


CANNABIS 21+™

Powered By  SDRC


C10-000323-LIC & C10-000634-LIC

15% OFF DELIVERY*
CODE: DELIVERY15

*PRE TAX, ONE TIME USE ONLY NOT STACKABLE OR VALID WITH ANY OTHER DEALS OR SPECIALS
EXP. 12.05.22

20% OFF FLOWER

IN STORE ONLY COUPON MUST BE PRESENT
CANNOT BE STACKED NOT VALID WITH ANY OTHER DEALS OR SPECIALS
EXP. 12.05.22



Shop Online

DISCOUNTS NOT STACKABLE

VOLUME 12
ISSUE 11

Nov. 25 – Dec. 15, 2022



Follow us on
social media
sdnews.com



La Mesa COURIER



MATTRESS MAKERS
— HANDCRAFTED SINCE 1968 —

LA MESA'S BEST MATTRESS STORE!

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



INSIDE THIS ISSUE

FEATURE

La Mesa Village Farmers' Market continues to market success



There is much to choose from when one stops by this downtown event. **Page 3**

FOOD & DRINK

Duke's Old Fashioned Onion Burgers in La Mesa is quite tasty



Are you in the mood for an onion burger? **Page 12**

REAL ESTATE

Will a pool help in selling a home?



Having somewhere to swim on the property can make a difference. **Page 14**

CONTACT US

Editorial / Letters
(858) 270-3103 x130
dave@sdnews.com

Advertising
(951) 296-7794
hfine@sdnews.com

www.sdnews.com
San Diego Community Newspaper Group



Grossmont High School Performing Arts Department continues to shine

The Grossmont High School Performing Arts Department has a celebrated history with its roots in 1920-1921 with the first drama performance, the first instrumental music group, and the first dance group. Flash forward more than 100 years and student Kiyara Abernathy enjoys a recent guitar lesson with classmates. See story on **Page 7**. (Courtesy photo)

Palm Street Ventures LLC apartment complex plans in La Mesa await verdict

By **ELAINE ALFARO**

Apartment complex plans near the village in downtown La Mesa are in limbo as the City Council faces the decision to ratify them, but some residents are concerned about the current designs.

The plans for an apartment complex on the 0.49-acre lot (where the former historic Randall Lamb building once sat) located at the southeast corner of Palm Avenue and Allison Avenue include a 5-story building with 64 units, 8 of which would be affordable, low-income units. There would also be 29 off-street

parking spaces on the ground floor, and various landscape and hardscape improvements, according to a report presented to the Planning Board.

Joel Christman, a resident of La Mesa since 1996, said he was shocked when he first heard about the plans.

"Normally, when a project like that is done, they notify residents close to the project so the residents can go and speak at the meeting when it's up for approval," Christman said. "I'm not aware of that happening with residents."

SEE **APARTMENT COMPLEX**, Page 6



Will this empty La Mesa lot turn into an apartment complex one day? (Photo by Kendra Sitton)

VOTED #1 DISPENSARY IN SAN DIEGO
2021 SAN DIEGO READERS BEST



619.FRESHSD

www.reservesd.com

LICENSED CANNABIS BOUTIQUE

10% OFF PURCHASE

Not to be combined with other offers exp 12-15-22

8744 La Mesa Blvd. La Mesa, CA

LIC#C10-0000630



Enchanted Village®

at Noah Homes

December 16-22, 2022
5:00-8:00 p.m.

Enjoy brilliantly lit trees, photos with Santa, magical cottages, light tunnels, live entertainers, hundreds of giant candy canes, more than 1 million lights, interactive displays, and other festive decorations!

Get tickets today at
www.EnchantedVillage.org

Early bird discount rates available until November 27.

La Mesa Village Farmers’ Market’s inverted style brings new energy

By **SOFIE FRANSEN**

La Mesa Boulevard loses all semblance of a street every Friday afternoon from 3 p.m. to 7 p.m.

Cars clear the parking spots to make way for the La Mesa Village Farmers’ Market, an event that has been a crucial part of the La Mesa community for 29 years. The street, located between Palm Avenue and 4th Street in the town’s central business district, hosts 62 vendors, each of which sell a variety of produce, clothing, artwork and food.

According to Michelle Huey, the La Mesa Village Association (LMVA) Chair, approximately five markets out of the 30 in San Diego County are located on a city street in the main business district. The La Mesa Village Farmers’ Market is one of them.

“La Mesa is very different in what it has to offer because it’s in the heart of a village. We have businesses, shops, restaurants, bars and services,” said Huey. “You can go every Friday and have a different experience.”

The market adopted a whole new look in July of 2022. Unlike a traditional farmers’ market, the vendors line up in the middle of the street and face outwards. Customers walk along the outside so they can peruse both the



Kathi Ponce from Earth and Vine shows off an item for sale.



Karen Kirkpatrick and Sophia Burroughs from Eureka Bath Works.
(Photos courtesy La Mesa Village Association and Shane Ray)

vendors and the surrounding businesses.

This inverted market style transformed the atmosphere of La Mesa ever since it was implemented by the new managers, Shane Ray and Robyn Guy, in July.

“One of the harder challenges that we took on was totally flipping this market,” said Ray. “But we liked the idea of putting the vendors closer together, facing the businesses, so that way you get this really unique shopping experience.”

Ray and Guy began managing the La Mesa Village Farmers’ Market 17 weeks ago. Before that,

they assisted at the Hillcrest market for three years and Ray was a vendor himself for 10 years prior. When they started at La Mesa, the market had 30 vendors. It is currently maxed out to 62.

Ray said that he would estimate 2,000 to 3,000 people frequent the La Mesa market on a given Friday. The recent success comes from many working parts — the LMVA’s desire to create a cohesive environment for the community, the newly increased presence of social media platforms and the draw for unique vendors.

SEE FARMERS’ MARKET, Page 4

27 Quick and Easy Home Fix Ups Sellers Need to Attract Buyers in Today's Market

LA MESA- Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life, and once you have made the decision, you’ll want to sell your home for the highest price in the shortest time possible.

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

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

In this report you’ll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1023. You can call anytime, 24 hours a day, 7 days a week. Get your free special report NOW.

Dan Smith eXp Realty 01346593

When You're Sick of being Done Wrong:

Serving La Mesa for 30 Years!

Commercial/Residential Interior/ Exterior Property Management Clean & Professional

Winner of 2020 Best of La Mesa Award for Professional services

2020

DONE-RITE Painting INC.

FREE ESTIMATES (619) 977-0241

Lic. #882763 Fully Insured

DoneRitePaint@gmail.com

Done-Rite-Painting.com

GLEN GILES OWNER

619-583-7963 • idealservice.com

5161 Waring Rd, San Diego • CA License #348810

ideal
PLUMBING • HEATING • AIR • ELECTRICAL

Go Ductless.

COOL AND HEAT ANY ROOM. ANYWHERE.

In the ceiling, on the wall, ductwork or no ductwork. We provide comfort and filtration to every room, with maximum energy efficiency. **Call Ideal to learn more! 619-583-7963**

American Standard
HEATING & AIR CONDITIONING

MITSUBISHI ELECTRIC

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. 12-31-22 (Offer Code LMC)

COME ENJOY THE HOLIDAY SEASON IN FESTIVE STYLE ON OUR GORGEOUS HEATED PATIO!

GREAT HAPPY HOUR DISCOUNTS! 3:00-5:30PM MONDAY THRU THURSDAY IN THE BAR & PATIO.

