and identification of injuries and ailments, using their hands-on skills and applying their knowledge.

"In Beginning, for example, we talk about how ankle tape helps prevent ankle sprains," explained Welch. "In Advanced, we learn how to do the ankle tape. In Beginning, all of the assessments are traditional tests. In Advanced, all of the assessments are hands-on, using clinical skills."

She and fellow ATC and Head Athletic Trainer Andie Jimenez are also responsible for supervising Helix's Sports Medicine clinic, which is available to Helix athletes every day. Sports Medicine students also work in the clinic, and may be assigned tasks such as performing a knee evaluation, or other evaluations that pose no risk to the athlete, while supervised by one of the trainers.

"They present their findings to me, and I ask, 'Did you check this, did you check

that?'" Welch said. "They may say, 'Oh no, I forgot' and go back and do it, and that's how they learn – by putting all the pieces together."

Welch said the students take ownership of the situation, and express great pride in finding the "answer" when working with athletes.

According to Welch, the program provides a great foundation for any medical field.

"They learn how to interact with a patient, how to get all of the objective and subjective information, how to ask the right questions – those are clinical skills that they can take into being a surgeon, a pediatrician, a nurse, a physical therapist, a radiologist; all of that will carry over, even if they aren't working in a sports demographic," she said.

Students who complete the pathway receive distinction at graduation, designated by a special stole. The program has seen remarkable growth since its inception. In 2018, 15 students were recognized as completers of the pathway. The class of 2021 had 44 students complete the program, and Welch anticipates a similar number for the class of 2022. Her conservative estimate is that about 80% of the students who complete the program go on to some kind of health-related field of study in college, and most have gone into nursing or physical therapy. Welch

has received messages from excited graduates, letting her know that they will be working on the sidelines at their university's football game, or that they have been accepted to an internship program with an NFL team.

"We have an amazing team and sports medicine facility on our campus," Welch said when asked about the best part of the program. "It rivals college rooms."

The facility was remodeled and upgraded in 2017 and students have the opportunity to use specialized equipment (ultrasound machine, electrical stimulation therapy, hydrocollator) and receive impressive training because the department is so well supported by CTE and the Athletic Department. She notes that former Helix athletes return to campus and talk about the quality of the Helix facility when compared to their college facility, and during a recent audit, the auditor commented that the facility must be the best in the county.

According to Welch, Helix is one of only two schools in the county that has two Certified Athletic Trainers on staff and that at many schools, coaches are the people primarily responsible for the health and safety of their athletes.

"We have made it a priority," she said. "Damon (Chase) has made it a priority that we will

take care of our athletes and make sure the safety of our athletes does not fall only on our coaches. Coaches need to know that if something happens, there is a medical professional there and they can continue to take care of their team. It's one of the things you can put in the column of 'What Makes Helix a Special Place.'"

Welch gets emotional when she talks about the program and the students. "Last year, being away from 'my kids' was so hard," she said, her eyes welling up with tears. "Teaching them hands-on skills through Zoom was miserable and I am so happy to have my kids this year in class, and that they chose to take the Advanced course even after taking the Beginning course on Zoom! It just makes my heart so happy."

HELIX SPORTS UPDATE

As of this writing, the Helix football team stands ready to compete in the San Diego CIF Division 1 championship game. The field hockey team finished as league champions and advanced to the quarter-final round of CIF. Girl's volleyball advanced to CIF, but lost in the first round. Girls' tennis finished as league champions, and several players advanced deep into CIF play. Boys' water polo finished as CIF quarterfinalists.

Foothiller Footsteps

CONTINUED FROM Page 13

for the Quicksall bench, "Because of the warm, caring response from the Gross and Warburton families, we thought a bench to remember Mrs. Quicksall also would really be meaningful not only for us, but also for Mrs. Quicksall's family."

He was right. Her niece Anita Hensley responded that she was thrilled with the bench and would love any stories the class might be able to offer and would share them with other relatives. The benches connect multiple generations in amazing ways.

In 2021, eight benches were installed at one time in various locations on campus as listed below. Currently we are awaiting the arrival of the four more benches.

The benches are tangible reminders of the past as well as inspiration to current Foothillers. The students love the benches; it's rare to see an unoccupied bench.

Principal Dan Barnes believes, "We are very fortunate to have the Foothiller alumni support that we do along with our GHS Educational Foundation's willingness to give. These benches have helped beautify our campus and remind us of the support of our former Foothillers."

If you would like information about becoming a bench donor, please email us at ghsmuseum.com, on how to add another footprint to the many others on campus that celebrate our legacy.

—Connie and Lynn Baer write on behalf of the Grossmont High School Museum. For more information, visit foothillermuseum.com or contact ghsmuseum@guhsd.net or 619-668-6140.

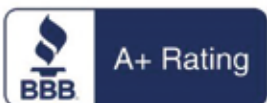


Full Service Chimney Cleaning

ONLY \$99 reg. \$189

Includes full safety inspection

CALL TODAY:
619-593-4020



CHIMNEY SWEEPS, INC
SERVING SAN DIEGO COUNTY
FOR OVER 30 YEARS

RAIN, WIND, AND FIRE...

"The three menaces to any chimney, fireplace, or stove."

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

CHIMNEY SWEEPS, INC., one of San Diego's leading chimney repair and maintenance companies, is here to protect you and your home from losses due to structural damage and chimney fires.

