City Council mulls enacting smoking ban

By JORDEN HALE | La Mesa Courier

Phillip Hoffman logged onto Facebook the Monday before Thanksgiving Day anticipating typical business. For him, business is smoke — cigar smoke to be specific. He has owned La Mesa’s Hoffer’s Cigar Bar since 2008.

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

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

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

Alvarado completes ER expansion

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

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

“It’s huge for the community because we’ve always been here but we’ve been so compact and now we’re not compact anymore — we have more space,” Alvarado Hospital CEO Robin Gomez and head of ER Jordan Cohen, M.D. said after the opening.

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

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

LMVA event came together in St. Nick of time

For the fourth year in a row, the La Mesa Village Association (LMVA) hosted its annual “Holiday in The Village” celebration Dec. 13 and 14 in the Downtown Village. The popular holiday event featured performances by local symphonic bands playing seasonal music, Christmas carolers, acoustic performances on the La Mesa Lumber truck stage and various dancers and performers on a wooden dance floor set up in the

Alvarado Hospital CEO Robin Gomez and head of ER Jordan Cohen, M.D. pose in front of one of the new GEDA ER rooms for senior patients. (Photo by Jeff Clemetson)
La Mesa artist brings out ‘Radiance’ in his work

By JOVELL NEVINS | La Mesa Courier

The Duke of Earl has come to downtown San Diego from Mt. Helix riding a wave of gold. That’s right: artist Lester “Duke” Windsor is combining the intricacy of gold leaf with the rich colors of paint to showcase how the sunlight hits the backstreets of San Diego.

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

La Mesa Courier

“The treehouse of La Mesa
La Mesa artist brings out ‘Radiance’ in his work

Golden Memories is a typical composite of alleys in La Mesa. Wrapper from a box of cigarettes. Klimt, and Russian iconic wood panels he saw at Timken Museum. ‘The reverence and visceral experience I felt from the luminance of these traditional icon works further inspired me,’ he said.

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

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

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

“The process is simple,” he explains. “Plan, prep, sketch the layout, apply size to a tack, apply leaf, brush, paint final image, buff and seal the finished work with varnish.” The process may be ‘simple,’ but the results are exquisite. Windsor hopes to continue developing this series and method even after the Sparks exhibit run.

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

In 2014, Windsor and his partner were looking to purchase a home together. They were searching for a quiet, rural-like setting, with a view and a” theme song’ when he walked into the barracks.

“Everything was paste up, produced by hand. Definitely ‘old school,’” his artistic days are even older than that, starting when Windsor began sketching battleships and airplanes at age five. He’s incorporated multiple mediums since then, all while working as everything from an amateur rodeo cowboy, to San Diego Opera singer, to fourth degree black belt in Kempo martial arts. He opened his first art studio space in San Diego in 1994.

“Plan, prep, sketch the layout, apply size to a tack, apply leaf, brush, paint final image, buff and seal the finished work with varnish.” The process may be ‘simple,’ but the results are exquisite. Windsor hopes to continue developing this series and method even after the Sparks exhibit run.

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

By JILL DIAMOND | La Mesa Courier

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

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

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

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

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

EARLY ON

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

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

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

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

Troy said he thinks his family chose La Mesa to set up shop because “the winters in Minnesota were rough and they wanted somewhere with a milder climate. The story is that there was also a lumberyard in La Jolla that he considered at the same time as La Mesa. Though a view of the ocean would be nice, I think this place worked out for the best.”

ABOVE THE REST

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

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

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

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

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

CHANGE IS GOOD

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

“Though I have lived in San Diego off and on for over 10 years, La Mesa has only been my home for the last two. But the changes are good! The La Mesa Village is having a moment and is quickly becoming a hot spot for this part of the county, I am happy to call it my home,” he said.

As for who La Mesa Lumber services, Troy said; “everyone we can!”

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

And if you’re wondering if the lumber business is enjoyable, Troy quickly acknowledges, “it’s a blast.”

