



C10-0000323-LIC & C10-0000634-LIC

CANNABIS 21+

Powered By **SDRC**
SAN DIEGO RECREATIONAL CANNABIS

BEST DEALS. BEST PRICES
SHOPC21PLUS.COM

15% OFF DELIVERY
CODE: DELIVERY15
NEW FROM US ONLY FROM 4/1/2023 TO 5/31/23
EXP 5.05.23

15% OFF EDIBLES
CODE: EDIBLES15
NEW FROM US ONLY FROM 4/1/2023 TO 5/31/23
EXP 5.05.23

Shop Online
DISCOUNTS NOT STACKABLE

2 FOR \$20
4 FOR \$55



VOLUME 13
ISSUE 4

April 28 – May 25, 2023



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

La Mesa
COURIER
BEST OF
2022 LA MESA

INSIDE THIS ISSUE

EDUCATION

GHS has great rapport
between staff, students



Plenty of activities for years at
Grossmont High School have involved
both staff and students. **Page 5**

EDUCATION

Helix Charter High School
keeping busy as school year
winds down



College tours, a trades day, choir
competition and more for Helix
students. **Page 8**

REAL ESTATE

The magic of Mid-Century
Moderns around La Mesa
and Mt. Helix



What kinds of homes are in your
neighborhood? **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

I Wear My Sunglasses at Night



While these Helix Charter High School choir members were not around back in the 1980's when singer Corey Hart had his big hit about when he wears his sunglasses, they no doubt look the part. The students were participating recently at the John Burroughs High School Show Choir competition in Burbank. The soloist leading the way is sophomore Lucy Luo. Helix had several groups competing in the event. HLX got 2nd place and top music, TBH got 2nd place, and HD (pictured above) got 4th place in their respective divisions. For more information on the recent competition, visit: tinyurl.com/5sh7ufsk. For more information on happenings at Helix, see Page 8. (Photo by Lisa Brannen Photography)

La Mesa resident electrifies home, saving money and the planet

By NATALI GONZALEZ

With global carbon emissions on the rise, one La Mesa resident has taken a new approach to providing electricity to her home.

Buildings are responsible for nearly one third of energy-related CO2 emissions in the United States, making decarbonization a necessary step to combating climate change. Wendy Mihalic, a longtime La Mesa resident, has done one of the most important factors of decarbonization: electrification.

“Building electrification just means swapping out gas

appliances for electric appliances. It's as simple as that,” Mihalic said.

She first learned about electrification when she joined the San Diego 350 group as a volunteer.

The nonprofit, which aims to prevent the worst impacts of climate change through education and outreach, was looking for solutions to greenhouse gas emissions others had put in place. In doing this research, they found that cities in Northern California were considering electrifying buildings.

“Buildings can emit up to a quarter of the greenhouse gas

emissions in the state,” Mihalic explained. “So, we at San Diego 350 were looking at what our northern brethren were doing and saying, hey, we should be doing that all across the state.”

Mihalic began incorporating decarbonizing her home in 2015 when the family stopped using their gas clothes dryer. Then, in 2020, they took the next step toward electrification when their water heater needed to be replaced. They hired a local company that could do plumbing and HVAC services, leading them to



In December of 2020, Wendy Mihalic and her family took a big leap and converted their main gas appliances to Heat Pump HVAC and water heating. (Courtesy photo)

SEE **ELECTRIFY HOME**, Page 15

VOTED #1 DISPENSARY IN SAN DIEGO
2022 SAN DIEGO READERS BEST



LIC#C10-0000630

10% OFF PURCHASE
Not to be combined with other offers exp 5-25-23

619.FRESHSD

www.reservesd.com

LICENSED CANNABIS BOUTIQUE

8744 La Mesa Blvd. La Mesa, CA



THE GREATEST ENERGY COMES FROM ALL OF US

At SDG&E®, our commitment to community begins with our 4,700 employees. We're your friends, family and neighbors.

We're proud of how our work helps power your lives. And, how every day we impact this community we call home.

- **Dependable Service** - #1 for keeping the lights on in the West for 17 years in a row¹
- **Clean Energy** - 55% of our energy comes from wind and solar²
- **Safer Communities** - Industry-leading wildfire safety and mitigation program
- **Beautified Neighborhoods** - 60% of our powerlines are underground vs. the 20% national average
- **Community Commitment** - Nearly \$100 million contributed to local nonprofits over the past decade
- **Economic Driver** - Over \$400 million in products and services from local diverse businesses in 2022

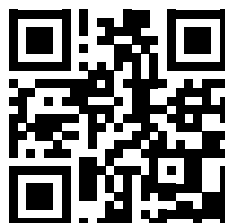
While we are proud to provide these valuable services to you, we understand that affordable energy bills matter more than ever. Although SDG&E customers have on average the lowest residential electricity bills³ among the state's major utilities, we are listening to you and know more needs to be done.

We're fighting to remove costs from your energy bill, reforming the way electricity is priced to provide stability and aggressively pursuing federal funds to pay for new infrastructure.

There's still work to be done, but we're not going to shy away from it because **progress is our promise to you.**

Always Forward.

Respectfully yours,
The Employees of SDG&E



1 ReliabilityOne® Award winner for 'Outstanding Reliability Performance among utilities in the West' given by PA Consulting.
2 2021 results. SDG&E's annual RPS compliance may vary year to year due to portfolio rebalancing related to customer load departure to local CCAs. The RPS % is different from the renewables percentage listed in our Power Content Label due to the fact that the two programs are governed by different definitions of renewables.
3 Based on January 2022 to December 2022 U.S. Energy Information Administration form EIA-816M. Visit sdge.com/rates for more information and charts.

Award-winning La Mesa musician, husband and father dies at 40

By KENDRA SITTON

For the last two years, Dustin Lothspeich put his songwriting prowess toward producing a stream of ditties to entertain his son Harrison. There was a “hel-lo” song at the hospital, a hand washing song, and diaper change song. The goofy songs might surprise some of his fans who knew Lothspeich as the lyricist behind the romantic ballads and upbeat breakup songs of local band Old Tiger.

“He would make up a million little songs. There were songs for everything... He was always making stuff up, but we were just giggling about it,” said his widow Jen Lothspeich. “He wasn’t afraid to look silly in front of me to make me laugh, too.”

With his unexpected death at age 40 of natural causes on March 23, 2023 in his La Mesa home, the life of a prodigious local musician—and dedicated husband and father—ended.

The guitarist and vocalist performed with bands including Boy King, Chess Wars, Diamond Lakes and Tusk in addition to a career as a music journalist and blogger.

“Dustin was obviously hugely talented as a performer, but he also put a lot of time and heart into nurturing the San Diego music



Dustin and Jen Lothspeich at their wedding at the Riviera Supper Club with Oh Spirit playing in the background. (Photo by Alex Matthews)

scene. He wrote interviews and reviews, he hosted podcasts, and he was a loud supporter of his favorite local bands,” said former bandmate Megan Liscomb. “He will be sorely missed by many bandmates and the musicians who came into his orbit.”

