INSIDE
THIS ISSUE

NEWS
The show will go on

Lake Murray Fireworks and MusicFest hits funding goal. Page 5

FEATURE
World-renowned La Mesan

Opera singer Madame Ernestine Schumann-Heink’s local history. Page 15

FOOD & DRINK
Vine ripe

Mediterranean and European flavors collide at Vine Cottage Restaurant. Page 17

ALSO INSIDE

Opinion 6
Politics 7
Education 12
Sports 13
Books 19
Art 19
Village Voices 20
Classifieds 22
Puzzles 23

CONTACT US

Editorial
(858) 270-3103 x130
jeff@sdnews.com

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

www.sdnews.com
San Diego Community Newspaper Group

NOW OPEN!

MASSAGE
MERIDIAN

Book Your Appointment Now & Receive A Special Discount!
Massage • Facials • Waxing • Body Wraps
5276 Baltimore Dr. La Mesa 619-724-6000

CANNABIS

SAN DIEGO RECREATIONAL CANNABIS

10% OFF PURCHASE
GET A JOURNAL FOR $1.00

ALL TIME LOW! ONLY CAN BE COMBINED WITH OTHER DISCOUNTS, WHILE SUPPLIES LAST

SDRC

MISSION VALLEY | 1299 CAMINO DEL RIO SOUTH
CALL FOR DELIVERY
844.420.SDRC or ORDER ONLINE WWW.SANDIEGORECREATIONALCANNABIS.COM

La Mesa COURIER

July 26 – Aug. 22, 2019

Cups For A Cause artists Celine Krimston, Linda Schubert, Michael Flanders, Michele Palmer, and Maria Flanders (Courtesy Dave Palmer)

City Council vote saves market, jeopardizes Village Association

La Mesa residents who attended the July 23 City Council meeting broke out in applause following the council’s 3-2 vote to keep the city’s farmers market in the Village and on Fridays.

Supporting a proposal by market manager Brian Bevers of Brian’s Farmers Markets to keep the market running where and when it is were Mayor Mark Arapostathis, Vice Mayor Colin Parent and Council member Dr. Akilah Weber. Council members Bill Barber and Kristine Alessio voted against the proposal and instead voiced support for handing the market over to Grossmont Center, which also submitted a proposal to run the market.

La Mesa Village Association (LMVA) — the nonprofit entity that first brought the market to the Village — also resubmitted its proposal but was passed up when new unclaimed money lists are posted.

Every year, the TTC makes a strong effort to reunite San Diegans with money they have overpaid on taxes or fees. In the past five years, the TTC has refunded nearly $480,000.

COUNTY LOOKS TO REFUND UNCLAIMED MONEY

It’s the most wonderful time of the year for San Diego County Treasurer-Tax Collector Dan McAllister: refund season! The Treasurer-Tax Collector’s Office (TTC) is trying to reunite $703,000 in county refunds with its rightful owners. See if your name is on the list at sdttc.com.

The TTC has 1,928 refunds broken into two lists - county-wide unclaimed money and unclaimed property tax refunds. If you are owed money, follow the instructions on our website to file a refund claim by Sept. 6, before the money is rolled into the county’s general fund. You can email your claim to refunds@sdcounty.ca.gov.

“In the past, sadly, most refunds were never claimed,” said McAllister, “so we’re trying a new strategy to let people know about this money. For the first time, we’re mailing 2,407 postcards to people who may be owed a refund, encouraging them to file a claim through our website.”

While at sdttc.com, anyone can sign up to receive emails when new unclaimed money lists are posted.

For the first time, we’re mail- ing 2,407 postcards to people who may be owed a refund, encouraging them to file a claim through our website.”

www.sdnews.com
“I'm glad that City Council listened and did what was needed to be done in terms of keeping the [market], but disappointed, obviously, that it puts in jeopardy the survival of the Village Association and all the events that we put on,” Soutowood said. “Council has made clear they do not want a nonprofit, volunteer-run organization — a civic association — part of this process.”

Beevers also expressed regret that the LMV A was cut out of the process.

“In almost every market that I have run, I always want to partner with some kind of organization,” he said. “Generally speaking, my goal is to partner with the local area and invest back into that area because I know that we’re an impact. And because of that, we try and offset that by investing back into the community. As long as the market is successful enough to donate money, we will do that. Now, unfortunately, that the LMV A is not involved, not completely connected to the market, there is some money to invest in different ways and we have to come up with an idea and I certainly hope to do that.”

After the meeting, LMV A members questioned Vice Mayor Parent — a longtime supporter of the market — a civic association — has made clear they do not want, even though it was almost entirely identical to the one Beevers submitted and despite the fact that none of the businesses that were against the market ever mentioned the LMV A as the reason for being against it.

Parent said that the LMV A proposal would not have gotten three votes to keep the market going, but Beever’s proposal would and he felt it was important enough to the residents of La Mesa, who showed overwhelming support for the market, for him to make that tough call when he motioned the Council to vote for Beever’s proposal. He also expressed regret for the probable demise of the LMV A.

“The way that you have neighborhoods succeed like this is doing the things you guys are doing,” Parent told the LMV A members. “I’m sorry that this is what’s happening. It’s not fair.”

Soutowood said that he was planning on advocating to the LMV A members at their next meeting to unwind the organization and put any funds it has left toward Oktoberfest. He also said that the current unsigned agreement with event promoters to hold Holiday in the Village would more likely be canceled.

THE MARKET CONTINUES

Although future LMV A events are unlikely, the farmers market that it brought to the Village will go on for at least another year. The permit approved for Beever to run the market is good until Aug. 1, 2020. The Beever proposal also includes some modifications to the existing market.

• Street closure of La Mesa Boulevard will now be delayed until 2 p.m. to allow for restaurants to serve lunch without interruptions from the market setup.

• Vendors will now be restricted to parking in the city lot.

• Vendors will need to remove the banners hung in the back of their booths to allow more line of sight to brick and mortar businesses.

• Beever also agreed to cut in half the market’s hot food vendors — a major sticking point with local restaurants opposed to the market. He also agreed to use resources to help promote the brick-and-mortar businesses during the market — something he told the Council he had always put out there for businesses affected by the market to take advantage of.

“We’ve offered free marketing, free tents — a lot of free things for them to come in and utilize the traffic flow that’s happening in the market,” he said. “I plan on still doing that. I don’t have any hard feelings about any businesses that have spoken against the market, I still believe that we can work together.”

In his proposal, Beever also wrote that he plans on exploring implementing some new programs that he wasn’t able to while the future of the market was uncertain.

“I was hesitant to make any major investments on amenities and equipment when it was very clear that adversaries of the market had major influence over its fate,” Beever wrote in his proposal.

Some of the amenities he might bring to the market now include:

• Special theme days like Vintage/Collectibles Day, Backyard Gardeners Day or a Taste of La Mesa Boulevard event to help promote local restaurants.

• Investing in umbrellas and extra seating to improve ambiance.

• Implementing EBT to encourage low-income residents to shop for fresh produce.

• Starting a shuttle service if the budget allows for it.

La Mesa Friday Farmers Market is held every Friday 1-7 p.m. on La Mesa Boulevard between Palm Avenue and Fourth Street. For more information about Brian’s Farmers Markets, visit sdmarketmanager.com.

—Reach editor Jeff Clements at jeff@sdcourier.com.
New fund
CONTINUED FROM Page 2

process, but it is the same intent, which is to allow the money from the Village to stay in the Village to enhance the entire area," he said.

Under the proposal, the city would create a new Village Enhancement Fund out of parking revenues generated in the Village — about half of parking meter revenues after expenses. That fund would allow applicants on an annual basis to propose uses for the funds — advertising, etc. — as long as they benefit the Village or the city as a whole and not just an individual or business. The Parking Commission would be in charge of reviewing the proposals, and all proposals would need ratification by City Council. For the first year, the city would create a $40,000 fund from reserves.

Parent said the plan would be needed to replace the La Mesa Village Association if the council voted to move the farmers market from the Village. The association is the funding organization that holds events in the Village and its main source of revenue is the Friday markets.

“If [the] market moves, I want to make sure we have an alternative revenue source to continue to put on some events in the Village,” Parent said. “And, also, if the market remains where it is, create a way to acknowledge businesses that say they are hurt by [the] market and mitigate some losses.

“It may not solve all problems in the Village, but [it’d] make a good gesture for making sure that more people feel like they’re winning and succeeding, either as business owners or as residents,” he continued.

The rest of the City Council members, as well as Lori Kern, a resident on the Parking Commission who was in attendance at the meeting, agreed that it was a good plan, although there were some issues brought up about how taking parking meter funds might affect other planned projects.

“I think it’s a good idea,” said Council member Kristine Alessio. “My only reticence is the fact that we are not done with streetscape and we did use these funds in the past to do that, to match funds with SANDAG and get grants.”

City Manager Yvonne Garrett said that although phase 1 work on the streetscape project is completed, there are additional phases that are yet to be done.

“We have and are planning on doing some additional work on lighting and the Allison Avenue parking lot where we are using these funds but there are some additional phases that are to be done at a later time,” she said, adding that currently, extra funds from parking meters are designated toward reserves.

City Attorney Glen Sabine also commented that the council will also have to amend an ordinance to allow new uses for the parking fund.

Despite the concerns, the council voted unanimously to direct staff to present a formal plan to the city for consideration.

—Reach Jeff Clemetson at jeff@sdnews.com.

Wednesday farmers market opens at Grossmont Center
By JEFF CLEMETSON | La Mesa Courier

Grossmont Center kicked off its produce-only farmers market on Wednesday, July 24. The market is a collaboration with La Mesa Parks & Recreation Foundation — which will be receiving all of the vendor fees during the new weekly event. The last City Council meeting was overwhelming in support of the not-for-profit market we were thinking about, which is pretty cool, so we decided to turn this market into a not-for-profit market,” said Grossmont Center director of public relations Trevor Moore.

At the July 23 La Mesa City Council meeting, Grossmont Center proposed moving the Friday farmers market to its location and turn it into a market where all proceeds go to local charities. Council voted to keep the market in the Village (see story on page 1).

The Wednesday market had several produce stands as well as a few boutique food items like homemade teas and herbs, fresh cold press olive oil, local-sourced honey and hot sauces.

“I think it’s a great start to this event and I think it has great parking and access and we’re excited,” said La Mesa Parks and Recreation Foundation president Laurie MacDonald. “This particular farmers market is about producing fresh produce and fresh ingredients. With its access, you can come in, get your stuff and go.”

“If you’re doing it, you’re supporting La Mesa Parks. All the proceeds go into the parks,” added Misty Thompson, La Mesa Parks & Recreation Foundation executive director.

Partnering on a farmers market gets “hand in hand” with a current goal for La Mesa’s parks — a community garden at MacArthur Park. MacDonald said. When the community garden is finished, La Mesa Parks and Rec Foundation is going to promote the garden in the future farmers market.

