Panel discusses police oversight options

**Jeff Clemetson**

It has been a year and a half since former Helix High School student Brianna Bell was filmed being body slammed while handcuffed by a La Mesa Police officer, prompting community meetings and protests by students. A report on the incident released in January of this year found no fault by the officer, which led to calls for citizen oversight of police use of force complaints.

On May 21, a group of residents gathered for a presentation and discussion on "The Future of Police Oversight in La Mesa" put on by La Mesa Conversations. The panel included ACLU of San Diego and Imperial Counties Deputy Advocacy Director Christine Hill, former San Diego County Sheriffs Department officer Jamal McRae, attorney and author of the City of San Diego’s proposed charter amendment for police oversight process Andrea St. Julian, and La Mesa community activist Jack Shu.

The new Mission Valley location for the La Mesa Chamber of Commerce taste event will still feature popular local restaurants like Terra American Bistro. (Photo by CaCe Photography, courtesy La Mesa Chamber of Commerce)

'Taste of La Mesa' changes name, location

**Jeff Clemetson**

Goodbye Taste of La Mesa. Hello Taste of San Diego – East.

After 10 years of running the popular foodie event in La Mesa, the La Mesa Chamber of Commerce is changing venues, and also changing its name.

“We just didn’t want to be La Mesa-centric anymore because we never were,” said La Mesa Chamber of Commerce President Mary England. “All of our restaurants weren’t from La Mesa. So it just made sense to change the name.”

This year’s Taste of San Diego – East will be held in an 11,000-square-foot ballroom in the Town & Country Hotel in Mission Valley. England said the change of venue, and also changing its name.

Recently, the fireworks event also got a small bump from the city with $5,000 from the City of San Diego parks budget.

It’s crunch time for the 2019 Lake Murray Fireworks & MusicFest. The annual Fourth July event that brings food, music, patriotic fireworks and family fun to Lake Murray Community Park is closing in on its fundraising deadline with about $30,000 of the $85,000 goal raised at press time.

“We have enough funds raised to hold the music festival and fireworks this year, but the quality of the show is largely dependent on the budget,” said event chair Tracy Dahlkamp. “We also have to think ahead to next year’s fireworks and music festival and whether it’s feasible if this year’s goal isn’t met. This event is entirely community driven and funded, for the benefit of all our neighbors.”

This year, the fireworks show can be seen by an estimated 3,000 people, while the 9 p.m. fireworks show can be seen by an estimated 100,000 people throughout La Mesa and San Diego’s Navajo neighborhoods of Grantville, Allied Gardens, Del Cerro, and San Carlos.

Recently, the fireworks show can be seen by an estimated 100,000 people throughout La Mesa and San Diego’s Navajo neighborhoods of Grantville, Allied Gardens, Del Cerro, and San Carlos.

The top-40 dance hits ensemble Republic of Music will headline the 2019 Lake Murray Fireworks & MusicFest, with acts throughout the day including Frankie

POLICE

The La Mesa Conversations panel on police oversight: (l to r) Jack Shu, Christie Hill, Jamal McRae and Andrea St. Julian (Photo by Jeff Clemetson)

Lake Murray Fireworks & MusicFest seeks neighborhood support

Lake Murray Fireworks & MusicFest seeks neighborhood support

It’s crunch time for the 2019 Lake Murray Fireworks & MusicFest. The annual Fourth July event that brings food, music, patriotic fireworks and family fun to Lake Murray Community Park is closing in on its fundraising deadline with about $30,000 of the $85,000 goal raised at press time.

“We have enough funds raised to hold the music festival and fireworks this year, but the quality of the show is largely dependent on the budget,” said event chair Tracy Dahlkamp. “We also have to think ahead to next year’s fireworks and music festival and whether it’s feasible if this year’s goal isn’t met. This event is entirely community driven and funded, for the benefit of all our neighbors.”

Recently, the fireworks event also got a small bump from the city with $5,000 from the City of San Diego parks budget.

It’s crunch time for the 2019 Lake Murray Fireworks & MusicFest. The annual Fourth July event that brings food, music, patriotic fireworks and family fun to Lake Murray Community Park is closing in on its fundraising deadline with about $30,000 of the $85,000 goal raised at press time.

“We have enough funds raised to hold the music festival and fireworks this year, but the quality of the show is largely dependent on the budget,” said event chair Tracy Dahlkamp. “We also have to think ahead to next year’s fireworks and music festival and whether it’s feasible if this year’s goal isn’t met. This event is entirely community driven and funded, for the benefit of all our neighbors.”

Recently, the fireworks event also got a small bump from the city with $5,000 from the City of San Diego parks budget.

It’s crunch time for the 2019 Lake Murray Fireworks & MusicFest. The annual Fourth July event that brings food, music, patriotic fireworks and family fun to Lake Murray Community Park is closing in on its fundraising deadline with about $30,000 of the $85,000 goal raised at press time.

“We have enough funds raised to hold the music festival and fireworks this year, but the quality of the show is largely dependent on the budget,” said event chair Tracy Dahlkamp. “We also have to think ahead to next year’s fireworks and music festival and whether it’s feasible if this year’s goal isn’t met. This event is entirely community driven and funded, for the benefit of all our neighbors.”

Recently, the fireworks event also got a small bump from the city with $5,000 from the City of San Diego parks budget.

It’s crunch time for the 2019 Lake Murray Fireworks & MusicFest. The annual Fourth July event that brings food, music, patriotic fireworks and family fun to Lake Murray Community Park is closing in on its fundraising deadline with about $30,000 of the $85,000 goal raised at press time.

“We have enough funds raised to hold the music festival and fireworks this year, but the quality of the show is largely dependent on the budget,” said event chair Tracy Dahlkamp. “We also have to think ahead to next year’s fireworks and music festival and whether it’s feasible if this year’s goal isn’t met. This event is entirely community driven and funded, for the benefit of all our neighbors.”

Recently, the fireworks event also got a small bump from the city with $5,000 from the City of San Diego parks budget.

It’s crunch time for the 2019 Lake Murray Fireworks & MusicFest. The annual Fourth July event that brings food, music, patriotic fireworks and family fun to Lake Murray Community Park is closing in on its fundraising deadline with about $30,000 of the $85,000 goal raised at press time.

“We have enough funds raised to hold the music festival and fireworks this year, but the quality of the show is largely dependent on the budget,” said event chair Tracy Dahlkamp. “We also have to think ahead to next year’s fireworks and music festival and whether it’s feasible if this year’s goal isn’t met. This event is entirely community driven and funded, for the benefit of all our neighbors.”

Recently, the fireworks event also got a small bump from the city with $5,000 from the City of San Diego parks budget.
Hill said that police oversight would be good for La Mesa, even though issues with policing have not risen to the levels of distrust in places like Ferguson, Missouri. She cited SANDAG statistics that showed the San Diego region has the second-highest rate for juvenile and adult arrests; that blacks and Latinos are three times more likely to be shot by police; and that car and body searches of people of color are higher "despite being less likely to have contraband compared to whites."

Hill said accurate statistics play a vital role in holding police accountable and cited a new state law, AB 953, that mandates law enforcement to collect data on all stops and arrests to include race, gender, sexual orientation and other factors. The law is being phased in across the state by size of department and La Mesa is on the later end of the list of departments to adopt the new mandates.

"But you can advocate. You can have an oversight board that advocates for it to be adopted sooner," she said. "When you have a community oversight board, you can explore those issues, get additional information that might not be available to the public, and to push for change and work with the police — because it can be a partnership. It doesn’t have to be antagonistic."

McRae also sees oversight as a way to improve police and community relations.

"I believe that this committee is so important," he said. "Not to have police the police, but to show the community that La Mesa PD will do everything in their power to be transparent and to restore faith in the police force."

St. Julian said she spent the last two years researching charter amendments and ordinances from across country that create citizen review boards to author the charter amendment for San Diego. The research made her a staunch supporter of police oversight.

"To answer the question directly, ‘Is it important for La Mesa to have a citizen’s oversight board?’ Absolutely," she said. "St. Julian cited an Obama administration report on policing that found effective policing is a result of community trust in police and accountability for police.

"The best way to get those two things is by having a citizen’s oversight board of some type,” she said.

St. Julian said there are three types of oversight: a review model that reviews what internal investigation the police have done; an investigatory model where the commission or board investigates each complaint; and an auditor model focusing on structures, policies and practices of the police department. She recommended La Mesa adopt a hybrid. She also said that citizens be fully involved in creating it.

"Don't just leave it to your city attorney to write this. That’s not going to work for you. You have to be involved." Shu said he has been working on garnering support for a police oversight committee in La Mesa for several months. He also has been surveying citizens about their views on local policing to gauge public interest and opinion of police oversight.

"There’s all forms of that," he said. "How people respond to these surveys based on their age, their gender, their sexual orientation and other factors. The law is being phased in across the state by size of department and La Mesa is on the later end of the list of departments to adopt the new mandates.

"But you can advocate. You can have an oversight board that advocates for it to be adopted sooner," she said. "When you have a community oversight board, you can explore those issues, get additional information that might not be available to the public, and to push for change and work with the police — because it can be a partnership. It doesn’t have to be antagonistic."

"St. Julian said she spent the last two years researching charter amendments and ordinances from across country that create citizen review boards to author the charter amendment for San Diego. The research made her a staunch supporter of police oversight."
Every two years, trash collection service providers are allowed by state law to raise rates on customers. This year, local trash collectors EDCO are asking customers for an additional $1.44 a month for residential services and $8.89 more for commercial services.

At the April 23 La Mesa City Council meeting, EDCO representatives started the process for rate increases by receiving approval from the city to mail out notices about the rate increase. A public hearing and vote on the proposed rate increase will be held June 25 and, if approved, the new rates will take effect July 1.

EDCO president and CEO Steve South said part of the need for customer rate increases is due to changes in the worldwide recycling market.

“Over the last several years, there has been somewhat of a paradigm shift in recycling where markets have simply disappeared,” said South.

South explained that 65% of recycling used to be shipped to China, until that country gradually increased quality standards for materials it would accept. Now, China doesn’t want and isn’t accepting recycling from around the world.

EDCO has found new markets in countries including Turkey and Vietnam for its roughly 45 ocean containers a day of recycled material it ships and recycling, South said, is still preferable because it is obviously a “more sustainable option” than dumping in landfills — but there is no longer revenue from it and it doesn’t offset the company’s costs.

“For many times, we stood before you for rate adjustments and we actually had an offset for recycling. That no longer exists. Recycling is actually a cost,” he said. “But, again, in our assessment, that is a more sustainable disposal option and it surely assists the city in achieving state mandates.”

In addition to laying out the rate increases for the next two years, South also presented the city in achieving state mandates.

“For many times, we stood before you for rate adjustments and we actually had an offset for recycling. That no longer exists. Recycling is actually a cost,” he said. “But, again, in our assessment, that is a more sustainable disposal option and it surely assists the city in achieving state mandates.”

In addition to laying out the rate increases for the next two years, South also presented the city in achieving state mandates.

The new EDCO anaerobic digestion facility to be built in Escondido will convert organic waste into methane. (Courtesy EDCO)

**Changes ahead for trash collection**

Jeff Clemetson
Editor

La Mesa - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they’re even given a chance of showing.

Your asking price is often your home’s “first impression”, and if you want to realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeowner as pricing too low. Taking a look at what homes in your neighborhood have sold for is only a small part of the process, and on its own is not nearly enough to help you make the best decision. A recently study, which compiles 10 years of industry research, has resulted in a new special report entitled “Homesellers: How To Get The Price You Want (and Need)”. This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell for the price you want.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-270-1494 and enter 1016. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to price your home to your maximum financial advantage.

---

**Homesellers: How to Get the Price You Want (and Need)**

La Mesa - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they’re even given a chance of showing.

Your asking price is often your home’s “first impression”, and if you want to realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeowner as pricing too low. Taking a look at what homes in your neighborhood have sold for is only a small part of the process, and on its own is not nearly enough to help you make the best decision. A recently study, which compiles 10 years of industry research, has resulted in a new special report entitled “Homesellers: How To Get The Price You Want (and Need)”. This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell for the price you want.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-270-1494 and enter 1016. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to price your home to your maximum financial advantage.

---

**COPD?**

**PULMONARY REHABILITATION IS MEDICARE APPROVED**

**CALL FOR FREE LUNG FUNCTION TEST AND CONSULTATION:**

619-488-6422

La Mesa Rehab
Pulmonary Rehabilitation

www.LaMesaRehab.com

---

**California BBQ & Oven Cleaning**

“the most thorough BBQ and oven cleaning service!”

Call Today! (858) 210-2034

www.CalBBQ.com

---

100% Environmentally
Sustainable and Renewable

**Main Anaerobic Digester**

Gas Upgrading

Separater

**Post Digester**

“We’ll Take Care of It”

[Image of 100% Environmentally Sustainable and Renewable Process]

(Graphic courtesy EDCO)

---

**Ruth B. Smith**

Editor
move made sense because Taste of La Mesa had long outgrown the La Mesa Community Center and Town & Country, although located in San Diego, has been a member of the chamber since its inception. “So of course they were the first location we approached,” she said.