Lothspeich co-founded San Diego’s longest running beer

podcast, “Beer Night in San Diego,” in which he highlighted the talents of local brewers and musicians. He wrote for SoundDiego, copyedited for several community newspapers, spent years booking talent for the Merrow, and most recently

SEE **LOTHSPEICH**, Page 4

Just Sold 6421 E Lake Dr. in San Carlos



\$212,500
above pre-renovated appraisal
All renovations done for \$0 out of sellers pocket

Call Dan Smith for more details:
858.232.3318

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

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



Call Today!
Swim By Summer!!!

Catalina Pools

Lic. 1023407



Ask About Our Spring Specials!!!

A Trusted Name
In San Diego For
Over 65 Years

Specializing In:

- New Pool Construction
- Pool Remodeling
- Outdoor Living
- Design Build
- Spas & Deck Installation

Visit us at
catalinapoolsinc.com
No Obligation Home Visit
Financing Available

619-821-2086

Servicing San Diego and
Riverside Counties
Lic # 1023407

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



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



idealservice.com
619-583-7963



\$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. 06-30-23
(Offer Code LMC20)

Lothspeich

CONTINUED FROM Page 3

worked at South Park's Vinyl Junkies Record Shop.

"Dustin had a wealth of musical knowledge and regularly suggested new and inspiring bands to listen to," said Nate Joyner, a coworker at Vinyl Junkies. "Dustin's habitual good mood, sense of humor, and laugh were contagious."

Jen Lothspeich noted that the local music scene can often be petty and competitive, so many people wanted to work with Lothspeich because he was so kind. Liscomb explained that on the night she met Dustin, both of their bands were playing the same show. "I was immediately struck by how warm and friendly he was — he even sent over a note before the show to say he'd listened to our music and was looking forward to playing together. Not a lot of people in the music scene take the time to do things like that so it stood out," she said.

While Lothspeich has played a variety of roles in the local music scene, he is most well known for his band Old Tiger which performed from 2009 to 2015 and won a San Diego Music Award for best pop album with "Love Have Mercy." Among the many fans of the album, the song "Free," caught the ear of a local music blogger then named Jen Van Tieghem. The two became fast friends with a shared interest

in music and married in 2016. In 2020, Jen gave birth to Harrison Atlas— Harrison after George Harrison and Atlas because Lothspeich knew his son would be the center of his world.

"Dustin was talented and was loved and appreciated by people— people we'll never know, people we'll never even know the names of or who they are... He touched so many people with his music," said his wife Jen.

Lothspeich was born in Arizona to Mary Kendall and Alan Lothspeich in 1982. While his public career means he is most known for his musical and writing talents, he also excels at drawing. In a childhood spent moving around, he fastidiously drew sneakers he was not able to own. As an adult, he settled in San Diego and began the sneaker collection he spent his childhood dreaming about.

Before his death, he shared with his wife that he wanted to buy the rapper Action Bronson's collaboration with New Balance 990v6 sneakers.

"He said 'I should get these New Balance shoes! They're like dad shoes' and all this stuff," said Jen. "He even turned a sneaker thing into like a dad shoe thing."

The vintage-looking orange and blue sneakers released the day after Lothspeich's death. Jen bought their son Harrison colorful sneakers in his honor.

"Watching [Dustin] be a daddy was the most amazing experience that I'll probably ever have... He

was so good at it," Jen explained through tears.

While Lothspeich did not always plan on having kids, his kind and protective nature extended to his friends and band mates. Liscomb said when she tweeted about being a Dickensian orphan staring through the window of Taco Bell, Lothspeich immediately sent her money to buy food. Another friend, Frank Seeley, said that not only would Lothspeich be there for people in hard times without judgment, he was also generous in celebration.

"When I got a new job not long before we lost Dustin, he sent me a celebratory gift card and checked in with me every day asking how it was going," Seeley said. "Dustin was such a caring soul... a gentle giant."

Lothspeich is survived by his wife Jen and son Harrison Atlas, mother Mary, father Alan, brothers Danny, David, and Ray as well as friends, family and fans.

His death has left Jen and Harrison in a dire financial situation. Those wanting to honor Lothspeich's legacy can donate to gofund.me/80a14985.

In addition, local bands including Oh Spirit, The Strawberry Moons, Gelly Duvall and Dead Feather Moon will be performing in a benefit concert at the Casbah on May 21. Doors open at 6:30 p.m.

Buy tickets at <https://www.seetickets.us/event/Dead-Feather-Moon-Oh-Spirit-The-Strawberry-Moons-Gelly-Du/546763>.

HAPPY HOUR IS BACK! 3:00-5:30PM
MONDAY THRU THURSDAY IN THE BAR & PATIO.
ENJOY A DEDICATED MENU WITH
GREAT DISCOUNTS ON FOOD AND DRINKS.

WE'VE ENHANCED OUR DECOR WITH
NEW FLOORING & CARPET!
COME CHECK IT OUT!



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 our new Sunday Brunch menu on our website!



Check out our Street View tour on Google Maps!

619-463-0368 • 9530 Murray Drive, 91942

➔ ANTHONYSFISHGROTTO.COM ➔



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.



Iowa Meat Farms / Siesel's Meat & Deli Publication Volume 31 Number II May 2023

Iowa Meat Farms
6041 Mission Gorge Road
San Diego, CA 92120
619-281-5766

Siesel's Meat & Deli
4131 Ashton Street
San Diego, CA 92110
619-275-1234

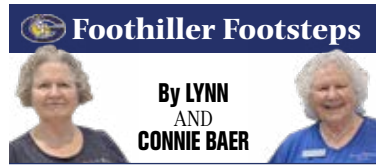
Specials

Good from May 1st, 2023 to May 31st, 2023 or while supplies last

USDA CHOICE Aged, Midwestern Marinated Tri-Tip Roast \$12.99 lb. All Varieties	USDA CHOICE Aged, Midwestern Top Sirloin Steak \$9.99 lb.	USDA CHOICE Aged, Midwestern Delmonico Steak \$19.99 lb.
Midwestern Baby Back Pork Ribs \$5.99 lb.	Whole Bone-In Pork Butt \$2.99 lb.	Boneless, Skinless Marinated Chicken Breast \$5.99 lb. All Varieties
Sweet Onion & Sage Sausage \$5.99 lb.	First Of The Season Jumbo Sweet Imperial Onions \$2.49 lb.	Dietz & Watson Natural Casing Hot Dogs \$8.99 lb.
Oaksteak BBQ Sauce \$7.99 14oz. Regular or Spicy	Siesel's Homemade Potato Salad \$6.99 lb. Baked Beans \$6.99 lb.	Rock The Rub Assorted Seasonings 8oz. Bags \$12.99 ea.

www.bestmeatssandiego.com

GHS staff, students have built rapport, school spirit for many decades



Foothiller Footsteps

By LYNN
AND
CONNIE BAER



Staff and students continue to build a great rapport at Grossmont High School whether during an academic competition (see photo below) or at pep rally and game of hoops. (Courtesy photo)

From its earliest years, the GHS staff looked for ways to build rapport with its students and to foster school spirit.