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

FUTURE

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

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

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

Jill Diamond is a freelance writer in Southern California who gravitates towards stories about neighborhood histories.
New community market opens in Lake Murray area

By JEFF CLEMETSON | La Mesa Courier

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

On Dec. 7, Brew Coffee Spot, 6101 Lake Murray Blvd., hosted the “Brew Holiday Market” — a crafts market in the parking lot next to the coffee shop that attracted vendors and local residents despite a rainfall that persisted throughout the event. “It was pouring and it was so busy. It was awesome,” said Tara Van Sickle, who was both a vendor and an organizer of the event. “Customers would walk by and you could see they were happy about the vibe.”

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

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

Although the monthly markets will mark the first regular events in Brew Coffee Spot’s parking lot, they are not the first. In the recent past, the lot has hosted two car shows — a classic car and bike show and a Volkswagen enthusiast show.

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

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

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

“One woman crocheted actual little plaid ornaments — they were so cute. She actually sold out of everything she brought,” Van Sickle said, adding that a local school even raised money with a gift-wrapping station.

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

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

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

CONTINUED FROM Page 1

said Alvarado Hospital CEO Robin Gomez.

Alvarado is one of only two ER hospitals in East County and with the new emergency room, it will be the first with a special accreditation for serving seniors. As an accredited Geriatric Emergency Department (GEDA), Alvarado Hospital staff is trained to give a special screening for older patients that covers mediations, memory health, diet and living conditions. The hospital also provides special equipment for senior patients such as foam beds and information cards with larger type for easier reading.

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

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

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

“Robin and I have assembled the finest team I have worked with through the years. The finest team I have worked with through the years. Alvarado will pass the inspection.”

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

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

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

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

La Mesa Chamber Drive A Success

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

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

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

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

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

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

HEALTHCARE DISTRICT FIGHTS HUNGER

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

Because of this alarming statistic, the Grossmont Healthcare District combats the chronic, and sometimes deadly, health consequences of poor and unavailable nutrition through nearly $70,000 in grants to the Food Bank, Meals-On-Wheels, and Serving Seniors.

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

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

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

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

In the past, GHF has funded the purchase of a van to help HEARTS OF SAN DIEGO

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

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La Mesa Chamber of Commerce collected toys, books and gift cards for local military families. (Photo by Sandra Smull)
For older adults, the holiday blues are real

**By SIMONA VALANCIUTE**

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

**WHY DO SOME PEOPLE EXPERIENCE THE HOLIDAY BLUES?**

“Survivor’s guilt” over the passing of a friend or loved one in the previous year (especially if it’s the first holiday after their death); a decrease in energy or mobility that limits activity, living far away from family and friends, the financial pressure of gift-giving, and social media-induced envy or FOMO (fear of missing out) can easily contribute to feelings of loneliness or isolation.

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

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

- Be around people and friends, even if you don’t feel like it. Perhaps skip the festive holiday bash, but still make plans with small groups of friends.
- Find new ways to keep busy. Book a tour and see your city like a tourist. Go to a theater show or a sporting event.
- Learn something new. Sign up for a class in a skill you’ve always wanted to learn.
- Keep moving. When you exercise, release mood-boosting endorphins.
- Plan a workout with a friend or join a group exercise class.
- Avoid social media. These are “highlight” reels of peoples’ lives, not reality.
- Volunteer. Give back to your community; you will feel more connected, and have a sense of purpose.
- Create new traditions, especially if you’ve lost a loved one. It’s OK to be sad, but don’t feel guilty. Try new things to enrich your life in a way your loved one would have wanted for you.