The large ballroom will combine the event under one roof — a major improvement over past events at the Community Center, which were separated into two different buildings, one of which didn’t have air conditioning. “It got to be too difficult to manage. It was like having two separate events,” England said, adding that because of the two separate buildings, she had to do two of everything such as have two announcers for the prize raffle. “The problem was either cut the number of restaurants, cut the number of tickets, or move. That was pretty much the dilemma we had.”

Parking will also be improved. Town & Country will provide guests with free onsite parking close to the event. At the previous location, the chamber had to hire traffic control, parking attendants and a shuttle to meet the needs of guests at the taste event. The limited parking also limited the number of VIP tickets sold because preferred parking was part of the package. “I only had 136 parking spaces because we parked in a community lot on the grounds of the Community Center and they have swim meets going on and other events so I couldn’t control any of the lot,” England said. Although moving a popular event is always risky, England said she surveyed sponsors and businesses over a year ago to see how they would feel about moving locations. “Many of them had the comment, ‘What took you so long?’” she said.

For attendees coming from La Mesa, the new location is a short drive west against rush-hour traffic, and England pointed out that previous Taste of La Mesa events drew people from all over. “Not all the people that went to the La Mesa Community Center for the Taste of La Mesa were from La Mesa anyway,” she said. “We’ve been selling to Santee, Spring Valley, San Diego.”

The ample parking and spacious ballroom will give guests the room to “taste, savor and mingle while enjoying the great food samplings prepared by all of our chefs and their staffs,” England said.

This year’s list of participating restaurants include: Anthony’s Fish Grotto, BJ’s Restaurant and Brewhouse, BO-beau kitchen + garden, Brew Coffee Spot, Brigitante Restaurant of La Mesa, Cafe Carmel Bakery, Cali Comfort BBQ, Dream Dinners, Eclectic International Chefs, Edible Arrangements, Hooley’s Public House, Jersey Mike’s Subs, Lantern Crest Senior Living, Little Roma, Los Pinos Taco Shop, Marie Callender’s Outback Steakhouse – Mission Valley, Pick Up Stix, Ranch Events, Red Lobster, Surf Rider Pizza Co., Sycuan Casino Resort, Terra American Bistro, The Hills Local Pub, and Valley Farm Market.

Taste of San Diego – East will be held June 3 at Town & Country Hotel, 500 Hotel Circle North in Mission Valley. VIP tasting runs 5-8 p.m. and general admission tasting runs 6-8 p.m.

Ticket pricing prior to May 28 (pricing increases after that date), which includes complimentary parking and unlimited visits to all food vendors, is $60 for VIP tasting and $40 for general admission. Tickets may be purchased at lamesachamber.com or by calling the chamber office at 619-465-7700.

—Reach Jeff Clemetson at jeff@sdnews.com.

On the new Time-of-Use pricing plans, you get more choice and control when it comes to managing your energy use. Simply by knowing which hours cost less, you can choose when to power up and when to power down. Knowing WHEN to use energy allows you to take control of your energy costs and make the choices that are best for your household.

Learn more at sdge.com/whenmatters

Time to save.

© 2019 San Diego Gas & Electric Company. All Trademarks belong to their respective owners. All rights reserved.
La Mesa seniors plan catching on countywide

Doug Curlee

La Mesa wants to become, as much as possible, sort of a haven for older citizens to live, and live well.

The city is already a ways down the road to making that happen, and other cities and regions in San Diego County are joining in that effort.

La Mesa’s “Livable La Mesa” plan, which began earlier this year, is an effort to see that people of a certain age — 45 on up — would find in the city better reasonably-priced homes, closer stores and restaurants, walkable sidewalks, better public transportation, and social activities geared to their age group.

With the help of the World Health Organization (WHO), AARP, the San Diego Foundation and other sources of grant monies, there are now plans to spread La Mesa’s effort to San Diego, Chula Vista, Carlsbad and other cities across San Diego County.

All have expressed serious interest in setting up a system to see what needs to be done in their areas.

At a May 13 press conference held at the La Mesa Adult Enrichment Center and hosted by the city’s Parks and Recreation Department, La Mesa Mayor Mark Arapostathis pointed out the fairly obvious.

“People are aging much differently today than they did in the past,” he said. “We need to recognize this and plan to help make their senior years happier and easier for them.”

La Mesa is well down the road here.

Residents gave a lot of input at Livable La Mesa community meetings over the past three months and La Mesa, with the help of San Diego State University, put that input into a plan that the city will try to implement — and the other jurisdictions are watching the process closely, planning to learn from it.

“Creating places where people can age in place is vital for San Diego’s future,” said Maya Rosas of Circulate San Diego.

Along with WHO and local and national non-profit funding, various departments from other communities are taking on the efforts.

For example, the San Diego effort will primarily operate through the auspices of the city’s Parks and Recreation Department.

San Diego Parks and Recreation Director Doug Curlee said it’s only appropriate. “Our 56 rec centers already offer to seniors some of the same things La Mesa is implementing, so it’s a logical step for us to take,” she said.

La Mesa plans to have a concrete set of proposals to take before the City Council by the end of the year for funding. Mayor Arapostathis said he doesn’t think the council will have any trouble approving the requests.

Peggy Pico, representing the San Diego Foundation, said all the members of the San Diego City Council loved the concept when it was presented informally to them.

She points out that there will be interest in formally supporting the plans to make life better for our older citizens, because of one factor every politician knows by heart.

“Seniors are known for one thing above all. They vote,” she said.

Yes, they do.


—Reach Doug Curlee at dougcurlee@cox.net.

A ‘Sole’ purpose

Peggy Pico, representing the San Diego Foundation, says it’s only appropriate. “Our 56 rec centers already offer to seniors some of the same things La Mesa is implementing, so it’s a logical step for us to take,” she said.

La Mesa plans to have a concrete set of proposals to take before the City Council by the end of the year for funding. Mayor Arapostathis said he doesn’t think the council will have any trouble approving the requests.

Peggy Pico, representing the San Diego Foundation, said all the members of the San Diego City Council loved the concept when it was presented informally to them.

She points out that there will be interest in formally supporting the plans to make life better for our older citizens, because of one factor every politician knows by heart.

“Seniors are known for one thing above all. They vote,” she said.

Yes, they do.


—Reach Doug Curlee at dougcurlee@cox.net.

A ‘Sole’ purpose

Peggy Pico, representing the San Diego Foundation, says it’s only appropriate. “Our 56 rec centers already offer to seniors some of the same things La Mesa is implementing, so it’s a logical step for us to take,” she said.

La Mesa plans to have a concrete set of proposals to take before the City Council by the end of the year for funding. Mayor Arapostathis said he doesn’t think the council will have any trouble approving the requests.

Peggy Pico, representing the San Diego Foundation, said all the members of the San Diego City Council loved the concept when it was presented informally to them.

She points out that there will be interest in formally supporting the plans to make life better for our older citizens, because of one factor every politician knows by heart.

“Seniors are known for one thing above all. They vote,” she said.

Yes, they do.


—Reach Doug Curlee at dougcurlee@cox.net.

A ‘Sole’ purpose

Peggy Pico, representing the San Diego Foundation, says it’s only appropriate. “Our 56 rec centers already offer to seniors some of the same things La Mesa is implementing, so it’s a logical step for us to take,” she said.

La Mesa plans to have a concrete set of proposals to take before the City Council by the end of the year for funding. Mayor Arapostathis said he doesn’t think the council will have any trouble approving the requests.

Peggy Pico, representing the San Diego Foundation, said all the members of the San Diego City Council loved the concept when it was presented informally to them.

She points out that there will be interest in formally supporting the plans to make life better for our older citizens, because of one factor every politician knows by heart.

“Seniors are known for one thing above all. They vote,” she said.

Yes, they do.


—Reach Doug Curlee at dougcurlee@cox.net.
Letters

2 cents on the farmers market

“Sue our dreams. Americans increased, but especially in the middle and lower income levels. Republicans have good reasons to do that, not to force our individual health care" —タイナ・ライキストが、共和党のチーフに。彼女は、共和党が保険を強制するのを止めるための世界中の社会経済的な理由を述べた。

3:2 against the new plan, but Supervisors just voted 3-2 for it. The County Board of Supervisors just voted 3-2 against the new plan, but with Nathan Fletcher voting in the minority to support Ikhrida’s initiative.

Climate Action Campaign, long a advocate of mass transit over more freeway construction, saw its di-rector of programs, Sophie Wolfram, recently appoint-ed by the mayor to the city of San Diego’s important Mobility Board.

Imagine a panel that included Hasan Ikhrida, Georgette Gomez, Nathan Fletcher, and Sophie Wolfram, all discussing our region’s transportation fu-ture and what that means to the public transit part of our house gas emissions and inevitably disastrous global warming. That’s exactly the makeup of our landmark up-coming June 5 program!

On June 5, the Intellectuals mix our moderator Colin Parent, CEO of Circulate San Diego, the La Mesa City Council, and our own long-time mem-ber Jack Shu, owner of the San Diego National Foundation and a staunch advocate of public transit initia-tives.

This all-star panel is rich in expertise and advocacy, and takes place on Wednesday evening, June 5, at the reg-u-lar meeting of the La Mesa Foothills Democratic Club. Come early to save your seat at our regular meeting place, the La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue in the heart of La Mesa. The meeting starts at 7 p.m. as usual, with our social hour from 6:30–7 p.m. preceding the program. The club and members supply snacks, salads, desserts and beverages to all attendees.

Tina Ryenberg and
Jeff Benesch

Is the Green New Deal part of San Diego’s future?

When Hasan Ikhrida, new executive director of SANDAG — our region’s transportation and infra-structure planning agency, with millions of TransNet monies to distribute — pro-posed blowing up the old, long-term, freeway-centric transit plan and replacing it with a more public tran-sit, eco-friendly model in order to more readily reach our state-mandated climate goals, it sent shock waves throughout San Diego County and it’s 29 local jurisdictions.

The city of San Diego, with City Council (and MTS) President Georgette Gomez in strong support, will use its clout on the SANDAG board to push the plan.

The story would be that I have a friend with a good idea for a business, but she is not sure what she should do. She wants to start a business, but she is not sure how to begin. She asks me for advice on how to start the business. I tell her that she should start by researching the market and identifying the target audience. She should then develop a business plan that includes a detailed budget and marketing strategy. Finally, she should find funding for her business.

It is important to always be open to new ideas and to be willing to take risks. I encourage her to pursue her dream and to be patient with the process. In the end, I believe she will be successful in her business venture.

Tina Ryenberg and
Jeff Benesch

Winterble optimistic at Republican meeting

Republican Women of California Navajo Canyon (RWCC) held their spring dinner meeting on April 9 at St. Dunstan’s Episcopal Church with a theme of “News, Views and Mexican Food.” The event was a big success with radio and TV personality Bestie Winterpole as the keynote speaker. She informed the audience of approximately 150 people about the current state of political affairs in California and why Republicans have good reasons to be optimistic about the future.

Our unemployment rates are among the lowest in our history, our economy is booming and people are ac-

Charles DeMaio serves as chair-man of Reform California, which campaigns against tax increases and advocates for a variety of government re-forms, including the repeal of the gas tax. DeMaio has a firm position on the debate over single-payer healthcare, and he believes that the current system is unsustainable. He argues that the state should be able to provide quality healthcare to all residents, regardless of income, without the need for a single-payer system. He believes that a more efficient and effective system can be achieved through the use of market incentives and competition, rather than government control. DeMaio has been a strong advocate for these policies, and he continues to work to bring his ideas to fruition.

Charles DeMaio serves as chair-man of Reform California, which campaigns against tax increases and advocates for a variety of government re-forms, including the repeal of the gas tax. DeMaio has a firm position on the debate over single-payer healthcare, and he believes that the current system is unsustainable. He argues that the state should be able to provide quality healthcare to all residents, regardless of income, without the need for a single-payer system. He believes that a more efficient and effective system can be achieved through the use of market incentives and competition, rather than government control. DeMaio has been a strong advocate for these policies, and he continues to work to bring his ideas to fruition.

Charles DeMaio serves as chair-man of Reform California, which campaigns against tax increases and advocates for a variety of government re-forms, including the repeal of the gas tax. DeMaio has a firm position on the debate over single-payer healthcare, and he believes that the current system is unsustainable. He argues that the state should be able to provide quality healthcare to all residents, regardless of income, without the need for a single-payer system. He believes that a more efficient and effective system can be achieved through the use of market incentives and competition, rather than government control. DeMaio has been a strong advocate for these policies, and he continues to work to bring his ideas to fruition.
The Hollywood-esque history of La Mesa
Local moviemaking companies started with a bang but fizzled fast

If you thought motion pictures were only made in Hollywood during the early days of film, you’d be sorely mistaken.

In fact, the city of La Mesa was on the radar of more than one studio in the early 1900s to make films as a great place to make some early silent films, especially Westerns, according to historians.