On Jan. 15, 1931, "Shindig", the first Faculty Follies (that we know of), the staff performed bringing enjoyment to the students and the community. Over the decades, the staff has participated in events such as Donkey Basketball, (starting in the 1940s), Powder Puff Football, lunch time competitions, carnivals, fairs, assemblies, and pep rallies, to name a few.

Retiree Bruce Davidson recalls, "As a VP/Classroom teacher over the years, for one ASB fundraiser, I agreed to be taped to a wall in the Old Gym with duct tape, which was being sold at \$.50 a strip. Then, the table on which I was standing was pulled out from under me. Luckily, the tape held."

This year, the staff has again bonded with the students through two "competitions."

MARCH 8 ACADEMIC LEAGUE VS STAFF COMPETITION

Academic League advisor and Math teacher Kristin LoPrell organized the event. "These events are so important for staff to see students in a non-classroom environment and to have positive interactions with students as fellow community members, demonstrating positive adult experiences for our students."

Team member Sophia Martinez shares, "The staff vs. student match was so much fun! For a while, I thought we had them, but our expert staff were able to show off their knowledge and gain an overwhelming victory in the end. We'll get them one of these years!"

Senior Stephen Abkin reflects, "I went into the match confident, knowing that we could do well as we had the experience from playing all season-long against robust teams. However, it is difficult to

beat those who taught us all the knowledge we know and who have studied the topics asked in the matches for many years."

Kate Heubach, captain for this year's Grossmont Academic League, shares, "I got the amazing opportunity to compete head-to-head with my dad, Phlyn Heubach (math teacher and GHS alumnus, Class of 1984), who has come to all of my matches over the last two years; now I got to see him in action."

I am impressed by just how fast he can do the math that he teaches. It was so much fun watching him almost miss a question about what year I would graduate high school, but not so funny when I missed a question about his high-school graduation year. Overall, I was amazed to see just how much the teachers know. It makes a lot of sense that they are the ones teaching us, and not the other way around."

Principal Dan Barnes celebrated the match, "It was an amazing competition. Way to represent GHS PRIDE. Staff with the win."

FEB. 17 STAFF VS SENIORS BASKETBALL PEP RALLY

Barnes' email to the staff summarized the game, "Foothillers, thank you to all who participated in the pep assembly today as part of the 2023 StaffBasketball team.

It was a great event connecting students to our school.

Staff was able to "steal" a win from our Class of '23 GHS team. I say "steal" as there were some first-time-ever used basketball plays by the staff team, questionable calls, and passing by the staff referees. Additionally, there was a tackle on one of the plays by Mrs. Williams! Referee Galvez actually threw a flag and signed for offsides related to a football rule on another play.

We did have some sweet threes by Sean Jones and Justin Rutherford and a coast-to-coast LeBron-type layup by English teacher Daemein Patterson. That said, the student team gave it their all and had fun doing so, looking forward to the next game."

Social science teacher and alumnus Justin Rutherford, Class of 2007, declared, "I had a blast playing as a staff member on the same court that I played on as a student on the GHS Varsity Basketball team. I hope these fun competitions between teachers and students continue for years to come. Plus, it's always great to have bragging rights over my students!"

History teacher Sean Jones, a participant in both events, believes, "As the organizer of the

SEE GHS, Page 11



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

We Pay More For Gold!

\$5 Battery Replacement*
(most watches)

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

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

Dine. Shop. Explore. La Mesa Village.

Celebrating 30 Years in the La Mesa Community

EVERY FRIDAY, 3 - 7 PM
LA MESA BLVD. BETWEEN PALM AVE. - 4TH ST.

More Info: LaMesaVillageAssociation.org
@lamesavillageasso
@lamesavillageassociation

La Mesa Village Association

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
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

Connie and Lynn Baer
Robin Dohrn-Simpson
Natali Gonzalez
Lauren Knuth
Laura Lothian
Bonnie Owen

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 2023. All rights reserved.

sdnews.com



SAN DIEGO
COMMUNITY
NEWSPAPER
GROUP

La Mesa
COURIER

Uptown News

Mission
Times COURIER

COLLEGE
TIMES COURIER

SAN DIEGO
DOWNTOWN NEWS

LA JOLLA
VILLAGE NEWS

PENINSULA
BEACON

Beach
Bay
PRESS



The empty lot (left) on El Paso Street and what the completed battery storage facility would look like (right). (Courtesy images)

Proposed La Mesa battery storage facility producing some negative feedback

By DAVE THOMAS

A proposed battery storage facility on a vacant La Mesa lot is getting some negative feedback.

If the project goes through, the site would store renewable energy to back the grid that falls under the management of the California Independent System Operator.

The 8,000-square-foot vacant lot at 8135 El Paso Street is surrounded by a strip mall on one side and residences on the other.

When asked to comment on the matter, La Mesa City Community Development Department staff noted, “The project is currently under review by staff for a Site Development Plan and Urban Design Review. Once the project is determined to be complete, the project will be scheduled for design review by the Design Review Board, and the Site Development will be posted to the City Webpage for the “Notice of Decision” at: cityoflamesa.us/1672/Projects-Under-Review. The Notice of Decision will be posted for five calendar days for public review and comment. A determination will be made after the review period ends, and can be appealed to the Planning Commission within 10 days after the determination. Since the project has not been determined to be complete, the project has not been scheduled for any postings or meetings at this time.”

According to staff, “The City of La Mesa has received feedback about the project proposal from residents. Some residents have voiced their concerns for the project and others are reaching out to gain a better understanding of the project proposal.”

SOME RESIDENTS SURPRISED BY PROPOSAL

Some residents in the area noted they were more than a little surprised by this proposal.

Amy Reichert lives .2 miles from the proposed facility and said she was not happy with the plans.

“The City of La Mesa and the private corporation behind the proposed battery storage unit blindsided us completely,” Reichert stated. “One morning, as I walked past the vacant lot at 8135 El Paso, I noticed a

small public notice that offered no other details except that the city planned to vacate the land. Curiosity led me to reach out to the city engineer, who confirmed my concern for my neighborhood: the land was slated for a battery storage facility. I asked to see the plans, but was directed to the planning department.”

As Reichert went on to note, “When I called the planning department, I was informed that the plans were not available online or by email due to some vague legal reasons, and that I would have to make an appointment to see them. So I took time off from my full-time job to view the plans in person, and what I saw left me shocked and appalled.”

According to Reichert, the proposed facility is just a stone’s throw away from a residential neighborhood and is expected to produce an unbearable 75 decibels of noise. “That’s equivalent to the sound of a busy highway, and no amount of sound walls can contain it.” Reichert believes the noise pollution from this facility will be heard for miles around, wreaking havoc on the lives of La Mesa residents.

“By springing this project on us with no notice or transparency, the City of La Mesa and the private corporation behind it have shown a complete disregard for the well-being and quality of life of the people who call this area home. We will not stand idly by and let them bulldoze over our community’s health and safety for the sake of their profit margins.”