ANTHONY'S FISH GROTTO

HOST YOUR NEXT EVENT AT OUR AWARD-WINNING LOCATION

Start your event planning at the "BANQUET & PRIVATE DINING MENU" TAB on our website's menu page.

GREAT 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

➔ ANTHONYSFISHGROTTO.COM ➔



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

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

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

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)

We Pay More For Gold!

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



Farmers' Market

CONTINUED FROM Page 3

"I like to get vendors that other markets don't really have yet," said Ray. "I like the idea of being the foundation from which a lot of these vendors can grow their business."

One of these vendors, Earth and Vine, owned by Kathi and Nathan Ponce, engraves artwork and personalized pictures onto wood. Curbside Eatery & Drinkery, located on La Mesa Boulevard, uses personalized coasters from Earth and Vine for their restaurant.

The general manager and owner of Curbside Eatery & Drinkery, Brenda Leek, also requested a

wooden plaque from the vendor for their signature cocktail, The Rose — a drink name inspired by her mom.

Leek said she is a huge supporter of all the vendors and local businesses. As an owner of a restaurant located on a street dedicated to a farmers' market every Friday afternoon, she said that the exposure that the market gives to the village overall, far outweighs the inconvenience of the street getting closed down for a few hours.

"I think that the farmers' market has done a great job accommodating the merchants. I love the inversion," said Leek.

Kassandra Marzec, the manager of Sara's Selections, echoed that response. Kassandra and her mother Sara run their boutique together. She said that business is normally consistent, but the farmers market attracts a whole new vibe.

Karen Kirkpatrick and her daughter Sophia Burroughs started Eureka Bath Works, a vendor that sells homemade soaps, lotions and bath bombs.

"It's a nice source of some revenue, but the community has been the best part for us," said Kirkpatrick.

Vendors like Smit Farms, Da Le Ranch, Wise Granola, Vegan Stops, and Haworth Fish

Company are just a few of the 62 options that the La Mesa Village Farmers' Market has to offer.

Lights have already been strung up down La Mesa Boulevard and LMVA will host Holiday in the Village on Dec. 3rd from 12 to 9 p.m. with craft vendors, holiday food and caroling.

For more information on the La Mesa Farmers' Market, visit: lamesavillageassociation.org/la-mesa-village-farmers-market.

—Sofie Fransen is opinion editor of the Point Loma Nazarene University school newspaper and a senior English Education major with a minor in journalism. See her work at: lomabeat.com/.



There are a wide variety of people to say hi to and items to choose from when attending the La Mesa Farmers' Market.



SAFER, STRONGER, HEALTHIER, TOGETHER.

At SDG&E, Always Forward means we're committed to building a more sustainable energy future. We're 4,600 southern Californians just like you, proud of where we live and work, and dedicated to creating healthier, safer, stronger communities.

Learn more at sdge.com/forward



©2022 San Diego Gas & Electric Company. Trademarks are the property of their respective owners. All rights reserved.



All kinds of fruit are available. (Photos courtesy La Mesa Village Association and Shane Ray)

Family Owned
for Over 55 Years

More
Important
Than Ever



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

La Mesa’s Holiday in the Village set for Dec. 3

With the holidays quickly approaching, the 7th annual La Mesa Holiday in the Village will once again be ringing in holiday cheer on Saturday, Dec. 3, 12 p.m. – 9 p.m.

La Mesa Village friends and family can take part in free festive fun with live music, cozy fires, craft vendors, food, holiday 360 photo booth, the grand return of “selfies with Santa”, and a kids’ area bigger than Santa’s Toy Shop.

This year’s 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.

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. 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.

SEE HOLIDAY IN THE VILLAGE, Page 15



Alvarado Hospital

TREATMENT OF STROKE
FIVE-STAR RECIPIENT
2021

healthgrades.

CORONARY INTERVENTION
EXCELLENCE AWARD
2021

healthgrades.

CRITICAL CARE
EXCELLENCE AWARD
2022

healthgrades.

Simply the best for patient care and safety.

From the critical services offered by our brand new and expanded Emergency Department, to our internationally recognized specialty services, Alvarado Hospital’s physicians, nurses, and staff possess the expertise and compassion to provide you with the best—and **safest**—care possible.

Learn more about Alvarado Hospital and the award-winning care we provide by visiting us at AlvaradoHospital.com

Visit Us!



 **Alvarado Hospital Medical Center**
Member of Prime Healthcare

\$30 OFF
Next Service
Call



THA HEATING AIR & PLUMBING

Proudly Serving San Diego Since 1980
Residential • Commercial • Industrial

- Open During Covid-19!
- Competitive Prices

- No Overtime Charge
- 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!

Lic#732419

La Mesa COURIER

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

EDITOR

Dave Thomas x130
dave@sdnews.com

CONTRIBUTING EDITORS

Kendra Sitton x136
Tom Melville x131
Dave Schwab x132

WEB & SOCIAL MEDIA

Dave Thomas x130
dave@sdnews.com

CONTRIBUTORS

Elaine Alfaro
Connie and Lynn Baer
Robin Dohrn-Simpson
Sofie Fransen
Laura Lothian
Summer Stephan
Julie White

PRODUCTION MANAGER

Chris Baker x107
chris@sdnews.com

ACCOUNTING

Heather Humble x 120
accounting@sdnews.com

ADVERTISING CONSULTANT

Heather Fine x 118
(951) 296-7794
hfine@sdnews.com

BUSINESS CONSULTANT

David Mannis

PUBLISHER

Julie Main, x106
(858) 270-3103
julie@sdnews.com



OPINIONS/LETTERS: La Mesa Courier encourages letters to the editor and guest editorials. Please email submissions to dave@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 dave@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 2022. All rights reserved.

sdnews.com



SAN DIEGO
COMMUNITY
NEWSPAPER
GROUP

La Mesa
COURIER

San Diego
Uptown News

Mission
Times COURIER

COLLEGE
TIMES COURIER

SAN DIEGO
DOWNTOWN NEWS

LA JOLLA
VILLAGE NEWS

PENINSULA
BEACON

Beach
Bay
PRESS



San Diego County participates in statewide United Against Hate Week campaign

DA Notes

By SUMMER STEPHAN



This month San Diego County was one of many regions of California participating in the statewide United Against Hate Week campaign, an anti-hate awareness effort to call for local civic action to stop the hate and biases that pose a dangerous threat to the safety and civility of neighborhoods, towns, and cities.

Unfortunately, hate crimes have increased across our nation, state, and region. By learning about hate crimes and how to stand against them and report them, we can make everyone safer.

For those who don't already know, prosecuting and preventing hate crimes is a priority for me as District Attorney. In recent years, we've tripled the number of hate crimes prosecutions, sending an unwavering message that hate crimes will not be tolerated. Last year alone, we prosecuted 30 hate crimes cases, up from 21 in 2020.

We recognize the distinctive fear and stress suffered by victims of hate crimes, including the potential for reprisal, escalation of violence, and the far-reaching negative

consequences that hate crimes have on our community.

A hate incident is an act, which is bias-motivated, but does not rise to the level of a hate crime.

For example, if someone uses a racial slur against another it probably isn't a hate crime, rather a hate incident. It's important to understand the difference between an act that is understandably upsetting, and an act motivated by hate or bias that is a crime.