While the community garden promotions are still a ways off, Grossmont Center is currently promoting its new market with a chance to win a $10,000 shopping spree. People who sign up for the market’s email list will be put into a pool where each week, nine names are chosen and assigned an inning. At the following Saturday’s Padres game, if a Padres hits a grand slam in that inning the person with the corresponding inning wins the prize.

The Grossmont Center Farmers Market will be held at a later time, 2-6 p.m. in the parking lot by the CVS and Dollar Tree stores.

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

7065 Everglades Avenue
For More Information
Call Dan Smith
858-232-3318

with dining this good your friends may show up at lunchtime and stay through dinner.

At La Vida Real the reviews for our restaurant-style dining are in, and they range from wow! to yummymmmmm! Please join us at our upcoming Lunch & Learn Event — Wednesday, July 31st • 11:30am
To RSVP, please call 619.592.8067.
**Sustainability Commission stymied by CCA plan**

The city of La Mesa is moving, fairly quickly, to become one of the first cities in East County San Diego to adopt a Community Choice Aggregate (CCA) plan.

In simple English what that means is that once the CCA plan is implemented, La Mesa citizens will be buying electric power from the city rather than SDG&E as they do now and, hopefully, at a slightly cheaper rate than SDG&E offers.

That’s an oversimplified explanation for the CCA program brought into existence by state legislation to make sure that all California cities and entities reach the goal of 100% renewable energy by 2045.

If La Mesa does adopt that goal, and it looks as though it will, the city will take over the provision of power to all its residents, unless some people decide to formally opt out and retain their relationship with SDG&E. Even for residents who stick with the CCA, SDG&E will still handle billing and maintaining power lines.

There are five possible routes for the eventual adoption of a CCA for La Mesa.

The city could opt to go it alone in what’s called an Enterprise CCA, where the city would set up its own system and operate it, at a setup cost of $4 million. This would give La Mesa the most local control.

A Partner CCA appears to be the front-runner so far. It would involve La Mesa, Santerre and Chula Vista in a Joint Powers Authority (JPA) to make decisions about buying and selling power. Startup costs would be $4 million apiece.

A Regional CCA is a strong possibility. That would involve several cities, including the three already mentioned above, in a CCA headed by the city of San Diego. The upside there is that San Diego would pick up all the startup costs for everyone involved. The possible downside is that the two largest cities — San Diego and Chula Vista — might feel they would want more votes on the JPA board, thereby able to run things as San Diego and Chula Vista want.

There are other possibilities, but these three are receiving the most attention right now.

There is something of a rush on the Regional CCA with San Diego. In order to get aboard that train, La Mesa would have to apply no later than October 2019.

This is all more than a little confusing, and it managed to confuse most of the city’s Sustainability Commission, which is supposed to advise the City Council what to do.

On July 16, the commission heard a pretty detailed presentation by the consulting company who made up the research report for them.

After batting it around for an hour or so, the commission admitted it was stymied.

“I don’t know about you all, but I’m just not clear enough on this to make specific recommendations to the council,” said Sustainability Commission Chairperson Jim Stone.

The commission agreed and sent it on to the council with only the recommendation that staff continue working on it.

The City Council will hear an update on the Draft Community Choice Aggregation Feasibility Study at its Aug. 13 meeting. To read more about the CCA program, visit bit.ly/2Y0mh7z.

**Miss La Mesa announces 2019 ambassadors**

Miss La Mesa has been a tradition in the city since the early 1950s. Over the years, the program has evolved into a mentoring and leadership opportunity for young ladies in three categories — Miss, Teen Miss and Junior Miss.

On Sunday, June 23, Mayor Mark Arapostathis announced the 2019 ambassadors at the Sundays at 6 Concert at Harry Griffen Park.

Ruth Almaraz was named Miss La Mesa 2019. Almaraz recently graduated from San Diego State University with a business finance degree and works for a property management company in La Mesa.

Miss Teen La Mesa 2019 Samantha Clary is a student at Helix High School where she is involved in ASB and plays volleyball and lacrosse.

Junior Miss La Mesa 2019 Mary Aumack is an accomplished dancer recently graduated from the La Mesa Arts Academy. She will be attending Helix High School in the fall.

Each 2019 ambassador went through an application process this year that consisted of a speech, essay and interview and the participants also received points for academic achievement. The program aims to give young women public speaking and interview skills that will guide them into their future years of education and the workforce.

As the city’s ambassadors, the young participating ladies volunteered countless hours in the La Mesa community each year.

---

Wondering which TV show or movie to watch when you have some time to unwind? Cox Communications just made it even easier to find a new favorite show with its recent launch of Prime Video on Cox Contour TV.

Prime Video joins Netflix, YouTube, NPR One and others in the Contour TV library of apps. Cox Contour video customers can use their voice remote control to easily and quickly access their Prime Video shows, to watch critically acclaimed shows such as “The Marvelous Mrs. Maisel” directly on their televisions.

Other popular Originals include “Hanna,” “Tom Clancy’s Jack Ryan,” “Guava Island,” “Homecoming,” and “The Man in the High Castle.”

“There’s no need for a secondary device or input switch,” said Suzanne Schlundt, vice president of field marketing. “Similar to Contour’s other integrated apps including Netflix, YouTube and iHeart Radio, all you have to do is speak into your voice remote control and say things like ‘Prime Video’ or ‘Mrs. Maisel’, and Cox Contour will take you to your Prime Video programming.”

Prime Video can also be accessed in the “Apps” section of the Contour guide.

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

Popular Prime Video TV shows include:

“The Marvelous Mrs. Maisel” (2 Seasons)

This winner of eight Emmy Awards tells the story of Midge Maisel, a perfect 1950s housewife with two kids whose life gets turned upside down when her husband leaves her. Instead of falling to pieces, Midge surprises everyone she knows by taking the stage and becoming one of New York City’s most colorful stand-up comics.

“Hanna” (1 Season)

Based on the 2011 film of the same name, “Hanna” is a brooding thriller about a young girl raised by her father in isolation in the woods and trained to be a lethal assassin. Thrust into the real world with no sense of social normalcy, Hanna skillfully dodges an off-book CIA agent while seeking the truth about her identity.

“Jack Ryan” (1 Season)

This political action thriller follows CIA analyst Jack Ryan, a character from Tom Clancy’s well-established “Ryanverse” who is pulled out of safety of his desk job to work in the field.

---

Samantha Clary is a student at Helix High School where she is involved in ASB and plays volleyball and lacrosse. Junior Miss La Mesa 2019 Mary Aumack is an accomplished dancer recently graduated from the La Mesa Arts Academy. She will be attending Helix High School in the fall.
AGENCIES AGREE ON WATER PURIFICATION FUNDING

On July 11, the East County Advanced Water Purification Program progressed closer to completion with the program’s partner agencies — Padre Dam Municipal Water District, the city of El Cajon, Helix Water District and the County of San Diego — approving an interim funding agreement (IFA). The IFA will ensure that the program can move forward with funding for the next year. The IFA states each agency will commit $2.35 million ($9.4 million total) toward the program that aims to create a new, local, sustainable and drought-proof treatment that can produce 10 million gallons per day of advanced treated water.

The IFA states each agency will commit $2.35 million ($9.4 million total) toward the program that aims to create a new, local, sustainable and drought-proof treatment that can produce 10 million gallons per day of advanced treated water.

The FADEL states each agency will commit $2.35 million ($9.4 million total) toward the program that aims to create a new, local, sustainable and drought-proof treatment that can produce 10 million gallons per day of advanced treated water.

The FADEL states each agency will commit $2.35 million ($9.4 million total) toward the program that aims to create a new, local, sustainable and drought-proof treatment that can produce 10 million gallons per day of advanced treated water.
A thriving democracy: the vote center approach

By NATHAN FLETCHER

Democracy thrives when all citizens are offered the opportunity to vote. Greater participation in democracy pushes us closer to a more perfect union. And making it easy for citizens to hold up our right to life, liberty, and the pursuit of happiness.

That is why I am excited that the Board of Supervisors started a conversation to explore the addition of one-stop ‘vote centers’ for the 2020 election. Vote centers have been shown to increase access, turnout, and improve ease of voting.

Similar to traditional polling places, a voter can cast a ballot at any vote center. But one-stop vote centers also provide almost any service and a resource a voter could hope for. A ballot can be mailed a ballot, which they can return in the mail or drop off at a vote center, or can cast a ballot in person, and register to vote.

Vote centers nearly eliminate the need for provisional voting, which can delay election certification. Language, access, and translation services are offered at vote centers without the need to visit the Registrar of Voters. Vote centers are open for multiple days before the election as well as on Election Day, allowing voters additional time and flexibility to cast a ballot.

Many counties have already adopted the vote-center model and the initial results are very promising. Additionally, more than half of California’s population lives in counties that have adopted vote centers, rather than traditional polling locations.

According to a study from UCSD, averagetransitionout turned by 4% in the five counties that adopted the model in 2018 (as compared with 2014 turnout). Turnout increased the most (around 7%) for youth, and in low-income and minority communities. If these trends held true for San Diego County, average turnoutout using vote centers would increase by almost 71,000 people.

Vote centers build upon other changes to state law that I have long advocated for. This includes pre-registration for 16 and 17 year olds, paid postage on every absentee ballot, and automatic registration at the DMV. These policy changes break down barriers to voting, and bring us closer to the ultimate goal embedded in the 1965 Voting Rights Act.

The vote-center model increases ease and accessibility for voting, particularly for communities that have been historically disenfranchised.

Most unfortunately, whenever discussions around expanding voter access is raised, there is always pushback from those who falsely believe the need for provisional voting arises.

See Vote Center, Page 9

It’s time to take CEQA reform seriously

By BORRE WINKEL

California’s housing prices have been impressively high for some time, and they continue to rise. State residents are having a tough time finding an affordable place to live, and in one study conducted by the Public Policy Institute of California, 35 percent of respondents said they are considering moving out of state altogether because of high housing prices. It has become to live here. California has long been a place where people dream of living, and we should not let housing prices get in the way.

Further, continuously rising housing and rent prices naturally can inflict devastating harm on low-income residents. How are households expected to support their families if they are forced to devote a large portion of their income to housing costs that come with it, home builders are stuck. They are left unable to do their jobs, and suitsthat come with it, home builders are stuck. They are left unable to do their jobs, and keep our courts full.

The solution now is clear. It is time to take CEQA reform seriously. This includes meaningful changes to CEQA reform that I have long advocated for. This includes pre-registration for 16 and 17 year olds, paid postage on every absentee ballot, and automatic registration at the DMV.

Beyond the problem of making it easy for citizens to vote, one can see how CEQA abuse employed by laborunions to strongarm developers into agreeing to project labor agreements. These representatives, proclaiming their concerns for the environment, will leave developers with no choice but to comply. Without the need to visit the Registrar of Voters, Vote centers are open for multiple days before the election as well as on Election Day, allowing voters additional time and flexibility to cast a ballot.