For example, on Aug. 12, 1911, the American Film Manufacturing Co.’s “Flying A” troupe decided to make La Mesa Springs its new home. During its time in the area, it produced many short films (12-14 minutes each which were known as one-and-two reelers) such as “The Poisoned Flume,” “Bonita of El Cajon,” “Mystical Maid of Jamacha Pass,” and “Bandit of Paint Loma.”

While Flying A successfully produced these films among others, it moved its productions to Santa Barbara in 1912 for better working conditions.

Then, in 1922, a local businessman thought he’d have his own go at jumping on the moviemaking bandwagon. East County real estate entrepreneur Ed Fletcher initially attracted Arthur H. Sawyer with his plan for Sawyer-Lubin Studios (S-L Studios) in the Grossmont area. According to La Mesa historian and author of “La Mesa Images of America: California Series,” James D. Newland, S-L Studios started off with a bang but fizzled after just a few short years.

“In 1922, Sawyer approached Fletcher who was busy investing in promoting the Grossmont area. Fletcher had a lot of land and Sawyer wanted to open a studio near Grossmont Pass — near where Anthony’s Restaurant is today,” Newland said. “They were acting scenes out from the Bible from what I understand. There are some stills that have survived and one was a Western with the name ‘The Beloved Bandit.’

“It took a year or two to build the studio, but almost as fast, a year later Sawyer wasn’t producing anymore,” Newland said. “Fletcher approached some other businessmen and said he thought Sawyer was blowing smoke — it turned out this guy Sawyer didn’t know what he was doing, they realized he was all talk.

But Fletcher didn’t give up so easily — he formed a new group of other investors that he knew and was able to revamp S-L in 1925 renaming it Grossmont Studios.

“It turns out Grossmont Studios and Fletcher produced somewhere around eight to 10 films that were considered mostly ‘educational films’ — some were said to be biblically-themed,” Newland said. “They were acting scenes out from the Bible from what I understand. There are some stills that have survived and one was a Western with the name ‘The Beloved Bandit.’

“Fletcher’s big adventure

As the story goes, Sawyer talked Fletcher into the venture and, along with some other San Diego investors, started to build the S-L Studios on more than 200 acres of land, according to the Ed Fletcher Papers (a collection of correspondence, photos, documents and more that document his career, currently held at UC San Diego).

Still shot from Grossmont Studios film “The Beloved Bandit,” circa 1925 (Images courtesy La Mesa Historical Society)
The end of the 2018-19 school year is rapidly approaching, and it’s time to celebrate. Commencement ceremonies for the class of 2019 will take place on Thursday, June 6 at 6 p.m. in Benton Hart Stadium on campus. More than 500 graduants will cross the stage and accept their diplomas. Tickets are required for admission — a limited number are provided to each graduate.

There are plenty of activities leading up to graduation. A tradition at Helix is Signing Day, but this Signing Day isn’t just for star athletes committing to play for a university. All Helix students who have committed to four-year universities are recognized for their accomplishments, then they sign a certificate on stage in the Performing Arts Center in front of family and friends. Almost 90% of Helix students profess plans to attend college following high school, and half of those plan to attend a four-year institution. This is the fourth year Helix has held this event. Approximately 100 students participated.

According to the research, education after high school is a critical part of a successful future. College graduates have more opportunities than those who choose not to pursue their education past high school. In fact, according to Georgetown’s Center on Education and Workforce, college graduates are set to make 84% more over their lifetimes than high school graduates.

We wish the class of 2019 all the best as they celebrate their last days of high school!

**Safe Sports School award**

Helix is the recipient of the National Athletic Trainers’ Association (NATA) Safe Sports School award for its Sports Medicine Program. The award champions safety and recognizes secondary schools that have met the recommended standards to improve safety in sports. The award reinforces the importance of providing the best level of care to athletes including training, injury prevention and treatment. The Speech and Debate Department fundraised on Friday, June 7 at Carlton Oaks Golf Course. Proceeds from this event will help to provide financial assistance for graduating students.

**Student accomplishments**

The Business Career Path students competed in the Junior Achievement Company Program against 18 teams from Canyon Crest Academy, Torrey Pines, Westview, and Grossmont. The following teams represented Helix:

- **Punrise**: Victoria Slocom, Ben Potter, Ronald Rojas, Elia Grazia
- **adolEssence**: Numi Filemoni, Delana Hatchett
- **U-Bracelets**: Bianca Sotero, Jake Souza
- **adolEssence** placed third and their business could potentially be invited to the National JA Competition in Washington D.C. in June.

The Speech and Debate Team took ninth place at the California High School Speech Association State Championships out of more than 180 participating schools. Individual accomplishments include:

- **Interpretation – Eva Anderson/Blake Tannehill**
- **Interpretation – Eileen Diaz**
- **Interpretation – Jonah Leota**
- **Interpretation – Luke Babbitt**
- **Interpretation – Ashley Simmons**
- **Interpretation – Jasper Monteith**
- **Interpretation – Luke Babbitt**
- **Interpretation – Eileen Diaz**
- **Interpretation – Jonah Leota**

**Highlander Open Golf Tournament**

The Helix High Foundation is hosting its annual golf tournament fundraiser on Friday, June 7 at 8 a.m. and takes place at Carlton Oaks Golf Course.

**Event fundraiser on Friday, June 7th**

- **1st place - Original Prose Poetry**: Kya Payton (STATE CHAMPION)
- **3rd place - Duo Interpretation**: Will Harris/Shane Robles
- **3rd place - Oratorical Interpretation**: Eileen Diaz
- **4th place - Oratorical Interpretation**: Mahamad Abdulahi
- **3rd place - Duo Interpretation**: Eva Anderson/Blake Tannehill
- **7th place - Program Oral Interpretation**: Elaine Alfaro

**Semifinalists**

- 11th place - Oratorical Interpretation: Jasper Morteth
- 12th place - Humorous Interpretation: Luke Babbitt
- 13th place - Dramatic Interpretation: Ashley Simmons
- 15th place - Impromptu Speaking: Madeleine Denison
- The Mathematics, Engineering, and Science Achievement (MESA) program took 2nd place in the State Engineering Design competition held at UCLA. Winning students were Mahmoud Salem, Rachel Hua, Alex Chau and Miguel Talamentes.

**The Advanced Choir – Highland Singers** received a Superior Rating and took a second-place win at the San Diego Show Choir Competition.

See Helix page 24
Spring semester successes at Grossmont

Foothiller Footsteps

Connie and Lynn Baer

As the school year comes to an end, we want to take a moment and celebrate some of the good news from this semester.

Teachers of the Year

Congratulations to Marta Jacoletti, chosen by Grossmont High teachers as their Teacher of the Year. According to Principal Dan Barnes, “Since 2009, performing arts teacher Mrs. Jiaoletti has distinguished herself in many ways, including being a leader on campus as a department chairperson. Marta represents the very best in teachers and inspires other teachers about what great teachers do. Marta genuinely loves her students and works diligently to support their success.”

Congratulations to Golden Apple Award-winning math teacher Kristen LoPrell, who was selected by students as their Teacher of the Year. “Mrs. LoPrell is one of the most innovative teachers at Grossmont. Her classroom gives her students a sense of calm and collectiveness. Her empathy creates an environment where students actually want to come to class every day.”

GHS Event Center

The final piece of the puzzle of the renovation of Grossmont’s historic campus has begun. Its new state-of-the-art 24,000 square foot facility will house most of the performing arts programs, including dance, choral, digital music, and drama, in a central location to promote student interaction and collaboration. The $26 million project was funded by Proposition U and Measure BB, and is scheduled to be completed in fall 2020.

Drama

Teacher Amy Ecker shares, “We had a sold out run of ‘Mamma Mia’ this semester and even extended the run by adding two additional shows, closing on March 30 with a total of 10 showings. We are extraordinarily proud of our Foothiller Players!”

Grossmont Instrumental Music Association (GIMA)

The GIMA Musical Masquerade at the Museum held at the New Children’s Museum in Downtown San Diego, which was the first fundraising gala to be held off campus, did not disappoint the 300 attendees, many in masquerade masks and festive party clothes. Showcased that evening were the beginning band, the combined string orchestras, the Royal Blue Regiment band, and several small ensembles, directed by instrumental music teacher Ray Webb and orchestra director Karen Childress-Evans.

The proceeds will fund student music coaches and musical instruments. To donate to support our growing instrumental music classes, please go to bit.ly/3W04HgH.

Art Department

Grossmont photography students were very successful at this year’s Helix Water District Photography Competition. In the color category, Sunshine Autourian won first place, Juilee Luna second place, and Kristin Williams garnered an honorable mention. In the black and white category, Brisa Rueda won second place, Neva Devine third place, and Parker Ruener Simpson garnered an honorable mention.

In addition, the Grossmont Visual Art Department had another successful year at the 33rd annual GUHS District Art Showcase. Of the 40 entries, 20 won ribbons!

Finally, Grossmont photogra phy and digital art classes have over 40 pieces in this year’s San Diego County Fair Student Showcase. Carolyn Jungman, digital art and photography teacher, shares, “Be sure to see the wonderful work from this year on display! We are so proud of all of our students and their incredible hard work this year!”

Education Pathway

Carolyn Costa won third place at regional, second place at state, and will compete at the national level in Texas for the Educators Rising Club for future educators. Carolyn wrote, taught, and videotaped a lesson for elementary school students to learn science while teaching her first-grade internship class how plants grow.

Also, Alyssa Allman, Carolina Costa, and Rachel Gallegos won GUHS District Future Teacher Terry K. Ryan Scholarships. All three students will attend college in the fall to pursue their bachelor’s degrees and teaching certificates. They hope to one day come back to teach in the Grossmont Union High School District or one of its feeder districts.

NJROTC

Grossmont’s NJROTC won a Unit Achievement Award, its first since 2014, indicating that they are in the top half of all NJROTC units in the state of California and Arizona. Calista Zenger and Liamell Alob earned “full ride” Navy scholarships to the University of Maine. Also, the marksmanship team won first place in the NRA Southern California Championship! It was a very successful year for Grossmont NJROTC.

Congratulations to our athletic teams

The four boys and girls varsity and JV track teams are Valley League champions with undefeated seasons and several athletes competing in CIF.

The boys lacrosse team are Grossmont League champions with an amazing 17-1 record!

The girls soccer team, 2019 CIF Division I champions, won their first Southern California CIF game 2-1 vs. Downey.

Congratulations to San Diego County Second Team selections freshman Sarah Lopez and junior Mara Hyde.

The GHS girls basketball team advanced to the CIF Division II Championship game. The girls’ cheerleading team were Division II CIF champions!

Reflecting on a wonderful semester, Principal Dan Barnes declares, “The students and staff and Grossmont High School continue to make this one of the choice high schools in our county. We have so many great people working on so many great things in and out of the classroom. I am very honored to be a part of their success.”

To learn more about Foothillers past and present, visit the GHS Museum on Sat-Sun 11-3 p.m. or visit foothillermuseum.com.

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

Simply the best for patient care and safety.

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

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

bewaterwise.com

RAKE IN $2 OR MORE PER SQ. FT.
A n important part of what makes La Mesa special are the businesses — big, medium and small — that are owned and staffed by the families and people in our community. They work hard, day in and day out, to provide great food, drink, arts, entertainment, retail shopping, medical services, law advice, repair services and much, much more. That’s why one of the most exciting times of the year for us at La Mesa Courier is the release of our annual “Best of La Mesa” issue, which puts a spotlight on those who are doing the very best in a variety of categories.

Each year, we ask our loyal readers to nominate their favorite restaurants, entertainment venues, stylists, designers and other businesses and professionals. Once again, we received hundreds of nominations from La Mesa residents eager to share their thoughts on the most deserving candidates. We tally the votes, compile a directory and send out the awards — many of which readers will see proudly displayed on the wall of restaurant or office.

Some of these businesses have been serving La Mesa residents and out-of-town shoppers for decades or more. Others have only just begun to make an impact on the community but have obviously caught the attention of local consumers by doing things right.

We encourage readers to hang on to the following Best of La Mesa section throughout the year as a handy guide for the next time you’re looking for an optometrist, a car mechanic, a doctor, an Italian dinner, a craft brewery or just a coffee with friends. And if by chance you disagree with any of the winners, we encourage you to keep your eyes peeled for next year’s ballots and vote for the Best of La Mesa 2020. After all, the competition is part of the fun.

Congratulations to all winners!

— La Mesa Courier Staff
Congratulations to the following businesses which were chosen by the readers of the La Mesa Courier. The businesses were published in ballot form once or over a period of 6 weeks. Readers were asked to cast ballots for their favorite choices. This was no simple task as there were over 100 categories to be considered with an overwhelming response. We wish to thank all the readers who took the time to recognize these businesses which do so much to make La Mesa such a wonderful community.

Gold Winner Listings:

Dining & Entertainment
American Cuisine
Rae’s Cafe
Previously The Oliveettle Factory, Rae’s Cafe is a casual family-style restaurant and will continue the long standing tradition of treating customers like they are part of the family. Rae’s Cafe serves an excellent customer service is an integral part of their daily practice, not just serving delicious family-style food. All meals are prepared in-house from fresh, high quality ingredients. They will continue serving all the local regulars that have come to enjoy for years, including their signature omelettes, American classic breakfasts, the famous cinnamon roll French toast, fresh salads, delicious hamburgers and more.

