

## INSIDE THIS ISSUE

### FEATURE

#### Solar savior



Daniel Sullivan's crusade to wipe out fossil fuels with the power of the sun. **Page 3**

### FEATURE

#### Historical humorist



Meet the San Carlos man who brings laughs to the Midway Museum. **Page 11**

### DINING

#### Make a pita stop



Pita shop in Linda Vista is surprisingly worth the trip. **Page 13**

### ENTERTAINMENT

#### Out on the fringe



Unique festival celebrates the unusual in music, theater, dance. **Page 27**

### ALSO INSIDE

Opinion .....	6
Education .....	14
Puzzles .....	19
Area Worship Directory .....	20
Expert Advice .....	22
Community Calendar .....	23

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The Watershed Explorers vans can take up to 28 students on field trips along the San Dieguito River. (inset) Program coordinator Su Scott hands out a goodie bag at a field trip to the San Dieguito Lagoon. (Photos by Jeff Clemetson)

### Jeff Clemetson

Editor

**O**n May 18 at Mission Trails Regional Park, various local conservancy organizations and County Supervisor Dianne Jacobs celebrated the purchase of a 15-passenger van that is the final piece to a program that will expand access to educational programs along the San Dieguito River watershed. The Watershed Explorers Project is a partnership of the San Dieguito River Park Joint Powers Authority and nonprofits in the watershed. The San Dieguito

River Valley Conservancy leads the group of organizations that includes the San Dieguito River Park, San Diego Canyonlands, the Volcan Mountain Foundation and the San Diego Archeology Center. The focus of the program is to provide nature-deprived kids and families an opportunity to experience the watershed from the mountains to the

See **WATERSHED** page 5

## School and developers reach deal Magnolia Academy will stay at Cleveland site for one more year

### Jeff Clemetson

Editor

**A** compromise with developers was finalized at the June 8 meeting of the Navajo Community Planners, Inc. (NCPI) that will allow the Magnolia Science Academy to remain at the old Cleveland Elementary School site through the end of next school year. "Giving them a whole other year is definitely impacting our plans for the project, but we're willing to do that to give these guys a place to learn," said Matt Hamilton, project manager for Preface JCR, the developers of the site. "I think we've reached a compromise and I think everyone is on board with it." Magnolia and Preface had reached a verbal compromise before the NCPI meeting, how-



The Magnolia Science Academy will remain at its current facility on Lake Atlin Avenue until June 18, 2017. (Photo by Jeff Clemetson)

ever administrators, parents and students voiced concerns that the development could still potentially disrupt the end of their school year if they had to leave early. The verbal agreement was that the school would stay at its current site unless the new site became available, which could

mean the school would have to stop midterm for packing and moving before resuming again. "I do believe that if we had to leave during the school year that it would be very detrimental to our students and families that we

See **MAGNOLIA** page 26

## San Carlos Rec cellular facility moves ahead

Various sides compromise on 50-foot clock tower

### Doug Curlee

Editor at Large

**T**he battle over whether to place a cell phone relay facility on the grounds of the San Carlos Rec Center last week came to a conclusion that no one from the neighborhood was ecstatic about, but one that a majority could accept.

The hearing before the Navajo Community Planning group picked through three possible alternatives for the cell towers, quickly eliminating the one that just about everyone, including T-Mobile, didn't much like — two 70-foot light towers that would have invited nighttime activity there that isn't happening now.

"The lights were just really unpopular, and we get that," said Jerrod Ploof, who heads up the effort for T-Mobile. In fact, this was the second time this had come before the planning group. It was previously rejected by the advisory group because of the lights question.

The second alternative was a fake eucalyptus tree, and it was little more popular than the lights had been.

Area residents Chuck and Barbara Carter, speaking separately, both panned the idea of the tree.

"Those trees never get taken care of, and we've all seen them turn blue and ratty-looking very quickly," Chuck said.

Chuck Schein, on the other hand, said he could live with the tree if he had to. "It would fit the park-like setting already there."

But the least offensive alternative (which is not the same as saying everyone loved it) is the 50-foot clock tower to be attached to the rec center gym and office building. The Carters supported it as the least offensive method of accomplishing what few of them actually wanted — the cell phone facility in any form.

To be truthful, if everyone there had been asked to vote on the issue, it's likely they'd have voted to block any cell phone facility, but that apparently is not an option.

See **TOWER** page 8



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A photograph of two men smiling in a garden. The man on the left is wearing a green t-shirt and a grey flat cap. The man on the right is wearing a teal t-shirt. In the foreground, there is a large potted plant with long, dark, pointed leaves. The background shows a stone wall and more greenery.