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

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

- Simplify your holiday plans to focus on the real meaning of the season. Consider cutting back on activities that require expensive outings or focus too much on gifts.
- Actively listen to them, even if the discussion is negative. The simple act of just listening attentively shows them that they are not a burden.
- Remind them how important they are as a part of your life. Look at family photos, watch home videos and holiday movies, or sing seasonal songs together.
- Help them get out and try new things. Check with your loved one’s religious organization, if they have one, to see if they can offer social or spiritual support. Also, check if there’s a local chapter of Oasis near you, offering classes and meetups for older adults that can help them feel more energized and mentally stimulated.

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

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

By PAT BOERNER

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

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

We believe that a Republican Candidate Forum is the perfect way to hear each candidate speak and convince us they deserve our vote and support. The details are still being worked out, but the forum is most likely to be 10:30 a.m. for the 11 a.m. meeting. Cost is $25 and a full-course lunch is served. Reservations are absolutely required. We usually have a waiting list days before the meeting and cannot accommodate everyone. Cash and checks are accepted, but no credit cards. Please make your reservation at RSVPwencc@gmail.com. You will receive a confirmation of your reservation. Any questions, please call Marjie at 619-990-2797.

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

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

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

Dems start new year with candidate’s forum

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

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

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

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

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

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

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

The club meets on the first Wednesday of each month (except Jan. 1, which has been moved to Jan. 8) at the La Mesa Community Center, 4975 State Memorial Drive. Doors open at 6:30 p.m. with a half hour social time with snacks and beverages. Dues are being collected in January, starting at only $35 per year. Silver and Gold memberships are also available for just a little more.

View lamesafoothillsdemocraticclub.com and follow on Facebook.

—Tina Rynberg is president and Jeff Benesch vice president of programming for the La Mesa Foothills Democratic Club.
A new United Nations report released in November provided a serious warning regarding the climate crisis we face. Unless we act now, global temperatures will spike 4 degrees by the end of the century.

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

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

While the House has taken action to address climate change, there is a new tool people are using around the world to better understand what policies they can implement to stem the rise in global temperatures.

In fact, just last month members of Congress were briefed on this new program. En-ROADS is all about.

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

The nations of the world came together under the Paris Agreement with a goal of reducing global temperatures by 2 degrees by the end of the century. With this goal in mind, the En-ROADS program looks to show how cooperation and a comprehensive approach can achieve the same outcome.

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

In fact, just last month members of Congress were briefed on this new program. En-ROADS takes a group of people and divides them into small groups representing stakeholders, such as climate activists, developed nations, developing nations, energy efficiency, fossil fuels, and renewable energy.

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

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

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

We cannot just look at reducing carbon emissions — while very important and a key component to reducing the effects of climate change. We must look at sustainable communities. It's not just cars with better gas mileage but how about fewer cars! ENCOURAGING more bicycling through increased bike lanes. Making public transportation more accessible, reliable, and more affordable.

There is reducing our reliance on fossil fuels and increasing access to renewable energy. Looking at population and deforestation. Carbon pricing needs to play a role as well as building and industry energy efficiency. How we look at these aspects to address the climate crisis and doing it while working together is what En-ROADS is all about.

This climate interactive tool should not be seen as something just for the classroom or government representatives. It can be a resource for citizens to use to learn more about how we can address the existential threat of our lifetime. Moreover, they can take what they learned to their local representatives with ideas and proposals on how we solve this problem.

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

We would love to hear what you discovered and how you approached the goal of reducing climate change. Send your findings to susan@house.gov/contact. We are literally all in this together. No one is immune. This tool shows it will take a team effort — people coming together to find common ground to solve this problem. Only together can we create a sustainable Earth for future generations.

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

HOLIDAY

“Rain, wind, and fire...”

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.

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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.
and then start LMVA from scratch again, because we all put in a lot of our own money to start LMVA,” The loss of farmers market funds hit the LMVA especially hard, Favro said, because the uncertainty around the market made it difficult for the association to do anything else. “We put everything on hold for a year and half to figure out what was going on with the farmers market,” she said, adding that the association has stopped looking for new members or collecting dues from existing members because of its uncertain future.