5270 Baltimore Drive, La Mesa
@oliveettfactoryyamelsa.com | 619-460-4423

Bakery (tie)
D.Z. Akin’s
Known as San Diego’s No. 1 over the years, abundant menu will find you New York-style delis. Features favorites like matzo ball soup, potato pancakes, lox, cheese blintzes, borscht, bread, breading, chopped onion, potato kimono. Basically everything your would expect to find at a traditional deli. The menu also boasts 134 sandwiches piled sky-high with fine deli meats and favorites like the famous reuben, brisket dip and pastrami burger as well as complete dinner entrees such as corned beef and cabbage, roast brisket of beef and stuffed cabbage rolls.

6930 Alvarado Road, San Diego
dzakin.com | 619-269-0218

Surf Rider Pizza Co.
Best bakery you ask? When they first opened Surf Rider Pizza Co., the site was also home to an old bakery, which incorporated the sale of fresh-baked goods to the menu. Surf Rider Pizza is part of The Pigo Group (company (Fire-side, The Pad on Goldfish, Sassel) – specializing in East Coast-style pies by the slice or whole, baked in fire-heated brick ovens. There’s also an in-house bakery that offers sweet treats like full-sized cakes, pastries and desserts. Pizza enthusiasts will find 18-inch, chewy brick oven pizzas, like California beanie with the spicy barbeque sauce, veggie, plus salads, stringhohl and cheesesteak. 

8310 La Mesa Blvd, La Mesa
 surfidera.com | 619-340-1270

Barbecue
The Pioneer BBQ
Opened in June of 2018, The Pioneer has raised the bar for delicious BBQ in the city. Rae’s Cafe is located right here in San Diego! Owners Willie DePascale and longtime friend Chef Jeanne Avaski assembled a talented team who offer a full range of specialties including smoked meat combos, brisket-bogged burgers, the Pork Sands, and a Tempo burger on several barbeque classics. Once inside you’ll be surrounded by an American style design that is both patriotic and farm-house, extending a vibe that invites every guest to stay for a while and savour some goodies. Come check your favorite sporting event on one of our 15 flat screen TVs, while enjoying a huge variety of drinks in the bar.

8622 Lake Murray Blvd, San Diego
thepioneerbbq.com | 619-825-7719

Beer List (tie)
Craft Kitchen
This family-owned craft beer restaurant in La Mesa celebrates the rich and diverse culture of the great San Diego area. With over 30 local beers on tap and a menu of meticulously crafted comfort foods, the bar and grill offers an adventure for your taste buds at every turn. Whether you’re visiting for breakfast, fast, fresh, lunch, or dinner, the cuisine offers a fresh take on contemporary classics like our brandy-infused French toast or handmade bacon-wrapped corned beef. Enjoy a full variety of craft beer, craft sodas and has an extensive wine list!

4253 Pam Ave, La Mesa
lamesa@craftkitchen.com | 619-466-4807

Heli Brewing Co.
Heli Brewing Company began in La Mesa with roots in homebrewing. High-quality, well-crafted beers dedicated to the community – heli is the beer is formulated in the mind – whether you buy an old in the ocean or on a trail run with the dog. Heli has always been there for you to drink and start an adventure of your own.

1901 Commercial St, La Mesa
drinkheli.com | 619-741-8447

Billiards
Pete’s Place
Back in the day, Pete’s Place had this very cool sign hanging out front. This sign is over 46 years old. The story goes that in the 90s and 90s, the oldies would go around from business to business and instead of being the same shape, flushing bulbs, and a round sign. The oldies would hang out front, they would cus- tomize it and put the name of your bar! Though the sign is no longer hanging out front, Pete’s continues to be the local favorite for a game of pool with friends.

8330 La Mesa Blvd, La Mesa
petesplace.com | 619-464-9435

Buffet
Soup Plantation
Known for its buffet dinner 7 days a week, every time. The salad bar is extraordinary, the soup is beautiful and the desserts are great! Photogenic, great atmosphere and priced right.

9158 Fletcher Parkway, La Mesa
soupplantation.com | 619-462-4332

Burger
Johnny ‘B’s Burgers, Brews & Spirits
Welcome to Johnny ‘B’s Burgers, Brew & Spirits. Voted the best choice for a bar with the best burgers and the most friendly atmosphere will certainly make you feel right at home! Since 1999, Johnny ‘B’s Burgers, Brew & Spirits is the place to be when game day rolls around!

8330 La Mesa Blvd, La Mesa
johnnybsburgersandbrew.com | 619-464-2465

Burrito
El Azteca
IT Azteca in La Mesa may be a no-frills burrito joint, but their rich, flavorful, non-traditional burritos, tacos, and enchiladas are so good that the California burrito being the standout. The salsa is great and restaurant is clean and is there is always a line.

8306 Parkway Dr, La Mesa
619-466-4113

Casino
Sycuan Casino Resort
The new 12-story luxury hotel tower features over 300 guest rooms, including over 50 suites in various configurations and all rooms and suites are non-smoking. Sycuan guests now have a wide range of onsite amenities to enjoy, such as a pool and cabanas area with a lazy river and swim-up bar, a full-service spa with treatment rooms and sauna, and over 750 slot machines and video games. The Casino Sycuan has the largest non-smoking gaming casino floor in San Diego.

8306 Parkway Dr, La Mesa
casino.sycuan.com | 619-445-6002

Casino Buffet
Sycuan Casino Resort Buffet (see listing under best American)

Casual Dining
Rae’s Cafe
(see listing under best American)

Catering
Rae’s Cafe
(see listing under best American)

Chinese Cuisine
Chopsticks Inn
Chopsticks Inn presents a delectable selection of authentic Asian food. Savor spicy stir-fry bowls and stir-fry dishes originated from China, Japan and Thailand respectively. But the best part of them all is the full variety of Chinese standards on food quality and taste. Stop in to experience this unique dining pleasure.

8330 Loop Rd, La Mesa
chopsticksinsc.com | 619-466-4470

Cocktail
Curbside Eatery & Drinkery
Cocktail’s concept offers wraps around curbside patios separated by industrial-style windows, to let the light in and connect you, your friends and your family with the action of the surrounding neighborhood. The best spot on the block for events such as La Mesa’s...
Octoberfest and holiday in the Village. Enjoy cocktails ranging from well-balanced Old Fashioneds to a refreshing Moscow Mule, or enjoy a new brew from their rotating social beer selection. Try the bratwurst short rib nachos, fresh Ahi Poke or dive into one of our fresh, grass fed burgers.

3853 La Mesa Blvd, La Mesa Curbsidelamesa.com | 619-625-7759

Coffee Shop

Brew Coffee Spot

Brew Coffee Spot sars award-winning coffee that is 100% certified organic (from roaster in San Diego), ethically sourced, and scientifically evaluated using standards established by the SCAA. Their menu also features multiple teas, flavored kombucha, keur cold-pressed juices, artisanal breads, quiches, pies, pastries, freshly made paninis, acai and coconut yogurt bowls.

6101 Lake Murray Blvd, La Mesa brewcoffeospot.com | 619-713-6698

Comfort Food

Rae’s Cafe

(see listing under Best American)

Deli

Trolley Stop Deli

Trolley Stop Deli has striven to create the sandwiches, soups, salads, wraps, and other items using only quality ingredients. Everything on the menu is made fresh. This and the loyalty of customers is what keeps customers coming back.

8550 La Mesa Blvd, La Mesa trolleystopdeli.com | 619-697-3354

Bakery

Yogurt Express

You decide which yogurt flavors you want. Fill the cup as full as you like. Add all the toppings of your choice. Take your creation to the register to be weighed.

6195 Lake Murray Blvd, SC, La Mesa yogurtexpress.net | 619-462-4248

Dinner

Swami’s Cafe

A family-owned restaurant in North and East county boasts the best food in San Diego. Swami’s Cafe offers unique menus, great atmosphere and a friendly staff that creates an excellent dining experience time after time.

8284 La Mesa Blvd, La Mesa swamiscafe.com | 619-668-9030

Doughnut Shop

Sunny Donuts

You’ve heard the story of Goldlocks and the three bears—this basically sums up the yummy donut selection at Sunny Donuts. Always just right.

4199 Spring St., La Mesa sunnydonuts.com | 619-464-7566

Family Restaurant

Rae’s Cafe

(see listing under Best American)

Fine Dining

Anthony’s Fish Grotto

Anthony’s Fish Grotto La Mesa is East County’s premier spot to entertain family and out of town guests this holiday season. The gorgeous location is nested on a private pond and was just awarded a “Keep La Mesa Beautiful” commendation for its lush landscaping. This local icon is renowned for its selection of fresh seafood dishes, a well-priced wine list, and a fabulous Happy Hour Monday thru Friday, 3 pm to 6@05PM. The location also offers multiple menu options and venues for group dining and banquets, as well as its own fresh seafood retail market. The retail market offers a great selection of hand-picked seafood, and also locally purchased pasta and ready-to-serve holiday and game-day seafood party platters.

Anthony’s was started by Catherine “Mama” Glin in 1940 and is still family owned and operated by her grandchil- dren. Her recipes and sauces are still closely held secrets made to the same excating standards she demanded 70 years ago.

9530 Murray Dr, La Mesa anthonyfishgrotto.com | 619-463-0368

Greek Cuisine

Petriino’s Greek Restaurant

This Greek restaurant is not an American creation. If you’d like to experience traditional Greek food and recipes that go back generations, this is the place to come. Here, you’ll enjoy food that’s authentic and tastes as it came straight from Greece. Everything is entirely home-made, and for the past five years, they’ve been serving dishes that have come straight from family favorite recipes.

5525 Jackson Drive, La Mesa greekrestaurantlamesa.com | 619-331-3952

Golf Course

Singing Hills Golf Course at Sycuan

Nestled inside the beautiful and tranquil hills of Dehesa Valley, Sycuan has two challenging 18-hole championship golf courses and fun 18-hole par 3 course which are guaranteed to give you unforget- ttable experiences from beginning to end. The courses are thoughtfully designed with some surprises along the way and a plethora of spectacular natural fea- tures to add interest.

3007 Dehesa Rd, El Cajon singinghillsgolfcourse.com 800-457-5568

Happy Hour

Casa de Pico

Casa de Pico has been a San Diego favorite for over 40 years. They offer the same wonderful experience to visitors locally and worldwide. Enjoy dining in two fabulous fiesta rooms, an expansive dining room and patios. They can host all of your special occasions. Enjoy tradi- tional Mexican cuisine, regional special- ties, world-famous margaritas and strolling mariachis.

5500 Grossmont Center Dr, La Mesa casadepico.com | 619-463-3267

Health Food Store

Windmill Farms

Windmill Farms offers quality, healthy organic food. Whether you think of them as a grocery market, meat market, fresh foods market, or organic market, they will be more than happy to assist you with your selection.

2019

Thank You La Mesa For Voting Best Of!

4253 Palm Ave, La Mesa 619-461-4887

Omelette Factory is now Rae’s Cafe!

Same ownership, same great food, and same great service.

American Cuisine • Breakfast • Brunch
Bakery • Casual Dining • Comfort Food
Family Restaurant • Lunch
Pet Friendly Dining • Salad

Thank You Readers Of La Mesa Courier For Voting!

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

Italian Cuisine

Tiramisu Trattoria

Since or opening in 2004, Tiramisu Trattor- i a has been providing customers with an authentic, multi-regional menu, focused on the dining experience as a whole with special emphasis on impecc- able service, and excellent value.

8273 La Mesa Blvd, La Mesa tiramisuatrattoria.com | 619-698-0996

Japanese Cuisine

Konnichiwa Sushi & Bar

This is not your ordinary Sushi Bar! This is a high energy pop inspired world—call- ing this rocks’ sushi” would be an under- statement. Come in, and have a blast.

8350 La Mesa Blvd, La Mesa konnichiwa-sushi.com | 619-466-6446

Narumi Sushi

Narumi Sushi is not to be missed. They make perfection for about eight bucks. Not only is the sushi delish, the chicken

BLESS OF LA MESA 2019

FRIDAY MAY 24, 2019

La Mesa Courier

13

3 HW)ULHQGO’LQLQJ‡6DODG

3HW)ULHQGO’LQLQJ‡6DODG

3HW)ULHQGO’LQLQJ‡6DODG

3HW)ULHQGO’LQLQJ‡6DODG

3HW)ULHQGO’LQLQJ‡6DODG

3HW)ULHQGO’LQLQJ‡6DODG

It doesn’t get much more Irish than Hooleys Irish Pub!

Hooleys Irish Pub

4048 Himalayancuisineone.com | 619-280-9530

9777 Alvarado Rd. #413, La Mesa, CA 91942

Himalayancuisineone.com | 619-280-4048

Hot Wings

Gold – Craft Kitchen

(See listing under Best Beer Selection)

Indian Cuisine

Himalayan Cuisine

Located on the corner of El Cajon Boule- vard and Baltimore Drive, the Himalayan can add a little spice to your life. Try a variety of wonderful Indian, Nepalese & Tibetan dishes which are healthy and kind to those who are watching their weight. If you are a vegetarian, this is the place for you too.