A hate crime is against an individual or property that is substantially motivated by bias against the victim's:

- Race/ethnicity/nationality
- Religion
- Sexual orientation
- Gender
- Disability
- Victim's association with any above group

In 2020, I set up an online reporting form and hotline on our public website where anyone can report a suspected hate crime they witnessed in San Diego County. The tool was partly in response to reports of hate-related incidents aimed at the Asian community across the nation in the wake of the COVID-19 pandemic. The online reporting tool, email and phone number are available for reporting of any type of suspected hate crime.

We know that people often don't report hate crimes because of fear or shame, and we wanted to provide a direct avenue to encourage victims or witnesses to hate crimes to report. People can and should continue to report hate crimes to their local police departments and Sheriff's Department. This additional reporting mechanism will act as a safety net and help ensure reports are reviewed and shared by law enforcement.

If you have been a victim of hate crime, here are tips on what to do:

- If you are seriously injured, call 911 or get to the hospital immediately.
- Whether or not you are injured, report the crime.
- To help yourself, it is important to do at least some of the following:
 - See a doctor to treat and document even minor physical injuries.
 - Take pictures of any physical injuries or damages to property, even if police already did so.
 - If the crime is vandalism, let the police see and photograph the damage before you clean and/or repair.
 - If possible, get witnesses' names, addresses and telephone numbers.
 - Write down as many facts about the incident as you can remember.

– Seek a therapist to assist with the emotional aspects of the attack.

– Learn the names of the police officers and prosecutors working on the case and keep in touch with them.

– Get copies of police reports and check them for accuracy.

– Attend necessary court hearings, whether you are subpoenaed, including arraignment, bail review and sentencing.

– If possible, make a statement in court to the judge about threats, direct or indirect, and possible fears.

The public can find the DA's online reporting form by searching for hate crimes at SanDiegoDA.com. The Hate Crimes email address is hatecrimes@sdcdca.org and the phone number is (619) 515-8805.

As your District Attorney, I'm committed to increasing communication and accessibility between the DA's Office and the public.

I hope these consumer and public safety tips have been helpful.

—District Attorney Summer Stephan has dedicated more than 29 years to serving justice and victims of crime as a prosecutor. Visit: sdcdca.org/office/contact/ to contact her.

Apartment complex

CONTINUED FROM Page 1

Willy Naylor, currently a resident of Encinitas but previously a resident of La Mesa for 40 years, owns rental properties in the same area as these prospective plans. Naylor said he also was unaware.

"I heard it never hit the street. It never went on any docket; it never was anywhere to be found. And it had to have been," he said. "If I lived right across the street from there, I would've been one the first people to get a letter saying this is what we're doing and we never received it. That's the scary part about it. This thing went through and nothing was ever said."

And it was not only residents who were surprised. Laura Lothian, a current La Mesa City Council Member, said "The only question I'm trying to ask is why doesn't anyone know about this project? No one knew this was coming. If you wanted to dig for it, you could find it but that's not the way city government should work."

However, these plans have been under consideration for 10 months, including review by the Design Review Board and the Planning Commission, according

to statements received from the City's Community Development Department via Carlo Tomaino, the Assistant City Manager. The plans have been updated online on the Active Developments Project website and an interactive map which contains the project's renderings.

Stated in a report to the La Mesa Planning Commission, "The project design was reviewed and approved with conditions by the Design Review Board on June 13, 2022."

The next step in the approval process required ratification by the City Council. Therefore, the plans were on the City Council's agenda on Oct. 11 under the consent calendar. However, a decision was not made on that date.

"The City Council was not required to act at this meeting and chose to defer its decision regarding the project design to provide the developer with an additional opportunity to consider public feedback received during the meeting," the City's Community Development Department said.

Individuals of the public spoke during the City Council meetings about this development on Oct. 11 and Nov. 8, respectively. Some of the concerns voiced included traffic flow and compliance with the Downtown Specific Plan which has been in effect since 1990.

In regard to parking and traffic flow, the plans are utilizing the CD (Downtown Commercial) zoning designation and the City's Affordable Homes Bonus Program. According to a statement from the City's Community Development Department, the Affordable Home Bonus Program implements the State's Density Bonus Law, allowing reductions to parking. The State Density Bonus Law has been around since 1979 but amendments went into effect Jan. 1, 2022, according to the California Legislation Information website.

"Developments proposed under State Density Bonus Law are eligible for a parking ratio of 0.5 parking spaces per unit," the Community Development Department said. "The typical requirement would be 1.5 parking spaces per unit. The project is eligible for this reduction because the site is located less than one-half mile of a major transit stop and the project exceeds an affordability rate of 11 percent very-low income."

The developer, Palm Street Ventures LLC, said they've worked with the city to ensure traffic flow concerns are addressed.

"We have worked closely with the City to plan a development that does not disrupt the flow of the village area," said Brain

Garmo, Palm Street Ventures LLC partner. "We also have worked to ensure parking and traffic will not be an issue by conducting individual parking studies by engineers and working with reports by the City's own Parking Commission. All have indicated that this project will not have a negative impact."

However, the other issue that has surfaced is the designed look and size of the complex. "Currently, the renderings show a modern and asymmetrical building with a flat roof and a variety of wall projections and recesses, according to a report submitted to the Planning Commission by an associate planner."

"I was really shocked that there would be that type of a building put in the downtown La Mesa village area," Christman said. "I think a smaller project could be done with a design that matches La Mesa craftsman style or other styles from that era that you see in a lot of the homes in downtown La Mesa."

Individuals like Christman, Naylor and Lothian said that these plans are not consistent with the Downtown Specific Plan which outlines a series of planning objectives to maintain the image of Downtown La Mesa.



The GHS Performing Arts Department has much to be proud of. (Courtesy photo)

GHS Performing Arts Department continues its amazing run



Foothiller Footsteps
By **CONNIE AND LYNN BAER**

The Grossmont High School Performing Arts Department has a celebrated history with its roots in 1920-1921 with the first drama performance, the first instrumental music group, and the first dance group. Quickly, the programs blossomed, winning county, state, and national recognition and enriching the lives of Foothillers and their community and becoming the cultural hub of East County.

Today, GHS has its amazing 2020 Performing Arts Center which fosters these programs.

Such a facility was only a dream for the school's first 99 years.

DANCE

Teacher Marta Jiacoletti has built a vibrant program at GHS with classes in Beginning, Intermediate, and Advance

Dance with a class size of 35-50 students in each class. Classes cover technical skills and dances in contemporary, ballet, jazz, musical theatre, hip hop, and cultural dances. Students also learn the fundamental elements of choreography.

This semester's performances included the halftime skit at the Homecoming football game and the October concert in the Main Theatre—"Be Brave & Amazed".

The first spring semester concerts will be Feb. 7, 8, 9 at 6 p.m. in the Black Box, focusing on historical and social issues celebrating Black History and the artistic influences from the past.

The last concert is May 10 and 11 at 6 p.m. in the Main Theatre, featuring original choreography from the Senior Class of 2023. The May concerts also feature site-specific works done outside in locations across the campus. The audience will travel with the dancers to watch the performances. This will be a "first" for the GHS Dance Department!"

DRAMA

Teacher Amity Ecker, proudly states that this year, "We have

SEE **GHS PERFORMING ARTS**, Page 8

MATTIA LAW
A PROFESSIONAL LAW CORPORATION

Estate Planning • Personal Injury
Business Transactions

**Steve Samir
Mattia**
Attorney At Law

(619) 795-6632

3835 Avocado Blvd, Ste 265
La Mesa 91941

www.mattialaw.com



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

The 2023 Open Enrollment Period starts November 1, 2022 and ends January 31, 2023.