Family owned and operated and having been in business for over 30 years, Chimney Sweeps Inc. is a fully licensed and insured chimney contracting company (License # 976438) and they are certified with the National Fireplace Institute and have an A+ rating with the Better Business Bureau.

For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.

Senior Living



Senior Living

The power of community can support seniors

By BRENT WAKEFIELD

The holidays are only weeks away, and the CDC has shared safer ways to celebrate as COVID-19 and its variants still impact the public. From vaccinations and masks to being outdoors, the country continues to bubble back to life daily, but not everyone will — or can — join in. Seniors are one such group. The past two years have delivered far less than holiday cheer as they struggled with social isolation, loneliness, and hunger more than ever.

Luckily, local senior non-profit organizations stepped in. They have done the hard work year-round to keep seniors safe, healthy, and independent. I like to say they are the boots on the ground in our senior communities — truly making a difference in seniors' lives through empathy and support.

For organizations like Meals on Wheels San Diego County, the gratitude shown by local seniors as we step in to meet their nutrition needs makes every interaction worth it. Harvard research recently found, "gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships." We — and other senior-focused nonprofits — couldn't imagine a better outcome from our services.

The momentum must continue — especially going into the holiday season. The power of community cannot be understated in supporting our local seniors. Banding together to help make the holidays special can take many forms.

Here are three ways you can positively impact the work of senior-related nonprofits this holiday season.

Donate monetarily: If you can make charitable contributions this year, consider giving back to local senior-related organizations to support San Diego's older adults in need. Funds will not only help impactful programs continue year-round, but also assist in making the holidays extra special for seniors isolated to their homes, and away from their loved ones again this season. Also note, the IRS announced expanded tax benefits this past September for individuals and businesses interested in charitable giving.

Visit a senior near you: The need for volunteers has never been higher, and senior organizations are always in search of more giving individuals. Sometimes a volunteer is the only person our seniors see all day. For us, each volunteer helps keep our wheels rolling and has a profound impact on the seniors they encounter every day.

Assemble a care package filled with holiday cheer: A well-rounded care package is

practical, fun, and an easy way to tell a senior, "I care." Many charities have lists on their website for the specific items they need. Care

items can also be coupled with personal notes of encouragement

SEE SENIORS, Page 19

Senior Apartments in the Heart of La Mesa



Offering senior (55+) Independent Living services in single level cottage style apartments around a secure courtyard in downtown La Mesa.



Offering: meals, laundry, housekeeping, access to transportation and social activities, activity room and patio, all apartments fully renovated including walk in showers, kitchens & access to awake staff 24/7.

Call Today! Limited Availability! 619-466-0253 • 7908 La Mesa Blvd. La Mesa, Ca 91942

Make the Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) wanted to develop better Assisted Living Care Homes and Services for seniors at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area), La Mesa, Del Cerro. See us today before making your final choice. Make the Right Choice Today.

We are excited to announce that Silverlight Homes of La Mesa will be joining the Right Choice Senior Living network of Assisted Living Care Home Communities.

Beautiful La Mesa Neighborhood Close to ALL, Small Intimate Homelike setting, Reasonable Visitation & Outings, Accommodations & Experienced Team since 2008 For photos, video tours please visit: <https://silverlighthomesllc.com/>

For more info call (619) 246-2003 or go to the www.rightchoicenorliving.org.

NOW HIRING CAREGIVERS! CALL NOW!

Assisted Living Care Home Communities

No more than 6 residents per community

Highly motivated and experienced staff

Short Term Respite Stays are ok

Veteran Owned & Operated

619-246-2003

NOW HIRING CAREGIVERS CALL NOW

RIGHT CHOICE

SENIOR LIVING
Full Service Assisted Living
Starting at \$150 a day.



We are saving families thousands per month
Grand Opening New La Mesa Care Home

www.rightchoicenorliving.org



RESORT-STYLE SENIOR LIVING

Look to Westmont of La Mesa for quality living options in a resort-style setting. Our La Mesa, CA, senior living Community provides luxury at every turn. Select from Independent Living, Assisted Living, and Memory Care to find the neighborhood that you'll feel most at home in. Our talented, friendly team will offer you or your loved one the most utmost attention, whether you simply want a beautiful, private home free of everyday chores, you require help with daily living activities, or you or your loved one are living with memory loss. Whatever stage you're at in the senior living journey, we're here to help make every day a fulfilling one.

Correction notice for wrong description in the Gold Winner listing

619-369-9700
9000 Murray Dr. La Mesa



La Mesa COURIER BEST OF 2021 LA MESA

WESTMONT LIVING®
inspired retirement living®

Thank You Readers Of
The La Mesa Courier

FOR VOTING BEST OF 2021

619-369-9700
9000 Murray Dr. La Mesa

Learn more about MesaView Senior Assisted and Independent Living!

Located in downtown La Mesa, MesaView Senior Assisted Living offers Independent Living, in a smaller, home-like environment. Experience the comforts of home while benefiting from trained staff who put your safety, health, and well-being first every day. Completely remodeled and updated, MesaView's quaint and inviting feel is met with extensive outdoor space and gardens, as well as newly designed living spaces. MesaView promotes the physical, social, and spiritual aspects of its residents' lives, embracing cultures and celebrating their experiences. A short walk to local stores, restaurants, and coffee shops, MesaView offers independent living services for those who are able to live on their own but want to live in a community setting or prefer a living situation that includes housekeeping, social activities, dining, transportation, security. MesaView Senior Independent Living does not provide care or supervision to its tenants, does not hold itself out as doing so, is not a residential care facility for the elderly, and does not accept or retain residents who demonstrate the need for assisted living care or supervision. Schedule a tour to learn more about MesaView Senior Assisted and Independent Living!