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Mayor Faulconer welcomes Sullivan at a press conference in December announcing that the city's vote on the Climate Action Plan. This resulted in San Diego being the largest city in the nation to legally commit to 100 percent renewable energy by 2035. (Courtesy Sullivan Solar Power)

# Saving the world

## one photovoltaic cell at a time

Morgan M. Hurley  
Contributing Editor

Back in the early 2000s, young San Diego resident and journeyman electrician Daniel Sullivan said he'd grown frustrated and even angry with California's energy crisis and the country's "unwarranted drum beat" towards a second war in Iraq. The recent birth of his son had also made him realize that he could no longer stand by and be complacent; he wanted to actively make the world a better place, and set himself on a path to do so.

Today he is the founder, president and CEO of Sullivan Solar Power, one of Inc. Magazine's fastest growing private companies in America, and has installed over 5,000 solar energy systems throughout San Diego, Orange and Riverside counties.

Sullivan graduated from Rancho Bernardo High School in 1995 and then embarked on a five-year electrical apprenticeship program, learning the trade, working with various contractors and gaining diverse experience in projects throughout San Diego County. Not long after the completion of his apprenticeship training, he got his first introduction to solar — photovoltaic (photons/voltage) systems — which convert sunlight into electricity. He was fascinated by the technology and with sun as an unlimited resource, he couldn't understand why it wasn't more widely used.

"Once I started studying solar power, a light went on," Sullivan said. "It's obvious we have an answer — but nobody was really doing anything about it. There were policies in the state of California that encouraged conservation and renewable energy but at that time there were only a handful of companies that actually did solar power and the people that were doing it weren't really electricians by trade. They were people who believed in the technology but didn't know how to deliver it."

Sullivan made several attempts

to convince his boss to expand into the solar business, to no avail; so he decided to do it himself.

He got certified, quit his job, picked up some freelance electrical work, moved into his client's garage and with just \$2,500 in his pocket, he jumped off the cliff.

"It was a miserable life coming out of the gate," he said. "It was challenging psychologically and emotionally."

In 2005, Sullivan had only one employee — his best friend from high school, who is still with him — and just two customers his first year, netting \$60,000. To pay his bills, Sullivan landed a service contract with the city of Santee. He then set out to educate the victims of the San Diego Cedar Fire on the advantages of renewable energy and the rebates that the government was offering them as a result of the fires.

"It was a difficult time," he said. "These people had lost everything. They were trying to rebuild their lives while I was trying to build a business."

His approach worked and soon business was brisk and steady, with customers throughout the Harbison Canyon and Alpine fire areas. Soon he had a stable base to branch out into retrofits. In five years, business grew hand over fist with Sullivan choosing to focus not only on residential, but commercial jobs, albeit small to medium due to financial constraints.

What Sullivan lacked in business acumen he made up for in work ethic, determination and his personal drive to prove himself. He is passionate about renewable energy and his goal is to turn everyone he meets into a solar advocate.

"It's very rewarding to take someone who doesn't believe and show them the future and then they come a part of it," he said.

By 2010, Sullivan Solar Power had grown to nearly 30 employees and were at their second physical business address. In 2011, they opened an office in Irvine; in 2012, an office in Riverside. Today, Sullivan has 160 employees across the three campuses with plans to expand further north, into Santa Clarita, in the near future. And though he's won a plethora of awards and personal recognitions

in his relatively short career as the owner of a burgeoning renewable energy business, it hasn't always been easy.

"I went from being the guy that wore every hat to handing off responsibilities to new employees who I had trained," he said. "When you do everything, you can't build a business; and when you transition to guiding and coaching people, that is a whole new skill set that I had to learn on the job. There was no shortage of mistakes in my learning how to approach people in a different way, where I am building a person up compared to building an electrical system up. That was foreign to me and it was very challenging but ultimately we've prevailed so far."

Throughout it all, Sullivan has remained humble, his personal philosophies on changing the world have never faltered, and he has no plans to take the company public — for the same reasons he fights the state's investor-run public utilities — he wants to retain control.

He also works hard to make sure all 160 employees are in lock-step with his vision for helping eliminate the world's dependence on fossil fuels.

"If the passion and drive is there, the rest of it can be addressed through training," he said. "I can teach somebody how solar photovoltaic systems work and what the value proposition is, I can't get someone to believe that this is the way of the future by myself, they have to come that way. There are plenty that still don't believe, but fossil fuels are limited resources."

"If we run out of sunshine, we've got a lot bigger things to be worrying about."

Sullivan said his employees leave the office at the end of each day knowing they've contributed to the greater good.

"They've put more renewable energy on the grid, they've reduced people's operating expenses for their home or their business, and they've kept more money in our local economy," he said. "That's a win."

To keep up with the growth and ensuring his vision remains intact, Sullivan now has lunch with every

See SULLIVAN page 26 —————>

## How to Sell Your San Diego Home Without an Agent

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► **Watershed**, from page 1

ocean follow the water through many ecosystems, learn and become environmental stewards. “We’ve built thousands of trails along the San Diego River and the San Dieguito River,” said Jacobs to the conservancy representatives and a group of students from Monroe Clark Middle School in City Heights at the van christening event. “We keep doing more and acquiring open space and I thought this is the next step to get you young people out to enjoy nature, to learn about nature, to appreciate it.”