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

Although the fund wasn’t initially supposed to start providing money for events until next year, a decision was made to open a short window of time in early October for people to apply for events. LMVA secretary Pam Rader filled out the necessary paperwork and, after meeting with the city, she felt reasonably certain that the VEF would provide enough money to fund this year’s Holiday in The Village.

The city ended up furnishing $40,000 of VEF money for the event — most of the total cost of around $58,000 to put it on. “People think Holiday in The Village is a money maker, but it is not,” Rader said. Unlike Oktoberfest which has many more vendors that pay for booths and proceeds from alcohol sales, Holiday in The Village doesn’t take in enough money to pay for itself.

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

UNCERTAINTY, HOPE FOR FUTURE
With Holiday in The Village now in the past, the LMVA has already started looking toward the future and finding another popular event — the summer car shows. When applying for VEF funds for this year’s Holiday in The Village, the LMVA also applied for next year’s holiday event as well as the 2020 car shows. Rader said the city has promised $9,000 for the car shows and $30,000 for next year’s Holiday in The Village — $10,000 less than this year.

Unlike the consistent income the farmers market provided, the VEF funds are an unreliable source. Favro said, “The thing I’m confused about this money from the city, once people find out about it, now you’re going to have all kinds of different organizations coming after that money and so our money will get less and less,” she said.

“We might not get approved for anything in 2021 because there’s not enough money to go around.” Despite the uncertainty of VEF money, there is still hope for finding revenue to keep the LMVA and its events going into the future. “We’ve started membership drive again and we have people joining, so that’s good,” Favro said. The LMVA has also learned from its efforts to secure sponsors for this year’s Holiday in The Village and is looking to work harder and start earlier to find event sponsors.

And there is also a chance that some farmers market money might find its way back to the LMVA. Bevers is looking into what he can afford to donate to the association from his market income. It would be substantially less than before because now that the market is in the hands of a for-profit entity like Brian’s Farmers’ Markets, there are added expenses.

Still, if it happens, Favro said, it would be a welcome donation, even if it is an unreliable one at this point.

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

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

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

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

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

“As a unit, it was very successful.” People loved it,” she said. “We can do things like that that don’t cost much.”

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

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

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

For more information about the La Mesa Village Association, visit lamesavillageassociation.org.
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**Books to bring out holiday cheer**

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

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

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

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

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

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

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**Featured artists:**

**San Diego Drawing Guild**

The mission of the San Diego Drawing Guild is simple. It was founded to provide a non-competitive and supportive environment in which artists of all levels can pursue their love of drawing, enhance their skills through the sharing of knowledge, and enjoy the companionship of other artists.

The life of an artist can be very lonely. Too many times, artists are working their craft at home or in their studio without much communication with other fellow artists. So, a group of us who are drawing enthusiasts, who understood the drawbacks of this isolation, devised a plan to get together to both draw and socialize.

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

So, a group of us who are drawing enthusiasts, who understand the drawbacks of this isolation, devised a plan to get together to both draw and socialize. The Foothills Art Association has allowed us to meet in their gallery at La Mesa’s historic Porter Hall, which we have found to be a wonderful venue for our group. We have a core group of 10-12 artists with others who pop in occasionally.

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

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

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**Greens fees apply to the Back Nine program.**

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When learning that brunch at Bo-beau kitchen + garden is held within a narrow window of time — between 10:30 a.m. and 1:30 p.m. and only on Sundays — I expected a torturing, stomach-growling wait. Visiting as a twosome at noon, we were almost tempted to grab a light nosh beforehand. Fortunately, we didn’t.

Within seconds, a hostess ushered us to a roomy booth near several open tables. Very soon after, the high-octane cocktails we ordered landed under noses and before us were our food orders were underway. The atmosphere was idyllically peaceful, unlike so many brunch and breakfast spots where I’ve practically begged for a spoonful of sustenance while waiting in a circus-like line.