The solution now is clear. It is time to take CEQA reform seriously. This includes meaningful changes to CEQA reform that I have long advocated for. This includes pre-registration for 16 and 17 year olds, paid postage on every absentee ballot, and automatic registration at the DMV.

Beyond the problem of making it easy for citizens to vote, one can see how CEQA abuse employed by laborunions to strongarm developers into agreeing to project labor agreements. These representatives, proclaiming their concerns for the environment, will leave developers with no choice but to comply. Without the need to visit the Registrar of Voters, Vote centers are open for multiple days before the election as well as on Election Day, allowing voters additional time and flexibility to cast a ballot.

—Borre Winkel is president of the Building Industry Association of San Diego County.
Let’s put an end to summer hunger

CA 53 BULLETIN

By REP. SUSAN DAVIS

Summer vacation invokes images of going to the beach or trips with the family. However, for too many children in San Diego and across America, it can mean going without food.

During the academic year, millions of children from low-income families rely on free or reduced-price meals when they attend school so they can get the nutrition they need. We know that well-fed children engage and learn better in the classroom. However, when school lets out in the summer months, many of these same students lose access to these meals.

In San Diego County, over 90,000 students who benefit from nutritious, affordable school meals during the academic year miss out on these school meals during the summer. Barbara and Silvia each have two children who rely on free or reduced-price meals at the elementary school they attend in San Diego. But when summer comes along, they struggle to fill this gap and use local food banks to put food on the table.

To address this crisis, I reintroduced the Stop Child Summer Hunger Act to provide families who have children eligible for free and reduced-price school meals with an electronic benefit transfer (EBT) card. This EBT card would provide $150, equal to about $50 per month, for each child eligible for free or reduced-price school meals. This will allow families to purchase groceries to replace the meals the children would otherwise have received at school.

The Stop Child Summer Hunger Act expands the successful Summer EBT for Children demonstration project, which has been piloted in 14 states and 10 states (but not California) to all 50 states. This pilot program had positive results, decreasing hunger among children by 3%.

Despite the success of the program, low-income children could see this benefit taken away from them. The Department of Agriculture has recently announced that it will end the pilot program in Oregon. Which states could be next?

There is an existing federal program that provides low-income families across the nation with access to meals but its limitations mean not all children benefit. The Summer Food Service Program (SFSP) attempts to fill the summer meal gap by providing funding to nonprofit, government, and religious entities to serve food to low-income children during summer breaks. However, while some areas of the country see great success with the SFSP, many barriers to participation in the program remain, including unfamiliarity with the program or sites, lack of transportation, and limited food distribution hours.

According to the Food Research and Action Center, in July 2017, 3 million children ate lunch on an average weekday at a summer meal site — only a fraction of the 20 million low-income children who participate in school lunch each day during the school year. Much of the low participation is due to limited public funding available to support summer programs for low-income children to attend, and as a result, children around the country are more likely to be hungry during the summer.

The Stop Child Summer Hunger Act, in conjunction with the SFSP, would ensure that children across the country don’t go hungry when school is out. Providing families with an EBT card, which is how low-income families use the Supplemental Nutrition Assistance Program (SNAP), will help those families who are unable to reach the sites where food is being distributed. Expanding the summer EBT program is not only good for our kids but our economy. Using SNAP as a model, according to the Food Research and Action Center,

SIE SUMMER HUNGER, Page 10

News from your County Supervisor

Big step forward: The Board of Supervisors recently backed my call for beefed-up services and resources for those dealing with mental illness and addiction.

We voted to create a network of 24/7 crisis stabilization centers and pursue the establishment of non-law enforcement mobile crisis response teams.

Both will help us do a better job of connecting those with chronic mental health and addiction issues with the services and programs they need.

Families often struggle with how to help a loved one deal with mental health challenges. Many homeless face similar issues. I called for major improvements to the region’s behavioral health system in my State of the County address in February.

Our great outdoors: I continue to work closely with the community to expand public access to open space and to showcase our beautiful backcountry.

The county recently moved to expand the Ramona Grasslands preserve by 12.1 acres. It is now bigger than Del Mar and Solana Beach combined.

And construction continues on the county’s first backcountry nature center. The attraction is due to open later this year on the Santa Ysabel Preserve.

Power to the people: My board colleagues and I continue to explore options for launching a community choice energy program.

Community choice would offer consumers — now saddled with some of highest electricity rates in the nation — an alternative to SDG&E.

Our studies so far show that local ratepayers with community choice would see smaller utility bills. We’re aiming to make a decision on the issue in a few months. Ratepayers are sick of getting ripped off and need relief!

—Dianne Jacob is chair of the San Diego County Board of Supervisors and represents District 2. For more District 2 news, visit diannejacob.com or follow her on Facebook and Twitter. For assistance with a county issue, call 619-531-5522 or email dianne.jacob@sdcounty.ca.gov.

Elmont’s
40 years of
celebrating you!

ELMONT’S
www.Elmonds.com

Your Neighborhood Gift Store!

2019

Hallmark
GOLD CROWN

FREE CARD FRIDAY

Come in and get a FREE Just Because card every Friday!

Just present your Crown Rewards card (the Hallmark frequent shopper card) to get your Free card. If you do not have a Crown Rewards card it is free to sign up.

(619) 465-8112

Located in the Grosvenor Shopping Center

Thank You La Mesa Courier Readers For Voting Best Of! Need a new mattress?

Get the sleep guarantee on a Mattress Makers mattress

Visit a showroom

www.MattressMakers.com
Atkins, Emerald, D7 Forum to highlight August Dem meeting

The Aug. 7 meeting of the La Mesa Foothills Democratic Club (LMFDC) will feature a critical forum for the candidates running to replace Scott Sherman as the San Diego District 7 City Council representative and the return of a pair of club favorites—one is perhaps the most powerful San Diego political voice in Sacramento, the other was the first Democrat to win a District 7 election in decades when she overcame long odds to capture the seat in 2008.

The first speaker of the evening will be Toni G. Atkins, president pro tempore of the California Senate. Atkins began her tenure as an elected official by serving eight years on the San Diego City Council, representing District 3. During her second term, she became acting mayor, receiving accolades for leading the city through tumultuous times. In 2010, she was elected to the state Assembly, and in 2014 she was selected as Speaker of the Assembly—becoming the first Democrat to win a District 7 election in decades when she overcame long odds to capture the seat in 2008.

We recently staffed the Republican Women of California booth for a day during the San Diego County Fair in Del Mar and were thrilled to register many new Republican voters and disperse lots of valuable information, especially regarding the attempt to overturn Prop 13 protections on the 2020 ballot. The election in 2020 will have life-changing consequences. Do you want to keep the freedom and liberty for which our forefathers fought or see our country go down the road of historically unsuccessful and dangerous socialism? It sounds dramatic, but it is true.

Single-payer health care is being openly promoted and we need to understand the reasons this would be very hazardous to our health. Why would we want to follow the footsteps of so many other countries that have tried it and watched it fail?

Also being advocated is free healthcare for those in our country illegally. Shouldn’t we first be certain our budget can provide health care for our legal tax-paying citizens and veterans?

This is the time to be proactive and fight to protect your rights and for what you believe. So many issues to be thinking about!

The next regular Navajo Canyon luncheon meeting is 11 a.m. Tuesday, Sept. 30, at the La Mesa Brigantine. Our featured speaker will be Sophia Fang from the Epoch Times. The ET is a widely distributed, multi-language newspaper emphasizing unbiased and uncensored coverage of world and national news. It stresses truthful reporting of important news other media often choose to ignore. The topic of the presentation will include the history of the Epoch Times and how the media should “Appreciate and Preserve Values through Honest Journalism.”

Check-in begins at 10:15 a.m. and reservations are required 24 hours in advance. Cost is $25 for a full-course lunch. Cash and checks are accepted, but no credit cards. Please make your reservation at RSPWnc@gmail.com.

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

Get involved for 2020 election
By SUMMER STEPHAN

As your District Attorney, I’m committed to increasing communication and accessibility between the DA’s Office and you, the community. One way I have been doing that is through this monthly column, where I provide consumer tips on public safety matters.

Hiring a contractor to perform construction work or a kitchen-and-bathroom remodel already comes with built-in stressors: choosing a quality company, affordability, staying on schedule not to mention the disruption it has on the household. The last thing consumers worry about can sometimes be the most costly — getting scammed.

The majority of contractors are honest and reliable, but not always. Inevitably there are cheaters working the system and preying upon the unsuspecting. Sometimes they are rogue contractors, but mostly they are unlicensed fraudsters who cut corners or skip town with your money.

The most common way consumers get ripped off is by someone representing himself as licensed in a trade and requiring the majority of or the entire contract amount to be paid up front. Frequently the phony contractor asks to be paid in cash claiming that he or she can begin work more quickly that way. Unfortunately, we have prosecuted cases where the scammer pockets the money and never comes back.

Before you put off that remodel job for good, here are some tips to help you distinguish the good from the bad.

• Fraudulent contractors typically do not have a construction license or workers compensation insurance.
• Check whether your contractor is licensed or has disciplinary actions on the Contractors State License Board website at cslb.ca.gov.
• If your potential contractor does not appear on the website or does not have a license number, do not hire him or her for your job.
• Be wary of anyone trying to convince you that since it may be a “small job,” they do not need a contractor’s license. Any home improvement project over $500 requires a licensed contractor.
• With extremely limited exceptions, contractors cannot ask for more than 10% of the total cost of the project or $1,000 (whichever is smaller) as a down payment.
• Do not pay more than that amount before the project begins.
• Be wary of door-to-door salesmen offering free inspections. Many times they will claim that there is a “serious” problem such as bad plumbing or leaky roof which will put you in danger and that it needs to be fixed immediately.
• Remember that they have an incentive to indicate that a problem exists.
• Avoid paying in cash. If your contractor asks for cash only, it may be that they are operating outside of the law and do not want to be traced.
• It is much harder to prove that you paid certain amounts if it was a cash transaction.
• Paying with credit, debit, or check ensures you have a receipt that a payment was made.
• Ask for three references from prior customers and then check and verify that those references were satisfied with the contractor and his or her work.
• In addition to these signs of fraudulent contractors, it is important to know how to select the best legitimate contractor for your job. The Contractors State License Board created a video that guides you through the process of selecting, hiring, and managing a contractor which can be found under the consumers tab on their website.

If you believe you have been scammed by a contractor, file a complaint with the Contractors State License Board.

The DA’s Consumer Protection Unit is made up of deputy district attorneys, investigators and paralegals dedicated to protecting consumers and law-abiding businesses from fraudulent or unfair business practices. To report a consumer complaint, you can call 619-531-3507 or email consumer@sdcala.org.

—District Attorney
Summer Stephan has dedicated more than 29 years to serving justice and victims of crime as a prosecutor. She is a national leader in fighting sex crimes and human trafficking and in creating smart and fair criminal justice solutions and restorative justice practices that treat the underlying causes of addiction and mental illness and that keep young people from being incarcerated.