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)



**FAMILY HEALTH CENTERS
OF SAN DIEGO**

For **free enrollment help**, please call
(619) 515-2363 or visit www.FHCS.org/covered-california.

DINE. SHOP & EXPLORE LA MESA VILLAGE

WHERE HOLIDAY
MAGIC BEGINS!

LAMESAVILLAGEASSOCIATION.ORG

Save the Date for
Holiday in the Village
December 3rd from 12 - 9 PM



**La Mesa Village
Association**



Various GHS Performing Arts Department programs have brought entertainment to countless people over the decades. (Courtesy photo)

Sycuan
CASINO • RESORT

AUSTRALIAN BEE GEES
DECEMBER 11



SAN DIEGO GAY MEN'S CHORUS:
HOME FOR THE HOLIDAYS
December 4 Holiday Pop
LIVE & UP CLOSE



UNDER THE STREETLAMP
December 16 Rock n' Roll
LIVE & UP CLOSE



RICHARD MARX
January 14 Pop
LIVE & UP CLOSE



JESSY J
December 9 Jazz
LIVE & UP CLOSE



CARROT TOP
January 12 Comedy
LIVE & UP CLOSE



TONY ORLANDO
January 15 Pop
LIVE & UP CLOSE

BUY TICKETS: SYCUAN.COM

SUBJECT TO CHANGE. RESTRICTIONS MAY APPLY. MUST BE 21 YEARS OF AGE TO ENTER THE THEATRE. PLEASE PLAY RESPONSIBLY.

GHS Performing Arts

CONTINUED FROM Page 7

beginning, intermediate, advanced, honors conservatory, and technical theatre programs and serve nearly 200 students.

Our curriculum is based on the California State and National Common Core Standards. We include scene study, script analysis and performance, technical theatre safety, stage combat, make-up design, theatre history, children's theatre, pantomime, playwriting, devised theatre, theories of theatre, paint and color theory and practice, set design, lighting design and operation, voice and movement, theatre history, property design and construction, stage management, sound design and operation, and many more related topics."

Spring Musical: Newsies March 9-11 and 16-18.

Student Directed One Act Showcase: May 24 & 25.

Get your tickets early. Every performance sells out. For more

information about the program, visit their website at: ghsfootballers.com.

GUITAR

Veteran teacher and alumnus Jeremy Cooke shares, "The guitar classes teach all levels and styles of guitar with 80 students enrolled. A large focus of the class is to expose students to the most important artists who have come before them. We begin the year listening to The Carter Family, Louis Jordan, Django Reinhardt, and Charley Patton. Next, we explore early rock n roll (Chuck Berry, Elvis, etc.), and progress through Muddy Waters, Junior Wells, Buck Owens, The Beatles, Aretha Franklin, Freddie King, CCR, Jimi Hendrix, and James Taylor, to name a few.

Along the way, students learn to play songs by many of these performers. In addition to the modern styles of guitar, they also learn classical pieces, iconic folk songs, and Irish fiddle tunes. Students perform in class multiple times a month, which helps

SEE GHS PERFORMING ARTS, Page 9

Lamplighters
Community Theatre

Easy to get to from I-8 or SR125; so close to many wonderful restaurants, including many in the La Mesa Village; and plenty of FREE parking.
5915 SEVERIN DRIVE La Mesa
619 303-5092
www.lamplighterslamesa.com boxoffice@lamplighters.com

January 13 through February 5, 2023

The Revlon Girl
by Neil Anthony Docking

Eight months after the Aberfan Mining Disaster of 1966, in which 144 people were killed (116 of them children), a group of bereaved mothers meet weekly above a local hotel to talk, cry, and even laugh without feeling guilty. At one of these meetings, they admit how much they've let themselves go. They secretly arrange for a representative from Revlon to come and give them a talk on beauty tips.

PERFORMANCES: Friday and Saturday at 8:00 pm; Sunday at 2:00 pm

TICKETS: General admission: \$25; Students/Seniors/Military: \$22; Groups of 10 or more: \$20

We are proud members of the La Mesa Chamber of Commerce
We are a 501(c)(3) non-profit Organization

Helix Charter High School accepts National Blue Ribbon Award in D.C.



In early November, members of the Helix Charter High School team traveled to Washington D.C. to accept the National Blue Ribbon Award. The team met with local and state representatives to share the important work being done at Helix and toured other National Blue Ribbon Schools based in the D.C. area. Helix is one of nearly 300 schools in the nation and one of four California high schools to be chosen this year. The National Blue Ribbon Schools Program recognizes outstanding public and non-public schools and is an important part of the U.S. Department of Education. (Courtesy photos)

NEWS BRIEFS

LMWC HONORS WORTHY MILITARY VETERANS

La Mesa Woman's Club (LMWC) has a tradition of supporting veterans, active-duty military and other community service projects. In early November, seven worthy military veterans were presented a certificate and a beautiful quilt as part of LMWC's Quilts of Valor program. Honored were: Reynaldo Domingues, San Diego, US Navy Submarines (Retired), Joseph S. Herrera, San Diego, US Marine Corps (Retired), Jay W. Schimke, La Mesa, US Navy (Retired),

SEE NEWS BRIEFS, Page 11

GHS Performing Arts

CONTINUED FROM Page 8

them to acclimate to performing in front of an audience. The progress that they make over the course of a year is always a pleasure to watch. This is my 17th year teaching guitar at Grossmont, a class that I was once enrolled in back in 1994. I am honored to be able to expose students to something that has been so important in my life as a musician."

INSTRUMENTAL MUSIC

Teacher James Villegas proudly shares that "Grossmont has a percussion ensemble, a color guard, a beginning orchestra, advanced orchestra, beginning band, a

concert band, a wind ensemble, our fledgling philharmonic orchestra and jazz band, and, of course, the Royal Blue Regiment marching band. In all we have just over 100 students participating, most participating in more than one ensemble. "This has been an amazing school year! The orchestra performed a special Halloween concert at Parkway Academy and their second lunchtime concert in front of the GHS library on November 10th, featuring patriotic music to commemorate Veterans Day. The Royal Blue Regiment brought home three out of three first place trophies for our division this fall and headed to regional championships on November 12th. We are third in Southern California and consistently first in the percussion and musical

performance categories, truly a triumph and a great comeback after the past couple of years! On November 12th, the Royal Blue Regiment completed their competition season at the California State Band Championships, Division 1A, with a 3rd place overall and received the High Music Award. High Music is awarded to the best sounding and most musically proficient band in the competition of 16 division 1A bands. We are looking forward to performing for the NJROTC inspection in December, our band and orchestra concert on December 15 in the GHS theater, and the San Diego Holiday Bowl Parade on December 28. Drum Major Enrique Wilcox and our student leaders have organized many events on their own, making connections with

water polo, volleyball, powder-puff, choir, cheer, ASB and basketball. Even our school mascot Gus has joined the band as a cast member in our 2022 show, "Find Yourself". Without their energy and love of music, rebuilding our Foothiller legacy would be impossible." **VOCAL MUSIC** Teacher Grace Morrison proudly proclaims, "We have three performing choirs at GHS: Chamber Singers, Bella Voce, and Foothiller Choir. Our enrollment is the highest it's been since pre-COVID days. Our recent fall concert was the best performance we've had in years. At the Invitational ACDA (American Choral Directors Association) Festival at PLNU, the clinician commented that Chamber Singers and Bella Voce

were the highest performing ensemble in attendance. Some of our future concerts include the Winter Concert on December 6th, Christmas Caroling in Julian, and the District Office Holiday Party. This year's annual trip to Europe is a tour of Greece in February." Today's GHS Performing Arts Department has an immeasurable impact on the students, providing culture, pride, and connections so essential to their quality of life. To learn more about these amazing programs, visit their website at: ghsperformingarts.com. For information about Foothiller history and the GHS Museum, email Connie and Lynn at ghsmuseum@guhsd.net or leave a message at (619) 668-6140. —Connie and Lynn Baer write on behalf of the Grossmont High School Museum.