Although Jacobs, along with The San Diego Foundation Opening the Outdoors Initiative, was instrumental in securing county funds for the new van, the idea for the Watershed Explorers began with former San Diego River Park Executive Director Dianne Coombs, who brought the various groups together and helped coordinate the necessary funding sources.

“Dianne’s passion for this project is just amazing,” said Leana Bulay, manager of interpretation and outreach for San Diego River Park. “She got us all together, got us excited and said, ‘here you go.’ This was her baby, her brainchild, she made it happen.”

What Coombs made happen is a comprehensive program where students learn about the watershed from top to bottom — mountain to ocean.

At Volcan Mountain, students experience the river headwaters where they examine the forests, plants and animals from a point where on a clear day they can see along the watershed all the way to the ocean.

The next stop is Lake Sutherland which is a bit lower in elevation and a different habitat type. “There they’ll do animal tracking and learn about the reptiles and learn about that ecosystem,” Bulay said.

Moving west, the program teaches about another environment shaped by the cultural history of the San Pasqual Valley, with



David Vidal and Leana Bulay instruct a class from the Spring Valley Academy in La Mesa at the Birdwing in the San Dieguito Lagoon. (Photo by Jeff Clemetson)

visits to the San Diego Archeology Center and the Sikes Adobe Historic Farm House.

The next stop focuses on water at Lake Hodges Reservoir as well as the beginnings of the interface with urban development and its environmental impacts. The final stop, at the end of the watershed, is at the Birdwing Open Air Classroom overlooking the eastern portion of the restored San Dieguito Lagoon.

“We take all the samples of the water testing they’ve done throughout the watershed and we compare them to see how water changes,” Bulay said.

The lagoon trip also teaches how restoration projects work.

“Southern California Edison came in and spent about \$86 million restoring this lagoon and now it has just turned into a paradise with the bird species, the reptiles, the mammals — they’ve all come back — so now humans can help what’s once been damaged.”

So far, there have only been a few schools and groups that have participated in the program.

In February, students from High Tech High School and the students from Monroe Clark were the pilot programs. Since then, students from Spring Valley Academy in La Mesa and Boys & Girls Club of Solana Beach have joined the program.

“During the summer, we’ll work more with Boys & Girls Clubs, Girl Scouts and once the school year starts, we hope to be reaching out to other schools,” Bulay said.

“The main impediment to opening the outdoors to many students is the cost of transportation,” said

Trish Boaz, executive director of San Diego River Valley Conservancy in a press release. “Most schools cannot afford transportation costs, especially for a program that travels a whole watershed.”

Now that the Watershed Explorers have two vans that can transport 28 children, Bulay expects the program to grow, which brings its own challenges.

“There has been lots of interest in the program, so now the problem is staffing,” she said. “We are looking for volunteers and grants to help with that.”

At the May 18 van christening event, Supervisor Jacobs hinted at future programs that may even need more grant money.

“We’re going to build the first ever nature preserve where the San Dieguito River and the San Diego River comes together,” she said, adding that the county has 86 acres in Julian set aside for the project.

“San Diego’s outdoor environment and active community is the lifeblood of our city,” said Emily Young of the San Diego Foundation in a statement. “It’s important that we continue to invest in projects that advance community-driven efforts to engage youth in environmental programs and develop an interconnected network of natural areas, gathering places and trails across the county so that the outdoors is easily accessible from any San Diegan’s doorstep.”

For more information about the Watershed Explorers, visit the San Diego River Valley Conservancy page at [bit.ly/1tp8Ny5](http://bit.ly/1tp8Ny5).

—Reach Jeff Clemetson at [jeff@sdenn.com](mailto:jeff@sdenn.com).■

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GUEST EDITORIAL

Time for a facelift, Del Cerro? A viable option

Mark Rawlins

Have you ever noticed that some San Diego neighborhoods look nicer than ours? Why is there such a difference in the physical beauty and quality of maintenance between Del Cerro and other neighborhoods throughout San Diego? It's not just the newer developed communities that look nice, but neighborhoods like Talmadge, Tierrasanta, and Scripps Ranch.

The answer may be that many of these communities have established a Maintenance Assessment District (MAD), along with 54 other communities in the city of San Diego.

Over the past 10 years, the Del Cerro Action Council has been evaluating the possibility of establishing a MAD in our community. The feedback received so far is that residents are interested. However, they want to learn more.

Here are the frequently asked questions about MADs:

**Q.** What exactly is a Maintenance Assessment District (MAD)?

**A.** An MAD is a legal mechanism by which property owners can vote to assess themselves to pay and receive services above and beyond what the city normally provides. This above-and-beyond service level is called a "special benefit." What the city normally provides is called a "general benefit." The maintenance that Del Cerro is currently receiving is the city's standard "general benefit."