619-466-0253 • 7908 La Mesa Blvd. La Mesa, Ca 91942

All Heart Home Care In-Home, Non-Medical Care

All Heart Home Care is Veteran Owned and licensed agency by the state of California. All Heart provides quality senior home care assistance to the Greater San Diego area. We base our senior home care services on family values, and we also exemplify principals of respect, integrity, and transparency. All Heart Home Care is a professional and compassionate home care agency above all; We respect our client's dignity and their desire for independence. We listen to our senior client's desires then factor in their request for home care. Our agency only hires talented, experienced, and trustworthy caregivers as a result, seniors and adults live their lives much happier in their own homes using our services. All Heart Home Care has received the Top Home Care award from SeniorAdvisor.com 5 years in a row 2017-2021. We also received the La Mesa Courier's Best Of 2020 Gold winner for Home Care and the San Diego Union Tribune's Favorite In-Home Care award in 2019 and voted Best in 2021.



Non-Medical In-Home Caregivers

Choose from Hourly to 24-Hour & Live-in Care

Services Include:

- Personal Care
- Meal Assistance
- Light Housekeeping
- Reminders
- Household Management
- Memory Engagement
- Transportation Service
- Companionship

Specialized Support:

- Alzheimer's Care
- Dementia Care
- Parkinson's Care
- Recovery Care
- Hospice - Palliative

VETERAN OWNED BUSINESS



Multi-Award Winning Agency



Call us today and schedule your FREE In-Home Consultation

619-SENIORS (736-4677)

www.allhearthomecare.com

Anthony's Fish Grotto carries an illustrious history

Giveaways mark the company's 75th anniversary

By FRANK SABATINI JR.

To restaurant goers all over San Diego County, the iconic Anthony's Fish Grotto is synonymous with clam chowder, lightly battered seafood, shrimp scampi, and boatloads of other oceanic delights ranging from fiercely traditional to smartly modern.

It is also one of the few places in the area still serving classic surf-and-turf in the form of top sirloin and Maine lobster tails.

It was in 1946 when the late Catherine "Mama" Ghio opened



Swordfish Mediterranean

Anthony's Seafood Grotto after emigrating from Italy. The restaurant was tiny. It sat on Harbor Drive and Pacific Highway in San Diego — not far from Mama Ghio's Little Italy residence. She had named it after her father, Anthony, and also in tribute to her favorite Catholic saint, St. Anthony.

At the time it was the only commercial kitchen in San Diego that served seafood only.

"The thing that caught everyone's fancy back then was Mama Ghio's fish and chips and her signature tartar sauce," said grandson Craig Ghio, who today owns the company and operates it with his cousin and chief financial officer, Beverly Mascari.

"She would make the batter in her garage," he added. "It's fluffy, light and not breaded, which even today is a very confidential recipe."

Another big draw in the early days was a tomato-based red clam chowder that Mama Ghio modified from a family recipe for fisherman's stew. And for those who assume avocado salad is an invention belonging to modern

California cuisine, the Italian matriarch was already wowing patrons with the construct more than a half-century ago.

Now in the midst of its 75th anniversary, which coincides with the 60th anniversary of Anthony's only remaining restaurant in La Mesa, the company enjoyed enormous peaks over the years. In its heyday, it operated multiple restaurants throughout San Diego County — from Rancho Bernardo and La Jolla to Chula Vista and Downtown San Diego.

Mama Ghio's sons, Anthony and Tod, and her son-in-law, Roy Weber, all played active roles in the business at various times.

Anthony's also ran a fish processing and packing plant in San Diego's Linda Vista neighborhood for a few decades. It produced prepared seafood items and signature condiments such as cocktail sauce and salad dressings for retailers. Ghio said the family shut down the facility in 2010 because "we wanted to concentrate on our core business."

However, a small line of Anthony's products such as



Owner and CEO Craig Ghio at the La Mesa restaurant



A vintage capture of Mama Ghio with son Tod overlooking her shoulder, and son-in-law Roy Weber wearing a tie

Mama Ghio's original batter and clam chowder can be purchased from a market section inside the La Mesa restaurant.

Anthony's most visible location thrived for 52 years in a structure perched along San Diego Harbor at the Embarcadero. During some of that time it adjoined the upscale Star of the Sea restaurant, which the company also owned.

To the shock of locals and tourists alike, the Embarcadero spot closed in 2017.

"We were re-negotiating our lease with the Port of San Diego

when they decided to go in a different direction with a new tenant, even though we were willing to spend \$12 million for renovation," said Ghio. "Sadly the Port had little respect for tradition and history," he added.

The locally based Brigantine restaurant company was awarded the lease and took over the address within a completely rebuilt mega venue named Portside Pier.

From a portfolio boasting more than a half-dozen Anthony's

SEE ANTHONY'S, Page 19

Dining In La Mesa

"We Are Back And Booming!"

Pick-Up and Delivery Available.