SUPPORT LOCAL



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

FARMERS INSURANCE

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.




Wills & Trusts
Probate
Buy or Sell a Home

Call today for your free
Estate Planning Consultation
(619) 377-7911

The Law Offices of Dorian Lopez
7353 El Cajon Blvd., Suite 100
La Mesa, CA 91942

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





Award-Winning Locally Made La Mesa Wine

HOLIDAY EVENT SPACE AVAILABLE

LIVE MUSIC
FOOD TRUCKS
WINES AVAILABLE BY THE GLASS, FLIGHT & BOTTLE
TRIVIA AND MORE!

Open Wednesday - Sunday
8167 Center St., La Mesa
619.741.0700 / LaMesaWineWorks.com

2022 HOLIDAY IN THE Village

A La Mesa Tradition

SAT. 12PM - 9PM DEC. 3RD

Join us in the Village for a
HOLIDAY CELEBRATION
lamesavillageassociation.org



La Mesa Community Page Shop & Spend Local!

DMV CALIFORNIA 2022

**PLATES, TAGS,
AND MORE!**

**WALK-INS WELCOME,
APPOINTMENTS
AVAILABLE.**



DMV Registrations & Mobile Notary

Early Bird and Night Owl Hours Available By Appointment!

619-635-1246
Mon-Fri 9AM - 6PM
Saturday 10AM-5PM
Closed Sunday

7317 El Cajon Blvd #103-C La Mesa
platestagsandmore@gmail.com

Edward Jones

> edwardjones.com | Member SIPC

Compare our CD Rates
Bank-issued, FDIC-insured

3-month

3.90 %
APY*

6-month

4.45 %
APY*

9-month

4.50 %
APY*

Call or visit your local financial advisor today.



Savanna Tafish
Financial Advisor
8140 La Mesa Blvd
La Mesa, CA 91942
619-461-0100

* Annual Percentage Yield (APY) effective 11/10/22. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

FDI-1867L-A © 2022 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED. AECSPAD

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



PET STUFF

In Campus Plaza Shopping Center 6165 El Cajon Blvd Suite C,
San Diego, CA 92115 • 619-286-3474

Pet Stuff has a large selection of dog food, cat food, treats, beds, toys and accessories from quality brands you trust. You can find food and stuff for reptiles, birds, guinea pigs, hamsters, rabbits, and fishes.

Open Monday to Friday from 7 am to 10 pm and
Sundays from 10 am to 10 pm.

**Cbd drops and treats for
digestive system, hip and
joint and calming.**



Delivery available through Doordash
www.pet-stuff.us Follow us on f i



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

Finally
A Positive
Computer
Experience!



Call Mike!
619-501-0997

Senior and Veteran Discounts!

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

Gino's Wide Shoes & Repair



**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

**LA MESA
BIG O 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



Basic Oil Change \$19.99

Install oil and filter. Add up to 5 qts. Bulk, 10w30 or 5w3. Free 4 tire rotation* Exp. 12-15-22



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. 12-15-22



FREE Brake Inspection

Plus \$40 off Brakes Exp. 12-15-22
(\$20 off per axle if work is required)

**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 & Thursdays!
Use of facility for any size dog!

**NOW OPEN
On Saturday
9am - 5pm!**

No Appointment needed.
Open Monday-Thursday 8am-5pm Friday 8am-10pm

619-857-7468

3855 Avocado Blvd Ste 160, La Mesa
thedoggyselfwash@icloud.net

BIRKENSTOCK
OF SAN DIEGO STORES

**NEW
STYLES
HAVE
ARRIVED**

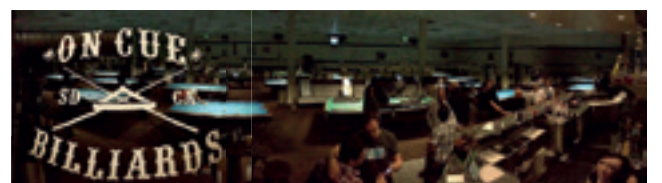


GET \$10.00 OFF

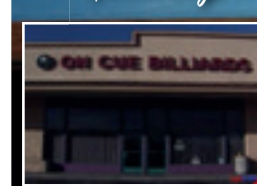
MENTION THIS AD TO RECEIVE \$10 OFF YOUR PURCHASE OF \$75 OR MORE

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

ENCINITAS (760) 942-2177 OLD TOWN (619) 692-9485 CORONADO (619) 435-1071 GASLAMP (619) 794-2671 PALM SPRINGS (760) 323-1175



"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

Authorities continue to seek answers in death of area juvenile

Last week, La Mesa Police Department officials met with the family of Cassidy Hopwood, the missing juvenile from El Cajon who was found deceased in La Mesa earlier this year.

According to LMPD, it was their honor to spend some time with Hopwood's family and to learn additional information that may assist them in determining the circumstances leading up to her death.

The La Mesa Police Department remains dedicated to seeking answers for Hopwood, her family,

and her friends. LMPD is asking for the public's assistance in this case as they continue their investigation.

Anyone who has any information is asked to call the La Mesa Police Department at (619) 667-1400. They may also call Crime Stoppers' anonymous toll-free tip line (888) 580-TIPS (or sdcrimestoppers.com).

Individuals can remain anonymous, and be eligible for a reward of up to \$1,000 for information leading to an arrest in this case.



Cassidy Hopwood

News briefs

CONTINUED FROM Page 9

John Schmidt, Chula Vista, US Navy (Former), Allen Rosker, La Mesa, US Navy (Retired), Isidoro P. Quinonez, Santee, US Navy (Retired), Steve Reynolds, San Diego, US Navy (Former).

Together these seven men served 133 years in the United States Military.

The Quilts of Valor Foundation began in 2003 with a dream from founder Catherine Roberts. The message of her dream: Quilts = Healing. To date 328,000 quilts have been presented in the U.S. Kay Lettington, Awards

Coordinator, introduced each veteran.

At the Oct. 12 general meeting, a proposed slate for 2023 board members was approved. Co-Presidents Kathy Tinsley and Betsy Quinn will be returning.

NEW DIRECTOR FOR CALIFORNIA NOTE CATCHERS

The California Note Catchers has a new director.

Kayla Rodgers, an East County resident, became the director of the women's barbershop chorus in September.

Rodgers is the education coordinator of the San Diego Chorus. She received her Master's degree

in music education with a choral emphasis from Vander Cook College of Music. She has many years of singing and orchestra experience.

The chorus has already performed several concerts under the direction of Rodgers.

The California Note Catchers is planning a holiday show on Monday, Dec. 12, at the La Mesa United Methodist Church, 4690 Palm Ave, La Mesa. Performing a variety of holiday songs will be the California Note Catchers, several quartets, and the Grossmont High School orchestra trio.

For more information about the chorus, call (619) 464-3727 or visit: californianotecatchers.com.