**Q.** How will it benefit Del Cerro to establish a MAD?

**A.** First, Del Cerro would be able to receive enhanced maintenance as well as the beautification of medians, public right-of-ways (10 feet from the sidewalk), open spaces, canyons, parks, sidewalks as well as many other improvements we may choose for our community.

Secondly, the city would establish a line item in the City Budget for Del Cerro MAD, combining the maintenance

money the city already designates for Del Cerro along with the Del Cerro community assessment money. By law, the money in the Del Cerro MAD line item in the City Budget cannot be spent outside of Del Cerro.

Furthermore, the Del Cerro community would have local control of the Del Cerro maintenance budget. With this, we would be able to privatize the community maintenance and beautification projects. This would maximize our investment in our community by stretching every dollar for beautification and maintenance projects.

**Q.** What is the proposed cost of the Del Cerro community assessment?

**A.** We are estimating the cost at \$7.50 to \$12 per month, basically the cost of a movie ticket (\$90 to \$144/year) per property owner. The city is required to do an analysis to evaluate the actual cost to provide these enhanced benefits. The assessment becomes part of your semi-annual property tax bill.

**Q.** What projects will be included in the plan to beautify our community?

**A.** Our preliminary list of proposed enhancements is as follows:

Landscape College Avenue medians and right of ways with a main focus on the intersection at College Avenue and Del Cerro Boulevard and the entrance median on College Avenue from Interstate 8 to Del Cerro Boulevard.

Landscape Del Cerro Boulevard, business area; landscape median; install old-style streetlights; and maintain clean streets.

Enhance the maintenance of Princess Del Cerro Park and the Hearst School joint-use athletic fields.

Landscape Rockhurst Drive, Elmhurst Drive, and Del Cerro Boulevard east and west medians, including adding water meters to the medians.

Clean up the canyons (Navajo, and Chaparral Creek) and establish walking/jogging trails.

Increase sidewalk replacement, tree trimming and new tree planting.

**Q.** What is the next step to establish a MAD in Del Cerro?

**A.** The next step is to have 30 percent of the property owners in Del Cerro sign a petition to the city requesting the city establish a MAD in Del Cerro. By signing the petition, you are asking the city to place the proposal to establish a MAD on a ballot for Del Cerro property owners to vote on.

With 850 signatures, the city will pay (\$15-\$50,000) for the cost of establishing the MAD, which includes ballot mailings, collection, and tallying. Additionally, the city will hire an Assessment Engineer to calculate how much money the city is supposed to spend on our existing median maintenance in our community.

Once the MAD is established, this city-determined amount would be added as the MAD assessment to our property tax bills so that the community can begin the beautification and maintenance projects outlined above.

**Q.** How do I get more information or how can I help?

**A.** For more information, view a 14-minute video: [youtu.be/K3bqO-buDbM](http://youtu.be/K3bqO-buDbM).

If you would like to get involved with the petition drive and help collect signatures, please send your information (name, address, and phone number) to [delcerromad@cox.net](mailto:delcerromad@cox.net).

Also, you can call Mark Rawlins at 619-888-9140.

Working together, we can make our community a better place. Let's close the disparity between Del Cerro and those 57 other communities and make Del Cerro the beautiful community she deserves to be!

—Mark Rawlins is chair of the Del Cerro Action Council. Reach him at [delcerromad@cox.net](mailto:delcerromad@cox.net). ■

Write us!

We encourage letters to the editor and guest editorials.

Email [jeff@sd cnn.com](mailto:jeff@sd cnn.com)

LETTERS

In memory of Pilch

Re: "Irreplaceable" [Volume 22, Issue 5]

John did so much for our community! He will be missed!

—Mary Beth Ekhami, via Facebook

Prioritize flood and libraries over boardwalk

Re: "Navajo Planner" wish list to city" [Volume 22, Issue 5]

You know, something that's been bugging me (but maybe it's just me) is the Navajo planning list article that was in the most recent Times. How in the heck can the city stall on efforts to prevent flooding but approve appropriations and funding for the boardwalk in Pacific Beach? It (the boardwalk) is merely cosmetic in nature. Also, right under flood prevention should without a doubt be the new San Carlos Library. We've (county, city, and San Carlos/Del Cerro, etc.) have been dragging our feet for way too long. In my opinion, the library would bring some much-needed revitalization to our neighborhood. Please, let's pay the money to get the land cleaned up so we can get this done. Thanks for listening.

—Jesse D. Walker, San Diego ■

GUEST EDITORIAL

Let's not have another tragedy pass by without serious action

Rep. Susan A. Davis

Pride Month is a time to celebrate our progress and to recommit toward total equality today.

With the shooting deaths of 49 people at a popular gay nightclub in Orlando, Florida, and the wounding of 53 other people, this year's Pride activities will take a somber tone.

This deadliest mass shooting in the history of our country brought senseless sorrow and loss to the victims and their loved ones. The world expressed its grief and support for the LGBT community and the community of Orlando.

In a familiar refrain: We are all Orlando.