**LIFE IS SHORT.
BE KIND AND
DRINK THE
GOOD STUFF.**

WWW.BREWCOFFEESPOT.COM

GRAB A BAG OF
FRESH BEANS!

10% OFF

YOUR ORDER WITH THIS COUPON

Offer cannot be combined with any other discounts. Expires 12-16-21

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

**Were Open
For Take Out!**

TACO TUESDAY!
Mini Tacos
Pollo Asada Carnitas Cabeza
Buche Adobado

EL AZTECA TACO SHOP
Mexican food 8306 Parkway Dr. La Mesa, CA, 91942
619-466-4113

Voted **GOLD**
for Best Burrito!

**FREE
DRINK
WITH ANY
COMBO**

City Tacos Village Taqueria
8325 La Mesa Blvd.
619.467.7999

**Voted GOLD for Best Fish Tacos
& Casual Dining**

Buy Any Taco & Get
A FREE Quesadilla

*One Quesadilla Per Order

Centifonti's
Bar & Restaurant

Family Owned & Operated Since 2005

25 Rotating Taps
Italian - American Food
Homemade Gelato

Breakfast
Lunch & Dinner

Thank you La Mesa
for your love & support!

8365 La Mesa Blvd, La Mesa, CA 91942

(619) 461.4434

**WE'RE OPEN
FOR DINE IN & PICK UP!**

KONNICHINIA SUSHI & BAR

THANK YOU LA MESA FOR
YOUR LOVE & SUPPORT!

FRESH LOCAL CAUGHT FISH
15 JAPANESE & LOCAL BEERS ON TAP
& SHADE!!!

8350 LA MESA BLVD, LA MESA, CA 91942

HOURS:
MON-THURS 11PM - 9PM
FRI & SAT 11PM-10PM | SUN 11PM-7PM
(619) 466.6446

The Yogurt Mill
of La Mesa

**20% OFF
ENTIRE PURCHASE**

8158 LA MESA BLVD. LA MESA
619-465-0262

Patrons, staff bring family atmosphere to West Coast Smoke and Tap House

By ROBIN DOHRN-SIMPSON

If you want wings, football and camaraderie on Monday night, then West Coast Smoke and Tap House is the place for you. Wings Night starts at 4 p.m. and you'll want a plateful before the game starts. Come and enjoy the sense of community that both employees and patrons have when they step inside the restaurant.

"Our chefs put tons of love and time into their food," said West Coast assistant manager Taylor Pletcher. "Our meats are house-smoked. Our soups and sauces are housemade. This way we can control the quality. Humberto Aguilar, head chef, and co-owner along with his brother Jorge

Aguilar are a good team. They know what they're doing in the kitchen. Their inclusive atmosphere makes everyone feel like family."

Every night offers a different special, which you can find on their website. For example: Taco Tuesday or Friday night Prime Rib dinner.

"We always have daily specials. There's always something new to eat," Pletcher said. "Two house favorites are corned beef and our ribs."

West Coast offers an extensive menu with sandwiches and tortas, housemade soups, BBQ plates, salads and burgers (the Brie Prosciutto Burger looks extremely interesting as does the Spicy Jesus Burger). Or if you prefer you can get a few appetizers.



West Coast exterior (Courtesy photos)

With 28 beer taps, they try to rotate a good variety of brews so that there is something for everyone.

"Some fan favorites are the Tangerine Wheat from Lost Coast Brewery in Eureka and Pliny the Elder or Temptation from Russian River Brewing Company," Pletcher said. They also keep local brews on tap like Low Hanging Sour: Mango from Thorn Brewing Company in San Diego.

"We're all about the community of La Mesa. We have

lots of regulars. My favorite thing about working here is that I feel like I'm coming to work to see my friends and family," Pletcher said.

West Coast Smoke and Tap House is located at 6126 Lake Murray Blvd. They're open daily from 11 a.m. to 9 p.m. Visit westcoastbbqandbrew.com for special events and daily specials.

—Robin Dohrn-Simpson is a local food and travel writer. Reach her at dohrnsimpson@hotmail.com.



Ribs



Tacos

SHRIMP AND CRAB DIP



Wishing La Mesa a happy and healthy holiday season!

This spread will be gobbled up in a hurry. It is great for entertaining during football games or holiday parties.

INGREDIENTS:

- 3 ounces fresh cooked crabmeat
- 1/4 – 1/2 pound of cooked small shrimp, chopped (Frozen and thawed shrimp work great.)
- 3 tablespoons of fresh lemon juice
- 3 tablespoons fresh grated lemon zest
- 1/2 pound of cream cheese, room temperature
- 1/4 cup of mayonnaise
- 4 tablespoons fresh parsley, minced
- 1/2 cup finely minced celery
- 4 tablespoons minced fresh green onions
- Dash or more of Tabasco or other hot sauce
- 2 shakes of Worcestershire sauce

DIRECTIONS:

Combine all of the above ingredients and chill. Serve with crackers or slices of toasted baguettes.

Stay Healthy With Us!

On The Farm!

~Full Service Deli

~Beer & Wine

~Nutritional

WINDMILL FARMS
COMMUNITY MARKET

~Fresh Produce

~Meat Market

~Baked Goods

Thank You!