7918 El Cajon Blvd, La Mesa himalayanlucienne.com | 619-280-4048

Irish Pub

Hooleys Irish Pub

It doesn’t get much more Irish than Hoo- leys. Enjoy authentic Irish fare, delicious traditional Irish dishes, friendly service and a warm barstool.

5500 Grossmont Center Drive #247 hooleys.com | 619-713-6900
Thank you
LM Courier Readers!

✔ Best Outdoor Dining
✔ Best Seafood Dining
✔ Best Pet-Friendly Dining
✔ Best Romantic Dining
✔ Best Fine Dining

You selected Anthony’s for five “Best of” awards in 2019!

Opens 11AM Everyday
Scenic Outdoor & Patio Dining
Dog-friendly Seating & Facilities
Brunch Menu on Sunday til 4:30PM
Discounted Happy Hour Menu in the Bar & Patio Mon-Fri 3:30-6PM
Lunch Specials Mon-Sat til 4 PM
Retail Market with Chowder To-Go & Daily Delivered Fresh Seafood
Convenient & Free Parking

Proud Sponsor:
June 27th 2019
San Diego Humane Society
Day of Giving

Make reservations soon for Dads and Grads!

Stop by and discover East County’s most scenic private party venue for banquets and events. Special group dining menus are viewable online.

Check out our custom 360° Street View tour on Google Maps!

Coupon valid for small bowl of our chef created canine cuisine with salmon, veggies, and grains with purchase of adult entree. Expires 7/1/19

619.463.0368 9530 Murray Drive, La Mesa 91942
Anthony’sFishGrotto.com
The Brigantine is more than just home to Brigantine Martini (See listing under Best Happy Hour) 7777 University Ave., La Mesa your favorite drinks and live music! Room is open late and ready to serve up Riviera your favorite. The Turquoise strong, classic cocktails that will make brings you outstanding choice steaks, La Mesa's Riviera Supper Club and bar Riviera Supper Club brings you outstanding choice steaks, deluxe side dishes and desserts, and strong, classic cocktails that will make Riviera your favorite. The Turquoise Room is open late and ready to serve up your favorite drinks and live music! 7777 University Ave., La Mesa, CA 91942

Micro-Brewery Helix Brewing Co. (See listing under Best Beer List) New Restaurant Surf Rider Pizza Co. (See listing under Best Pizza)

Nightclub The Regal Bar The Regal Bar was opened in 2008 by the owners of Jose's Courtroom in La Jolla. The bar's fun amenities include FREE popcorn, a shuffleboard game, a pool table, an ATM, a jukebox, outdoor smoking, and a host of Big Screen TV's to watch your favorite teams. Enjoy the expanded outdoor patio on summer evenings. 8344 La Mesa Blvd., La Mesa thereqbarcom | 619-469-1633

Outdoor Dining Anthony's Fish Grotto (See listing under Best Fine Dining) Performing Arts Theatre Lamplighters Community Theatre This community theatre has been serving the La Mesa and surrounding communities since 1937. Lamplighters produces six season productions a year. They also support special events and one act shows between the regular season productions. Season productions are performed on Friday and Saturday at 8pm and on Sunday afternoons at 2pm. 5915 Seventh Dr., La Mesa lamplightersla mesa.com | 619-303-5092

Pet Friendly Dining Rae's Cafe (See listing under Best American) Pho Noodle House Pho Superbowl Great place for Pho and other Vietnamese cuisine. Prices are fair, place is clean, service is friendly. 8342 Parkway Dr., La Mesa (619) 401-0906 Pizza Surf Rider Pizza Co. (See listing under Best Pizza)

Romantic Dining Tiramisu Trattoria (See listing under Best Italian) Salad Souplantation (See listing under Best Buffet)

Sandwich Trolley Stop Deli (See listing under Best Deli) Seafood Anthony's Fish Grotto (See listing under Best Fine Dining) Sports Bar Johnny B's Burger, Brews, & Spirits (See listing under Best Burger) Steakhouse Outback Steakhouse The home of juicy steaks, spirited drinks and Aussie hospitality. Enjoy steak, chicken, ribs, fresh seafood and their famous Bloomin' Onions. 5620 Lake Murray Blvd., La Mesa outback.com | 619-466-9795 Sushi Konnichiwa Sushi & Bar (See listing under Best Japanese) Thai Cuisine Bamboo Fresh Thai Best Pad Thai around and their basil fried rice is amazing. Another local favorite is the Penang. Take it easy on the heat—anything much beyond a 4 will require multiple glasses of water! 7953 University Ave., La Mesa bamboothaijuices.com | 619-337-9700 Vegetarian/Vegan Swami's Cafe (See listing under Best Dinner)
Auto Dealership New/Used
Carl Burger Dodge
Chrysler Jeep RAM World
Carl Burger has a commitment to the La Mejia area, and
Carl Burger Dodge
Auto Dealership New/Used

16

BEST OF LA MESA 2019

Auto Repair Shop
Preston’s Tire and Wheel
Since 1986, they’ve been making cars better, mechanically and aesthetically. Whether it’s a new look, or new brakes, our experienced technicians do it all. Take a seat in the clean, modern waiting area.

Browse the free Wi-Fi, grab a bottle of water and a snack. Or, if you prefer, use their free shuttle service to get to where you need to go. Looking for tires? They’ve got the area’s largest selection of tires from top brands.

3800 Center Drive, La Mesa
prestonstire.com | 619-460-8311

Bank
Chase
Chase is your one-stop shop for your time and money. Chase is also a dedicated private client banker and can give you access to special benefits and services only available to Private Clients.

4791 Spring St, La Mesa
chase.com | 619-462-4441

Barber
Boulevard Barber & Shave
Krisy has been a barber for going on 31 years. She was inspired by her dad to go to school and get her license and eventually work with him for 20 years. Barbering has been both a career and an enjoyment for many reasons. She derives great satisfaction of giving a great haircut to clients and friends and also working side by side with her father. A tradition continues at Boulevard Barber & Shave!

8283 La Mesa Blvd, La Mesa
boulevardbarber.com | 619-464-6500

Bike Shop
Pedal Pushing Bicycle Shop
Open since 1973 with the goal of helping our customers with all of their bike needs and it is still a goal today. With over 80+ years in combined experience, they are proud to get the job done right.

6969 El Cajon Blvd., San Diego
facebook.com/pedalpushing
619-460-0760

Boutique
Uneek Boutique
A women’s clothing and accessory store in La Mesa, offering unique pieces in different styles, sizes and colors at affordable prices. Sweet!

4674 Nebo Dr, La Mesa
facebook.com/UneekBoutique
619-825-9487

Car Wash
Soap Joe’s
Getting your car washed at Soap Joe’s uses about 80% less water than you would use at home in your driveway. You might be thinking, “How is that even possible?” Let me explain. The problem with washing at home is that hoses use 14 gallons of water per minute. I’ll spare you the math and just say that’s a lot of water, much of it wasted. Let them professionally clean your car and save the planet.

5322 Jackson Dr, La Mesa
soapjoescarwash.com | 619-462-7360

Child Care
Grey Rabbit Pre-School
Their philosophy is to foster desirable attitudes in your child that can make his or her later years easy and pleasant. These include: Happiness, independence, trust, self-confidence, courtesy and thoughtfulness towards others, eagerness to learn and discover, good manners, sharing, ability to follow directions, development of concentration through listening, pride in themselves and their accomplishments, cooperation with teachers, parents and peers, sportsmanship and understanding of good health and safety habits.

4542 Palm Ave., La Mesa
greyrabbitpreschool.com
619-697-1551

Chiropractor
La Mesa Village Chiropractic
Born and raised in La Mesa, Dr. Jason Gruney opened La Mesa Village Chiropractic in 1998 after graduating from Life Chiropractic College in the San Francisco Bay Area. Opened as a refuge from pain for locals, it has become an education center for Chiropractors and Chiropractic patients alike to become educated on how to get out of pain and stay well.

4690 Nebo Dr, La Mesa
la-mesavillagechiropractic.com | 619-460-2224

Computer Repair
SD Bytes Computer Repair
SD Bytes, San Diego’s laptop repair, computer repair and iPhone repair specialist.

9158 Fletcher Pkwy, La Mesa
Located in The Fletcher Hills Shopping Center
Open: Monday - Thursday 11AM - 9PM
Friday 11AM - 10PM
Saturday 10:30AM - 10PM
Sunday 10:30 - 9PM
619-462-4232

Thank You Readers Of La Mesa Courier For Voting Best Of!

Sweet Tomatoes & Souplantation DISCOVER FRESH

Thank You La Mesa For Voting Best Of!

Thank You La Mesa For Voting Best General Contractor!

Thank You La Mesa For Voting Best Of!

Thank You La Mesa For Voting Best Of!

Thank You La Mesa For Voting Best General Contractor!

Thank You La Mesa For Voting Best Of!

Thank You La Mesa For Voting Best Of!
PHO SUPERBOWL
OPEN MONDAY – SATURDAY 10:30AM TO 10PM
SUNDAY 10:30AM TO 9PM

Thank You Readers Of La Mesa Courier
For Voting Us GOLD Pho Noodle House!
8342 PARKWAY DRIVE LA MESA
619-469-8984

Now Hiring Servers!
No Experience Necessary

Fix It! Build It! Enjoy
Thank You La Mesa
For Voting Us #1
For Hardware & Gardening!

Dixieline
LUMBER & HOME CENTERS

Also Featuring:
Door & Window Showroom
Kitchen & Bath Design Center

Thank you for voting
Dixieline La Mesa Best Hardware Store and Best Garden Supply

15% OFF Your Next Purchase!

Dixieline
8372 Center Dr. La Mesa • 619.465.4242 • Monday – Friday 7AM – 6PM • Saturday 8AM – 5PM • Sunday 9AM – 4PM

La Mesa Location Only! Coupon Expires 12/31/19
They repair all laptops, PCs, iPhones, MacBooks, iMacs, iPads and tablets. They can also handle virus removal, slow computers, data transfer, data recovery, drive repair, wireless security and more.

Consignment Resale Act II Boutique Act II is a family owned and operated Ladies Resale Boutique, which has been in business for over 35 years. ACT II was born off Lake Murray Blvd. in La Mesa. Over the years they have opened numerous locations all over San Diego. You can still visit the last two locations in the quaint, friendly and charming Village of La Mesa and La Jolla.

Lumos Skincare Studio offers one-on-one Cosmetic Services at professional grade products and creating a custom home-care regimen specifically for you, they can smooth wrinkles, give light to dull skin, fade acne blemishes and dark spots and give you a glow inside and out!

Credit Union
San Diego County Credit Union San Diego County Credit Union is San Diego’s largest locally-owned financial institution. With over $8.3 billion in assets, SDCU is a not-for-profit credit union wholly owned and operated by its members. Unlike most other financial institutions, like big banks, San Diego County Credit Union does not issue stock or pay dividends to outside stockholders. Instead, earnings are returned to members in the form of lower loan rates, higher dividends on deposits or lower fees.

Dentist
Allison Avenue Dental The office of Allison Avenue Dental with Dr. Fern And Dr. Santoro DDS, combines an artistic vision with the marvels of modern science to create dazzling, healthy smiles for patients. Each and every smile cosmetic dentists Dr. Fern and Dr. Santoro design is a carefully crafted. They offer a full range of cosmetic dentistry options, so whether you are in need of a subtle enhancement or a full smile makeover, La Mesa cosmetic dentists have a solution for you.

Discover La Vida Real
Exceptional Service, Style & Peace of Mind
Discover the confidence of CARF* accredited senior living services in a beautiful & vibrant setting. From spectacular restaurant-style dining to energizing activities and supportive care, you’ll find a perfect blend of comfort, convenience and an individualized approach to care.

Please call 619.592.8067 to schedule a complimentary lunch & tour.
It’s a great way to get to know us!

Consignment Resale Act II Boutique
Lumos Skincare Studio
Credit Union
San Diego County Credit Union
Dentist
Allison Avenue Dental

Tom Kennedy Electric
Tom Kennedy Electric is the electrical field for over 30 years specializing in troubleshooting and repairs as well as new installation of electrical properties. They charge an hourly fee plus the cost of the materials for service and for any added costs.

Electrician Company
Ideal Plumbing, Heating, Air & Electrical
Ideal is more than just a company that installs and repairs your plumbing, heating, air, or electrical. They believe in service excellence, demonstrated in high moral standards and business ethics since the company’s inception. Look for them in the Community at Allied Gardens First Fridays Summer Concerts in the Park, Lake Murray Fireworks & Music Fest, Mission Trails Regional Park, Mt. Helix Park, and with the San Diego Fire-Rescue Foundation!

Gio’s Fitness 101
Gio’s Fitness 101 is a privately owned, family run fitness facility specializing in various fitness programs and services. They offer various fitness programs and services that promote overall health and fitness to a wide range of demographics. Although an open gym, walking into this place you will get that private studio-ish feel right away, easily growing an attachment to this amazing place. 101 is more than just a “gym” it’s a family.