CONCERNS FOR LOCAL CUSTOMERS AND TENANTS IN ONE NEARBY SHOPPING CENTER

Andrew Gorla is an electrical engineer and part owner of a family-owned strip mall building in the area.

“My parents bought the small shopping center at 6062 Lake Murray Boulevard 15 years ago and we care about the neighborhood and our tenants, they are good people. We are concerned about a battery storage facility impacting our local customers and impacting our tenants and their ability to do business. We are also concerned about safety hazards.”

As Gorla sees it, the proposed battery facility noise pollution will affect La Mesa locals experience at the shopping center.

“Tenants are all small businesses that need to be supported to thrive, not placed in situations where it is more challenging to attract customers,” Gorla commented. “These small businesses such as restaurants, lounges, salon, and gym, customers to these types of businesses expect a non noise polluted atmosphere. Very likely locals will choose to shop elsewhere to avoid the industrial facility noise. This may cause our small business tenants to have rent payment challenge in the short term, or even experience failure.”

At the end of the day, Gorla believes the battery facility will impact the property’s value in a negative manner.

“Rent command, property value, tenant business selection will be affected,” Gorla stated. “Building structures may need to be retrofitted to block noise they weren’t designed to be nearby. Lastly, insurance rates will likely increase if still offered.”

Gisele Abou Chacra is another resident like Reichert within very close distance of the proposed battery storage facility. Chacra, who has lived in the area for more than three decades, resides just feet from the proposed facility.

“Just a few steps from my backyard,” Chacra remarked. “I am concerned about the fire risk and I have lived in my house for 35 years,” Chacra noted.

Chacra made a statement to La Mesa City Council in late February. Among her comments were:

“I am worried because I fear we are on the first irreversible step in a utility style battery project that could have serious environmental & quality of life impacts on the surrounding community and neighborhood. I have to wonder if this project was reviewed and studied pursuant to the California Environmental Quality Act by the City of La Mesa and/or any other agency. Where is the record of the permits issued? Where are the environmental impact reports? How was this qualified as a community commercial development when

its function seems so different from that? After all, this isn’t a restaurant, small gym or clothing store. It’s an electric power storage & generation facility.”

For resident Justine Mancuso, she said her residence will be directly impacted, given it overlooks the now vacant property.

“As a La Mesa resident for 25 years and a homeowner for 19, I am disappointed in the city’s lack of transparency with project development,” Mancuso stated. “With this particular project, we have little to no information on its impact on our our health and safety.”

La Mesa resident John Maxwell noted, “We used to protect communities. Despite local interests, international climate policies are being implemented in our neighborhoods. Counter to their claims to provide a clean environment, activist politicians and corporations are establishing infrastructure such as this battery storage facility without regard to the safety concerns of the residents of our community.”

COMPANY LEADING PROPOSED PROJECT SAYS IT HAS OVERALL SUPPORT FROM RESIDENTS

James Beach, managing partner at EnerSmart in Solana Beach, the company leading the proposed project, said, “We have received support from all residents and businesses in the area thus far, other than one of four homeowners who are adjacent to the site, and one other neighbor/activist who lives about 1,000 feet away.”

According to Beach, the company has reached out to both (as well as the other homeowners) to provide them with the facts about the project, the lack of emissions, noise and fire control solutions, and the aesthetic measures EnerSmart is taking to make sure the project looks attractive from both the street and from their backyards.

“Our goals are to make sure they understand the actual facts about the project, and to address any concerns they might have,” Beach continued.

When asked about any timetable to begin construction, Beach said June was the expected date and completion of the project was targeted for Q1 of 2024.

Buy and Sell with JULIE



FEATURED LISTING

2067 Vista Hermosa Way
El Cajon | 3BR 2BA | 2,048 sf
\$899,000

Sold Properties

Let Julie get you the best return on your investment.



2067 Elva St, El Cajon



730 Valley Village Drive, El Cajon



4776 Mount Helix Drive, La Mesa



4391 Stanford Place, La Mesa



701 Joanna Drive, San Diego



8370 Onalaska Ave, San Diego



926 S 61st Street, San Diego



8327 Big Rock Road, Santee

Pacific
Sotheby's
INTERNATIONAL REALTY

Julie Boyadjian
619.250.1129
julie@julieboyadjian.com
REALTOR®

Pacific Sotheby's International Realty | 888 West Ash St, San Diego, CA, 92101
CA BRE #01820721

Scan Me!



www.julieboyadjian.com



HLX choir members and seniors Arabelle Quiggle and Julissa Sierra-Reyes hold awards for group's second place finish at the recent John Burroughs High School Show Choir competition in Burbank. (Courtesy photo)

Helix's college tour program passes the test once again

Helix Highlights

By LAUREN KNUTH

C4ME - COLLEGE TOUR PROGRAM

Helix's College 4 Me Tour Program was established in 2006 as a way of giving ALL students an opportunity to visit California's best colleges and universities in person. Every spring break, upwards of one hundred juniors pile into a tour bus and drive up and down the state of California, visiting a variety of schools. Many of our students may be the first in their family to go to college, so this gives them an opportunity to get a taste of college campus life. The program has been extremely successful and Helix is proud to offer

it to any student that is interested, regardless of financial ability.

This year's C4Me trip went off without a hitch! Ninety-eight juniors participated in a three part college exploration series prior to the trip, where they learned invaluable lessons such as college basics, transcript reviews, beyond the grades, majors, etc. In spite of the unpredictable weather we encountered, students took it in stride and enjoyed their time at the nine colleges in Northern California visited over a four-day span. Students returned with a wealth of knowledge from admission workshops and the amazing opportunity to meet up with former Helix students to discuss their path and insight on the college process from an alumni perspective. In addition to visiting college campuses they had

the amazing opportunity to enjoy some free time at the Santa Cruz pier where they created lifetime memories with their classmates.

FRESHMEN COLLEGE FIELD TRIP

Our Helix First class, a required class that all freshmen take to get familiarized with Helix, took a day long field trip to tour the SDSU & UCSD campuses. This trip helps introduce what the college experience is like in a way that only being on a college campus can! We coordinate Helix alums currently attending those schools to lead the tours so they can talk about their experience and answer questions.

TRADES DAY

Helix hosted our first annual Trades Day event and it was a success! We had representatives from construction trades (Electrical Union, Sheet Metal Union, ABC Trade School, Assoc. of General Contractors), law enforcement and city jobs (LMPD and La Mesa Public Works), the military (Air Force, National Guard), realtors (SD Association of Realtors), cosmetology (Color Collective Salon, Artisan Kings – owned by Helix alum Homer Mauga), youth job training (SD Workforce Partnership) and Grossmont & Cuyamaca colleges. Helix is excited to make this event an annual tradition.

In addition to Trades Day, we also have regular Career Presentations in our Academic Support classes. The schedule can be found in the monthly school newsletters.