La Mesa
COURIER
BEST OF
2021 LA MESA

Voted Best
~Health Food Store
~Vitamin/Supplement Store

6386 Del Cerro Blvd.
619.287.1400

OPEN:
Sunday 9am-8pm
Monday-Saturday 8am-9pm

Order Pick-Up
or Delivery

Follow Us On
Social Media

SERVICE DIRECTORY

ATTORNEY

NEW OFFICES OF
KROGER-DIAMOND & CAMPOS
APC

PERSONAL INJURY – ACCIDENTS

Auto | Cycle | Pedestrian
Dog Bite | Slip and Fall
Brain Injury | Wrongful Death

– Free Consultation | No Recovery, No Fee –
Serving our community for over 30 years

University Avenue 3180 University Ave.
Suite 220
San Diego, CA 92104
(619) 682-5100
www.kdcinjurylaw.com
A Professional Corporation

Poinsettia Village 7220 Avenida Encinas
Suite 203
Carlsbad, CA 92011
(760) 931-2900

AUDIOLOGY

ChEARS
HEARING CENTER
HEARING • SPEECH • COGNITIVE

Dr. Robert A. Faillace AuD
Dr. Lucia Kearney AuD

Comprehensive Hearing Test

Hearing Aids Sales & Service

3590 Camino Del Rio North # 201
Located inside the Santa Clinic
619-810-1204

AUTOMOTIVE

Bee Line

• BRAKES • SINCE 1947
• ALIGNMENT •
• A/C SERVICE •
• 30/60/90K Maintenance •

10% OFF
W/ THIS AD

(UP TO \$50 MAX FOR DISCOUNT)
(excludes oil changes)
May not be combined with any other offer.

2938 GARNET AVE., PACIFIC BEACH
(858) 273-2411
www.beebrakes.com

AUTO GLASS SPECIALIST

WE DO ALL TYPES OF
AUTO GLASS INSTALLATION

\$149.95

WINDSHIELD REPLACEMENT
(Most cars, some restrictions apply.
Mobile Service Available.)

(619) 265-2811
5803 El Cajon Blvd.
[wcautoglass.com](http://www.wcautoglass.com)

ALT. MEDICINE

TORREY HOLISTICS
HERB • CANNABIS • OILS

ORDER ONLINE
FREE DELIVERY OR CURBSIDE PICK-UP

15% OFF DAILY DEALS:

MUNCHIE MONDAY ... EDIBLES
TOPICAL TUESDAY ... TOPICALS
WEEK WEDNESDAY ... FLOWER
THIRSTY THURSDAY ... DRINKS
SUNDAY FUNDAY ... VAPES

Cannot be combined w/other offers.

www.torreyholistics.com
10971 Roselle St. #100 | San Diego, CA 92121
C10-0000040 LIC

CLEANING

YOUR HOUSE CLEANING EXPERT IN SAN DIEGO

Hire our professionals to simplify your life

- Recurring House Cleanings
- Move In/Out Cleaning
- Window Cleaning Add On
- Deep Cleaning & Sanitizing

MrCleanSD

619-366-0886

SDPC
SAN DIEGO POWER CLEAN

POWER WASHING SERVICES

www.sdklean.com
619-460-8177

CLEANING

Cleaning Service
by Cecilia Sanchez
Family owned & operated
15 years experience.

Office, residential & vacancy cleanings

#1 vacation rental experts

Free estimates & excellent references

(619) 248-5238

CARPET & TILE CLEANING

Service Kings
HOME SERVICES
EST. 1981

WHERE YOU ARE TREATED LIKE ROYALTY!

Cleaning Carpet, Tile, Upholstery for over 28 years.

CARPET CLEANING SPECIAL
3 ROOMS \$129
25% OFF restretching or carpet repairs
Must mention ad. Some restrictions apply.

619-677-6523
Or visit our website at
www.service-kings.com

CONTRACTOR

MARTIN
CONSTRUCTION

Lic. #1032673

Home Improvement Specialist

AFFORDABLE
ON-BUDGET
EXPERIENCED

SPRING SPECIAL
15% OFF

DECKS, DOORS & WINDOWS
619-541-1737
johnmartinconstruction.com

STARBOARD Construction
GENERAL CONTRACTOR

- REMODELS
- TENANT IMPROVEMENTS
- REPAIRS
- EVALUATIONS
- CONSULTING
- BIG/SMALL JOBS
- FREE ESTIMATES
- FAIR PRICING

619-577-5847
Lic# 634838

ELECTRICIAN

Fischbeck Electric

For all your electrical needs:

- Solar Systems
- Green Energy Savings
- Panel Upgrades and Changes
- Remodels
- Recessed Lighting, etc.

CA Lic. #900788 (10-12)

(619) 749-7105
FischbeckElectric.com

Corlett Electrician

Corlett Electrical Construction

Mike Corlett

Locally Owned & Operated

619-776-7134
Lic. #858862
mikecorlett@hotmail.com

FLOORING

OLD WORLD CRAFTSMAN

HARDWOOD FLOORING & CONSTRUCTION

Lie. 786437 • Bonded Insured

619-606-5954

MARIANO BLSALACCHI
oldworldcraftsman@aol.com

P.O. Box 152872
San Diego, CA 92195

HANDYMAN

RENT-A-HUSBAND

HANDYMAN WITH 30 YEARS EXPERIENCE

MANY SKILLS

HOURLY OR BID

PROMPT, AFFORDABLE, PROFESSIONAL INSURED

Ask for Bob
619-742-0446

HAULING

I LUV JUNK HAULING

You Call-We Haul!
No Job Too Small!