The shootings join a list of attacks on the LGBT community throughout our history — Stonewall, the arson of the Upstairs Lounge in New Orleans that killed 32, the assassination of Harvey Milk, and the murder of Matthew Shepard.

Orlando underscores the climate the LGBT community still faces on a daily basis. According to the FBI, 20 percent of hate crimes are LGBT-motivated. This is second only to hate crimes based on race.

These incidents of violence are attempts to instill fear, intimidate and weaken the resolve in the quest for equality. But in the end, they always have the opposite effect.

I am inspired by the ability of LGBT Americans to rise up in the face of these horrific events and continue the fight for equality, inclusiveness and opportunity. We owe it to the victims of Orlando and the victims of past

See PRIDE page 20 →

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# A lesson on Wikipedia

## Congressional Watch

Andy Cohen



Much like Duncan Hunter in last month's column, it was a rough May for Darrell Issa (R-49). First, there was the serious matter of the Congressional investigation of the IRS, with Republicans seeking to impeach IRS Commissioner John Koskinen for singling out conservative organizations that claimed tax exempt status; accusations that have been proven again and again to be baseless after numerous Issa investigations as Chair of the House Oversight Committee. Just how serious is this impeachment proceeding against Koskinen? Serious enough for Ron DeSantis (R-FL) to use it as a fundraising ploy. Nothing like a good ol' partisan witch-hunt to fill the campaign coffers. But there was a hitch in the plan proffered by the Republicans on the House Judiciary Committee: None of them seem sure what qualifies as an impeachable offense. As the Washington Post's Dana Milbank wrote, "Everything Darrell Issa knows about impeachment he learned from Wikipedia." "You and I are not lawyers," Issa told committee chair Jason Chaffetz during a Judiciary Committee hearing. "According to

Wikipedia, at least, the definition of high crimes and misdemeanors constitutionally says it covers allegations of misconduct..." Issa then went on to cite the examples presented by Wikipedia contributors. Wikipedia, for those who are unaware, is an open source website to which just about anyone can contribute. It is not acceptable as a source for academic or investigative purposes. But that was not the end of the Issa follies for the month. House Republicans had added a provision into the National Defense Authorization Act (NDAA) that would have opened the door for contractors to openly discriminate against LGBT individuals. The amendment states that every branch of the federal government "shall provide protections and exemptions" to any religious corporation, educational institution, or society that receives a federal government contract, purchase order, grant or cooperative agreement that is consistent with the Civil Rights Act and the Americans with Disabilities Act. What the provision does is open the door for any entity doing business with the government to claim that their religious conscience requires them to discriminate against LGBT individuals. Encouragingly, it was also Republicans who led the charge to strip the provision out of the bill. As an amendment to remove the language from the NDAA went to the floor for a vote, members believed they had the 217 voted needed to strip the offensive language and move on. However, at the last moment, seven Republicans switched their votes



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from "yes" to "no." Among the seven who switched their vote was Darrell Issa. No one will say why Issa and the six others switched their vote, but Rep. Charlie Dent (R-FL), who sponsored the amendment to remove the discriminatory provi-

sion, believes they were pressured by Republicans who did not want to be on record voting for the NDAA with LGBT protections in place. Susan Davis (D-53) took a stand against a bill that, according reports, promotes fossil fuel generation and consumption and creates new subsidies for coal, and seeks to resurrect the now defunct Keystone XL pipeline. "We need an energy policy suited for the 21st century that invests in the future," Davis said in a press release. "This bill is tone deaf to our energy needs and the crisis we face from climate change. If you wanted to hasten the effects of climate change, this would be the bill to do it." The House bill would also seriously dismantle the Endangered Species Act in an effort to effect water distribution in California, and take steps to hamper enforcement efforts on the illegal ivory trade. "I reject the notion that the only way to provide drought relief is to put endangered species at risk," the Davis release said. "Sadly, the bill before the House simply continues a fight that opponents of the Endangered Species Act have been waging for decades and framing it as drought relief." In a related note, Donald Trump informed supporters at a rally in Fresno that there was, in fact, no drought. The evidence backing his claim remains a mystery. Scott Peters (D-52) returned a campaign donation from the father of Democratic Rep. Ami Bera of Sacramento. Babulal Bera pleaded guilty to two felony counts of election fraud involving the finances of his son's campaign. The senior Bera had contributed

the maximum \$5,400 to Peters' campaign last year, campaign donations that were perfectly legal. However, according to Peters' spokesperson, the decision was made to return the money in order to avoid the appearance of association with the corruption charges, despite the fact that the charges stem from the 2010 and 2012 campaigns and had nothing to do with the current cycle. Duncan Hunter (R-50) is feeling a little slighted, having been "snubbed" by presumptive GOP presidential nominee Donald Trump. Trump was in Washington, D.C. for his much-publicized meeting with House Speaker Paul Ryan and Senate Majority Leader Mitch McConnell, along with other Republican Congressional leaders, but chose not to meet with the rank-and-file, such as Hunter. Hunter, who was among the very first members of Congress to endorse the reality TV star, noted that Trump had received multiple requests to meet with some of his supporters in Congress, but Trump refused. "I think it would have been good of him to meet with the first endorsers," Hunter told Politico. "If they endorse him, then go back to their districts to say that they've met him and he's not crazy, it goes a long way," Hunter said. Both Hunter and Issa have endorsed Trump for president and each had the opportunity to introduce Trump at his rally at the San Diego Convention Center in late May. —Andy Cohen is a local freelance writer. Reach him at ac76@sbglobal.net.■

