

100TH BIRTHDAY CELEBRATION

The Reverend Henry A. Mc Kinney's House has been the official location of the La Mesa Historical Society since 1975. This year the house is turning 100 years old. To celebrate this passage of time, 1908-2008, the Historical Society is throwing a Birthday Party. The celebration is being combined with an old fashioned Quilt Show. The house and backyard will be decorated with many special quilts from the past.

Join the La Mesa Historical Society for an afternoon of fun, refreshments, opportunity drawing, and a Quilt Show. If you have yet to visit the house, this event is the perfect opportunity.

Saturday, Sept. 27, 2008
1:00 – 4:00 pm

The McKinney House, 8369 University Ave.

ADMISSION IS FREE



WALKING COUNTS! Make your goal 10,000 steps a day

You've heard it before but it bears repeating. Walking is one of the most beneficial forms of exercise we can do. It is easy to adapt for any age and fitness level. All you really need to get started is a good pair of walking shoes and, of course, a little motivation!

A good goal to work toward is an average of 10,000 steps per day. In terms of distance that's about five miles each day. That may seem like a lot but you'd be surprised at how you can fit in some extra steps per day each week until you reach that goal. Find helpful information on how to get started at www.thewalkingsite.com.

Here are some ideas to increase the number of steps you take each day:

- Walk to a park to eat your lunch.
- Skip the elevator and take the stairs.
- Walk the kids to school.
- Walk the dog – you'll both benefit!
- Park at the far end of the parking lot.
- Get off the bus one stop early.
- Make a walk part of your lunch hour.
- Invite a friend along.



The La Mesa Wellness Task Force supports the City's goal to make La Mesa a more walkable community. Steps have already been taken (please pardon the pun) to create ways to make walking La Mesa more fun. Aside from all the organized walking groups in town, La Mesa's Walking Art Trail is a great way to start adding those extra steps and view some public art along the way. The not too distant future will bring grant-funded street and sidewalk improvements to the area surrounding Helix Charter High School. City staff members are also working on a project to map out walking routes throughout the community that will vary by distance and difficulty to add variety to your walking regimen. Watch the City's website for more information as it becomes available.

WALK LA MESA Just for the Fun of It!

The La Mesa Wellness Task Force wants you to know that there are organized walks nearby every day of the week. Check the City's website at www.cityoflamesa.com,

search *health & wellness*, and click on Walk La Mesa under Quick Links for a list of options or pick up a flyer at La Mesa City Hall or the La Mesa Community Center.

Call 619.667.1300 for more information

*La Mesa –
it's made
for walking!*