Evictions, cleanouts,
construction debris,
tree trimming, etc.

619-933-4346
www.iluvjunk.com
10% Senior Discount

INSURANCE

Turning 65 or Retiring Soon?

HAISHA
SERVICES INC.

We Speak Medicare

619-660-6996
www.haishainsurance.com

LANDSCAPE/GARDEN

CROWN POINT CLIPPERS, INC.
TREE SERVICE

FREE ESTIMATES!

- FINE PRUNING & THINNING
- ARTISTIC TREE LACING
- TREE & STUMP REMOVAL

CROWNPOINTCLIPPERS@GMAIL.COM

(858) 270-1742
Fully licensed and insured. Lic# 723867

SERVING THE LA JOLLA AREA FOR 40 YEARS

CISCO'S LANDSCAPING

Weed Removal
Yard Clean Ups
Monthly Maintenance
Junk Removal
Sprinkler Installation & Repairs
Sod Installation
Retaining Walls

CALL FOR A FREE ESTIMATE
619-513-0424
Lic # 1041479

POINT LOMA LANDSCAPE MAINTENANCE EXPERTS

- ✓WEEKLY • BI • MONTH
- ✓SPRINKLER DOCTORS
- ✓CLEAN-UPS • HAUL/DUMP
- ✓SENIOR TO SENIOR 10%
- ✓CA. ST. LIC. #0783646

tony@pointlomalandscap.com
(619) 523-4900

• Gardening Services
• Lawns • Hedges
• Weeding & Trimming

We Do It ALL!

Allied Garden Resident Since 1993
30 Years Experience
Specializing in Local Communities

- Licensed
- Free Estimates
- Reliable
- Weekly
- Bi-Weekly
- Monthly

Turner Landscape
619-287-6947

LODGING

Kings Inn
San Diego

Retro Hotel

Centrally Located in Mission Valley

Waffle Spot Locals Favorite

Amigo Spot – Old Charm Mexican Cuisine

1333 Hotel Circle South San Diego, CA 92108
619-297-2231
Kingsinnsandiego.com

PAINTING

DOUBLE G PAINTING & CONTRACTING
"When Quality Matters"

We specialize in complete interior & exterior projects

- Kitchen
- Bath
- Moldings
- Baseboards
- Flooring
- Painting
- Remodels
- Stucco
- Gutters
- Concrete
- Windows
- Waterproofing
- Masonry
- Brickwork
- Drywall
- and more!

Senior & Military Discounts

Free Estimates from owner John Gregg

619.665.0754
Member BBB • Lic. #950146 • doublegpainters.com

Chuckie's Painting Company

(619) 795-9429
www.chuckiespainting.com
chuckgjr@cox.net
CA Lic. #925325

CLEANING

FREE ESTIMATES (619) 755-9651

CLEANING CC SERVICES

Regular Deep Cleaning
Move in/Out Services

PERSONAL TRAINER

GansFitness
BANKERS HILL

Your health is your wealth

MAKE IT COUNT!
858.531.8018
Rgans24@hotmail.com

ERLING ROHDE PLUMBING COMPANY
SINCE 1970
Lic. 573106

FAMILY OWNED & OPERATED BY A VIETNAM VET

San Diego's Oldest Plumbing Company.
Offering quality service & repair for 110 years.

858-454-4258
5771 LA JOLLA BLVD #5
ERLINGROHDEPLUMBING.COM

PLUMBING

ideal
PLUMBING • HEATING • AIR • ELECTRICAL

(619) 583-7963
idealservice.com

5161 Waring Rd, San Diego
CA License #348810

60 YEARS

REALTOR

LA JOLLA COVE REALTY

Mercedes La Ford

Residential & Investment Realtor

1150 Silverado St, La Jolla
La Jolla Professional Bldg.

Bus: (858) 454-0157
Cell: (858) 232-5565
mercedes@lajollacoverrealty.com
LIC. 684628

PLUMBING

BILL HARPER PLUMBING.COM

Licensed Plumber

with years of experience in residential homes
Prompt, Professional and Affordable
Phone Estimates, Cash Discounts

CALL BILL 619-224-0586
Lic #50404

SENIOR CARE

CareGiver/Companion

Can Do: Hospice, Alzheimer's
Parkinson's, ALS, and more.

Medications, Appointments
Errands, Bathing, Wonderful
Cook, Lite Housekeeping,
Pet Care, Live in/out,
I'll help with your daily needs.

Call Laura for interview at 858-243-8288 Thank You

SENIOR CARE

Male w/ 10 Years Exp w/ 1
Family, ADL's, Dementia,
Diabetes, Bathing, Errands,
Excellent Cook, Appointments.
Day or Night Shifts. Speaks
French, Spanish and Loves Pets!
Text Only

619-887-6450

The Montera
MBK SENIOR LIVING

A Lifestyle of Choices

- Assisted Living
- Memory Care
- Respite Care

619-464-6801
5740 Lake Murray Blvd
La Mesa

TREE SERVICE

RYKEN TREE SERVICE

- Tree Trim • Shape
- Removals & Stump Removals

Arborist #911 On Every Job!
Fully Licensed and Insured
FREE Estimates

619-672-8166
Lic #536515

WATCHMAKERS

London Gate Watchmaker & Jeweler

Experts on
Rolex, Patek Philippe,
Cartier & all Fine Watches
WE BUY GOLD
Genuine Factory Parts
Batteries Installed while
you wait.