Local East County AAUW branch holds charity event Dec. 10 in La Mesa

The La Mesa-El Cajon Branch of the American Association of University Women is planning a holiday party to celebrate winter with a new charity and old friends.

The charity is the San Diego Food Bank.

Members and the public may bring canned food and non-perishables to help feed San Diego on Saturday, Dec. 10, to 4031 Avocado Blvd, La Mesa at the Foothills United Methodist Church's King Hall. The goal is to bring 200 pounds of food.

people face nutrition insecurity.** Of this number, 284,500 are children.** San Diegans facing nutrition insecurity are unable to provide three nutritious meals a day for themselves or their households. Currently, 2 in 5 children are nutrition insecure.** (*U.S. Census Bureau. 2020. **San Diego Hunger Coalition. 2021)". Monetary donations are also welcomed.

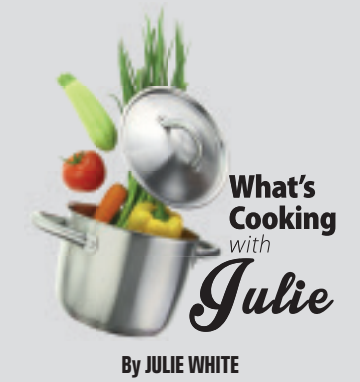
Returning this year are The Merry Ukes, led by Marge Saberg. According to Saberg, "they will

share holiday music to warm the spirit and soothe the soul". "There could be some dancing, storytelling, and shenanigans," reports program co-chair, Sandy Galea-Martinez. Additionally, there will be a photo opportunity with some of Santa's helpers.

The social hour begins at 9:30 a.m. and the meeting commences at 10 a.m.

Meetings are open to the public and members are encouraged to invite friends and family, co-workers, and associates.

Crane House Pumpkin Bread



I found this recipe in my old Lemon Avenue Elementary cookbook from 1991.

It is a moist, spicy bread. (Recipe from Judy Diener).

- INGREDIENTS:**
- 1 cup vegetable oil
 - 4 beaten eggs
 - 2/3 cup water
 - 2 cups canned pumpkin
 - 3 1/3 cups sifted all purpose flour
 - 1 1/2 tsp salt



- 1 tsp nutmeg
- 2 tsp cinnamon
- 2 tsp baking soda
- 3 cups sugar
- 1 cup raisins
- 1 cup chopped pecans or walnuts

COOKING:

Grease and flour 2 loaf pans. Mix wet ingredients and then add remaining ingredients. Bake for 1 hour at 350 degrees.

QUOTE OF THE MONTH:

Being thankful for the good in your life is the quickest path to joy. Bethke

COLEMAN

MOVING SYSTEMS INC.

Office/Residential | Free Wardrobe Use | Piano Moving
Last Minute Moves | Packing/Unpacking
Discount Packing Materials | Moving all over CA, AZ, NV
7 DAYS A WEEK | FREE ESTIMATES FAMILY OWNED SINCE 1979

619.223.2255 STU AND MATT COLEMAN
BBB MEMBER | INSURED LIC #CAL T-189466

ELAM'S

www.ElamsHallmark.com
Your Neighborhood Gift Store!

Hallmark 3-Wick Jar Candles

Buy One, Get One FREE

Different fragrances to choose from. Candles burn approximately 35-55 hours!

Can't Wait for Cookies Signing Snowman

Only \$24.99 with purchase of 3 cards!
Regular price \$34.99

HAPPY SHOPPING!

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

Now accepting applications for the '22-'23 School Year!

For your child, are you seeking?

- 1.) Small class sizes
- 2.) Academics that are accelerated, challenging and developmentally appropriate
- 3.) Enrichment through art, music, drama, library, technology, P.E. and foreign language
- 4.) A character education curriculum
- 5.) A School with 90+ years of longevity and proven experience

Admissions Inquiries? Call 619-223-3663

Infants-8th Grade

with campuses in Point Loma, Mission Valley & La Mesa

www.warren-walker.com/admissions

We are more than a School!

Apartment complex

CONTINUED FROM Page 6

According to the Community Development Department, the developer has requested a waiver that would allow an increased building height to 56 feet and five stories. This waiver, if approved, would override height restrictions cited in the Zone CD designation and the Downtown Village Specific Plan.

Despite the requested waiver, the Community Development Department said the plans are still consistent with the Downtown Specific Plan.

"The Downtown Village Specific Plan encourages and emphasizes residential uses in this part of the community," according to the Community Development Department. "The Downtown Specific Plan encourages and allows for residential development in this area. The applicant consulted the Specific Plan when designing the project and the Specific Plan was the primary guide for staff review of the project."

Lothian said this plan was not intended to be voted on at the Nov. 22 City Council meeting. She said she predicts it will be on the agenda at the Dec. 13 meeting.

To stay up to date on these plans, the Community Development Department recommends visiting the Active Development Projects website and the interactive map. Residents can also sign up to receive alerts regarding agendas for any of the City's boards and commissions, including the Design Review Board and Planning Commission, through the City website.

—Elaine Alfaro is a journalism student at Point Loma Nazarene University and a former intern for the La Mesa Courier.

Duke's Old Fashioned Onion Burgers in La Mesa: Suddenly there's a new love of burgers

By ROBIN DOHRN-SIMPSON

Frank Schulz, a San Diego native and owner of Duke's Old Fashioned Onion Burgers in La Mesa, spent the bulk of his career in the food industry, both in Oklahoma and Southern California. After returning from Oklahoma, the Patrick Henry High School graduate brought with him the onion burger.

"I didn't invent onion burgers, I just brought them to San Diego. I always enjoyed going to the town of El Reno, Oklahoma, where I'd eat the famous original onion burger at Sid's Diner. I also loved eating at Tucker's Onion Burgers in Oklahoma City," Schulz said.

What is the onion burger?
"It's a relic from the Dust Bowl days of the 1930s. Plagued with severe drought, dust storms, and food shortages, people would make onion burgers to make them look bigger. Basically, it's onions cooked on a grill with a burger on top. The onions add a level of depth to the flavor," Schulz remarked.

He started doing some pop-up restaurants to see if there was a market for a burger joint and found that people were suddenly having a new love of burgers. "I wanted to have a burger restaurant, casual, yet not fast food.

"We use Angus beef, which makes all the difference. It's never frozen. We make everything



Duke's Old Fashioned Onion Burgers has some tasty burgers waiting for your tastebuds. (Courtesy photo)

fresh, in-house except for our buns and ice cream. We make our dressings, chili, sauces, and over a hundred pounds of pickles every week. And the pickles really make our burgers. They add a great zing to every bite," Schulz said.

Burgers come in single, double, or triple patties and are cooked to order, allowing guests to customize toppings including cheese, tomatoes, lettuce, and house-made pickles. For the gluten-sensitive crowd Duke's offers lettuce wraps instead of a bun.

Duke's fries are made from fresh-cut potatoes that are double-fried. It makes the fries crispy on the outside and soft on the inside. On the menu are a variety of specialty fries such as steak and blue cheese or bacon cheese fries.

For a limited time only they're offering "The Bartlesville" which has a base of French fries, topped by a burger, and smothered in brown gravy. Coming soon is the "Okie Burger", which is the same as The Bartlesville except with a creamy gravy. Another great special is the

Hot Honey Butter Chicken Sandwich, a hand-breaded chicken breast topped with hot honey butter and pickles.