PSYCHOLOGY FAIR

Julie Damschen's Psychology fair lives on after taking a break through COVID. She has been organizing this event for over 20 years now! 10th - 12th grade College Prep Psychology students created interactive activities based on psychological principles, like love languages, gambler's fallacy, reconsolidating, selective attention theory and much more! They made hypotheses, collected data and then shared the results. Ninth graders and staff members rotated through stations as the audience and learned about the theories they presented on.

LMPD & STUDENT FORUM

We hosted an incredibly powerful forum with the LMPD, representatives from the La Mesa Police Oversight Board and our Executive Director Kevin Osborn about the school to prison pipeline and what we can do in education and law enforcement to help mitigate it. Thank you to Ms. Jendian and students from English 120, a dual enrollment course, for organizing and asking important questions. Students did this as part of a unit on criminal justice where they research and

STEM All-Stars SUMMER CAMP

2-WEEK CAMP SESSIONS FOR STUDENTS IN 2ND-8TH GRADE TO PRACTICE SCIENCE, TECHNOLOGY, ENGINEERING, AND MATH!

JUNE 20 - JUNE 30

JULY 3 - JULY 14

JULY 17 - JULY 28

JULY 31 - AUGUST 11

- ✓ Field trips every Friday
- ✓ Hands-on experiments and fun activities
- ✓ Presentations from guest scientists
- ✓ Lunch and snacks every day

Sign Up at eisca.org/register

2023 Mission Bay Montessori Academy Summer Camps

This summer, join MBMA on their wild animal adventure as they dive into studying the wonderful world of the animal kingdom. From the jungles of the Amazon to the deep blue ocean, MBMA students will study the complexity and beauty of the creature inhabitants of our world. Currently enrolling for the academic calendar year. Please call to schedule a tour.

Located in University City:
858-457-5895
2640 Soderblom Ave., San Diego
www.mbmacademy.com

Call us today to be a part of the

SUMMER Camp Section

858.270.3103

Ads include color & 150 words of advertorial.

Elementary Institute of Science

The EIS STEM All-Stars Summer Camp is a two-week camp that will allow students in grades 2-8 to explore various STEM subjects. They will learn about space, marine biology, engineering, the environment, and more!

Students will work in labs and participate in hands-on experiments and activities. Each week of camp includes a fun field trip and presentations from guest scientists to learn more about STEM careers. Students will be split into small groups by age, and be taught by emerging STEM professional educators.

Camp runs Monday through Friday from 9:00am-4:00pm (no camp on certain holidays: June 19 and July 4). Each day includes a lunch break and two snack breaks. Sign up at [Eisca.org/register](https://eisca.org/register).

2023 Summer Camps at Mission Bay Montessori Academy

Theme:
The Wonderful World of the Animal Kingdom

Bi-weekly Sessions June 26th – August 11th

CURRENTLY ENROLLING FOR THE ACADEMIC YEAR
PLEASE CALL TO SCHEDULE A TOUR

Located in University City: 2640 Soderblom Ave, San Diego, CA 92122
858.457.5895 www.mbmacademy.com **K-6TH GRADE**

Featured artists for the month of April have notable medical backgrounds



A pair of artists for the month of April come to the art scene with notable medical backgrounds. They are:

GARY DYAK

Gary Dyak was born in Johnstown, Pa. He joined the Army and was stationed in Sinop and Karamursel, Turkey for three years. Moving to San



Leopard by Gary Dyak. (Courtesy photo)

Diego in 1976, Dyak worked for General Atomic producing fuel for nuclear reactors. Dyak began his medical career in the Army Reserves. He received his nursing degree through Grossmont College and worked in the medical field for 30 years; primarily in virology research at UCSD.

At the age of 50, Dyak began taking evening classes at City College and earned an Associate degree in Fine Art. Dyak works in several mediums including, graphite, colored pencil, ballpoint pen, and acrylics. He has exhibited in several San Diego venues which include City and Mesa College, the Del Mar Fair and the William D. Cannon Art Gallery Biennial Exhibits. He has also exhibited in Los Angeles and Las Vegas.

Dyak is currently retired and spends his time continuing his interests in computers, art and travel.

He is a member of the Colored Pencil Society of America, West



Toucan by Sharon Meng. (Courtesy photo)

Coast Drawing, San Diego Drawing Guild, and is a board member of the Foothills Artist Association.

SHARON MENG

Sharon Meng was born in New York and raised as an Army brat. She attended nursing school, worked in an IVF program as well as in labor and delivery and eventually went back to school to obtain a degree as a nurse midwife. While raising a family and pursuing a career in midwifery, she created small works in fiber and beads. Once she retired, she began to draw in colored pencil. Recently, she has been exploring watercolor.

Meng is primarily self-taught but has attended a number of workshops in colored pencil techniques. She is a member of the Foothills Art Association, which she serves as Membership Chair, and a member of the Colored Pencil Society of America. She has exhibited in a number of shows and has had her art recognized in the Doggone Dog Show as well as the Cypress Art Gallery. Meng has also had a piece published in "CP Treasures, Volume 8".

—Bonnie Owen is editor of Footnotes, the monthly newsletter of the Foothills Art Association.

HCHS

CONTINUED FROM Page 8

propose a school discipline policy based on the school-to-prison pipeline, the Helix school discipline policy, and punishment versus rehabilitation policies.

BUSINESS PATHWAY EVENT: KILL THE STIGMA COMMUNITY FORUM

Helix's Business Pathway students collaborated with Dreams+Ducats, a non-profit education consultancy that designs programs and solutions to evolve learning alongside community and culture. Their community forum was held last week at Quartyard, a venue in downtown San Diego. Our students participated on a discussion panel and explored mental health and how schools and institutions can adapt curriculum to better meet their needs and learn how to collectively support the healing of young people everywhere.

BIOLOGY CLASS RESEARCH FIELD TRIP

Our biology classes went to the Safari Park to participate in lab work in the Beckman Research Facility. The Beckman Center for Conservation Science is headquarters for the largest zoo-based multidisciplinary research team in the world. The Beckman Center is dedicated to connecting students with the science of saving plants and animals worldwide, in the hopes of fostering a conservation literate and active public.

HELIX CHOIR NATIONAL ANTHEM

The Helix Choir performed at the La Mesa National Opening Day Ceremony for over 500 community members! Check out the video here. Show Choir Auditions for the 2023-2024 school year are on May 13. For an application, visit: <https://tinyurl.com/bdeh4df>

—Lauren Knuth is the community relations & engagement coordinator at Helix Charter High School.



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.





**Wills & Trusts
Probate
Buy or Sell a Home**

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

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



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

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



Locally Made Award-Winning Wine

AVAILABLE BY THE
GLASS, FLIGHT & BOTTLE

LIVE MUSIC Every Saturday
7 - 9:30 pm

4/29 - BJ Jezbera; 5/6 - Upfront Band;
5/13 - Safety Orange; 5/20 - Kat Hall;
5/27 - Psydecar

No Cover Charge/One Wine Drink Min.



Open Daily
8364 La Mesa Blvd,
La Mesa, CA
619.462.1797
SanPasqualWinery.com

Gonzales earns Teacher of the Year for La Mesa-Spring Valley Schools

By DAVE PALMER

Spend even a short amount of time with James "Coach Gonzo" Gonzales and you're sure to leave the conversation inspired, motivated, and unsurprised that he has been named Teacher of the Year for La Mesa-Spring Valley Schools.