Financial Planner
San Diego County Credit Union

Florist
La Mesa Floral Design School
Owner, Joannie Ham, is a floral and event artisan. She has been creating special memories for weddings, large corporate events has been in the event industry for 26 years. Her floral designs can be seen throughout the culture and vision they have for the style to edgy and eclectic “one of a kind” florals. Joannie’s philosophy is to work closely with her clients to best represent the culture and vision they have for the event experience they are creating.
Furniture Store
Mattress Makers
It started in the 60’s when “grandpa” started a small mattress factory near downtown San Diego. These were the good old days when natural materials were naturally used. Before the gels, memory foams, air beds, “no flip” and “bed in a box” mattresses gimmicks. These guys really know their mattresses, let them help you make the best decision you won’t lose sleep over.
8366 La Mesa Blvd., La Mesa | 619-303-9505

Garden Supply
Dixieline Lumber Centers
The center sales counter is the hub of activity in each Dixieline home center, where you will find knowledgeable service and help with project planning. You’ll appreciate the personal attention you’ll receive from our friendly sales staff. Each home center has a complete lumberyard with the capability to cut and mill lumber to your specifications. They have a fleet of trucks which can conveniently deliver materials to your home or jobsite.
8372 Center Drive, La Mesa | 619-465-4242

General Contractor
George Burtless Jr. AC & Heating
George Burtless Jr. is a fully licensed air conditioning, heating contractor specializing in air conditioning and heating installation, repair, service and maintenance. So when choosing a company for your home comfort needs you are insuring yourself that you are choosing a company that excels in providing a fair price and quality service you can trust.
6507 Cresthaven Drive, La Mesa | (619) 463-8080

Gift Store
Elam’s Hallmark
Elam’s Hallmark has greeting cards for every holiday and occasion. If you are shopping for a gift to go along with their greeting card, there is a wide variety of items to choose from at Elam’s Hallmark - books, candles, kitchen and home goods, children’s toys and candy. There are even entire sections devoted to weddings, garden gifts, and fashion accessories such as handbags and jewelry.
5500 Grossmont Center Dr., La Mesa | 619-461-7600

Gym Workout Studio
Chuze Fitness
You deserve an awesome gym. Yes you. Even if you’re not rich. Even if you can’t deadlift a Dodge. Even if you’re not training for an Iron anything. You deserve a gym that’s beyond friendly, beyond spotless, beyond well-equipped. A gym with every fun class you want, in one place. A gym that feels like a club and costs like a couple of lattes. Chuze set out to reinvent fitness clubs because everybody deserves an awesome gym.
8324 La Mesa Blvd., La Mesa | 619-461-7200

Hair Salon
Cultivate
Cultivate offers an enhanced customer experience through the art of active listening and effective client consultation. They cultivate lasting relationships, education, trust, and the best hair styling experience with professionals who care.
4752 Palm Ave. #100, La Mesa | 619-335-8830

Handy Man
Mr. Handyman
Mr. Handyman is proud to be a locally owned and family operated business. They understand that it is difficult to keep up with the small projects that start to accumulate around the home. With years of experience and unmatched expertise, they can help with any and all of your handyman projects and improve your handyman pride in their reputation.
mrhandyman.com | 619-345-5884

Hospital
Sharp Grossmont Hospital
Sharp Grossmont Hospital is the largest health care facility in East San Diego County with programs in emergency and critical care, cardiac care, orthopedics, rehabilitation, behavioral health, neurology, women’s health, children’s health and hospice care.
5555 Grossmont Center Dr., La Mesa | 619-740-6000

Hotel
Courtyard by Marriott
The new state-of-the-art lobby at Courtyard San Diego El Cajon provides greater flexibility and choices for guests. At the center of it all is The Bistro, your destination for a great breakfast proudly serving Starbucks coffee as well as drinks and dinner during the evening.
141 N. Mapoglia Ave, El Cajon | marriott.com | 619-334-6999

Insurance Broker
Eric Andersen, State Farm
Eric Andersen strives to make the quote process convenient and easy for clients. A World Insurance Agency – dedicated to providing services that no other broker or insurance agency can match. They focus on delivering exactly what you need.
8040 La Mesa Blvd., La Mesa | bit.ly/30hOAfw | 619-460-2255

Jewelry
Pierre’s Jewelers
Pierre’s is La Mesa’s premier jeweler for more than three decades. They offer a large selection of fine jewelry, as well as customizable set, or loose diamonds and colored stones. They are both brokers and direct importers of diamonds. Jewelry repairs are done in-house by owner Pierre, a veteran jeweler and La Mesa local who is committed to craftsmanship and client satisfaction.
8324 La Mesa Blvd., La Mesa | pierresjewelers.com | 619-463-4072

Manicure/Pedicure
Spa & Co Nails & Wine Bar
At Spa & Co, a locally owned nail salon at
Grassmont Center since 2012, you can now take your luxurious manic and pedi
experience to a whole new level, with a fabulous glass of wine or a cold beer on
the side and enjoy the in-salon wine bar
they have become renowned for. Spa & Co
quickly became the go-to salon for locals
in La Mesa because they offer such a wide
variety of services and specialize in creat-
ing beautiful gel nails.
5500 Grassmont Center Dr., La Mesa
bit.ly/2HZKXbc | 619-337-0163

Massage
Thérapie Day Spa
Thérapie Day Spa was founded by Kelly
Robinson, Licensed Massage Therapist,
and her vision was simple. She sought to
create an oasis where people can retreat
from the stress of everyday life and reju
venate their mind and bodies. Along with
the help of an army of dear friends, the
dream became reality in 2011 when
Thérapie opened its doors for business. At
Thérapie you will feel the support in your
path to wellness, and feel right at home.
4679 Date Ave., La Mesa
thepIdeadayspa.com | 619-741-8118

New Business
Dark Horse Coffee Roasters
Founded in 2019, DHCR takes pride in
sourcing and trading beans directly with
farmers around the world. In turn they
are able to offer the best quality beans.
Roasted daily, in-house, it’s a difference
you can taste. Stop by one of four San
Diego locations and try one of their sig
nature Espresso drinks, such as “The
Champ” or the Cold Brew on Nitro with a
splash of homemade vanilla bean syrup.
4350 Palm Ave. #104, La Mesa
858-882-1500 | 619-670-6700

Optometrist
Jeffrey Gregg, OD
Friendly and personable, Dr. Gregg will
address all your vision care needs and has
a wonderful frame selection of the latest
fashion trends for the entire family and is
conveniently located.
5500 Grassmont Center Dr., La Mesa
bit.ly/30bU3nM | 619-460-4393

Personal Trainer
Workout with Kirk
Kirk Teutena is a Nationally-Accredited
Personal Fitness Trainer and Certified
Health Coach - Neuro Performance
Coach and Senior Olympic Gold Medalist.
2013 1/2 La Mesa Blvd., La Mesa
858-882-6980

Boarding Day Care
The Pooped Puppy
The Pooped Puppy is a family and veter-
ain-owned dog daycare and boarding facil
ity. They’ve created a safe, fun and en
riching environment for your pups so
that they can enjoy being a dog. They offer
both indoor and outdoor play areas that
are fully supervised by trained pack lead
ers at all times.
7841 El Cajon Blvd. #105, La Mesa
thepoopedpuppy.com | 619-825-3130

Pet Groomer
Barking Beauties Pet Salon
Vivian was introduced into the grooming
industry by her mother in 1999. At 24, Vivian
followed her mother in owning her own
salon.
8247 La Mesa Blvd., La Mesa
bit.ly/2ZHai8C | 619-461-7200

Pet Groomer
Awesome Doggies!
They grooms pets, all day, every day. A full
service mobile pet groomer—accepting all
breeds. If you go for short fluffy types like
the Bichon that has eyes for nobody but you,
you’ve come to the right place. Owing a rugged 120 pound German Shep
herd who loves to dig, chew and shed like
mad, no problem. No limits on size, breeds,
or age: young or old, big or small, they
love in all.
4079 Governor Dr. St, San Diego
mobilepetgroomingsandiego.com
858-633-3641

Pet Sitter
The Pooped Puppy
(See listing under Best Pet Boarding)

Photographer
Cece Canton Photo
It’s true… Cece believes she has the best
job in the world. She is a photographer
and storyteller, an ultralight wilderness
backpacker. A freak for heights and a lover
of flowers. She can sing well, dance
bad and is learning to play the guitar…
watch out! She loves to make people
smile and shows them just how great they
can look. She believes anything is possi
ble… Anything!
8415 La Mesa Blvd. #3, La Mesa
catephoto.com | 619-884-6879

Physical Therapist/Rehab
La Mesa Rehab
A Comprehensive Outpatient Rehabilita
tion Facility (CORF) and a medical facility
that provides outpatient diagnostic, ther
apeutic, and restorative services for rehabil
itation from injury, disability, or sickness.
8380 Center Drive Suite E, La Mesa
laresabehab.com | 619-466-6077

Plumber
Ideal Plumbing, Heating, Air & Electrical
(See listing under Best Electric Company)

Pool Services
Alpro Pool Services Inc.
Alpro services can be tailored to fit any
style or budget. While others seek to
increase their profits by compromising quality, cutting corners, recommending
unnecessary services or requiring long
service agreements, that’s not their style.
They treat customers and their property
with the utmost respect.
7935 El Cajon Blvd., La Mesa
alpropoolservices.com | 619-589-1556

Real Estate Agent
Jim O’Donnell
Jim likes to use an aggressive marketing
process that less than 5% of all real estate
agents come close to. If he is successful he
can guarantee any homeowner that he
will sell their home within 47 days of tak
ing their listing, get them top dollar based
on the market and if he doesn’t, he will
sell the home at reduced commission!
410 Kalmia St., San Diego
jimodonnell@realty.com | 619-990-8522

San Diego County Credit Union
(877) 732-2848
Federally insured by NCUA

sdcu.com

Pharmacy
La Mesa Pharmacy
Free prescription delivery to all of south
ern San Diego County. They offer quality
products at affordable prices, while pro
viding the personalized attention and cus
tomer service you expect from a local
business. They are your neighbors who
live, work and play in the same commu
nity as you and your family. You’ll see
them in their neighborhood, at the school
play, and volunteering at the local charity.
830 La Mesa Blvd., La Mesa
619-466-3246

Plumber
Ideal Plumbing, Heating, Air & Electrical
(See listing under Best Electric Company)
Fall Prevention & Balance Training
Functional Movement Solutions • Fit For Sports®
Safer - Stronger - Seniors™ • Cross Training Injury Prevention™
Safe Senior 50+ Program - We Change Lives® • Corporate Wellness Programs

Before

KIRK

320 lbs

After

215 lbs
...and kept the weight off

Thank You La Mesa Courier Readers For Voting Best Of!

GOLD FOR BEST PERSONAL TRAINER!

8803 ½ La Mesa Blvd.
La Mesa
619-851-6980
24 Hours / 7 Days
www.workoutwithkirk.com
kirk@workoutwithkirk.com
Trusted Member: A+ BBB

GLIDE TRAK
La Mesan nets tennis success

Dave Thomas

For La Mesa resident Conan Lorenzo, tennis is more than a job.

Currently the tennis director at La Jolla Beach & Tennis Club (LJBTC), Lorenzo recently was honored with the Janet Louer Junior Team Tennis National Organizer of the Year at the United States Tennis Association (USTA) Awards.

In receiving the award, Lorenzo stood out for his ability to successfully implement USTA tennis programs, generating interest in USTA junior team tennis, developing junior tennis in her youth team tennis state championship in the U.S. Louer was also instrumental in forming the sectional and national championships for the program.

La Mesa Courier recently caught up with Lorenzo to talk before receiving the award and teaching others the sport he loves so much.

Lorenzo: I was so honored to be placed in the same sentence as Janet Louer, as she has been such an amazing contributor to the game of tennis for juniors all over the country. It gives me more energy than ever to keep working hard to not only live up to but also to increase participation with tennis all over San Diego and so much more. I have learned a few things over these last few months while receiving congratulations and more from so many people. The core message to me is to listen and learn from others, stay humble in everything I do and make sure each day is not a waste, whether it is with family, friends, tennis and my own time.

Lorenzo: What is terrific to see now is that all the Beach Club parents are so excited with tennis and now encouraging their own kids to come out and play. In fact, the Beach Club has gone from one junior team tennis team to over eight teams or more in the last few years.

LMC: For people interested in playing and promoting tennis locally, what advice do you have for them?

Lorenzo: My advice to anyone looking to promote tennis or to be a part of tennis would be to go out there and ask any of the following organizations: San Diego District Tennis Association, United States Professional Teaching Association, Southern California Tennis Association, San Diego Umpires Association and Youth Tennis San Diego.

—Dave Thomas is a San Diego-based freelance sports writer. Reach him at hoopsthomas@yahoo.com.
Patrick Rann: $1,000
Ryan Trainor: $1,000
Uriel Lopez: $1,500
Fernando Pluma: $1,500
Zeus Lefort: $2,500
Ethan Henry: $2,500
Fernando Sandoval: 
David Nguyen: $2,500
Nick Smith: $1,000

FEATURE / EDUCATION

and San Diego just didn’t have
LA was where the action was
“But it just didn’t fly because
movies to La Mesa,” he said.
one more attempt to bring the
Grossmont Studios, was just
hearsay by locals.
not sure if this was true or just
into a house. However, he was
“false fronts” and was turned
dio building had three different
mors suggest the original stu
now.”