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This photo has a digital rendering of the proposed cellular clocktower at the San Carlos Recreation Center. (Courtesy of T-Mobile)

#### ► Tower, from page 1

Interestingly, there was very little mention of possible health risks from cell signal radiation, which has been a central argument in other cell tower controversies we’ve covered in the past. The main problem for everyone here was light pollution from those 70-foot towers.

The planning group eventually voted 9-2 to approve the 50-foot clock tower concept, with the caveats that T-Mobile maintain the tower and the clock, which Ploof said it would, and that all revenues the city derives from the lease to host the cellular facility come back to San Carlos.

Chairman Matt Hall admits that’s not going to happen, but says it doesn’t hurt to ask.

Meggin Hurlburt, who has

emerged as a leader of the anti-cell facility group, said “this is not over!” as the board was preparing to vote.

In all truth, though, the issue of whether or not to build the cell tower is likely all over, except for the voting — first at the City Planning Commission and then at the City Council.

Planning and land-use people at the city point out that T-Mobile has in fact satisfied all the legal requirements to install and operate a facility at San Carlos Rec. There is a demonstrated need for better cell phone coverage in that part of San Carlos. In short, it’s probably going to happen — and “probably” may not be a strong enough word.

—Reach Doug Curlee at [doug@sdenn.com](mailto:doug@sdenn.com).■

## BUSINESS SPOTLIGHT

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## Party in the Park to celebrate Obama



Linda **Armacost** and  
Jeff **Benesch**

**L**a Mesa Foothills Democratic Club will be saluting the many accomplishments and bid a fond farewell to President Barack Obama and First Lady Michelle as they wrap up their nearly eight years in the White House. And we'll have many notable guests to help commemorate the occasion with tributes, pictures, collectibles and remembrances.

The Party in the Park comes in the middle of our Independence Week Celebration on Wednesday, July 6 from 6 to 9 p.m. We will again be hosted by Jay Wilson and the terrific staff of the Mission Trails Regional Park and Visitors Center. Our event will feature sub sandwiches, salads, desserts, talk and camaraderie on the beautiful patio overlooking the Park and the San Diego River canyon. It's particularly convenient for our many members living in San Carlos, Del Cerro, Allied Gardens, La Mesa, Santee and the College Area. The dinner costs \$5 for members and \$15 for non-members. We'll be signing up new members at the door.

Jess Durfee, past chairperson of the San Diego County Democratic Party and current National Committee member and convention delegate, will describe his experiences with the Obama administration and the work being done in Washington D.C. for national issues of importance for Democratic progressives here and across the country. He'll undoubtedly have some observations of the upcoming presidential campaigns of



Barack Obama



Jess Durfee

Hillary Clinton and the presumptive Republican nominee. Durfee, also a noted baker, will be a featured taster and judge of our now famous pie-baking contest. All attendees are invited to enter their best attempt at a delectable dessert to share with the 130-plus guests. Prizes to the best three entries.

We've invited a who's who of county Democratic Party stars, including county chair Francine Busby and two service veterans to remind us of why we are able to celebrate our freedom and independence every July. Relating how their service experience helped shape their politics and world view will be vets Nathan Fletcher, former assemblyman and future office holder, and Doug Applegate,

who just might upend our infamous nemesis Darrell Issa in their November congressional contest. There's some chance that Applegate will be ahead of Issa in San Diego County after all votes are counted in a very unexpectedly close primary race. We also hope to be joined by our Congresspersons Scott Peters and Susan Davis, congressional candidate Patrick Malloy, Speaker Emeritus and future State Senator Toni Atkins. In addition, we'll greet primary winners Supervisor Dave Roberts; Assemblyperson Shirley Weber; presumptive Assemblyperson Todd Gloria; City Council candidates Barbara Bry, Georgette Gomez, and Ricardo Flores; School Board District E leader Lashae Collins; and District Attorney finalist Mara Elliott. And there will be other surprise guests to be sure.

Another highlight of the evening will be a chat with naturalist Linda Hassakis who thrilled us last year with samples of flora and fauna that we can expect to find throughout the park. We are sure to experience something unexpected with this very knowledgeable and engaging speaker.