Coach Gonzo, a PE teacher at La Mesa Arts Academy (LMAAC) may be the only one surprised by the honor.

"I'm rarely speechless," said Coach Gonzo, "and that was a

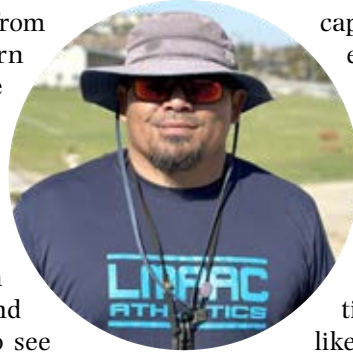
huge feather in the cap to be recognized by my peers."

SHAPING MINDS WITH PE

"The ways in which PE enacts changes, we see students in a basic surrounding, communicating with each other. They're encountering problem creation, problem-solving, and experiencing failure," explained Coach Gonzo. "I mean, the number one thing that happens in sports is failure. And students need to understand that failure is a part of growing

- you don't learn from victory, you learn from failures. The interactions are really cool because you can see how students interact in small groups versus a solo endeavor, and it's really cool to see how students navigate that."

Coach Gonzo also sees students realize that their



James "Coach Gonzo" Gonzales

capabilities are greater than they expect, which builds confidence and resilience. "It's huge. The realization that students can see their own physical capabilities with something like running the mile, they didn't realize they could. They can push past certain limits and realize areas of skill that they

didn't know they had, and they start capitalizing on it."

APPRECIATING COLLEAGUES

Coach Gonzo is quick to acknowledge and praise his teaching colleagues and discuss the ways he learns from them and continually improves his own skills as a teacher. "I work with a bunch of rock stars, and it's really interesting to watch them do their thing. I steal stuff from them all

SEE COACH GONZO, Page 15

La Mesa Community Page

Shop & Spend Local!

DMV CALIFORNIA 2023

PTM
PLATES, TAGS, AND MORE
SAVE TIME AND BEAT THE LINE

DMV Registrations & Mobile Notary

Plates Tags and More
Call Ellaine Anytime
619-635-1246
7317 El Cajon Blvd #103-C La Mesa
platestagsandmore@gmail.com

"Family owned and Operated for 25 years"

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

Full Synthetic Oil Change \$89.99
Install oil and filter, Add up + Tax + Disposal
to 5 qtss, Bulk, 5w30. Free 4 tire rotation* Exp. 5-25-23

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. 5-25-23

FREE Brake Inspection
Plus \$40 off Brakes Exp. 5-25-23
(\$20 off per axle if work is required)

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

BIRKENSTOCK
OF SAN DIEGO STORES

NEW STYLES HAVE ARRIVED

GET \$10.00 OFF
MENTION THIS AD TO RECIEVE \$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

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

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

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

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

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

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

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

PLACE YOUR AD HERE!
Let us bring more customers to you!

For more information
contact Heather Fine:
hfine@sdnews.com
Cell: 951-296-7794

GHS

CONTINUED FROM Page 5

Seniors vs Faculty Basketball game, the weeks leading up to the game, there was a lot of talk about it on the campus from students and staff members.

The gym was buzzing before the game even started. The noise level was insane as both sides were scoring points and “talking trash” to one another. By the end, students were laughing and cheering, the loudest I had heard it all year. Students congratulated teachers as we walked back to our rooms and juniors told us they can't wait to get on the court next year and face off against the teachers.”

This is what I hoped the outcome of this game was going to be. The students saw us differently; they saw something that connected them to the school and were excited to participate in a future school function, where their teachers show how much they truly love this school and care about their students.”

Senior Elijah Webb shares, “I enjoyed the staff-student faculty basketball game. It was fun playing against some of my favorite teachers, having fun and talking a lot of “smack”. I think they should keep happening, but maybe add other games that can be played too.”

LoPrell, also a player in the game, believes, “It is so fun to foster camaraderie among our

staff too. For the academic league match, I love showcasing teacher knowledge and expertise and students demonstrating their learning from classes here at GHS. These events are

opportunities for teachers to make errors, mistakes, and model for students how to “miss a shot” or question graciously.”

Undoubtedly, the Grossmont staff is already thinking about more ways to connect with students, creating rapport and school spirit outside the classroom.

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. Learn more about Foothillers, past and present, on our website at foothillermuseum.com and our Facebook page at Grossmont High School Museum and Alumni.

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



Now accepting applications for the '23-'24 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!





ELAM'S
www.ElamsHallmark.com
Your Neighborhood Gift Store!



Hallmark
GOLD CROWN

"Close To Me" Willow Tree Mom & Daughter

You Deserve This Day
Flower Bouquet 3D Pop-Up Card



Mother's Day is May 14th



FREE Crown Rewards Card
Recieve a FREE Hallmak Card every month



ELAM'S HALLMARK

\$5 OFF purchase of \$20
expires 6/30/23

HAPPY MOTHER'S DAY!

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



Sycuan CASINO • RESORT

JOE NICHOLS

MAY 4



PAUL RODRIGUEZ
May 6



THE CONCERT

A TRIBUTE TO ABBA
May 7



MICHAEL CARBONARO
May 12



GARY LAVOX OF RASCAL FLATTS
May 21



ROSS MATHEWS
June 4



SCAN FOR ALL UPCOMING SHOWS

BUY TICKETS: SYCUAN.COM

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



Marieta's Fine Mexican Food; serving classic Mexican cuisine in La Mesa

What's on the menu?

By ROBIN DOHRN-SIMPSON



What is the secret to having a restaurant thrive for 28 years?

Good customer service, friendly staff, good food, a welcoming ambiance, plenty of parking, and a convenient location are some requirements that come to mind. Marieta's Fine Mexican Food in La Mesa offers all of

these plus excellent chips and salsa.

Manuel Lopez, originally from Jalisco, Mexico, has owned this restaurant since 1986. When he purchased it, the name was Consuelos. He changed the name to Marieta's.

"The name comes from a famous Mexican folk song," Lopez said. According to Google, the popular Mariachi song is based on the French Polka Mariette. His family of restaurants now includes

three other locations: El Cajon, Santee, and Alpine.

Walking into the restaurant is like walking into a comfortable Mexican cantina anywhere in Mexico.

Dark wooden booths, beautiful murals on the walls, ornate wooden wall hangings and mirrors. After being greeted and seated you're immediately served warm chips and tasty salsa.

"Our food is inspired by my Jalisco heritage," Lopez said.

Sunday Champagne brunch served from 9 am - 2 p.m. includes a glass of champagne or a margarita. You can choose from many breakfast dishes on their menu such as Huevos Rancheros Machaca con Huevos, Huevos con Chorizo, Huevos Ahogados, Omelete de Aguacate or Omelete de Camaron. During the week, regular breakfast is served all day.