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

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

Kveen is partners with the Cohn Restaurant Group, which fully owns the other locations of Bo-beau, not to mention a couple dozen other restaurants throughout San Diego County. Each Bo-beau menu is a little different with the exceptions of French onion soup, the restaurant’s famous roasted Brussels sprouts, the “burger royal” with pork belly and Gouda cheese, and the nighttime offering of beef bourguignon.

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

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

The piped yolk mixture was smooth and creamy. The jalapeno element, which we couldn’t visually detect, added a safe kick while crumbs of crispy prosciutto sprinkled on top contributed suitable bursts of saltiness. My companion is a stickler for biscuits and gravy. Me not so much. Here, the biscuits are house-made and turned up buttery and flaky. Although we both agreed the sausage gravy could have suited case inside of Surf Rider Pizza Co., which led to a leisurely stroll through the Village, sans the breakfast/brunch hordes found in other quaint locales throughout San Diego County.

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

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

Restaurant Review

By FRANK SABATINI JR.

Wishing you warm and cozy holidays from Anthony’s La Mesa.

PAM’S GREEN PAZOLE

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

It is an easy and delicious recipe. Thanks, sweet Pam. Happy holidays!

INGREDIENTS:

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

DIRECTIONS:

Sautée onions and garlic in a few tablespoons of olive oil until tender. Add remaining ingredients and simmer 20 minutes. Ladle into bowls and top with your condiments.

“Be always at war with your vices, at peace with family and friends, and let each year find you a better person.”

Food & Drink

La Mesa Courier
Dining in La Mesa

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A semester of successes at Grossmont

The first semester of Grossmont High School’s 99th year ended on Dec. 20. Throughout the semester, the campus was filled with the excitement of student and staff achievements. Here are a few of the ways that Foothillers distinguished themselves this semester.

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

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

**BOYS CROSS COUNTRY**
At the CIF San Diego Cross Country Division II meet, senior Devin Provence, with his sixth-place finish with a time of 15:16.9, earned the right to compete in the California State Cross Country meet in Fresno. For his achievements this year, Devin was selected for the All-San Diego Section Cross Country Second Team.

**GIRLS CROSS COUNTRY**
Junior Madeline Minutelli was All-League with a second-place finish at league finals and set a school record for the League Finals Course at West Hills High School. She also placed sixth in the Division II race at the CIF San Diego Section Championships, breaking her own school record. Madeleine qualified for the CIF State Championships, where she placed 35th out of 203 runners in the Division II race. Her time of 18:48 is the third fastest in school history at the state meet. For her achievements, Madeline was selected for the All-San Diego Section Cross Country Second Team.

**GIRLS TENNIS**
Freshman Ashley Smith was named Hills League “Rookie of the Year” and along with doubles partner Senior Helaena Calimlim, was named to the Second Team All-Hills League.

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

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

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

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

**HOMECOMING**
The 99th Anniversary and Homecoming Celebration on Sept. 20 included the crowning of Grossmont’s Homecoming Queen Maya Zimmer (a Foothiller tradition since 1947) and its Homecoming King Chris Alba (a tradition since 1974).

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

**CAMPUS CLEANUP**
Advisor Mike Holcomb and 54 students from Green Club

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**ACADEMIC LEAGUE TEAM WINS CITY CHAMPIONSHIP TROPHY**

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

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

Scrip sales are one of the ways to support these efforts. Scrip is essentially a gift card – the Helix Foundation purchases scrip at a discount, then sells it for the face value. The difference goes toward scholarships. When you purchase scrip, you get 100% of your purchase back in gift cards, you save a trip to the store, and students get assistance going to college. A win-win-win!

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

- Go to shopwithscrip.com.
- Click on “Register.”
- Click on “Join a scrip program.”

**Click on “Join a scrip program.”**

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**Complete registration process.**

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**Academic League team wins city championship trophy**

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By DAVE THOMAS | La Mesa Courier

Great staff he has around him
championship.