The feature of the evening will be our Obama Memorabilia Silent Auction featuring a variety of collectibles donated by our own JoDee Rich. A detailed pictorial and full description of the items can be found at our website, lame-safoothillsdemocraticclub.com. Among the items are framed 2008 Obama and other candidates' limited edition comic books, inaugural posters, pictures, prints, tickets and invitations, framed Marvel comics "The Amazing Spiderman" limited edition "President's Day Specials," and much more. Bring your checkbooks! Inspect and bid on items at our website, and be sure to like us on our Facebook page.

—Linda Armacost is President and Jeff Benesch is Vice President of Programming for the La Mesa Foothills Democratic Club. Reach them at jeffbenesch@gmail.com. ■

## Summer break, then back to the campaign



Judy  
**McCarty**



**F**resh off our successful Luncheon and Style Show and the California primary election, NCRWF members are celebrating the re-election of Mayor Kevin Faulconer, Councilmember Scott Sherman and Supervisor Dianne Jacob who represent the area of our membership. With the coming November general election, the membership can now focus on state and national campaigns as well as a few local run-off elections.

No luncheon meetings are planned for the summer but save the evening of Aug. 9 for an entertaining and informative event at



Bob "Sully" Sullivan will be the featured guest at the Aug. 9 meeting. (Facebook)

the El Cajon Elks Lodge featuring the well-known radio and television personality Bob "Sully" Sullivan and our own District 7 San Diego City Councilman, Scott Sherman. Details to follow in next month's article. In the meantime, we'll be enjoying our families and friends, registering voters and continuing our personal volunteer activities.

On Sept. 13, it's full steam ahead to the election and a powerful meeting back at The Brigantine you will not want to miss!

Membership in Navajo Canyon RWF is open to any woman who is a registered Republican. We meet on the second Tuesday of most months for a fun-filled and informative luncheon and speaker

at The Brigantine restaurant in La Mesa. Annual dues are \$30 and our luncheon meetings cost \$20.

If you are interested in joining a group of like-minded women who share a positive camaraderie while working on shared political goals, please contact our membership co-chairmen Kathy or Mary at ncrwf99@gmail.com with "Membership" in the subject line. And for more information on all our activities, visit our newly-designed website, navajocanyonrwf.org and check us out on Facebook.

—Judy McCarty is publicity chair for the Navajo Canyon Republican Women Federated. Reach her at jhmccarty@cox.net. ■

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**LIVING AND WORKING IN DEL CERRO**

## Grossmont College student honored for volunteer efforts with local foster youth

Anne Krueger

Grossmont College student Tina Snow Thornton is changing the world one foster youth at a time.

Thornton has spent the past six years as a mentor to two foster siblings, one now 20 and the other who will be 18 in June. Not only has she devoted in excess of 2,200 hours to the San Diego County Foster Youth Mentor Program, during that time, Thornton — through Step Up Foster Youth Ministry at The Rock Church in Point Loma — also has helped guide and support more than 170 other adults who also have become mentors. That's roughly one-third of the total number of people taking part in the county's Foster Youth Mentor Program.

Her selfless efforts were recognized in April when the San Diego County Health & Human Services Agency recognized Thornton with the Foster Youth Mentor Program Volunteer of the Year Award.

"Tina brings a passion to what she is doing," said Ross Ramos, a volunteer coordinator with the Foster Youth Mentor Program. "She is our most valuable volunteer partner."

Thornton's faith and background fuel her passion.

"My parents were always finding a way to serve their community, to work with their church, to do whatever they could to help others," said Thornton, who added that knowing a couple of foster children while she was growing up sparked her interest in working with foster youth.

"These kids are moving from house to house, moving in with strangers, they don't know what school they'll be attending tomorrow or where they're going to be," she said. "These kids are facing the sort of challenges nobody should have to face."

Thornton is able to devote up to 10 hours a week or more with the young men she mentors even though she is immersed in her studies at Grossmont College. She will earn a certificate this June through the rigorous 20-week, Office Professional Training Program, with a specialization in accounting.

"It's really a well-developed



Tina Snow Thornton (Courtesy of GCCCD)

program," said Thornton, who is aiming to redefine her career as an accountant. "Everyone on the faculty is personally invested in seeing you succeed."

Mary Leslie, a professor in the Office Professional Training Program, said Thornton's volunteer spirit extends to Grossmont College. "She's always eager to lend a hand wherever it's needed," Leslie said, noting Thornton's myriad efforts including helping with an April 30 Clothing Boutique that provides gently used professional outfits for students in the program to wear in interviews or on the job. "She deserves all the recognition in the world for what she does."

Thornton said she had undergone the training to become a foster parent — and still plans someday on becoming one — but opted against it at the time.

"I'm a single woman, I was working crazy hours. It just wouldn't work," she said.

When she heard about the Foster Youth Mentor Program, however, she was in.

The younger brother she mentors told KFMB television that Thornton was a godsend when she came into his life.

"I just wanted to have someone that I could relate to, just talk to about how I feel, to understand where I'm coming from and it was a perfect match," the youth identified as Daniel, told the news station. "Back then, I needed more of a mom figure than a dad."