OVER 30 YEARS EXPERIENCE
1451 Garnet Ave, Pacific Beach
858-270-6565

WINDOW CLEANING

Ray & Roger's WINDOW CLEANING

Commercial & Residential

Tracks Mirrors
Screens Skylights

30 Day Rain Guarantee
Licensed & Insured • Free Estimates

619.252.1385

WEDDINGS

INTER-FAITH WEDDING OFFICIANT

Inter-faith minister
available to officiate
weddings in San Diego.

\$350
(PayPal, Google Pay, Facebook Pay)
of booked Zoom conference
wedding or outdoor inter-faith
wedding ceremony.

619-398-7197
thubtenpematenzin68@gmail.com

COMMUNITY CLASSIFIEDS

SERVICES

Keith Everett Construction & Handyman Services. All phases of home remodeling & repair. Specialty in all types of fencing, decks & patio covers. No job too small. Senior discounts. Lic. #878703
Lic.#560438. 619-464-5141 (07/16) 619.501.7480

Parks Appreciation Day at MacArthur Park

By NICOLE DONSKAYA

The La Mesa Park & Recreation Foundation brought the community together for an Earth Day celebration on November 6th at their Parks Appreciation Day event. Community groups, local families, and civic leaders from the city, county, and state gathered at MacArthur Park to recognize the importance of parks and environmental sustainability.

The event commenced with a park cleanup in the morning, where attendees of all ages participated in picking up trash, assessing agriculture work, trimming shrubs, and gardening. After the cleanup, attendees enjoyed an Earth Day Fair with family-friendly activities from over 20 vendors offering interactive lessons on environmental sustainability such as how to reuse, reduce, and recycle.

Arborist Kurt Peacock led a tree planting presentation and gave the attendees helpful tips as they beautified one of La Mesa's newest community parks with trees and greenery. "If you plant it correctly and water it consistently," Peacock explained, "then your tree will live up to its potential."

Representatives from County Supervisor Joel Anderson's office planted a tree of their own and awarded the Foundation's Board of Directors a Certificate of Recognition.

"This event is a great example of how citizens can come together to make a positive impact in our community and the health of our environment," Anderson stated. "Thank you to the La Mesa Park and Recreation Foundation for creating spaces that foster pride in La Mesa."

Laurie MacDonald, president of the La Mesa Park



(l to r) Laurie MacDonald and Marc Schaefer (Courtesy photo)

and Recreation Foundation, recalled how "grateful and happy" she was to receive the recognition. "It is through our efforts and our fundraising that these events can happen," she said.

The Foundation hosted Parks Appreciation Day with the purpose of bringing the community together after a year and a half of hardship. It also presented a great opportunity to show off MacArthur Park's new garden, a special project that the Foundation raised over \$60,000 for during the pandemic.

While MacArthur Park is still a work in progress, this event was a big step toward the Foundation's final vision: providing a place for children and families to connect with nature and be together.

"Getting people there and getting it cleaned up is really important to the community," MacDonald commented.

For more information on the La Mesa Park and Recreation Foundation and their future events, visit lamesaparks.org.

—Nicole Donskaya is a legislative intern for Supervisor Joel Anderson's office.

Place Your Ad Here!
Let Us Bring More Customers To You!

For More Information Contact Heather
Your Sales Consultant
hfine@sdnews.com
Cell 951.296.7794

Anthony's

CONTINUED FROM Page 16

restaurants over the decades, most of them shuttered over the past 15 years.

"I'm one of the last family members running the company, and we wanted to downsize because it was a little too much to handle," Ghio noted. "We had some wonderful real estate holdings, and their values outstripped the money we made from the restaurants."

Ghio, however, remains engaged with operations at the La Mesa restaurant, which sits on a small lake and seats 150 people inside and 100 outside. It is replete with lush landscaping, a cabana and bocci ball court.

The sprawling property underwent a major remodeling in the

1990s — and it brought in some design elements that fulfilled Mama Ghio's longtime wish.

"She always wanted a restaurant that evoked the word 'grotto,' so we redid the entry and bar area with faux rock," said Ghio.

Among the restaurant's original elements are two precious mosaics that were anchored into the dining room walls when it opened in 1961. Mama Ghio had them made in Italy in 1959. One is of King Neptune riding a sea serpent and the other shows off undersea creatures. Ghio says they weigh thousands of pounds.

Ghio has put great emphasis on the atmosphere, saying it's a place that is conducive to conversation and relaxation.

"In today's restaurant world, everything is cookie-cutter and noisy. We're not here to hype you

up, but rather to calm you down," he noted.

The menu is unwavering. It flaunts all of the aforementioned classics, which also includes fried calamari, swordfish Mediterranean with olive oil, pesto and heirloom tomatoes, and a dessert from Mama Ghio's recipe box called cake Zabione — a type of pound cake accented with rum-custard sauce and served with spumoni ice cream.

More recently, Ghio added to the menu a salmon Reuben based on a similar sandwich made with grouper that he had eaten in Florida. He tweaked it

with blackened salmon to give it better flavor, and says it has become a big hit.

"It's really hard for us to change the menu, because every time I do, I'll get a nasty phone call from people saying they've been ordering certain dishes for more than 30 years."