That is with the intentions of
talented players that can push
has added a bigger roster with
duplicating last season's re
That, according to head coach

In boys basketball action, the
Foothillers under head coach
Frank Foggiano went 12-3-4 season.

According to Foggiano, key
players this season look to
include senior forward Mykol
and we look forward to a bet

Varsity squad. “Great players
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scored 24 goals last season and
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Taylor Aguilera and Maddie
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Isabella Nunez (whole set) and
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Senior Jeremiah Frias is a key player for Helix boys’ soccer this season.
(Courtesy Helix Charter High School)

and senior midfielder Makaia
Saucier (first All-Grossmont Hills team)
and and honors chemistry picked up

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

Once tournament play is over
for some of these teams during the
er will turn to league action in January.
In boys’ soccer, the Highlanders
finished 5-5-9 a season ago.

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

“Our goals for this year are
to improve our record from last
year and put ourselves in a posi
tion where we are competing
in the postseason." Huertero
commented. Helix will return to
action after the holiday break
with a match vs. Granite Hills.

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

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

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

Grossmont boys soccer
opens league play at Mount Miguel on

In girls water polo, the
Lady Foothillers went 17-1-2 a sea
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Head coach Danielle
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“I have high hopes for this
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last year. Our goals are to win
league and make it to CIF finals
for the first time.

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

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

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

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

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

Grossmont winter

teams ready for success

By DAVE THOMAS | La Mesa Courier

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

In boys basketball action, the
Foothillers under head coach
Frank Foggiano went 12-3-4 season.

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Smoke ban
CONTINUED FROM Page 1

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

Several representatives from bar and nightlife establishments were present at the meeting to demonstrate their concerns. “We figured it would be revised,” said Council member Kristine Alessio, who partnered with Council member Dr. Akilah Weber to present the proposed legislation to the public. “You have to put something together that leads to discussion. I would have been surprised if it had been adopted as was with no comment.”

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

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

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

Since statewide smoking regulations went into effect in the 1990s, cities have primarily been tasked with setting local standards. “Everything we have about smoking cannabis in here is already state law,” Baber said. “And the last part of this amends the city manager to work with other agencies...We already have an overworked city manager. If there’s funding for an officer who could help, that would be different.”

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

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

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

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

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

——Reach reporter Jordan Hales at jhales@sahnnews.com.

Home technology that helps you adjust to time and weather changes

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

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

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

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

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

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

Smart locks. Roughly 30% of burglars enter a home through an unlocked door. A smart lock allows you to remotely control home door locks from your smartphone. Cox HomeLife’s smart lock features include voice commands, customized chimes so you can recognize certain visitors or family members, activity logs, and integration with other smart devices in the home. You can also set special codes for house sitters, dog walkers, and even deliveries to keep the porch pirates away.

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

Visit www.cox.com to learn more about Cox HomeLife and Gigablast.
## FEATURED EVENTS

**Monday, Dec. 23**

**Happy Hanukkah!**

**Tuesday, Dec. 24**

**Let There Be Light**
The Uniti Church of Christ of La Mesa hosts a Christmas Eve candlelight service of lessons and carols. 7 p.m. at 9540 Kelton Ave., La Mesa. Visit tableucc.org.

**Wednesday, Dec. 25**

**Stand Back Blues Band**
Guitarist Dave Gleason leads an all-star band for a New Year’s Eve party at the Rivercenter Supper Club & Turquoise Room, 7777 University Ave., La Mesa. 9 p.m. Free.

**Thursday, Dec. 26**

**Merry Christmas!**

**Friday, Jan. 3**

**‘PJ Masks Live! Save the Day**
PJ Masks is back with an all new super-heroic, live musical show featuring the heroic trio from the popular cartoon show. 5 p.m. at The Magnolia, 216 East Main St., El Cajon. Tickets are $29.50 available at eventbrite.co.uk.