"We got voted 2nd best burger, which still irritates me," Schulz said. "We had been open for 2 months and didn't even know they were judging us. We want to be #1." This calls for a rematch.

Duke's Old Fashioned Onion Burgers is located at 5020 Baltimore Drive.

Call ahead to (619) 439-6177 or go online to: dukesoldfashionedonionburgers.com/.

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 12-15-22

BREW COFFEE SPOT

6101 LAKE MURRAY BLVD. LA MESA, CA 91942

ELAZTECA TACO SHOP

Mexican food

8306 Parkway Dr. La Mesa, CA. 91942

619-466-4113

Voted **GOLD** for Best Burrito!

BEST OF 2021 LA MESA

FREE DRINK WITH ANY COMBO

TACO TUESDAY!
Mini Tacos
Pollo Asada Carnitas Cabeza
Buche Adobado

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

BEST OF 2021 LA MESA

Centifonti's

Bar & Restaurant

Family Owned & Operated Since 2005

BEST OF 2021 LA MESA

Breakfast Lunch & Dinner

25 Rotating Taps
Italian - American Food
Homemade Gelato

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!!!

BEST OF 2021 LA MESA

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

Stay Healthy With Us! On The Farm!

~Full Service Deli
~Beer & Wine
~Nutritional



~Fresh Produce
~Meat Market
~Baked Goods

Thank You!



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

See what
my clients
say about
working
with me!



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



JUST SOLD
by Julie



1642 7th Ave #325
Rep. Buyer



12187 Knoll Crest Place
Rep. Buyer

Now is the *time*
for Julie to *sell*
your *home*.

SERVICE DIRECTORY

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.beelinebrakes.com

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

SDPC
SOLUTIONS DESIGN PROJECT CLEAN

**POWER
WASHING
SERVICES**

www.sdklean.com
619-460-8177

FREE ESTIMATES (619)755-9651

**CLEANING CC
SERVICES**

Regular Deep Cleaning
Move in/Out Services

CARPET & TILE CLEANING

Service Kings
HOME SERVICES EST. 1991

WHERE YOU ARE
TREATED LIKE ROYALTY!

Cleaning Carpet, Tile,
Upholstery for over 28 years.

CARPET CLEANING SPECIAL
SAVE \$45

3 ROOMS \$129
25% OFF Tile & Grout Cleaning
25% OFF restretching or carpet repairs
Must mention ad. Some restrictions apply.

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

**PLACE YOUR
SERVICE
DIRECTORY
AD ON-LINE**

sdnews.com
or call
858-270-3103

CONCRETE

**Zapara &
Sons LLC**

Driveways
Sidewalks
Patios • Decks
44 Years Exp
& Knowledge

(619) 537-9766
lic# 1085432

CONTRACTOR

MARTIN
CONSTRUCTION

Lic. #1032673
Home Improvement Specialist

AFFORDABLE
ON-BUDGET
EXPERIENCED

**SPRING SPECIAL
15% OFF**
DECKS, DOORS & WINDOWS

619-541-1737
johnmartinconstruction.com

ELECTRICIAN

Fischbeck Electric

For all your electrical needs:
Green Energy Savings
Panel Upgrades and Changes
Remodels
Recessed Lighting, etc.
CA Lic. #900788 (10-12)

(619)749-7105
FischbeckElectric.com

SAIL BAY ELECTRIC

**RESIDENTIAL
COMMERCIAL**

No job is too Big
No job is too Small
sailbayelectric.com
619-953-7895
C10 Contractors License
#1087275

**Corlett
Electrician**

**Corlett Electrical
Construction**

Mike Corlett

Locally Owned &
Operated

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

HANDYMAN

RENT-A-HUSBAND

HANDYMAN WITH
30 YEARS EXPERIENCE

MANY SKILLS
HOURLY OR BID

PROMPT, AFFORDABLE,
PROFESSIONAL
INSURED

Ask for Bob
619-742-0446

**FICTITIOUS
BUSINESS NAMES**

NAME CHANGES
+ OTHER LEGAL

CALL US
858-270-3103 X 115

Full-length stories
Online updates
Comments
Event calendars
sdnews.com

HEATING & AIR

THA
THA HEATING, AIR & PLUMBING
Proudly Serving San Diego
Since 1980

Residential • Commercial
Industrial

24/7 Emergency Service!
**10% OFF Senior & Military
Service Calls**

**FREE Estimate
with Installation &
FREE Service
call with Repair**
(858) 571-8865
www.thaheatingandair.com/plumbing

LANDSCAPE/GARDEN

**POINT LOMA
LANDSCAPE
MAINTENANCE EXPERTS**

WEEKLY • BI • MONTH

SPRINKLER DOCTORS IN

CLEAN-UPS • HAUL/DUMP

SENIOR TO SENIOR 10%

CA. ST. LIC. #0783646

tony@pointlomalandscapes.com
(619) 523-4900

**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

• Gardening Services
• Lawns • Hedges
• Weeding & Trimming

We Do It ALL!

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

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

Turner Landscape
619-885-0906

**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

PAINTING

Chuckie's
Painting Company

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

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 #504044

ideal
PLUMBING • HEATING • AIR • ELECTRICAL

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

**60
YEARS**

PLUMBING

**ERLING ROHDE
PLUMBING COMPANY**
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

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

TREE SERVICE

RYKEN TREE SERVICE

• Tree Trim • Shape
• Removals &
Stump Removals

Aborist #911 On Every Job!

Fully Licensed
and Insured
FREE Estimates

619-672-8166
Lic. #536515

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

**FICTITIOUS
BUSINESS NAMES**

NAME CHANGES
+ OTHER LEGAL
ADS

CALL US
858-270-3103
X 115



Homes with pools can move faster on the market. (Courtesy photo)

Homes for sale with the right pool surface with more value

By LAURA LOTHIAN

Several years ago, I sold a La Mesa pool with a house attached to it.

With the touch of a button, rainforest waterfalls cascaded from a pedestrian bridge that spanned one end of the pool to the other. Swimmers enjoyed cocktails from the swim-up bar or sipped their drinks from patio tables on concrete islands in the pool. Additionally, there were caves, a 70' water slide, and a Tiki Hut right out of Gilligan's Island. The pool was so Wow, the property received thousands of views and saves on Zillow. Airbnb guests were paying \$1000 per night to stay at the property and this was six years ago.

I sold the property for about \$1M. At the time, homes in the neighborhood were selling in the \$400ks at the low end and \$700ks at the high end. Without the pool, the home, which was dated and in need of some repair, would have probably sold in the \$600ks.

So, do pools add value? They sure can if done right.

Almost all of the most spectacular homes I have sold had pools to match. There are neighborhoods in San Diego County where having a pool is practically required. A Rancho Santa Fe agent once told me, "There is no such thing as a home in Rancho Santa Fe without a pool. It just isn't done."

She was barely exaggerating. Of the 192 detached homes sold in the last year in Rancho Santa Fe, 163 had swimming pools or 85%. Contrast that with La Mesa where of the 556 detached homes sold in the last year, 114 of them had swimming pools, or 20%.

Unless one is a general contractor, it is never a good idea to undertake a large, expensive house project like building a swimming pool with the goal of selling your home. Often the time and investment do not translate to increased net proceeds. Building an in-ground swimming pool is very expensive. Google says a pool in San Diego can be built for as little as \$17,500. Two swimming pool contractors I spoke with laughed out

loud at that figure. One pool company said costs to build an in-ground swimming pool start at around \$50k-\$60k, the other contractor quoted starting price at \$100k.