The menu for house specialties is very large, making it hard to decide. They feature old standards such as Carnitas, Chile Verde, Chile Colorado, Enchiladas Rancheras, and Pollo en Mole. You can enjoy many



From decorative murals on the wall to the awesome garlic shrimp and more, there is much to enjoy at Marieta's Fine Mexican Food. (Photos by Robin Dohrn-Simpson)



Garlic shrimp

combinations that come with rice and beans.

If Mariscos, seafood, is your thing, try the Camarones al Mojo de Ajo (Garlic Shrimp). "This shrimp is so good, it reminds me of many meals on the beaches of Mexico under a palapa with a cold beer," said diner Marc Simpson. They also offer Camarones Tequila, Camarones Rancheros and Camarones Mazatlán.

Their full bar/cantina offers the standard Margarita or a Cadillac Margarita as well as Mexican Coffee and a Mexican Latte.

The menu is extensive. You'll have to return many times to try all of their delights.

Marieta's is located at 8949 La Mesa Blvd. Phone (619) 462-3500. Open daily.

You can find their full menu at: marietasmexicanfood.com/.



Dining In La Mesa

"We Are Back And Booming!"

Pick-Up and Delivery Available.








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

Voted **GOLD**
for Best Burrito!



**FREE
DRINK
WITH ANY
COMBO**



TACO TUESDAY!
Mini Tacos
Pollo Asada Carnitas Cabeza
Buche Adobado



**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 5-25-23

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

COTIJAS TACO SHOP

Open For Take Out!

We Have In-Door & Out Door Dining

\$5.00 OFF \$20.00 or More!
Valid at the Navajo Location Only Exp. 5-25-23

619-465-9490 • 7285 Navajo Rd.



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



PLACE YOUR AD HERE!

DELIVERED TO LOCAL HOMES & BUSINESSES

For more information Call:

Heather (951) 296.7794

Stay Healthy With Us! On The Farm!

~Full Service Deli
~Beer & Wine
~Nutritional



~Fresh Produce
~Meat Market
~Baked Goods

Order Pick-Up
or Delivery

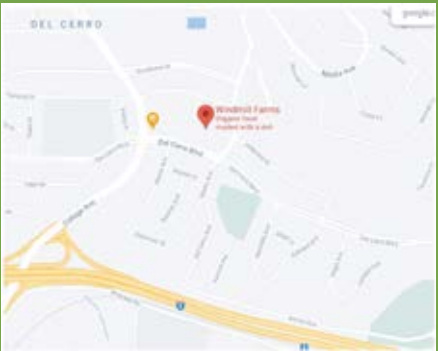


Follow Us On
Social Media

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



Full Service Chimney Cleaning

ONLY \$149 reg. \$279

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. Additionally, mold, mildew, pollen, dust and flammable creosote are among the hazards that can build up and collect in the flue of a chimney. A thorough inspection, and cleaning if necessary, will dislodge and remove such build-ups.

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 # 97643@ 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.

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 and
OE Parts & Labor) May not be
combined with any other offer.
2938 GARNET AVE., PACIFIC BEACH
(858) 273-2411
www.beebrakes.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
Established Power Clean
**POWER
WASHING
SERVICES**
www.sdklean.com
619-460-8177

FREE ESTIMATES (619)755-9651
**CLEANING CO
SERVICES**
Regular Deep Cleaning
Move in/Out Services

CARPET & TILE CLEANING

Service Kings
HOME SERVICES
WHERE YOU ARE
TREATED LIKE ROYALTY!
Cleaning Carpet, Tile,
Upholstery for over 28 years.
CARPET CLEANING SPECIAL
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

CONTRACTOR

MARTIN
CONSTRUCTION
Lic. #1832673
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

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

LANDSCAPE/GARDEN

**POINT LOMA
LANDSCAPE**
MAINTENANCE EXPERTS
Call Now For Free Estimate
Beach Cottages To Mansions
Weekly • Biweekly • Monthly
Ca. St. Lic. #0783646 Insured
Billed Monthly • Check • Cc • Pay Pal
Readers Choice Award Winner
Helping the Peninsula grow for 25 years
(619) 523-4900
1998-2023 Silver Anniversary, 25 Years



FICTITIOUS
BUSINESS NAMES
NAME CHANGES
+ OTHER LEGAL
ADS
CALL US
858-270-3103
X 115

PROPERTY MANAGEMENT

INVESTMENT SAFE
PROPERTY MANAGEMENT
CA DRE #0124716
RESIDENTIAL PROPERTY
MANAGEMENT
In the greater San Diego & North San Diego County area
25+ years of
Property
Management
in San Diego
New client special!
First Month Free
MANAGEMENT
Call Now!
Full Service Management
Rent collection, maintenance,
coordination & more!
Tenant Placement Services
Find a tenant & write the lease
Asset Protection Plan
Rental property counseling
619-884-0906
www.investmentsafepropertymanagement.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

• 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

LAWN CARE

Got a Lawn?
• Water rates are increasing...
• Supplies are decreasing...
• It's Time we make a change!
Water Saving Landscapes
Specializing in lawn removal
& beautiful low-maintenance,
water-friendly landscapes
LawnAlterNatives
(619) 920-5296
C-27#797867

PAINTING

Chuckie's
Painting Company
(619) 795-9429
www.chuckiespainting.co
chuckgjr@cox.net
CA Lic. #925325

PLUMBING

BILL HARPER PLUMBING.COM
Licenced 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 RONDE
PLUMBING COMPANY
SINCE 1910
Lic. 573108
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
ERLINGRONDEPLUMBING.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

TRASH SERVICE

Trash Valet Service
**Never miss
trash
Day
again!**
theTrashValet.com
858-333-2471
TRASH CONCIERGE, INC.
San Diego, CA

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

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

Full-length stories
Online updates
Comments
Event calendars

sdnews.com



Do you know of a Mid-Century Modern home in your neighborhood? (Courtesy photo)

The magic of Mid-Century Moderns around La Mesa and Mt. Helix

Real Estate Update

By LAURA LOTHIAN



In October, 2021, I listed a classic Mid-Century Modern and wrote, "The GPS will say Mount Helix, La Mesa, but your eyes will say Old Las Palmas, Palm Springs! Built in 1958, this architectural beauty delivers quintessential Mid-Century Modern lines, walls of glass & vaulted ceilings... Create your own modern-day "rat pack" parties..."

The house was built in 1958 and looked like the kind of property Ol Blue Eyes threw parties in Palm Springs but here it was on Butterfly Lane in Mount Helix.

The home was under 2,400 sq. ft.; comparable sales supported a list price of about \$1.2M. Knowing how desirable true Mid-Century Moderns are and how hot the market was, the sellers and I opted to list the house for \$1.4M.

Over 200 people came to the two-hour Open House. At one point, in the middle of a crowd in the dining area, a large man placed his knuckles on the table, looked me in the eyes, and in a booming voice said, "I will offer 1.6 Million Dollars. Shut this down!"

Of course, I couldn't shut the Open House down but I was excited my clients would be fetching such a handsome price for their property. The house received a stack of offers and ended up selling for \$1.8M. To this day, it is the highest-selling home, under 2500 sq. ft., in Mount Helix's history.