Newland said that some ru
had the better transportation,
LA had the better transportation,
and wide-open spaces, as well
initially because of its climate,
and California freelance writer with
a penchant for interesting his
California freelance writer with
a penchant for interesting his
movers suggest the original stu

Jill Diamond is a Southern California freelance writer with
a penchant for interesting his
to the University of Denver.

Eco Office Solution can be the Solution for you.

Call Mike!
(619) 784-6045
mikebaker5317@gmail.com
www.pacificcompsvcs.com

Senior and Veteran Discounts!

We are San Diego’s newest, cleaning service, Eco Office
Solutions. We are environmentally conscious. We have
generations worth of cleaning knowledge and years of
cleaning experience. Give us a call to discuss how
Eco Office Solution can be the Solution for you.

Helix, from page 8
against choirs from all over
the Southwestern U.S. at the
Music In The Parks Festival
at Universal Studios!

Students from the
Architecture, Construction,
and Engineering (ACE) pro-
gram brought home $16,000
in scholarships at the annual
banquet, and one student won
an all-expenses paid camp in
Denver to compete and collab-
orate with other ACE students
at the University of Denver.
The group’s project featured
a new stadium for San Diego.
They designed the elements,
then built a realistic model
that was presented at the ban-
quet. Scholarship recipients
include:

• Zeus Lefort: $2,500
• David Nguyen: $2,500
• Patrick Rann: $1,000
• Uriel Lopez: $1,500
• Fernando Pluma: $1,500
• Fernando Sandoval: $1,500
• Ethan Henry: $2,500
• Nick Smith: $1,000
• Bryan Quezada: $1,000
• Ryan Trainor: $1,000 (+
camp award)

—Jennifer Osborn writes on
behalf of Helix Charter High
School.
Music teacher’s lasting life lessons

”Dance Moms.” That series had vowed, my daughter would get was given a choice between balance or recreation. I just can’t understand would shake his head, not at me, but at my classmates grow decades back: I was right. In fact, Mr. Abe was motivated to help as a musician.

A music teacher’s lasting life lessons

His stellar reputation as a band teacher convinced me if he could help me move to Roosevelt High School to attend the concerts for our community. It was everything to me and helped me get through the angst of my teenage years.

I remember when I first called Mr. Abe to ask him if he could help me move to Roosevelt High School so I could play in his band. His stellar reputation as a band teacher convinced me he could help me grow as a musician.

So I was proud that I didn’t miss ballet. Someday, I would shake his head, not at me, but at my classmates grow decades back: I was right. In fact, Mr. Abe was motivated to help as a musician.

I have always been a teacher who leads by doing so let’s take a lesson from his playbook and remember to thank our veterans and servicepeople for their willingness to sacrifice their lives for our country. We don’t have to wait for Memorial Day or Veterans Day to celebrate the brave men and women who fight for our rights as Americans.

—Genevieve A. Suzuki is a local attorney who lives and works in La Mesa.
Dining in La Mesa

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 6-27-19 (up to a $10 value).

Centifonti’s
Family Owned & Operated Since 2005

Breakfast
Lunch & Dinner
8365 La Mesa Blvd 619.461.4434

Centifonti’s
Family Owned & Operated Since 2005

Live Music!
Wednesday 5:30 pm - 7:30 pm
Saturday 7:00 pm - 9:00 pm
Sunday 5:30 pm - 7:30 pm
“$5.00 OFF On $25 or More
Valid Mon-Fri, With Coupon
Not valid with any other offer.
Expires 6-27-19

Authentic Greek, Mexican or Traditional American Meals here at Patty’s Café!

Free Entrée with Purchase of Entree & 2 Drinks
Valid Mon-Fri, With coupon,
Max Value: $9.95
Not valid with any other offer.
Expires 6-27-19

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!

Albert’s Fresh Mexican Food
Home Of The BIG Rolled Tacos

$2.15 Each!
Fish Taco Tuesdays!

Let Us Cater Your Party!
Pancakes the size of Frisbees? You got it. Puffy four-egg pancakes stuffed with an array of fillings! Sure thing. Flame-broiled burgers made from fresh Angus beef? Always.

“This feels a lot like the restaurants I remember from back home,” said my southern Missouri dining companion as he gazed over the county-style décor and elongated lunch counter inside Rae’s Café. He became even more sentimental when forking into a plate of house-made biscuits smothered in chunky sausage gravy, which he termed as “outstanding.” The restaurant marks the spot of the former Omelette Factory, which was purchased 3 1/2 years ago by Rae Harris, an East County resident who worked at chain restaurants and a few mom-and-pops for 30 years.

After revamping the menu and bringing in fresh ingredients such as never-frozen potatoes and Angus beef, she recently gave her namesake to the restaurant as a nod to the previous ownership. She also began using coffee mugs featuring the logo of the El Cajon Animal Shelter, of which she is a devoted volunteer.

Four-egg pancakes are still a mainstay, although many of them carry different names and specs. Some are new altogether.

The Philly omelet is one of them. It folds in thinly sliced rib-eye, wilted onions and sautéed green bell peppers. Topped with Swiss cheese, it really doesn’t taste like a Philadelphia cheesesteak, but we found the combination of ingredients to be flavorful and well-conceived.

The “green” omelet with broccoli, spinach and avocado was also added by Harris, along with several others that all come with a choice of toast and potatoes. For our Phi Philly omelet, we chose hash brown served in a generous slab. Based on their clean flavor and non-watery texture, it was obvious the spuds are grated fresh onsite.

Arriving about an hour before closing on a Sunday (the restaurant is open from 6 a.m. to 2 p.m. daily), both the front and back dining areas were fully booked partly because rain had closed the dog-friendly patio. But it is the demand for homey fare, especially on weekend ends, that fills the house.

While being seated, we passed several parties enjoying irresistibly tanned pancakes. I was immediately sold. (Harris’ signature stuffed croissant French toast would have to wait for another visit.)

My friend and book club compadre, Connie Henry, is an incredible baker. She made this last month for us and we all were very quiet as we ate our cake. You know something is extra special when that happens!

**Ingredients:**
- 1 3/4 cups of all-purpose flour
- 2 tablespoon grated lemon zest
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 3/4 cup sugar
- 2 eggs
- 1 cup of unsalted butter at room temperature (2 sticks)
- (To soften refrigerated butter quickly, pour boiling water into a measuring cup, empty the water and place the

**Directions:**

Heat oven to 375 degrees. Butter, or spray with Pam baking spray, a 9-inch round cake pan. Combine the flour, baking powder, salt and lemon zest in a bowl. Cream together the softened butter and sugar in a bowl with a mixer until light and fluffy.

Gradually add the eggs until blended. Slowly add the flour mixture and the poppy seeds until the batter is smooth. Pour the batter into your prepared pan and bake for 30 minutes or until golden brown. An inserted toothpick should come out clean.

While cake is cooling, combine the powdered sugar and lemon juice until smooth. Pour over the warm cake.

*NW LOGO | NEW LOOK | NEW MENU

**NEW LOGO | NEW LOOK | NEW MENU**

<table>
<thead>
<tr>
<th>SAME GREAT CHEF</th>
<th>SAME GREAT STAFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terra</td>
<td>Terra</td>
</tr>
<tr>
<td>Modern Comfort Food</td>
<td>Modern Comfort Food</td>
</tr>
</tbody>
</table>

**A place for hearty breakfasts and lunches (Photo by Frank Sabatini Jr.)**
In tragic news this month, the beloved and behated, bloody, sexy, controversial phenomenon known as HBO’s “Game of Thrones” is coming to an end. As I type this, we still have one more episode to go, so I do not know if its conclusion was brilliant or a trainwreck. After the finale, millions of people will be left reeling, missing the characters and intrigue they’ve grown to love. But I’m here to help with some book recommendations that can help fill that void of Mother of Dragons-shaped hole in your hearts.

First of all, you can of course read George R.R. Martin’s “A Song of Ice and Fire,” the book series upon which the TV show was based. There are five books in the series so far, with two more to go. Granted, Martin is widely known for taking an awfully long time to finish each book. Martin has also written another book set in the same fantasy world, but taking place generations before the current storyline, “Fire & Blood: 300 Years Before A Game of Thrones.” “Fire & Blood” focuses on the rise of the dragon-ridden Targaryen family.

Marlon James’ “Dark Star Trilogy” is a new series, which has been frequently called “the next ‘Game of Thrones,’” starting with the book “Black Leopard, Red Wolf.” In much the same way that “Thrones” is inspired by medieval Europe, “Black Leopard, Red Wolf” is inspired by Iron Age Africa, with aspects of the culture, mythology and social structure blended with magic and fantastic creatures. Like “Thrones,” the story is very adult, with graphic violence (both physical and sexual) and characters so immoral that it can be difficult to know who to root for. This paints a vivid picture of a brutal world, but obviously will not be everyone’s cup of tea.

As far as fantasy epics go, Robert Jordan’s “The Wheel of Time” series is easy to recommend. The story begins when three friends from a rural village who are told that they have a grand destiny, and leave home for the first time under the leadership of a young sorceress. The tale balloons in scope, as the books shift between the point of view of dozens of different characters. There are furious battles between good and evil, court intrigue, romance, culture clashes, magic, madness, and interactions/strife between a dozen factions (both heroic and sinister) seeking to fulfill their unique agendas. The series is 14 books long, with some of the volumes nearing 1,000 pages in length. It will keep you occupied for a very long time.

As the “Thrones” characters of Westeros face down an upcoming arctic cataclysm (“winter is coming”), the characters of N.K. Jemisin’s “Broken Earth” trilogy face tectonic cataclysm, in which unpredictable earthquakes and volcanoes create terrible natural disasters, societal disruption and death. Some people in this world have magical powers to control the earth, and they are conscripted to help stave off these catastrophes. Against this backdrop, we focus on the story of a woman searching for her kidnapped daughter and what life is like for the oppressed magical guardians. All three books in the trilogy have won the Hugo Award (literary awards for science fiction and fantasy) for Best Novel of the Year, which is an amazing feat.

Now that winter has come (and gone), it’s time to gear up for your library’s Summer Reading Program. Read books for prizes, and enjoy programs for all ages. Ask library staff for details.

—Jake 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 sdcpl.org.
Saturday, May 25

Katherine Girvin, are coming to The Table United Church of Christ of La Mesa as part of the popular "Valorie Way - Victor Concert Series. 2 p.m. in the church sanctuary, 5940 Kolton Ave. Free offerings are taken. For more information, visit tablehose.org, or call Jim Tompkins-MacLaine at 619-888-3401.

Parks Foundation Fundraiser La Mesa Park & Recreation Foundation is holding a funda- rasion at The Hills Local Pub, 8758 La Mesa Blvd, from 5 to 9 p.m. 10% of all receipts go toward the foundation’s goals, including bringing a community garden to MacArthur Park.

The Celebrity Championship at Sycuan Through June 2 Charitable proceeds from this golf tournament event benefit the Junior Souu Foundation’s Adaptive Surfing Program with Challenge Athletes Foundation. The tournament will bring together approximately 40 of the best celebrity golfers in the world competing for a cash prize and the coveted Celebrity Championship Trophy. Red Carpet Re- ception on May 30, followed by rounds of golf, one each on Friday, Saturday and Sunday. Three-day tickets are $15 available at celeb- litychampionship.com. At Singing Hills Golf Resort at Sycuan, 3007 Debbra Road, El Cajon.

Friday, May 31

Recharge with Rock Climbing The Special Olympics is partnering up with Cairn Leadership to offer a veteran outdoor rock-climbing adventure in Mission Trails Regional Park. Bring hiking shoes and water bottle. Necessary gear and snacks provided. Meets at 4 p.m. on the Mission Trails Regional Park Via- sa in the parking lot at Serra Trail. Free. Register at bit.ly/2ZS7VKX.

Flag Day Parade The La Mesa Flag Day Parade continues its 22-year-long tradition where the community comes together each year to recognize the organizations and individuals that make La Mesa “The Jewel of the Hills.” With the recent upgrades to La Mesa Boulevard, bridge in flagpole holes will be filled with American flags to line the Village for this patriotic celebration. With a short route, coming in at just under a mile, the La Mesa Flag Day Parade is a great showcase of marching bands, businesses, organ- nesses and local dignitaries. Parade marches west through the Village at 10 a.m. Free. bit.ly/2H2jXqG

Tuesday, June 4

Historic Preservation in La Mesa: Myth, Realities and Benefits La Mesa Conversations and the La Mesa Historical Soci- ety present a discussion on the city’s Historic Property Survey Update. LMHS President Jim Newland, city of La Mesa Senior Planner, and historic property appraiser Nikki Kriechel and historic property owners will be ready to answer questions about property designations, process and benefits. 6:10–8:30 p.m. at Masonic Lodge Hall, 4731 Date Ave. Free.