Time is also a consideration.

From concept to your first cannonball in the deep end can take up to one year, so if you want to throw a pool party this 4th of July, you are already behind schedule. This time of year, when the weather is cool, is the best time to build a pool. Once it is 100 degrees outside, pool contractors get very busy. Construction will take anywhere from 90-180 days.

Lastly, taste is subjective.

That volcano you're dying to place in the middle of your pool will be an expense the future buyer will pay to have it removed (true story of a home I sold in Rolling Hills Ranch).

Based on my 20+ years of selling San Diego County real estate, if you're going to build a swimming pool, do it for your enjoyment but if you think you may sell your home one day, keep these tips in mind for better resale value:

Do:

1. Make sure to have maximum privacy. Buyers always scope neighbors' windows to see if they have views of the pool. If neighbors can see into the pool, plant bamboo or palms for a natural barrier or build a high fence.
2. Keep proportion in mind. A pool that takes up the entire backyard turns off buyers.
3. Build the pool fairly close to the house. Buyers do not want to take a zipline or gondola to get to the pool.
4. Match the style of the pool to the style of the house. Vintage homes should have vintage-style pools. Conversely, modern homes should have modern pools.
5. Consider adding a spa and outdoor kitchen and lounge. Make the pool area an outdoor, California lifestyle.
6. Solar panels are a great way to heat pools and add months of swimming fun.

SEE HOMES FOR SALE WITH POOL, Page 15

COMMUNITY CLASSIFIEDS

SERVICES

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

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 619.501.7480

Homes for sale with pool

CONTINUED FROM Page 14

- 7. Factor in the purpose of the pool: exercise? laps? volleyball? kiddie play? resort aesthetics?
- 8. Keep in mind a rectangle pool

Holiday in the Village

CONTINUED FROM Page 5

To apply to be a vendor or for more information, visit: lamesavillageassociation.org or email: info@lamesavillageassociation.org. La Mesa residents should also know that the LMVA is coordinating a "Holiday Storefront Decorating Contest" among its downtown businesses.

They are encouraging businesses with storefronts in the Village to decorate and will have the community vote to select the winners. There will be ballot boxes located at certain business locations, or people will be able to vote on the LMVA website. LMVA hopes this will add an even more festive feel to the Village this holiday season and something the community will enjoy.

The contest time period is Dec. 1-16. LMVA will announce the top three storefronts the week of Dec. 19.

might be the least expensive to build but also the least energy efficient. Water flows better and more efficiently with kidney-shaped pools or pools with curves.

9. Study finishes. That bright blue Crest toothpaste color pool has a white finish and screams 1970s. Darker finishes seem to please buyers more.

Don't

1. Build the pool too close to the house, no one wants to walk through sliders and step directly into the pool. Build at least 15'-20' from the house.
2. Build the pool in the front yard.
3. Think above-ground pools will add value to your property, they don't.

4. Cut corners using materials that won't last long or wear well. Avoid vinyl pools.
5. Choose weird colors or bizarre designs or crazy tiles.
6. Add a diving board unless you want to pay extra for home insurance. Many insurance companies won't cover homes with diving boards.

7. DIY. Get the proper permits (usually a 30-day process) and hire a licensed, reputable pool company with lots of good reviews. Happy splashing!

—*Reach Pacific Sotheby's Realtor and La Mesa City Councilwoman Laura Lothian at: Laura@LauraLothianRealestate.com.*



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.rightchoiceeniorliving.org. **NOW HIRING CAREGIVERS! CALL NOW!**

Grand Opening New La Mesa Care Home

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 • Experienced Team since 2008
- Reasonable Visitation Accommodations
- For photos, video tours please visit: silverlighthomesllc.com

Veteran Owned & Operated

619-246-2003 **NOW HIRING CAREGIVERS CALL NOW**

RIGHT CHOICE SENIOR LIVING

Full Service Assisted Living Rates Starting at \$165 a day.

We are saving families thousands of \$ per month

rightchoiceseniorliving.org

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

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

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.

Laura Lothian recognized as a Top Producer

1.49%

Realtor Nationwide

2022 RealTrends, Wall Street Journal



2022 RealTrends America's Best
Real Estate Sold by Real Experts



Laura Lothian
DRE#01362585

SELLING or BUYING?

Call Me

I can't wait to get started!

619.540.7744

Laura@LauraLothianRealEstate.com

Top 1% Real Estate Agent in San Diego County
Most Homes Sold in La Mesa Last 20+ Years
\$1/2 Billion in Local Real Estate Sales



RECOGNITION OF EXCELLENCE
2020 OFFICIAL AWARD WINNER

SDAR SAN DIEGO MLS The San Diego Union-Tribune

PLATINUM

CLHMS

MILLION DOLLAR
GUILD®

Happy Holidays!

ACTIVE!



BANKERS HILL \$1.8M

ACTIVE!



MOUNT HELIX \$1.85M

IN ESCROW!



LA MESA HIGHLANDS \$803K

JUST LISTED
& SOLD!



MOUNT HELIX \$1.3M

JUST LISTED
& SOLD!



MOUNT HELIX \$1.12M

SOLD!



POINT LOMA \$2.325M

SOLD!



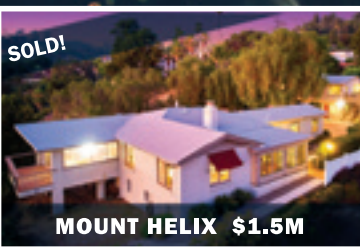
ALPINE \$2.2M

SOLD!



PACIFIC BEACH \$1.718M

SOLD!



MOUNT HELIX \$1.5M

SOLD!



MOUNT HELIX \$1.4M

SOLD!



MOUNT HELIX \$1.4M

SOLD!



MOUNT HELIX \$1.4M

SOLD!



MOUNT HELIX \$1.35M

SOLD!



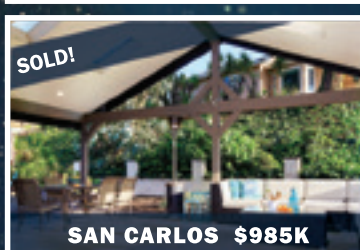
LA MESA HIGHLANDS \$1.1M

SOLD!



LA MESA VILLAGE \$1.1M

SOLD!



SAN CARLOS \$985K

SOLD!



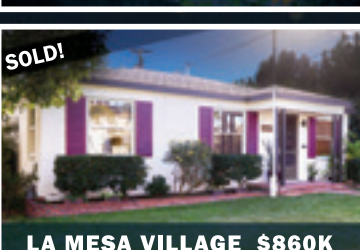
FLETCHER HILLS/LA MESA \$975K

SOLD!



EL CAJON \$950K

SOLD!



LA MESA VILLAGE \$860K

SOLD!



SPRING VALLEY \$807K

SOLD!



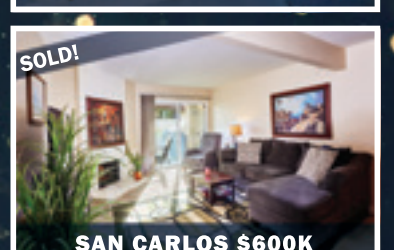
LA MESA VILLAGE \$750K

SOLD!



SPRING VALLEY/CASA DE ORO \$715K

SOLD!



SAN CARLOS \$600K



Follow Laura on Instagram
@LauraLothianRealEstate

Pacific

Sotheby's
INTERNATIONAL REALTY

MEET
LAURA