As part of vote center implementation, increased voter turnout should be a primary focus of the pilot program. A robust education and outreach campaign can help ensure a seamless transition with the various pilot locations. An advisory committee can help guide implementation of vote centers throughout the county.

We know that the vote center works. Other counties started with a pilot program, similar to what I have proposed for 2020. All voters will be able to visit their regular polling location, or try one out of a handful of vote centers. The results of the pilot program, along with the feasibility study, can help us identify what we need to tweak for future election cycles. We can scale up vote centers across the county for 2022, but we need to take these initial steps to figure out what works. Let’s build and implement a voting model that makes it easier to vote and empowers voters.

We should all agree that more people voting is a good thing, and voting makes our democracy stronger. San Diego is a better place when everyone has the right, ability, and ease of participating in the democratic process.

—Supervisor Nathan Fletcher was elected in 2018 to represent District 4 on the County Board of Supervisors.
Summer hunger
CONTINUED FROM Page 7

first Speaker from San Diego. In 2016, she was elected to the state Senate, representing the 39th District, which includes much of central and northern San Diego, Coronado, Del Mar and Sorola Beach. Early last year, her colleagues selected her as their leader, making her the first woman ever to lead the Senate and the first person since the 19th century to have led both houses of the Legislature. Senate Leader Atkins will be up for reelection in 2020.

The focus of Senate Leader Atkins’ remarks will be California’s 2019-20 budget and its impact on Californians. The $215 billion budget includes the state’s history, increases access to higher education, invests into programs to help people experiencing homelessness and provides tax cuts to small businesses — all while creating the most robust reserve in the state’s history. Atkins will also highlight some key bills currently being considered by the Legislature, including her own SB 1 — the California Environment, Public Health and Workers Defense Act of 2019 — which provides that any federal environmental or worker-safety standard in place and effective before Jan. 22, 2017, shall remain in effect and be enforceable under California law even if the federal government rolls it back.

Marti Emerald, who made her mark locally as the ever-popular consumer advocate “Troubleshooter” on KGTV for more than two decades, parlayed that advocacy to a historic run for City Council in 2008, winning the District 7 seat which had been dominated by Republicans for many years. She won a second term on the City Council in 2012, this time in the newly formed District 9. To have Marti serve as our moderator for a panel of aspiring District 7 candidates is a terrific pairing.

Our panel of candidates for District 7 represents a broad swath of backgrounds, advocacies, and community involvement.

Wendy Wheatcroft boasts a 15-year career as an elementary school teacher, community advocate as a leader for Moms Demand Action for Gun Sense in America, and founder of our country’s biggest local gun violence prevention coalition. San Diegans for Gun Violence Prevention.

Raul Campillo, a native San Diegan and USD grad, sandwiched a public school teaching career with a Harvard Law degree, an international law firm post, working for Hillary for America, and more recently, a job as deputy city attorney with the San Diego City Attorney’s office.

Sharon Larios is a human service specialist with the County of San Diego City Attorney’s office. Her background includes the Linda Vista Town Council and she was elected to the Linda Vista Planning Group. She’s also been a substance abuse counselor, case manager at the Door of Hope Transitional Housing Program, and intake specialist at Jewish Family Services.

Monty A. McIntyre, Esq, is a mediator, arbitrator and referee. Monty has been a California lawyer since 1980, a trained mediator since 1993, and a member of the American Board of Trial Advocates since 1995. Monty served as the president of the San Diego County Bar Association in 2002.

David Greco, an honored law school graduate at USD, was also co-founder of Student Alliance for Equality (SAFE), his high school’s first LGBT organization. His experience as a lawyer highlights his commitment to community, with a focus on helping employees and other vulnerable community members, such as people with disabilities.

The Aug. 7 meeting is open to the public and begins at 6:30 p.m. at the La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue in La Mesa.

—Tina Rynberg is president and Jeff Bencich is vice president of programming for the La Mesa Foothills Democratic Club. lamesafoothillsdemocraticclub.com.
Cups for a Cause

Cups For A Cause is a showcase where original works of art are created to benefit San Diego nonprofit organizations. San Diego Rapid Response Network (SDRRN) is the first organization the collective artists chose to highlight.

Michelle Palmer, one of the artists, said that she and the rest of the team, who have been sharing a pottery studio space in the commercial district of La Mesa for a few years, wanted to come together and do some good. So, they began putting together a list of organizations that they cared about and, this year, they decided to focus on asylum seekers and the immigration crisis are top priorities.

From there, the artists started putting out the word to all of their friends who were affiliated with different organizations to see what they could do and what group they should get in touch with. At first, they thought about giving to one refugee family that was in need. As it turned out, they learned it was easier to support an organization that had their hands on many different facets in helping those families in need.

“A group of our friends suggested that we contact the San Diego Rapid Response Network, and when we found out that they were affiliated with Jewish Family Service, it just made sense,” Palmer said. “Once I spoke with them, I was hooked. I had no idea how hands-on they were, which is what I was impressed with. They were thrilled to talk to us and told us once the fundraiser is over, we could come to take a tour to see exactly where our money was going. They were so receptive to us working with them, and that made this organization really stand out to all of us, and here we are.”

The group then reached out to Jewish Family Service (JFS), to develop a framework for the event. Jewish Family Service is the founding organization of the SDRRN. It is a client-centered and impact-driven organization that works very hard to build a healthier, stronger, and more resilient San Diego. The nonprofit human service agency was founded in 1918 and since has become one of the most impactful nonprofits in the region.

Every year, JFS aids in making a difference in the lives of over 32,000 people. In late October 2018, JFS started a migrant shelter to provide meals and medical care as well as legal services and travel aide to approximately 200 individuals, including nearly 50-60 families a day. Funds are needed to maintain the daily operation of the shelter and to provide asylum-seekers everyday basic necessities such as food, blankets, portable showers, bedding baby/children needs, and toiletries. Funding also helps SDRRN offer free legal representation for the families and fund bond fees.

Palmer said they decided as a group to sell cups and mugs because they knew that they were something that people would use right away, and since they’re small, the price point would be good. At first, they wanted to have a party at one of their houses to sell the cups. People would come and buy a cup or mug and then fill them up with their favorite beverages. However, they realized they did not have ample space to reach out to the community as they wanted. So, they decided to contact Helix Brewery at 8101 Commercial St., located in the industrial sector of La Mesa, which is coincidentally right down the street from their art space.

Palmer, who is also a musician, has performed at and attended events at the brewery and found it fitting for their special event. On July 7, the artists held their fundraiser Cups For A Cause from noon to 5 p.m. in the garden area of the brewery. Handcrafted cups and mugs were the focus amongst other beautiful creations that consisted of bowls, sculptures, and jewelry, to name a few.

Residents from La Mesa and the surrounding areas came out to support the group as well as the cause. Eager to shop, quite a few guests showed up even before the start time of the fundraiser. Mugs were being bought left and right.

There were many to choose from, and many patrons walked out with quite a few cups.

Lara Dickens and Irene Prudent, locals from La Mesa, said they wanted to support immigrants stuck at the border, but it’s hard when you don’t know how to help.

“We thought it was great that the group had stepped up in taking the initiative to raise money and we knew we wanted to get involved so here we are,” Dickens said after finding out about the event.

Michelle Palmer and the other artists hope that people will find out more about both JFS and SDRRN.

“There are a lot of things people can do, even if it’s giving money,” she said. “These families need our help, and we want the community to know that when they feel frustrated, there are helpers out there.”

The event far outpaced anything we’d expected. From the amount of people there to the amount of money raised, to the feedback we received — it was thrilling and humbling. And it was yet another reminder of how generous people can be and that there are always ways to serve others,” Palmer said.

Going forward, the Cups For A Cause artists hope to host similar events twice per year or more, and can’t wait to do more outreach into the community and help other organizations that are in need.

Custon pottery was offered for people who made a $50 donation. (Photos by Toni Sutton-Deangelico)

The artists donated all the proceeds from their sales of original handcrafted cups and mugs to the nonprofit to assist migrants and asylum-seeking families. Ten percent of the pottery sales that were not mug sales went directly to SDRRN. The event raised a total of $2,502.

“If the event far outpaced anything we’d expected. From the amount of people there to the amount of money raised, to the feedback we received — it was thrilling and humbling. And it was yet another reminder of how generous people can be and that there are always ways to serve others,” Palmer said.

Going forward, the Cups For A Cause artists hope to host similar events twice per year or more, and can’t wait to do more outreach into the community and help other organizations that are in need.

—Toni Sutton-Deangelico is a freelance writer living in San Diego.

“...dependable, reliable, honest and trustworthy... our problems became Arbor’s #1 priority.”

Marian and David C. (San Carlos/Lake Murray)

Computer Support 
& Repair

In Your Home • By Telephone
In Our Shop • Over The Internet

Speed up your PC
REMOVE VIRUSES
PC Set Up & Repair

San Carlos • NavaHo • Lake Murray • La Mesa • El Cajon

Loaner PCs Available • Same Day Service — PC Shopping Help

619-992-5882

The Neighbor’s Choice for Computer Help

Trusted in Homes Over 25 years

Omar Spintani, Senior Technician

Arbor Technical Services

6977 Navajo Rd. #109, San Diego, CA 92119

NEWS

July 26 – Aug. 22, 2019

La Mesa Courier
This month, we’d like to acknowledge those who make a difference at Grossmont High School. GHS is definitely a campus where the new, enriching currentFoothillers in countless ways.

Alumni Gene Chubb, Class of 1948 and frequent donor to Grossmont High School, epitomizes this impact. His company, RCP Block & Brick, is involved in the construction of the new 2020 Event Center. For nearly four decades, Gene has generously donated materials, labor, and money to Grossmont, creating concrete landmarks of Foothiller pride throughout the campus.

THANK YOU TO JIM SPACKMAN

In January 2019, the Grossmont High School Educational Foundation received a $100,000 donation from GHS Hall of Honoree Jim Spackman, Class of 1958. With his donation, Jim shared, “A countless number of people helped me along the way: Dr. John T. Wurzbart, principal; Mr. Walter R. Barnett, vice principal; Mrs. Eva Quickall, counselor; Dr. George C. Gross, senior English teacher; Mr. John A. Burdick, ASB adviser; Mr. Ed Kintaele, tennis coach; and Mrs. ‘Mom’ Sherman, and even the students were kind and helpful to me. That is why I am deeply grateful and indebted to Grossmont.”

With his donation, Jim increased the size of our endowment fund from $107,000 to $207,000, thus doubling the amount of year-interest we will receive to support Foothiller students and staff. Thank you, Jim!

At this year’s senior award night, several students benefited from the generosity of Jim and other alumni, retirees, and community members through scholarships.

GHS EDUCATIONAL FOUNDATION

Because of generous Grossmont alumni such as Gene and Jim, retirees, teachers, and community members who have contributed to the GHS endowment fund since its inception in 2012, this school year the GHS Educational Foundation awarded five $1,000 scholarships, thousands of dollars in teacher mini-grants, and has given year-long financial support of programs and students on campus.

