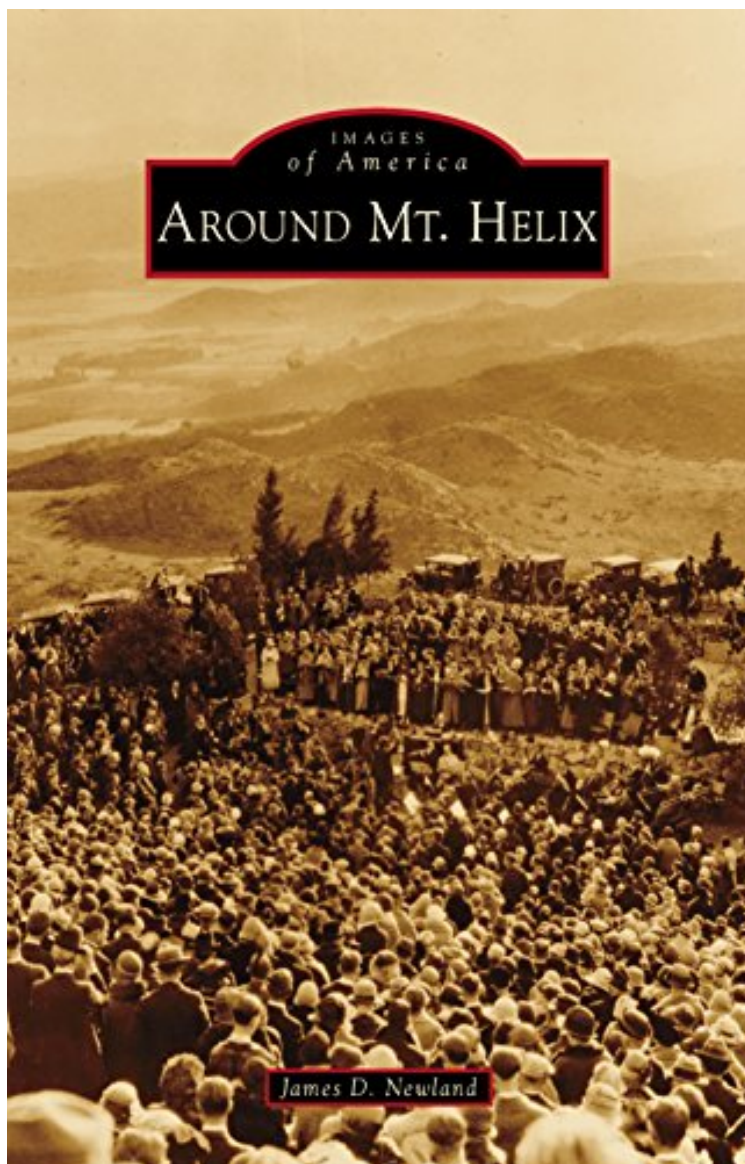


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## Around Mt. Helix (Images of America)

*James D. Newland*

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**James D. Newland : Around Mt. Helix (Images of America)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Around Mt. Helix (Images of America):

Every year, the morning of Easter Sunday, thousands of intrepid souls trek to the summit of San Diego Countys Mt. Helix. Once there, they experience the nearly century-old tradition of a community-based sunrise service held at the

historic Mt. Helix Nature Theater. Constructed for that purpose in 1925, and located in a unique, privately-owned public park, the landmark serves as just one of the reasons this conically shaped peak has become a regional, cultural, and natural icon. Named for a rare gastropod, the 1,375-foot-high pinnacle also serves as a geographic beacon for the mostly unincorporated surrounding communities of Mt. Helix, Grossmont, Calavo Gardens, Casa de Oro, Spring Valley, and the adjacent, historically related municipalities of El Cajon, Lemon Grove, and La Mesa. Today, these semirural communities are renowned for their idyllic, family-friendly neighborhoods; classic early-20th-century Revivalstyle and custom midcentury Modern architecture; and long-standing commercial and civic institutions.

About the AuthorAuthor James D. Newland, La Mesa resident and a historian and manager with California State Parks, has partnered with the Mt. Helix Park Foundation to create this photographic history featuring evocative images of Mt. Helix and its neighbors, landmarks, notable events, institutions, and individuals.