Thursday, June 6

Red Shoe Day fundraiser Volunteers are needed from across the county for Ronald McDonald House Charities of San Diego’s largest volun- teer-driven fundraiser to col- lect generous cash donations from morning commuters from 6:30–9:30 a.m. at more than 200 major intersections throughout San Diego County. Free. RedShoeDaySD.com to register as a volunteer or create a personal fundraising page to help support Ronald McDonald House Charities.

Friday, June 7

Local Artist Showcase Through July 10 Stunning and unique work of local artists will be on display at Naksaim Framing + Art, 8310 La Mesa Blvd. Visit the Artist Reception on Friday for hours and information.

Saturday, June 8

Heartland Fire Pancake Breakfast Heartland Firefighters of La Mesa will hold their 11th annu- al Pancake Breakfast at Fire Station 11, 8034 Allison Ave., from 9 a.m. to noon. Along with pancakes, eggs, sausage, breads and coffee, the event will feature booths on safety, crime prevention, disaster preparedness, CPR and wa- ter safety. bit.ly/2E64CuZ.

Sunday, June 9

SD County Fair Musicals! Family entertainment! Friday and Sat- urday performances at 7 p.m., Sunday performance at 4:30 p.m. Doors, 8 p.m. musical. Grossmont Center, 5500 Grossmont Drive Suite 109, La Mesa. Tickets are $14 adult, $8 children 6-12, available at bit.ly/2US7vtk.

Event in Grossmont Center Drive. 11 a.m.-3 p.m. Free. bit. ly/2VaCtR.

Friends! Fashion Flings Friends of East County Arts, Inc., supporting the arts in East County since 1984, is pleased to present “Friends Fashion Flings.” This year’s event promises participants the fun and glamour of a com- plementary Champagne on that special, delici- cated luncheon and the latest fashions from Macy’s at fair prices. A silent auction, opportuni- ties and entertainment. 11 a.m.-2 p.m. at the Ronald Reagan Center, 195 East Douglas Av., El Cajon.

Thursday, June 10

Italian Verismo Master Class with American Opera Star James Parris at La Mesa Community Center, 7100 Rancho Bernardo Rd., La Mesa. 10:30–4 p.m. For more information, call 619-575-0834.

Saturday, June 15

San Diego Museum of Art Craft Show The Museum of Art crafts vendors, exhibiting the best craft and fine art from across the country. 10 a.m.-5 p.m. at San Diego Museum of Art, 1480 El Prado. Free. bit.ly/2TcSTZ5.

Sunday, June 16

Community & arts & Entertainment Calendar

Three Courses of Wealth The La Mesa Chamber of Commerce presents a workshop to workshop members aimed at describing the three courses of wealth — wealth accumulation, wealth preservation and wealth transfer — and why they are crucial in all aspects of your financial life. Al- so learn common sense tax strategies for your financial life. Hosted by James and Susan Hannahberger, will include hours of discussion and activities, and is free to La Me- sa Chamber members and $15 per person for all other guests. Reservations may be made via lamachamber.org or by calling 619-465- 7890. 5-7 p.m. at Marie Callender’s, 6950 Alvarado Road, San Diego.

Movie Matinee The La Mesa Adult Enrichment Program is hosting a movie matinee for members of modern and classic film vintages starting at 1 p.m. in the center's main hall. Cost is $2 per ticket. For movie listings, visit bit.ly/2FVORM.

The La Mesa Farmers Market La Mesa's farmers mar- ket offers fresh local pro- duce, flowers, pastries, live music, and arts and crafts each Thursday from 8 a.m. to 1 p.m. at La Mesa Boulevard. Free. Visit lamemallsassociation.com.

Traveling Stories Visit Storytime on Tuesday each Sunday for an interactive story time for kids. Kids can share their stories, pick out a book that interests them, and then read it out loud to a volunteer. The volunteer asks engaging questions that helps the child develop reading comprehension and writing skills while earning book backs to trade for cool prizes. Free. 3-4:30 p.m. at San Diego’s Flag Drive, La Mesa.
BUSINESS & SERVICES / CLASSIFIEDS

Auto Donations
Donate Your Car to Veterans Today! Help and support our Veterans. Fast - Free - 800-303-3344. Call us today for your donation.
The life of an artist can be very lonely. Too many times, artists are working on their craft at home or in their studio without much communication with other fellow artists.

So, two years ago, a group of us, who are drawing enthusiasts and understand the drawbacks of this isolation, devised a plan to get together to both draw and socialize.

The biggest impediment to our plan was finding a place to meet. Gary Dyak, a member of Foothills Art Association, suggested that the Foothills gallery at Porter Hall might be available for the group to gather.

After getting the green light to meet at the gallery from the San Diego Drawing Guild was to meet at the gallery from the group to gather. Gary Dyak, a member of our plan was finding a place to get together to both draw and socialize. Although colored pencil is a core group of 10 to 12 people with a supportive group and draw. If you would like to be a wonderful venue for our group is how grateful comment I hear most from members in our group is how grateful they are to have a place to come and draw. If you would like to draw with a supportive group of like-minded artists, please join us.

The San Diego Drawing Guild was to meet at the gallery from the group to gather. Gary Dyak, a member of our plan was finding a place to get together to both draw and socialize. Although colored pencil is a core group of 10 to 12 people with a supportive group and draw. If you would like to be a wonderful venue for our group is how grateful comment I hear most from members in our group is how grateful they are to have a place to come and draw. If you would like to draw with a supportive group of like-minded artists, please join us.

The Foothills Art Association will host an artists’ reception on Saturday, June 8, 2-4 p.m. featuring the artwork of the San Diego Drawing Guild at the Foothills Gallery at Porter Hall, 4810 Memorial Drive, La Mesa. The artwork will be on display at the gallery June 7-July 3. The gallery is open Tuesday through Saturday 11 a.m.-4 p.m. For more information, call 619-464-7167.

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

**June featured artists: The San Diego Drawing Guild**

**FOOTHILLS ART ASSOCIATION**

Linda Michael

*Anza Borrego* by Rhonda Anderson (Courtesy Foothills Art Association)

The life of an artist can be very lonely. Too many times, artists are working on their craft at home or in their studio without much communication with other fellow artists.

So, two years ago, a group of us, who are drawing enthusiasts and understand the drawbacks of this isolation, devised a plan to get together to both draw and socialize.

The biggest impediment to our plan was finding a place to meet. Gary Dyak, a member of Foothills Art Association, suggested that the Foothills gallery at Porter Hall might be available for the group to gather.

After getting the green light to meet at the gallery from the San Diego Drawing Guild was to meet at the gallery from the group to gather. Gary Dyak, a member of our plan was finding a place to get together to both draw and socialize. Although colored pencil is a core group of 10 to 12 people with a supportive group and draw. If you would like to be a wonderful venue for our group is how grateful comment I hear most from members in our group is how grateful they are to have a place to come and draw. If you would like to draw with a supportive group of like-minded artists, please join us.

The Foothills Art Association will host an artists’ reception on Saturday, June 8, 2-4 p.m. featuring the artwork of the San Diego Drawing Guild at the Foothills Gallery at Porter Hall, 4810 Memorial Drive, La Mesa. The artwork will be on display at the gallery June 7-July 3. The gallery is open Tuesday through Saturday 11 a.m.-4 p.m. For more information, call 619-464-7167.

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

**June featured artists: The San Diego Drawing Guild**

**FOOTHILLS ART ASSOCIATION**

Linda Michael

*Anza Borrego* by Rhonda Anderson (Courtesy Foothills Art Association)

The life of an artist can be very lonely. Too many times, artists are working on their craft at home or in their studio without much communication with other fellow artists.

So, two years ago, a group of us, who are drawing enthusiasts and understand the drawbacks of this isolation, devised a plan to get together to both draw and socialize.

The biggest impediment to our plan was finding a place to meet. Gary Dyak, a member of Foothills Art Association, suggested that the Foothills gallery at Porter Hall might be available for the group to gather.

After getting the green light to meet at the gallery from the San Diego Drawing Guild was to meet at the gallery from the group to gather. Gary Dyak, a member of our plan was finding a place to get together to both draw and socialize. Although colored pencil is a core group of 10 to 12 people with a supportive group and draw. If you would like to be a wonderful venue for our group is how grateful comment I hear most from members in our group is how grateful they are to have a place to come and draw. If you would like to draw with a supportive group of like-minded artists, please join us.

The Foothills Art Association will host an artists’ reception on Saturday, June 8, 2-4 p.m. featuring the artwork of the San Diego Drawing Guild at the Foothills Gallery at Porter Hall, 4810 Memorial Drive, La Mesa. The artwork will be on display at the gallery June 7-July 3. The gallery is open Tuesday through Saturday 11 a.m.-4 p.m. For more information, call 619-464-7167.

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

**June featured artists: The San Diego Drawing Guild**

**FOOTHILLS ART ASSOCIATION**

Linda Michael

*Anza Borrego* by Rhonda Anderson (Courtesy Foothills Art Association)

The life of an artist can be very lonely. Too many times, artists are working on their craft at home or in their studio without much communication with other fellow artists.

So, two years ago, a group of us, who are drawing enthusiasts and understand the drawbacks of this isolation, devised a plan to get together to both draw and socialize.

The biggest impediment to our plan was finding a place to meet. Gary Dyak, a member of Foothills Art Association, suggested that the Foothills gallery at Porter Hall might be available for the group to gather.

After getting the green light to meet at the gallery from the San Diego Drawing Guild was to meet at the gallery from the group to gather. Gary Dyak, a member of our plan was finding a place to get together to both draw and socialize. Although colored pencil is a core group of 10 to 12 people with a supportive group and draw. If you would like to be a wonderful venue for our group is how grateful comment I hear most from members in our group is how grateful they are to have a place to come and draw. If you would like to draw with a supportive group of like-minded artists, please join us.

The Foothills Art Association will host an artists’ reception on Saturday, June 8, 2-4 p.m. featuring the artwork of the San Diego Drawing Guild at the Foothills Gallery at Porter Hall, 4810 Memorial Drive, La Mesa. The artwork will be on display at the gallery June 7-July 3. The gallery is open Tuesday through Saturday 11 a.m.-4 p.m. For more information, call 619-464-7167.

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

**June featured artists: The San Diego Drawing Guild**

**FOOTHILLS ART ASSOCIATION**

Linda Michael

*Anza Borrego* by Rhonda Anderson (Courtesy Foothills Art Association)

The life of an artist can be very lonely. Too many times, artists are working on their craft at home or in their studio without much communication with other fellow artists.

So, two years ago, a group of us, who are drawing enthusiasts and understand the drawbacks of this isolation, devised a plan to get together to both draw and socialize.

The biggest impediment to our plan was finding a place to meet. Gary Dyak, a member of Foothills Art Association, suggested that the Foothills gallery at Porter Hall might be available for the group to gather.

After getting the green light to meet at the gallery from the San Diego Drawing Guild was to meet at the gallery from the group to gather. Gary Dyak, a member of our plan was finding a place to get together to both draw and socialize. Although colored pencil is a core group of 10 to 12 people with a supportive group and draw. If you would like to be a wonderful venue for our group is how grateful comment I hear most from members in our group is how grateful they are to have a place to come and draw. If you would like to draw with a supportive group of like-minded artists, please join us.

The Foothills Art Association will host an artists’ reception on Saturday, June 8, 2-4 p.m. featuring the artwork of the San Diego Drawing Guild at the Foothills Gallery at Porter Hall, 4810 Memorial Drive, La Mesa. The artwork will be on display at the gallery June 7-July 3. The gallery is open Tuesday through Saturday 11 a.m.-4 p.m. For more information, call 619-464-7167.

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

**June featured artists: The San Diego Drawing Guild**

**FOOTHILLS ART ASSOCIATION**

Linda Michael

*Anza Borrego* by Rhonda Anderson (Courtesy Foothills Art Association)

The life of an artist can be very lonely. Too many times, artists are working on their craft at home or in their studio without much communication with other fellow artists.

So, two years ago, a group of us, who are drawing enthusiasts and understand the drawbacks of this isolation, devised a plan to get together to both draw and socialize.

The biggest impediment to our plan was finding a place to meet. Gary Dyak, a member of Foothills Art Association, suggested that the Foothills gallery at Porter Hall might be available for the group to gather.

After getting the green light to meet at the gallery from the San Diego Drawing Guild was to meet at the gallery from the group to gather. Gary Dyak, a member of our plan was finding a place to get together to both draw and socialize. Although colored pencil is a core group of 10 to 12 people with a supportive group and draw. If you would like to be a wonderful venue for our group is how grateful comment I hear most from members in our group is how grateful they are to have a place to come and draw. If you would like to draw with a supportive group of like-minded artists, please join us.

The Foothills Art Association will host an artists’ reception on Saturday, June 8, 2-4 p.m. featuring the artwork of the San Diego Drawing Guild at the Foothills Gallery at Porter Hall, 4810 Memorial Drive, La Mesa. The artwork will be on display at the gallery June 7-July 3. The gallery is open Tuesday through Saturday 11 a.m.-4 p.m. For more information, call 619-464-7167.

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