This year’s scholarship recipients are:

* **Athletic Challenge:** Zachary Zolina and Gabi Igan
* **Alumni:** Bailey Wilcox and James Bond
* **Community Service:** Kaza Okara

The Grossmont community thanks outgoing GHS Educational Foundation President Tony Lawrence for the hundreds of hours of service he has given to the Foothiller community for the past five years. However, Tony is not really retiring as he will continue to volunteer as “the voice of the Foothillers” at home football games.

**RYAN WILCOX MEMORIAL SCHOLARSHIPS**

This is the third year of the Ryan Wilcox Memorial Scholarships, funds which were managed by the Grossmont High School Educational Foundation.

Two $1,000 scholarships are given annually to students who have overcome their own personal obstacles — financially, emotionally, or physically — yet have still kept a positive outlook while facing these challenges. The students must also have a love for Grossmont High School community and have the Foothiller spirit that Ryan so treasured.

Ryan’s parents, Mike and Amy Wilcox, share, “We are so proud and honored that Ryan’s memory and sweet spirit live on at Grossmont through these very special scholarships. Ryan loved his Grossmont family, and his positive attitude, perseverance, kindness, and compassion for others exemplified the true meaning of why ‘It’s Great to Be Young and a Foothiller.’”

The two 2019 “Ryan Strong” Memorial $1,000 Scholarship recipients are Tiant Balsabghadjoh and Jaymee Gonnello.

**NEW FACULTY SCHOLARSHIPS**

Jerry Lewis Scholarship: This year, the Art Department awarded the first $1,000 Jerry L. Lewis Scholarship to a graduating senior, Jerry taught art at Grossmont High School for 30 years, from 1962-1992. Of which he served as the Art Department chairperson, retiring in 1992. He also coached the Foothiller baseball and golf teams. Jerry created this scholarship to promote the arts and to reward a senior who best exemplifies a commitment to continuing a path in the arts beyond his high school education. Thank you, Jerry, for endorsing this year-ly scholarship: this year’s recipient is Travis McCree.

**Gloria Jones Memorial Scholarships:** Thanks to donations by alumni, retirees, and current staff at Grossmont and throughout the CHSD District, two students received $800 scholarships in memory of GHS English teacher and ASB advisor Gloria Jones. The scholarships were awarded to the Foothillers who best represent Gloria’s unique leadership qualities. Strong, determined, and compassionate, Miss Jones had the ability to get the best from her students, in both student government and the classroom.

Her impact on Foothiller traditions and values are reflected to day throughout the campus.

principal Dan Barnes believes, “Grossmont High School resides in an amazing community that truly supports our students and staff. The Grossmont High School Educational Foundation and the GHS Museum and alumni have done an outstanding job linking our alumni, our retired staff, our history of excellence, fundraising, and support of events back to our school and, most importantly, back to our students. Tony Lawrence and the board truly care about kids and making sure they know that Grossmont High School cares about their success. I look forward to our next steps with our new board president Amy Conrad, who has the Grossmont legacy of our past and alumni and who will be a great leader from our business and school communi ty to take on this new role.”

—Connie and Lynn Baer write on behalf of the Grossmont High School Museum. To discover more about Grossmont High School Museum, please visit www.ghs beneficiar y.com or visit the GHS Museum on Wednesday, Aug. 7, noon-3:30 p.m. or by appointment. Call 619-668-6140 or email ghsbeneficiary@global.net.
Fall open registration at Grossmont, Cuyamaca colleges

Open registration starts July 17 at Grossmont and Cuyamaca colleges for fall semester classes beginning Aug. 19 for some 10,000 students with goals of university transfer, workforce training or expanding their knowledge.

Aug. 18 is the deadline for online registration and Sept. 1 is the last day for late registration with instructor approval.

California community colleges have among the lowest enrollment fees in the country at $46 per unit. Financial aid, including scholarships, grants and loans, are available with information posted at Grossmont College and Cuyamaca College websites. First-time college students attending full-time can qualify for two years of tuition-free classes through the Grossmont-Cuyamaca College Promise. To be eligible, students must complete orientation, assessments, devise an education plan and maintain at least a 2.0 GPA. The deadline to apply for the Grossmont-Cuyamaca College Promise for fall 2019 is Sept. 10. More details are available at my-collegepromise.net.

With more than 2,400 class offerings, students have an abundant selection to consider. General education classes from GCC REGISTRATION, Page 23

Helix High football looking for banner season

By DAVE THOMAS | La Mesa Courier

With summer rolling by quickly as it usually does, it should not come as a surprise that many people are focusing their attention on the upcoming football season.

At the high school level, Helix High looks for a banner season under head coach Robbie Owens.

The Highlanders went 8-5 a season ago under Owens, who is in his fourth year at the helm and 24th overall year of coaching. Helix lost in last season’s Division I CIFSD title game in overtime to St. Augustine 21-20.

La Mesa Courier recently caught up with Owens to get his take on the upcoming season.

Looking at the team’s schedule, what do you see as some of the tougher games, rivalries, etc.? Our schedule is always very top-heavy. We play the toughest schedule in San Diego to start.

Cajon, Herriman (UT), Cathedral Saints and Oaks Christian (rated third-best Southern Section School to Bosco and Mater Dei). Once we get to conference, obviously Grossmont is always going to give us their best and Steele Canyon beat us last year.

As for goals this season, what do you want to see this team accomplish when all is said and done?

Our goal is always to win a CIF Championship. We want to play the toughest schedule in San Diego to start. Looking at the team’s schedule, what do you see as some of the tougher games, rivalries, etc?

—Dave Thomas is a freelance sports writer based in San Diego. Reach him at hoopstomamas@yahoo.com.

HEALTHY FOODS SATISFY

Now You Can Order For Pick-Up or Delivery Through Mercato.Com

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

Salad Bar

Full Service Deli

Farm Fresh Produce

Old Fashion Meat Market

Baked Goods

Nutritional Supplements

Beer & Wine

6386 Del Cerro Blvd.
(619)287-1400

www.windmillfarms.net

Receive The Farms updates & ads through Facebook

OPEN: Sundays 9am-8pm • Monday-Saturday 8am-9pm

del cerro blvd.

S.D.S.U.  sdsu

Montezuma Rd.

La Mesa Courier

La Mesa Courier

July 26 – Aug. 22, 2019

13
drinking water supply using state-of-the-art technology to purify East San Diego County’s recycled water.

Once complete, the East County Advanced Water Purification Program will generate up to 11.5 million gallons per day of new drinking water, which is approximately 10% of current drinking water demands for residents in the Padre Dam and Helix service areas. Four advanced water purification steps will produce water that is near-distilled in quality. The purified water will then be blended with water in Lake Jennings and treated at the R.M. Levy Water Treatment Plant before being distributed as drinking water.

Next steps for the project include forming a Joint Powers Authority between Padre Dam Municipal Water District, the city of El Cajon and the County of San Diego to serve as the governing body for the program. An industry day is being planned for mid-August to provide notice to prospective designers and contractors on the initiation of a selection process for the progressive design-build packages that will begin posting in fall 2019. Partner agencies also continue to pursue grant and loan opportunities to help fund the estimated $528 million project.

The East County Advanced Water Purification Program is expected to begin producing water in 2025. In addition to providing a new local water supply, the program also will eliminate the need to send most of the wastewater generated from East County to the city of San Diego’s Point Loma Wastewater Treatment Plant, where it is currently treated and then discharged into the ocean.

For more information on the East County Advanced Water Purification Program, visit eastcountyawp.com or padredam.org.

RED CROSS ISSUES URGENT CALL FOR BLOOD DONORS

Following a difficult Fourth of July week for blood and platelet donations and ongoing challenges finding new blood donors, the American Red Cross now faces a blood shortage and has issued an emergency call for eligible individuals of all blood types to give blood or platelets during the challenging summer months. Through the campaign, the letters A, B and O — letters that make up the main blood groups — disappeared from popular brands to symbolize what happens when blood goes missing from hospital shelves during blood shortages.

For more information on donating blood, visit giveblood.org or call 1-800-RED CROSS.
La Mesa’s world-famous opera star

By BILL DIAMOND | La Mesa Courier

Before Luciano Pavarotti, Andrea Bocelli, and Placido Domingo there was Madame Ernestine Schumann-Heink, one of the most popular opera singers in the world 100 years ago and a La Mesa area resident.

Born in 1861 as Toni Rösler in Prague to Austrian parents, she was a renowned operatic mezzo-soprano, known for tonal richness, flexibility and a wide range of voice that left audiences mesmerized. Although she had an unsuccessful debut early in her career in Dresden in 1878, she would go on to become a Metropolitan Opera star for five years beginning in 1899 with a repertory of 150 roles.

According to the editors of Encyclopedia Britannica: “She often gave recitals and once toured the United States with the operetta ‘Love’s Lottery.’ Although known primarily as a Wagnerian singer — her most noted role was Erda in Wagner’s ‘Siegfried’ — in the latter part of her life, she was known for her radio broadcasts in the United States, and she appeared in the film ‘Here’s Romances’ in 1935.’

She later became an American citizen in 1908, performed on Broadway, toured and signed a recording contract with RCA Victor. According to records, her last performance was in 1932 when she was 73 years old.

Schumann-Heink was married three times, had seven children and lived to be 75 years old; many of her children were spent in a mansion she lived in La Mesa, the U.S. and Europe, Schumann-Heink was beloved in La Mesa, and performed all over the world.

The historian added Schumann-Heink was awarded the Order of Merit of the German Mother and performed in the Grossmont Colony. One of her sons, Ferdinand Schumann-Heink, was an actor who appeared in 65 films, including “Hell’s Angels” and “Blonde Venus.” He is buried next to her in San Diego.

“Her house was built was completed in 1912 and is a mix of Italianate and Prairie-style designed by architect Del Harris; it’s not over the top, but modern for its time,” said La Mesa historian James Newland. “It sits on one of the most prominent lots in Grossmont looking east to the El Cajon Valley — people drive by and go, ‘Who’s house was that?’”

WHY LA MESA?

Newland said Schumann-Heink moved to Southern California after being recruited by former New York entertainment agent, friend and co-developer of Grossmont — William Gross. “She was one of the ‘high-class artists’ Gross and fellow developer Ed Fletcher hoped to become a Grossmont Colony resident,” Newland said. “The colony they dreamed of didn’t fully take off like they had hoped. Her great grandson lives in the home and takes good care of it. He even has a few original furnishings.”

Newland said Schumann-Heink was perhaps the most famous of the Grossmont residents since the only other potential resident with international status was Owen Wister [author of ‘The Virginian’], never ended up living there.

Schumann-Heink at her Grossmont home. (Courtesy La Mesa Historical Society)

The historian added Schumann-Heink was beloved in La Mesa, San Diego, the U.S. and Europe, and performed all over the world during her career. However, she never performed in La Mesa.