The company's milestone anniversary celebration concludes with an upcoming grand-prize drawing. There will be two giveaways: a cocktail party with heavy hors d'oeuvres for up to 20 guests in the restaurant's cabana; and a multi-course dinner with wine for 12 people. Customers

have until Dec. 1 to submit their entries in a ballot box inside the restaurant.

As for the future of Anthony's, Ghio said: "I'd like to continue operating the restaurant for the next 6 to 8 years, and then maybe find a group of employees or someone in the restaurant business to take over — somebody who appreciates our history and loyal customers."

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

Seniors

CONTINUED FROM Page 15

to help brighten their holidays and start the New Year off right.

Choosing a senior-related organization to support doesn't have to be a guessing game. Online resources like GuideStar and Charity Navigator can assist in your search and provide valuable information for you to select an organization.

This holiday season, your time and money can help keep seniors in their home where they want to

be — and that's a beautiful thing. No act is too small. With your help, seniors can age with dignity, purpose, and security. We hope you'll join in, recruit friends and neighbors, spread the word, and share some holiday cheer.

—Brent Wakefield is the president and CEO of Meals on Wheels San Diego County, a nonprofit organization that supports the independence and well-being of seniors in need by delivering them nutritious meals. To see how you can get involved with Meals on Wheels, visit meals-on-wheels.org.

619-583-7963 • idealservice.com
5161 Waring Rd, San Diego • CA License #348810



ideal 60 YEARS
PLUMBING • HEATING • AIR • ELECTRICAL

Ductless HVAC

A BETTER WAY TO COOL AND HEAT YOUR SPACE

A Mitsubishi Zoned Comfort Solution™ Ductless HVAC System can help you stay comfortable year-round while saving money on your energy bills.

Call Ideal to learn more!
619-583-7963



MITSUBISHI ELECTRIC
HEATING & AIR CONDITIONING

idealservice.com
619-583-7963

ideal
PLUMBING • HEATING • AIR • ELECTRICAL

 **\$20 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. Exp. 12-31-21 (Offer Code LMC)

BE SAFE. NEVER GO NEAR A DOWNED POWER LINE.



Report downed power lines to 911 or call 1-800-411-SDGE.

If a power line has fallen to the ground:

- Always assume power lines are live.
- Stay far away and never touch a power line.
- Never touch any person or equipment that comes in contact with a power line.

If a vehicle is involved and you are in it:

- Sit calmly until help arrives.
- Warn others not to touch the vehicle and direct them to call 911.
- If the vehicle is on fire and you must leave it, open the door or window and jump clear without touching the vehicle and the ground at the same time.

Get more tips at sdge.com/safety



Follow us on:
  

© 2021 San Diego Gas & Electric Company. Trademarks are the property of their respective owners. All rights reserved.



SELLING or BUYING?
Call Me
I can't wait to get started!
619.540.7744
Laura@LauraLothianRealEstate.com



Nearly \$½ Billion in Local Real Estate Sales
Most Homes Sold in La Mesa Last 18+ Years
Top 1% Real Estate Agent in San Diego County



COSTA RICA IN LA MESA!
\$1.375M
IN ESCROW!

LA MESA VILLAGE / WINDSOR HILLS

A GRAND VIEW INDEED!
\$1.3M
IN ESCROW!

MOUNT HELIX

SOLD AT 1ST OPEN HOUSE!
Multiple Offers
\$1.8M
SOLD!

BAY PARK

BEACH LIVING!
\$1.725M
SOLD!

PACIFIC BEACH

One of only three homes sold this year over \$2M in all East County
\$2,218,750
SOLD!

MOUNT HELIX / RANCHO SAN DIEGO BORDER

Highest Selling Home in Mt. Helix History Under 3,000 S.F.
\$1.8M
SOLD!

MOUNT HELIX

Mills Act Hacienda
\$1.7M
SOLD!

MOUNT HELIX

Stunning Mount Helix European Villa
\$1.6M
SOLD!

MOUNT HELIX

Second Highest Selling Home in Mt. Helix History Under 3,000 S.F.
\$1.5M
SOLD!

MOUNT HELIX

Multiple Offers. Sold in 48 Hours!
\$1.3M
SOLD!

MOUNT HELIX

PRETTY AS A CUPCAKE!
\$962,200
SOLD!

LA MESA VILLAGE / WINDSOR HILLS

SOLD AT 1ST OPEN HOUSE!
\$975,000
SOLD!

MOUNT HELIX

3BR/3BA, Incl. Apt.
\$950,000- Multiple Offers!
SOLD!

LA MESA VILLAGE

\$645 Per Square Foot!
\$905,000
SOLD!

LA MESA VILLAGE

Rancho Living
\$850,000
SOLD!

RANCHO SAN DIEGO

\$775,000
SOLD!

NORMAL HEIGHTS

SOLD!

LA MESA VILLAGE - \$740,000

SOLD!

ESCONDIDO - \$720,000
Multiple offers, sold \$125,000 Over Comps!

SOLD!

CARLSBAD - \$720,000
Multiple Offers. Sold in First Week

SOLD!

MISSION VALLEY- \$545,000

SOLD!

OTAY MESA- \$580,000



Follow Laura on Instagram
@LauraLothianRealEstate

Pacific

Sotheby's
INTERNATIONAL REALTY

MEET
LAURA