**Saturday, Jan. 4**

**7055 Golfcrest Drive, San Diego. Tickets are $25 for REI members, $35 for nonmembers. Register at bit.ly/2PHrPa8.**

**Sunday, Dec. 29**

**Meteor Shower hike**
Join REI for a night hike at a local park during one of the meteor showers this year! Just outside the city, away from a lot of the ambient light, we’ll hike by headlamp over moderate terrain and enjoy the picturesque atmosphere. Some hinking experience is recommended for this activity. Bring your sense of adventure and a list of wishes! Hopefully we’ll see lots of shooting stars but even if we don’t, it’s a great chance for a night hike in a beautiful area. 7-10 p.m. at Mission Trails: Cowles Mountain, 3610 Lake Murray Blvd. register at bit.ly/2Y3Scya.

**Tuesday, Dec. 31**

**Roaring ’20s Dance**
Roaring ’20s New Year’s Eve featuring the heroic trio from the super-heroic, live musical show Wednesday, Dec. 25 p.m. at 5940 Kelton Ave., La Mesa. Tickets range $46-$52, for more information.

**Saturday, Jan. 10**

**Create a Vision Board**
Use essential oils to create and empower a vision board. 6-8 p.m. at San Pasqual Wine Tasting Room, 8364 La Mesa Blvd. $10. RSVP to StressLess-Pros@gmail.com or call Nancy at 619-933-1716.

**Friday, Jan. 14**

**Roaring ‘20s Dance**
Roaring ’20s New Year’s Eve featuring the heroic trio from the super-heroic, live musical show Wednesday, Dec. 25 p.m. at 5940 Kelton Ave., La Mesa. Tickets range $46-$52, for more information.

**Tuesday, Dec. 31**

**‘Back To The Sixties’**
Concert featuring Howard Blank’s The Outsiders band. The Outsiders were a national recording and touring act with several Billboard hit songs from the mid-1960s, including the 1966 No. 5 hit song “Time Won’t Let Me,” No. 15 “Respect Wont Let Me,” No. 37 “Help Me Girl” – plus four albums. 7:30 p.m. at the Joan B. Kroc Theatre, 6811 University Ave. Tickets range $46-$52, available at bit.ly/2PtroII.

**Thursday, Jan. 9**

**‘God of Carnage’**
Through Feb. 9
‘God of Carnage’ relates an evening in the lives of two couples, residents of a Brooklyn neighborhood, who meet to discuss a playground incident. Ada and Annette’s son hit Michael and Veronica’s son in the face with a stick, resulting in two broken teeth. The four of them agree to discuss the incident civilly, but, as the night wears on, and drinks are imbibed, the polite veneer breaks down. The couples initial- ly spar against each other, but the men gang up. Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. at the lamp-lighters Community Theatre, 9191 Severin Drive, La Mesa. Tickets are: adults $23; seniors, students, active military $20; groups of 10 or more $18. Visit lamplightersamesa.com.

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Lung Cancer? Asbestos exposure in industrial, construction, manufacturing jobs, or the military may be the cause. Family in industrial, construction, manufacturing jobs, or military may be the cause. Family in industrial, construction, manufacturing jobs, or military may be the cause.

Phone: 1-866-975-3684 or email info@BreatheAgain.org to schedule a FREE consultation. Call 1-855-516-6641. Asbestos is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

COMMUNITY CLASSIFIEDS


La Jolla, CA 92037

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La Jolla, CA 92037
PUZZLES

SUDOKU
Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle.