What drove this frenzy? Yes, the market was hot. And, yes, my marketing was superb. But the style of the house was the clincher. People covet true Mid-Century Moderns.

Because of the popularity of Mid-Century Moderns, some Realtors will make a mistake - hopefully unintentionally - of calling any home built in the 1950s or 1960s, a Mid-Century Modern. This is not correct. Many houses from the 1950s and 60s, such as ranches, bungalows, Cape Cods, Neo-Colonial, Neo-Victorian, and Neo Mediterraneans can be called Mid-Centuries but not Mid-Century Moderns.

What makes an authentic Mid-Century Modern?

Well, they need to be from the middle of the century, so built in the 1950s and

1960s. The style is modern/contemporary with floor-to-ceiling walls of glass embracing outdoor light and views; vaulted or high ceilings; clean, simple lines; also slanted and geometrical lines; exposed ceilings and beams; often the roofs can be flat. Most are single or split-level.

Local famous Mid-Century Modern architects include Lloyd Ruocco (famous enough to have a style named after him), Robert Mosher, and William Krisel. I had the privilege of selling a home designed by Richard George Wheeler who had also designed the Westgate Plaza Hotel, Humphrey's Shelter Island, the Flame, NuNu's, and the corporate headquarters for SDG&E.

There is something space-age about these homes.

You walk in and feel the era: NASA, astronauts, kids watching the Jetsons Saturday mornings, Corvettes, fondue, avocado appliances, sideburns, men lighting ladies' cigarettes, bouffants, gogo boots, mini-skirts, and dirty martinis. Observing the lines and angles, the homes feel like trig and calculus.

Mid-Century Moderns are scattered throughout San Diego County: Del Mar, Point Loma, Pacific Beach, La Jolla, near SDSU. La Mesa and Mount Helix are home to numerous Mid-Century Moderns, some outstanding ones have been featured in home tours presented by the La Mesa Historical Society.

To maximize a Mid-Century Modern Home's allure or sales price if selling, incorporate colors and furnishings of the time.

Below are some helpful and fun-to-browse websites:

Mid-Century Colors

<https://www.thespruce.com/top-mid-century-modern-paint-colors-798000>

New Mid-Century Modern Furniture, San Diego

<https://www.modani.com/sandiego>

Vintage Mid-Century Modern Furniture, San Diego

<https://www.midcenturystore.com/>
<https://www.klassikdesign.com/shop>

—Reach eXp Realtor and La Mesa City Councilwoman Laura Lothian at: Laura@LauraLothianRealestate.com.

COMMUNITY CLASSIFIEDS

SERVICES

BATHTUBS REFINISHED like new without removal. Bathtubs-Kitchen Sinks-Washbaths. 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 619-540-3963

Honky Tonk Angels runs at Lamplighters Community Theatre through May 14

Lamplighters Community Theatre in La Mesa will play host to Honky Tonk Angels April 21 – May 14.

The production by Ted Swindley features hit songs from Dolly

Parton, Loretta Lynn, Tammy Wynette and many more.

When three gutsy gals from different backgrounds take charge of their lives, they decide to follow their honky tonk dreams to the city

of Nashville. Featuring 30 classic country classics including “Stand By Your Man,” “9 to 5,” “I Will Always Love You” and many more.

The Honky Tonk Angels, from the creator of Always...Patsy

Cline, also features a live country band on stage.

Tickets are \$28 for general admission and \$25 for students/seniors/military. Group rates are available. You can purchase tickets at

lamplighterslamesa.com or by calling the box office at (619) 303-5092 and leaving a detailed message.

Honky Tonk Angels contains mild adult situations and language. This show is best suited for those over the age of 12 and is presented by special arrangement with Stage Rights.

Lamplighters Community Theatre is at 5915 Severin Drive in La Mesa.

Electrify home

CONTINUED FROM Page 1

replace two major gas systems in their home. They continued to make electrical upgrades, including installing an induction cooktop.

This, combined with their solar panels, resulted in the Mihalics not having to pay anything for their electricity. SDG&E has recently removed their gas meter.



The new look to the home also includes an induction cooktop (above) having replaced a five burner gas cooktop. (Courtesy photo)

“I hope others will follow, if not for their own health, then for their pocketbook or for the general environment and well-being of the planet,” Mihalic added.

Mihalic recommended a few resources for those who want to incorporate electrification into their own homes.

One website, The Switch is On, provides information, resources, and tools to support homeowners as they move to electrification. The site also helps users search for contractors who can do this work. Another useful website is Rewiring America, a nonprofit which helps users find electrification rebates to fund their home projects.

Coach Gonzo

CONTINUED FROM Page 10

the time,” he says with a smile.

“Little sayings that Coach Dana would have or I look at our special ed department and look at our theater and art department - just amazing people that I don't want to try and supersede - I'd rather run alongside them. It's a beautiful thing. I'm very fortunate to be where I am doing what I do.”

To learn more about Coach Gonzo, listen to the LMSV Heart podcast on Spotify, Apple, or the LMSV Heart podcast page.

—Dave Palmer is a consultant to La Mesa-Spring Valley Schools.



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

Get Care Now

Reserve your arrival time at the Alvarado Hospital ER

Scan this code to reserve your arrival time.

Alvarado Hospital Medical Center

If you have a **non-life threatening** medical emergency, you can now reserve your arrival time at the Alvarado Hospital Emergency Room. Visit our website at **AlvaradoHospital.com/get-care-now**, or scan the QR code above.

Please Note: GetCareNow assigns you a time slot (based on availability) and reserves your space in line. While this reserves your spot in line in the emergency room, it does not guarantee you will be seen at this exact time due to patient volume and the varying urgency of medical needs.



Laura Lothian
DRE #01362585



SELLING or BUYING?

Call Me

I can't wait to get started!

619.540.7744

Laura@LauraLothianRealEstate.com

Named a Top
1.49%
Realtor Nationwide



Be Sure to Read My Monthly La Mesa Courier Real Estate Column.

— See past columns at —

WWW.SDNEWS.COM

JUST LISTED!

10155 HERMOSA WAY



Forever Home with Forever Views & Cabo Style Pool!

MOUNT HELIX \$1.85M

JUST LISTED!

4730 JEFFER LANE



Pool Home on Verdant Canyon!

MOUNT HELIX \$1.375M

JUST LISTED & IN ESCROW!



MULTIPLE OFFERS!

LA MESA \$1M

JUST LISTED & IN ESCROW!



MULTIPLE OFFERS!

VISTA \$615K

JUST LISTED & SOLD!



SOLD AT 1ST OPEN HOUSE!

CHAPEL HILL, NC \$427,500

2023 SOLDS

SOLD!



BANKERS HILL \$1.68M

SOLD!



MOUNT HELIX \$1.625M

SOLD!



MOUNT HELIX \$1.325M

SOLD!



SANTEE \$695K



Follow Laura on Instagram
@LauraLothianRealEstate



MEET
LAURA