“There really weren’t any appropriate venues for her in La Mesa, although I believe she did some small fundraiser appearances for the La Mesa Women’s Club,” he said. Interestingly, her grandson Hubert Guy (son of daughter Marie) wrote a detailed Grossmont area history book in 1993 called “Grossmont Isn’t Just a Shopping Center,” and it provides details of her local activities, Newland said.

WHAT A LIFE

And while Schumann-Heink’s voice was legendary, so was her life story. Newland said he himself wrote about Schumann-Heink in his book and several articles because her story is amazing at so many different levels.

“She was an early international popular music and recording star,” he said. “She was known throughout the Western world as an amazing and generous person and was beloved by fans and friends. She fought for this success against those who discriminated against her in that she was not this gorgeous iconic beauty — but relentless in her determination and talent — and subsequently beloved for her dogged perseverance. She had a legendary range and powerful voice such that she could sing any kind of part.”

She was also acclaimed for her radio appearances and unreserved personality and each Christmas, millions of radio listeners would tune in to hear her sing ‘Silent Night’ in its original German, according to records.

Newland said her voice was so extraordinary and her reputation so great that she was hired in 1927 by the Vitaphone Co., a subsidiary of Warner Bros. Motion Picture Co., for an early sound-recording film to prove the legitimacy of its new sound technology.

“She was a multimedia star before her time really,” Newland said. “I think her talent overshadowed all those superficial things those early agents told her; she did become an international legend in spite of their concerns with her appearance.”

Schumann-Heink was awarded a star on the Hollywood Walk of Fame for recording, which is located at 6640 Hollywood Blvd. in Hollywood.

She died in 1936 of Leukemia at age 75 in Hollywood and is buried at Greenwood Memorial Park in San Diego in the corridor of Sunshine in the Cathedral Mausoleum.

The La Mesa Historical Society is planning an exhibit on her life in La Mesa later this year at its McKinney House Museum. It will also be holding its annual Home Tour in the Grossmont area on Nov. 2. Find updates at lamesahistory.com.

—Jill Diamond is a freelance writer based in Southern California who enjoys writing interesting features about history.

Find more tips at sdge.com/whentimematters

Time to save.

© 2019 San Diego Gas & Electric Company. Trademarks are the property of their respective owners. All rights reserved.
**Rae’s CAFE**

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

BUY ONE entree and get a SECOND FREE
with the purchase of two beverages
Valid at the La Mesa location only.
Expires 8-22-19
(up to a $10 value).

**Centofanti’s**

Family Owned & Operated Since 2005

**Breakfast Lunch & Dinner**
8365 La Mesa Blvd
619.461.4434

**Fish Taco Tuesdays!**
10% OFF
The Entire Menu!

**Albert’s Fresh Mexican Food**
Home Of The Big Rolled Tacos
8306 Parkway Dr. La Mesa, CA 91942
619-466-4113

**Let Us Cater Your Party!**

**Albert’s**

**City Tacos Village Taqueria**
8325 La Mesa Blvd.
619.467.7999

**Thank You La Mesa For Voting Us**
**Best New Restaurant**

**La Mesa Restaurant Owners**

Reach Over 23,000 Homes & Businesses

Let Us Help You
Bring More Customers To You

For More Information Call Michele 619.920.5744 or Heather 951.296.7794

**La Mesa CAFE**

8284 La Mesa Blvd.
La Mesa, CA 91941
619-668-9030

Thank You La Mesa for Voting Us Best Breakfast, Dinner, Juice & Smoothies

20% OFF Customer Appreciation!
Foods for all moods

Restaurant Review

By FRANK SABATINI JR.

I had no idea what type of cuisine to expect at Vine Cottage Restaurant when spontaneously ducking in with a ravenous appetite. It was one of those rare occasions when my spouse and I didn’t peek at the menu online before driving up. We instead rolled with the tide, just as many of us did before smartphones and sophisticated GPS systems existed.

Our daring gamble paid off. The moderately priced restaurant greets with a quaint atmosphere that feels similar to an Irish pub. A “cottage” not so much, except for a faux stone wall in the small dining area that could briefly make you feel like you’re in some French hamlet rather than a small strip plaza on Lake Murray Boulevard. Otherwise the interior is filled with wooden tables and partitions arranged within eyeshot of each other. A couple of light and highly drinkable Staff Magician pale ales by San Diego’s Mikkeller Brewing led us into a roasted beet salad with wild arugula and goat cheese. The citrus vinaigrette gave it an unmistakable Southern California spin.

Spanish-style grilled “giant” white shrimp were evenly coated in smokey paprika and served over tender white beans flecked with bacon and leeks. Though enjoyable and well-executed, we found the $16 price tag a bit steep for only three moderately large shrimp.

When learning that the flatbread pizzas use dough sourced from Sadie Rose Baking Co. (my favorite San Diego wholesaler of artisan breads), we chose the sausage and shiitake mushroom option. Other choices include prosciutto-Gorgonzola, bacon-Parmesan and chicken with artichokes.

We loved every bite. The crust had a buttery, pastry-like essence to it, and the tomato-red pepper sauce offered an appealing zing. So did the sausage, family ever since the restaurant opened several years ago. Though if you come knocking for meals of such persuasion, you’ll have to make due with falafel sliders. After that, the menu hopscotches between Italy, Spain, France, England, Asia and the U.S.

We fortuitously hit Sunday happy hour, which is held all day. Draft beers, wines by the glass and salads are $2 off, and flatbreads are half-price. For us, that meant a savings of about $14.

Spanish-style giant white shrimp

By JULIE WHITE

I have a wonderful son, Casey, who happens to be a terrific cook. I’m always learning tips and recipes from him, which he learns from listening to cooking podcasts. This recipe is his summer salad.

INGREDIENTS:

• 2 bunches of fresh fennel, ends trimmed and washed and sliced thinly with a knife or mandoline (a mandoline is a sharp slicing tool — please use the guard when using.)
• 1/2 box of fresh or frozen baby arugula
• 2 large oranges, peeled and sliced
• 2 ounces or about a 1/4 cup of fresh shaved Parmesan cheese (can be purchased at most grocery stores in a 4-ounce container)
• 1/2 of a thinly sliced red onion (place sliced onion in a bowl of ice water that has 2 teaspoons of salt and 2 teaspoons of sugar added. This step removes the acrid taste of raw onion.)

DRESSING:

• Juice of 1 lemon
• 2 teaspoons Dijon mustard
• 1 teaspoon of salt
• 1 finely minced garlic clove (1/2 teaspoon of garlic powder can be substituted)

DIRECTIONS:

Combine all of the ingredients. Toss with the dressing. Serve chilled.

“Summer, after all, is a time when wonderful things can happen. The smell of fresh cut grass, diving into the deep end of a pool, biting into ripe fruit and warm evenings.” —Caletti

CASEY’S SUMMER SALAD

FOOD & DRINK

July 26 – Aug. 22, 2019
La Mesa Courier 17

SEE VINE COTTAGE, Page 18

What’s Cooking

Julie

(Courtesy Julie White)

A quaint find within the Lake Murray Square strip plaza (Photos by Frank Sabatini Jr.)

La Mesa

Dining in La Mesa

6950 Alvarado Rd., San Diego, CA 92120 • 619-465-1910

Marie Callender’s

Family Owned & Operated

NEW MENU

SAME GREAT CHEF

SAME GREAT STAFF

NOW OPEN MONDAYS

TERRA AMERICAN BISTRO

CHECK OUT OUR ARTISANS

WWW.TERRASD.COM

ALIST

KONNICHIWA SUSHI

& BAR

8350 La Mesa Blvd. La Mesa, CA 91942 • tel: 619.466.6666

Thank You
For Voting
Best Of!

July 26 – Aug. 22, 2019
La Mesa Courier

Thank You
For Voting
Best Of!

July 26 – Aug. 22, 2019
La Mesa Courier
Thank You East County!

Casa De Pico

Voted Best
In The La Mesa Courier’s “Best Of La Mesa” Awards

Best Mexican Cuisine
Best Margarita
Best Happy Hour

$10.00 Off

Your next meal with Casa De Pico!

Spend $35 or more at Casa De Pico and receive $10 off with this coupon. Not valid with any other offers, no photocopies. No cash value. Valid through August 31, 2019.

5500 Grossmont Cir Dr. La Mesa, CA 91942
619.463.3267 CasaDePico.com

Thank You LM COURIER READERS!

✔️ BEST OUTDOOR DINING
✔️ BEST SEAFOOD DINING
✔️ BEST PET-FRIENDLY DINING
✔️ BEST ROMANTIC DINING!
✔️ BEST FINE DINING!

Check out our Street View tour on Google Maps!

619-463-0368 • 9530 Murray Drive, 91942
ANTHONYSFISHERGROTTO.COM

ANTHONY’S FISH GROTTO

Plan your next party or event in one of our beautiful banquet areas. Featuring special group dining rates and menus.

Thank you LM COURIER READERS!

You voted and won Anthony’s FIVE “Best of” Awards in 2019!

619-463-0368 • 9530 Murray Drive, 91942
ANTHONYSFISHERGROTTO.COM

Thank you LM COURIER READERS!

✔️ BEST OUTDOOR DINING
✔️ BEST SEAFOOD DINING
✔️ BEST PET-FRIENDLY DINING
✔️ BEST ROMANTIC DINING!
✔️ BEST FINE DINING!

Check out our Street View tour on Google Maps!

619-463-0368 • 9530 Murray Drive, 91942
ANTHONYSFISHERGROTTO.COM

Vine Cottage

CONTINUES FROM PAGE 17

which unexpectedly wasn’t of the classic Italian variety spiked with fennel. This was more akin to spicy kiribasa or perhaps andouille.

Although hitting the nail right through the heel of Italy was one of the best and most accurate versions of cacio e pepe spaghetti I’ve had in ages. This peasant pasta dish, which dates back to the Roman Empire, is simple yet requires skill in tying together the sauce, which is constructed quickly with scuds of black pepper, Parmesan or Romano cheese, and pasta water.

But if only there were oodles more noodles in the oversized bowl, which further exaggerated the small portion. Priced at $15, and given its luxurious flavor, the dish cried for a few more ounces of spaghetti. I didn’t want the dish to ever end.

The diverse menu extends to fish and chips; a burger using grass-fed beef that’s topped with “drunken” goat cheese and Anaheim chilies; sake-marinated chicken wings; duck leg confit; seafood stew; roasted chicken; and a Tuscan-style New York strip steak.

Service was friendly, and I give extra points to the way in which our meal was staggered. The salad and shrimp came out first. Shortly after we polished them off, our main courses arrived. What’s so special about that, you might ask?

About four out of five times I dine out, my meal courses land on the table simultaneously. It’s a phenomenon plaguing basic meal service, which I find especially rampant in restaurants throughout San Diego County.

But our waiter at Vine Cottage intuitively knew better while the kitchen exhibited impressive flexibility constructing the multi-national dishes we ordered.

—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.