CROSSWORD

ACROSS
1 No longer on the market
5 W. African language
9 A way to open
11 A type of pigeon
13 Japanese warrior
15 Pelvic areas
16 No seats available
17 Not working
19 In a way, soaks
21 Growing outward
22 Ritzy local __ Air
23 Telegraphic signals
25 Metric units
26 Large wine cask
27 Fiber from the husk of a coconut
29 Gets up
31 French river
33 Witnesses
34 They make great neighbors
36 The sun does it
38 Used to store ashes
39 First Chinese dynasty
41 Network of nerves
43 Word element meaning ear
44 Metric unit of length (Brit.)
46 Tributary of the Danube
48 Off-limits
52 Appeal earnestly
53 It’s good to have them
54 Commercial flying company
55 Acted out in protest
56 Took to the sea
58 Cuckoos

DOWN
1 Trapped
2 About osmosis
3 Romanian monetary unit
4 Form of Persian
5 Cold wind
6 Leave out
7 Small vehicle
8 A little off
9 Soviet Union
10 A narrow path or road
11 Contrary beliefs
12 One who speaks Gaelic
13 Private school in New York
14 Soldier in an airborne unit
15 Taken lightly
16 Capital of Vietnam
17 Male reproductive organs
18 State capital
19 Overlooked supernatural
20 Frosty The Snowman was a hit with the kiddos.
21 La Mesa Lumber supplied a stage truck for acoustic entertainment.
22 Growing outward
23 Telegraphic signals
24 Capital of Valais
25 Male reproductive organs
26 State capital
27 Overlooked supernatural
28 Made level
29 A distinctive smell
30 The sun does it
31 French river
32 Jai alai arena
33 Witnesses
34 They make great neighbors
35 A way to open
36 The sun does it
37 The ideal place
38 The extended location of something
39 Takes to the sea
40 Type of monkey
41 They make great neighbors
42 Taken lightly
43 Word element meaning ear
44 Metric unit of length (Brit.)
45 Greek goddess of discord
46 Tributary of the Danube
47 Got older
48 Off-limits
49 Type of monkey
50 Travels to
51 Geological times
52 Appeal earnestly
53 It’s good to have them
54 Commercial flying company
55 Acted out in protest
56 Took to the sea
58 Cuckoos

ADDRESS
1 No longer on the market
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SUDOKU ANSWERS ON PAGE 7

CROSSWORD ANSWERS ON PAGE 7

HOLIDAY WORSHIP DIRECTORY

CALVARY CHAPEL
La Mesa
Wed. Night........6:30 pm to 8:00 pm
Sat. Night........6:30 pm to 8:00 pm
Sunday...........10:00 am to 11:30 am
Tuesday...........6:30 pm to 8:00 pm
619-697-7221
Pastor Dave Riley
Calvary Chapel 7255 El Cajon Blvd.
La Mesa, CA 91942.

CHRISTMAS EVE SERVICES
TUES, DEC 24 / 5 & 7 PM
CHILDCAE [0-5 YRS] AVAILABLE @ 5 PM

FOOTHILLS
4031 Avocado Blvd.
La Mesa, CA 91941
(619) 697-4039
foothillsom.org

We welcome all. We are 21st century followers of Christ: loving God, loving neigh-
bors and offering compassion to a world in need.

230 - Family Worship
430 - Praise Band Contemporary
630 - Choir Traditional
1100 - Communion

4474 COLLEGE AVE, SD, CA 92115
www.CABC.org

Holiday Worship Directory

Christmas in the Village

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

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

A festive dancer leads a number on the makeshift dancefloor.

Frosty The Snowman was a hit with the kiddos.

La Mesa Lumber supplied a stage truck for acoustic entertainment.

sdnews.com

La Mesa Courier
Selling or Buying?
Call Me.

I can’t wait for us to get started!

Laura Lothian
619.540.7744
Laura@lauralothianrealestate.com
CAL DRE # 01582866
LauraLothianRealEstate.com

To Paraphrase Mom: Want Your Home Sold? Ask a Busy Agent!

Most Homes Sold in La Mesa Last 17+ Years!*

Thank You Mt. Helix | Village | Windsor Hills | Eastridge Highlands | Lake Murray | Grossmont | Academy Heights… for Your Continued Trust

*Source: SDMLS data Jan 2003 - Dec 2019