Cacio e pepe spaghetti (Photos by Frank Sabatini Jr.)

The sausage and mushroom flatbread
Great graphic novels in the spirit of Comic-Con

By JAKE SEXTON

Here in San Diego, July means Comic-Con! And Comic-Con means another column from me about some of the best comics and graphic novels of the past year.

My favorite new story of the year was the bitingly satirical “Crowded” by Christopher Sebela. Ro Stein and Ted Brandt. In a near future where norms and institutions are increasingly eroded by internet “innovation,” a party girl named Charlie discovers that millions of strangers have put a bounty on her head via an anonymous assassination app called Reap. Any random stranger could turn out to be an assassin, out to kill her to win the hefty price. To protect herself, Charlie hires a mercenary through an Uber-like app for bodyguards called Defender, and the two fight to hide and survive. So far, the series has been an exciting mix of intrigue (why does everyone want to kill Charlie’s), humor, action, and social critique that hits far too close to home.

Another great science fiction series with something to say is “Skyward” by Joe Henderson and Lee Garbett. On present day Earth, gravity abruptly and radically shifts to almost nothing. Twenty years pass, and there’s an entire generation of people who have only known a free and dangerous world where you can both fly with ease or get too close to the outer atmosphere and die. And while the youth find their way living in the sky, many older people try to cling to their former grounded life, with technology and institutions increasingly eroded by technology. And while the youth find their way living in the sky, many older people try to cling to their former grounded life, with technology and institutions increasingly eroded by technology. And while the youth find their way living in the sky, many older people try to cling to their former grounded life, with technology and institutions increasingly eroded by technology.

Imaginary if every night your body transformed into that of a monster and a violent alternate personality took control. Upon waking up, you’re truly self in the morning, you’d learn with horror about “your” nighttime activities and the carnage you had caused. That’s the horrific life of Bruce Banner in the new series “The Immortal Hulk” by Al Ewing and Joe Bennett. No longer the gruff superhero we know from the movies, the Hulk is now a vicious killer and Bruce Banner is a painted man on the run. Banner spends each day trying to position himself near criminals and abusers before nightfall, in desperate hope that his alter ego’s rampage hurts more villains than innocents. But a reporter has started to pick up Banner’s trail, and these changes made to Hulk seem to be the machinations of a mysterious entity, giving tension and mystery to this ongoing story.

Ed Brubaker and Sam Phillips excel at telling noir-style crime and spy stories, in which desperate and deeply flawed characters make bad decisions that put them into even worse situations. Their latest is “My Heroes Have Always Been Junkies,” about a young woman named Ellie who is enamored of the glamour of drugs, art and celebrity. Ellie has been sentenced to time at a fancy, rural rehab facility, but she has no interest in getting clean. She manipulates and seduces her way to wards her own secretive goals, and doesn’t seem to care who she takes down with her.

Of course, you can try out all sorts of graphic novels for free at the library, and they’re usually a quick read. And you can also join our Summer Reading Challenge, where all ages can get prizes for reading books and participating in other fun educational activities. Info at sdc.lib.ca.us/summer.

—Jade Sexton is librarian at the La Mesa branch of the San Diego County Library. Call the library at 619-469-2151, visit in person at 8074 Allison Ave., or visit online at sdcl.org.

August featured artist: Carl ‘Rusty’ Arnesen

Carl “Rusty” Arnesen, whose artwork will be featured at the Foothills Gallery during the month of August, has been interested in art and drawing since he was very young. But during his early years in the Marine Corps, in school, and as a young attorney, he had little time for painting and drawing. Since his retirement, he has painted more than 10 pastel and acrylic pieces and has sold half a dozen. He has little artwork left from his early years, but one oil painting, done when he was a teen, will be on display along with his more recent paintings at the gallery.

Born in Brooklyn, Rusty was introduced to San Diego on his way to Vietnam while in the Marine Corps. After his last return from Vietnam, he settled in San Diego where he reentered college and attended law school. In college, he took a few art courses, but due to his work and school schedule, he was unable to indulge his desire to paint and draw. After law school, Rusty went into private practice. Later, he became a felony attorney.

The Foothills Gallery is free and open to the public Tuesday through Saturday, 11 a.m. to 4 p.m. Rusty Arnesen’s artwork will be featured at the gallery from Aug. 2 to Sept. 3. An artist’s reception will be on Saturday, Aug. 10, 2-4 p.m. at the gallery, 4910 Memorial Drive, La Mesa. Everyone is welcome. Call 619-464-7167 for more information.

—Linda Michael is editor of Footnotes, the newsletter of the Foothills Art Association.
Making fast work of prediabetes

**GEN-X in La Mesa**

By GENEVIEVE A. SUZUKI

It should come as no surprise to any reader who has stayed with me for the past several years that I, as with many of my fellow Americans, have struggled mightily with my weight. I’ve written about working out and trying to eat healthy.

And then, as with many of those fellow Americans, I fell back into bad habits, whether it was coming up with random excuses on why I couldn’t work out, comforting myself after a bad day with Starbucks or regarding myself for a good day with a trip to the donut shop.

When I found out I was still prediabetic, almost four years after I had gestational diabetes while pregnant with my son, I was crushed. My grandmother died with diabetes, suffering from complications associated with the disease. She lost a leg and was on regular dialysis. I also recently found out last summer that my father was also a Type-2 diabetic.

After reading an article in *Women’s Health*, which said weight loss is 80% diet and 20% exercise, I decided to make a serious dietary difference by calling Kaiser to sign up for its medically-supervised fasting program.

If you’ve ever wanted to know what makes you tick, go on a fast. Plato and Aristotle were allegedly fast devotees; Benjamin Franklin believed fasting to be among the best medicines; and Mark Twain said, “A little starv[ation] can do the average sick man than can the best medicines and the best doctors.”

Siddhartha fasted before becoming the Buddha and Jesus Christ fasted for 40 days and nights before beating temptation by Satan and beginning his ministry. A fast will clear your mind better than a year’s worth of meditation.

The Kaiser fast is pretty simple: You drink a shake five times a day and consume a lot of water in between. There are two soups you can throw into the mix, but you can only have two soups max. There are no breaks and there is almost nothing to chew.

The first week I did it I was running with a tennis player. “I am a fast!” I confided to anyone who would listen. Of the seemingly thousands I told, 99% were reluctant listeners, trapped by circumstance, whether it was because they were at work, standing in a line at the grocery store, or stranded in an elevator with me.

The second week of the fast I felt borderline homicidal when I smelled cooking meat. I had to step away from the dinner table with my non-fasting family to take myself to Grossmont Center to walk around and get my mind off dinner.

But, as they say, it takes 21 days to build or break a habit. I’ve broken through the hardest part and am now taking each lesson as they come. Figuring out how food had become a crutch for dealing with life was likely the most valuable awareness.

Another discovery is how kind and understanding I am when you’re the only one fasting at the table. A server at Banbu Sushi Bar & Grill on Fletcher Parkway brought me a bowl of water for my soup and a refreshing sparkling water on Father’s Day with the family. Another server, this time at Claim Jumper, reassured me, “I got you!” and gave me a fancy glass for another sparkling water toast.

The most ironic thing about this “fast” is how un-fast this process has been. Eight weeks into the 20-week fast, I am at least committed too much to turn back.

What I’d like to do is use this column to learn more about how we in La Mesa can be healthy. As the Chinese proverb says, “A journey of a thousand miles begins with a single step.”

The Kaiser fast is pretty simple: You drink a shake five times a day and consume a lot of water in between. There are two soups you can throw into the mix, but you can only have two soups max. There are no breaks and there is almost nothing to chew.

The first week I did it I was running with a tennis player. “I am a fast!” I confided to anyone who would listen. Of the seemingly thousands I told, 99% were reluctant listeners, trapped by circumstance, whether it was because they were at work, standing in a line at the grocery store, or stranded in an elevator with me.

The second week of the fast I felt borderline homicidal when I smelled cooking meat. I had to step away from the dinner table with my non-fasting family to take myself to Grossmont Center to walk around and get my mind off dinner.

But, as they say, it takes 21 days to build or break a habit.
**Grossmont Center**

**Summer Bash Business Expo**
La Mesa Chamber of Commerce’s annual business expo is the best place to network with local businesses. Take this opportunity to join fellow members and mix and mingle! Enjoy beverages and food provided by local businesses and the chamber. Attend and be prepared to have fun, taste great food and the opportunity to win from dozens of free door prizes from participating business vendors! 5-8 p.m. at La Mesa Community Center, 4975 Memorial Drive. La Mesa. Tickets before Aug. 1 are $15; tickets after are $20; door tickets are $25. Purchase tickets at bit.ly/2uDE62P.

**Friday, Aug. 16**

**Movies in the Park:**
“Mary Poppins Returns”
The magical nanny is back in this musical fantasy film based on the book series “Mary Poppins” by P.L. Travers. 8 p.m. at MacArthur Park, 4900 Memorial Drive. Free. Call 619-467-7305 for more information.

**Saturday, Aug. 10**

**Olive Wiegworth 20th Anniversary Celebration**
The studio of Western artist Olaf Wiegworth is hosting a 20th anniversary party with Tours of his unique property; live music by Jonni Glaser and Son Pa Ti; food, drinks and more. 4-9 P.M. at the Olaf Wiegworth Museum & Heritage Center, 131 Rea Ave., El Cajon. $75 general admission. Call 619-467-7305 or visit weigworthmuseums.com.

**Saturday, July 27**

**Summer Concert Series: Bayou Brothers**
Grossmont Center’s Summer Concert Series presents the Zydeco music of Bayou Brothers. 5 P.M. in the shopping center’s Center Court area, 5500 Grossmont Center Drive. Free. Visit grossmontcenter.com.

**Saturday, July 28**

**Mindy Dillard in concert**
The Valerie Victor Concert Series presents adventurous, musical alchemist and mythologist Mindy Dillard, who plays clawhammer banjo and rhythm guitar, often in alternate tunings to accompany her electric and raw, crystal-clear voice. A genre hopper, Mindy’s sound holds shades of old-time Appalachia, contemporary folk, gospel, musical theater and rhythm and blues. 2 P.M. at United Church of Christ of La Mesa, 5940 Kelt Ave. Free-will offering will be taken. Visit tableucm.com or call 619-464-1519.

**Sundays at Six: Sonic Epidemic**
The final performance of La Mesa’s summer concert series features Sonic Epidemic playing horn tunes of the 1970s. 6 P.M. at Harry Griffin Park, 9550 Middle St. Free.

**Friday, Aug. 2**

**Movies in the Park:**
“The Incredibles 2”
A superhero movie for a super-family-friendly event! “The Incredibles 2” follows the Parr family as they try to restore the public’s trust in superheroes while balancing their family life, only to combat a new foe who seeks to turn the tables against all superheroes. 8 P.M. at La Mesa Park, 8855 Dallas St. Free.

**Saturday, Aug. 3**

**Olive Wiegworth 20th Anniversary Celebration**
The studio of Western artist Olaf Wiegworth is hosting a 20th anniversary party with Tours of his unique property; live music by Jonni Glaser and Son Pa Ti; food, drinks and more. 4-9 P.M. at the Olaf Wiegworth Museum & Heritage Center, 131 Rea Ave., El Cajon. $75 general admission. Call 619-467-7305 or visit weigworthmuseums.com.

**Ongoing Events**

**Community Arts & Entertainment Calendar**

---

**La Mesa**

**Old Metabolism Foundation’s annual business ex-**

---

**Getting the Word Out**

---

**SDNews.com**

---

**La Mesa Courier**

---
Lung Cancer? Asbestos exposure in industrial, construction, manufacturing jobs, or the military may be the cause. Family in the home were also exposed. Call 1-866-795-3684 or email cancer@breakinginjurynews.com. A recent $2 billion judgment was awarded in a RoundUp injury case. Asbestos exposure in industrial, construction, manufacturing jobs, or the military may be the cause. Family in the home were also exposed. Call 1-866-795-3684 or email cancer@breakinginjurynews.com.

DIAGNOSE WITH LUNG CANCER? You may qualify for a substantial cash award. NO OBLIGATION, NO RISK! We've recovered millions. Let us help you! 247-855-8442.

Use RoundUp Weedkiller? Non-Hodgkin's Lymphoma, Multiple Myeloma, and Leukemia may result from RoundUp exposure. A recent $2 billion judgment was awarded in a RoundUp Injury case. Call 1-619-493-4791 or email RoundUp@breakinginjurynews.com and let us begin work on your RoundUp case today.

Portable Oxygen Concentrator May Be Approved! No money out of pockets! Call 1-888-545-5093. Save on your Long distance move 1-800-511-2181 Call Empire Today! to schedule a FREE in-home estimate. CALL Today 1-800-508-2024 Spectrum Triple Play TV, Internet, & Voice for $99.97/mo. Fastest Internet. 100+ meg per second speed. FREE POINT on Time. Unlimited Voice. NO CONTRACTS. 1-855-652-9304 or visit tripleplaytoday.com/national

DIETARY SHOPPING. Call 1-888-202-8795 for details. www.dental50plus.com/cadnet

FIND A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. 1-866-754-7459

DISH TV $99.99 For 190 Channels! High Speed Internet. NO Installation Fees. Smallest, Smartest HD DVR included. NO Annual Contract. 1-855-601-6993 INVESTORS - FREE INFORMATION PACKAGE Have your product idea developed affordably by the Research & Development pros and presented to million dollar investors. Call 1-888-503-2016 for a Free Idea Starter Guide. Submit your idea for a free comparison.

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. 1-866-754-7459

DISH TV $99.99 For 190 Channels! High Speed Internet. NO Installation Fees. Smallest, Smartest HD DVR included. NO Annual Contract. 1-855-601-6993 INVESTORS - FREE INFORMATION PACKAGE Have your product idea developed affordably by the Research & Development pros and presented to million dollar investors. Call 1-888-503-2016 for a Free Idea Starter Guide. Submit your idea for a free comparison.

Use RoundUp Weedkiller? Non-Hodgkin's Lymphoma, Multiple Myeloma, and Leukemia may result from RoundUp exposure. A recent $2 billion judgment was awarded in a RoundUp Injury case. Call 1-619-493-4791 or email RoundUp@breakinginjurynews.com and let us begin work on your RoundUp case today.

Use RoundUp Weedkiller? Non-Hodgkin's Lymphoma, Multiple Myeloma, and Leukemia may result from RoundUp exposure. A recent $2 billion judgment was awarded in a RoundUp Injury case. Call 1-619-493-4791 or email RoundUp@breakinginjurynews.com and let us begin work on your RoundUp case today.

Use RoundUp Weedkiller? Non-Hodgkin's Lymphoma, Multiple Myeloma, and Leukemia may result from RoundUp exposure. A recent $2 billion judgment was awarded in a RoundUp Injury case. Call 1-619-493-4791 or email RoundUp@breakinginjurynews.com and let us begin work on your RoundUp case today.

Use RoundUp Weedkiller? Non-Hodgkin's Lymphoma, Multiple Myeloma, and Leukemia may result from RoundUp exposure. A recent $2 billion judgment was awarded in a RoundUp Injury case. Call 1-619-493-4791 or email RoundUp@breakinginjurynews.com and let us begin work on your RoundUp case today.

Use RoundUp Weedkiller? Non-Hodgkin's Lymphoma, Multiple Myeloma, and Leukemia may result from RoundUp exposure. A recent $2 billion judgment was awarded in a RoundUp Injury case. Call 1-619-493-4791 or email RoundUp@breakinginjurynews.com and let us begin work on your RoundUp case today.
Anthropology to theater arts are available at both colleges. Both colleges are also offering a growing cadre of general education textbooks that are available on the public domain or released under an open license. Look for courses with the “ZTC” (zero textbook cost) icon in the classes in the course schedules for Grossmont College and Cuyamaca College.

For those seeking workforce training, Grossmont College has established and maintains a list of current course offerings with one required Saturday meeting per week. The dispatch course is POST-approved, meeting the requirements for the Basic Public Safety Dispatcher, and is Aug. 7.

The last day to submit an application is Aug. 17. The Public Safety Dispatcher course (AQP-158) is also offered 6-10 p.m. Monday and Wednesday evenings (with one required Saturday meeting). The dispatch course is POST-approved, meeting the training requirements for the Basic Public Safety Dispatcher, and is Aug. 7.

The Public Safety Dispatcher course (AQP-158) is also offered 6-10 p.m. Monday and Wednesday evenings (with one required Saturday meeting). The dispatch course is POST-approved, meeting the training requirements for the Basic Public Safety Dispatcher, and is Aug. 7.

Will not be able to save on their premiums if they shop around for the best deal. The average rate increase for non-employer-subsidized plans will be the same level of benefits.

An estimated 235,000 middle-income Californians who currently receive federal financial aid will be able to save 23% off their current premiums.

An estimated 235,000 middle-income Californians who previously did not qualify for federal financial aid will be able to save 23% off their current premiums.

Applications are being accepted for several openings on the City’s Youth Advisory Commission. Applicants must live within the city limits of La Mesa and be at least 13 years old, but not more than 20 years old, at the time of appointment.

Participating on the commission is a way for young people in middle and high school to work with their peers to explore and develop activities that promote positive youth relations in the city and gain volunteer experience that can be applied towards community service hours. Being a commission member also looks great on college and job applications.

City of La Mesa is accepting applications for the youth in La Mesa! Applications are being accepted for several openings on the City’s Youth Advisory Commission. Applicants must live within the city limits of La Mesa and be at least 13 years old, but not more than 20 years old, at the time of appointment.

An estimated 663,000 Covered California enrollees who currently receive federal financial aid. They will be eligible to receive an average of an additional $15 per household, per month, which will help them save an average of 5% on their current premiums.

Applications for Youth Advisory Commission.

The average rate changes and savings from shopping and switching do not reflect the additional savings available from the new state subsidies that an estimated 922,000 consumers will be eligible to receive, which will also lower the cost of coverage.

The consumers who are project to benefit from the new state subsidies are:

- An estimated 23,000 Covered California enrollees whose annual household income falls below 136% of the federal poverty level (FPL), which is less than $17,237 for an individual and $35,535 for a family of four. They will see their premiums for the benchmark plan lowered to $1 per member, per month.

- An estimated 663,000 Covered California enrollees who currently receive federal financial aid. They will be eligible to receive an average of an additional $15 per household, per month, which will help them save an average of 5% on their current premiums.

- An estimated 23,000 Covered California enrollees who previously did not qualify for federal financial aid because they exceeded federal income requirements. They will be eligible to receive an average of $172 per household, per month, which will help them save an average of 21% off their current premiums. Many Covered California enrollees, particularly those who live in high-cost regions, will see significant savings with annual reductions in their health insurance premiums in the hundreds and even thousands of dollars.

City of La Mesa is accepting applications for the youth in La Mesa! Applications are being accepted for several openings on the City’s Youth Advisory Commission. Applicants must live within the city limits of La Mesa and be at least 13 years old, but not more than 20 years old, at the time of appointment.

An estimated 663,000 Covered California enrollees who currently receive federal financial aid. They will be eligible to receive an average of an additional $15 per household, per month, which will help them save an average of 5% on their current premiums.

Applications are being accepted for several openings on the City’s Youth Advisory Commission. Applicants must live within the city limits of La Mesa and be at least 13 years old, but not more than 20 years old, at the time of appointment.

An estimated 235,000 middle-income Californians who currently receive federal financial aid. They will be eligible to receive an average of an additional $15 per household, per month, which will help them save an average of 5% on their current premiums.

Applications are being accepted for several openings on the City’s Youth Advisory Commission. Applicants must live within the city limits of La Mesa and be at least 13 years old, but not more than 20 years old, at the time of appointment.

An estimated 663,000 Covered California enrollees who currently receive federal financial aid. They will be eligible to receive an average of an additional $15 per household, per month, which will help them save an average of 5% on their current premiums.

Applications are being accepted for several openings on the City’s Youth Advisory Commission. Applicants must live within the city limits of La Mesa and be at least 13 years old, but not more than 20 years old, at the time of appointment.

An estimated 235,000 middle-income Californians who currently receive federal financial aid. They will be eligible to receive an average of an additional $15 per household, per month, which will help them save an average of 5% on their current premiums.

Applications are being accepted for several openings on the City’s Youth Advisory Commission. Applicants must live within the city limits of La Mesa and be at least 13 years old, but not more than 20 years old, at the time of appointment.

An estimated 663,000 Covered California enrollees who currently receive federal financial aid. They will be eligible to receive an average of an additional $15 per household, per month, which will help them save an average of 5% on their current premiums.

Applications are being accepted for several openings on the City’s Youth Advisory Commission. Applicants must live within the city limits of La Mesa and be at least 13 years old, but not more than 20 years old, at the time of appointment.
In a Rapidly-Changing Market, Real Estate Experience & Knowledge Matter More than Ever:
Most Homes Sold in La Mesa Last 16+ Years
OVER $1/3 BILLION IN CLOSED REAL ESTATE TRANSACTIONS
Top 1% Agent in San Diego County
Extraordinarily High Repeat and Referral Clientele

MT. HELIX — $1M - $1.2M
Panoramic Views to Ocean, Elevator, 4Br/3.5Ba, Approx 3500 s.f.

MT. HELIX — $875K
Contemporary Craftsman!

SPRING VALLEY — $475K - $525K
A Little Maui in Your Spring Valley!

SOLDS in 2019 So Far:

SDNEWS.COM

Laura Lothian
CAL BRE Lic# 01562585
Laura@LauraLothianRealEstate.com
I can’t wait for us to get started!

RECOGNITION OF EXCELLENCE
2018 OFFICIAL AWARD WINNER

SELLING or BUYING?
Call Me
619.540.7744