Thornton said the biggest challenge for most mentors is building trust with their mentees. "They have been through a lot of trauma," she said. "You start building that trust just by showing up."

Mentors do far more than just show up, however. They can spend an entire Saturday or Sunday with a youth, doing everything from going to a street fair or for a hike to providing career guidance and discussing what healthy relationships look like.

"It's an incredible feeling to know that you've played a role in helping a person re-establish a foundation."

To learn more about the Foster Youth Mentor Program, contact Ross Ramos at [rostum.amos@sdcounty.ca.gov](mailto:rostum.amos@sdcounty.ca.gov).

—Anne Krueger is Communications and Public Information Director of Grossmont-Cuyamaca Community College District. Reach her at [anne.krueger@gccd.edu](mailto:anne.krueger@gccd.edu).



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# MOVE







"Open mic" with docent Tom Dean, in Primary Flight Control, onboard the USS Midway Museum. (Photo by Howard "Wes" Westney)

# San Carlos local mixes humor, history as USS Midway docent

April Martinez

On the USS Midway Museum in San Diego, a docent is a person who is available to assist and educate visitors. Add the elements of fun and entertainment, though, and you have the Midway docent Tom Dean.

Dean became a Midway volunteer one month before the museum's opening day in 2004, and has helped the Midway become a top tourist attraction in San Diego, due to his great affinity to entertain guests and colleagues. Using humor is pretty much second nature for the 78-year-old San Carlos resident.

"Depending on your point of view, I'm either blessed or cursed with a penchant for finding the funny side of almost every situation," he said. "I guess that's why my wife refuses to go with me to funerals."

More than being a stand-out docent, Dean is also a stand-up comedian. His act is called "Barely Able to Stand Up Comedy" and involves humor about life after 60. His venues include comedy clubs, retirement villages, and events for those he calls "Life's Veterans." He's also a YouTube sensation.

Dean grew up in St. Louis,



Missouri. He joined the US Navy after college and after 12 weeks of Officer Candidate School, received an officer's commission in 1960. He served two years aboard the carrier USS Hancock, which he recalls nostalgically each time he's aboard the Midway. He also served as the assistant officer-in-charge of a navy special warfare team based in Coronado.

After the Navy, Dean had a successful civilian career, which included marketing management positions with Trans World Airlines, Travelodge Hotels, and UCSD Extension. He and his wife, Marge — the former superintendent of the Cajon Valley School District — have been married 55 years and have three married sons and six grandchildren.

Dean has accumulated over 5,000 hours as a volunteer on the Midway, which is a huge milestone for a docent. One of his best memories of his docent duties is

a guided tour he provided for a Saudi prince and an entourage including his wife, two daughters and 24 bodyguards. After the tour, the prince was impressed enough to leave a considerably large cash donation to the museum.

"Being a Midway docent is the best thing that could ever happen to a guy my age looking for a relevant retirement," he said. "Besides, where else could I join up with a bunch of other old sailors, meeting museum guests from all over the world, and telling them hilarious sea stories?"

"And most of them are true," he said with a wink.

If you would like information about becoming a docent for the USS Midway Museum, visit [midway.org](http://midway.org).

—April Martinez writes on behalf of the USS Midway Museum. Reach her at [amartinez@midway.org](mailto:amartinez@midway.org).

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# Kensington Brewing Company is not where you think

## SUDS IN THE CITY

Cody Thompson

In this exciting and ever-growing craft beer scene in San Diego, not a day goes by without plans being written about the next up-and-coming brewery. Star brewers of tomorrow are plotting their plans of attack on the San Diego beer scene today. That being said, what would appear to be one of the newest kids on the beer block officially opened its doors Jan. 23, although looking into their past would prove they have been working hard on making their mark in the local beer world for quite some time.

Owned and operated by Zack Knipe and business partner Andy Rogers, Kensington Brewing Company (which is surprisingly located at 5839 Mission Gorge Road in the Mission Gorge/Grantville area) actually has been operating under the radar of thirsty beer fanatics for over two years. What started in Knipe's garage has now become a full-fledged tasting room and production facility. This facility gives Kensington Brewing the ability to grow and produce more of their Old World style, malt forward beers for their fans. When Kensington Brewing opened to the public, they started with a three-barrel, direct-fire system with the ability of producing 105 barrels of beer in the coming year.

"Kensington Brewing Company was started in my



Kensington Brewing Company serves customers Old World style, malt forward beers. (Photo by Cody Thompson)

garage in Kensington. (We) sought after some space on Adams Avenue, but with space being so hard to come by, we expanded the area we were looking in to at least get us started with the idea that we would always try to circle back and

establish a tasting room in the heart of Kensington," Knipe said.

"We love our location's proximity to Kensington and a few of San Diego's other great beer brewers."

For those who may not often make the trek out to

Mission Gorge/Grantville area, rest assured that a visit to Kensington Brewing Company also opens up a stop at other breweries, including Groundswell Brewing and local favorite Benchmark Brewing Company.

Kensington Brewing Company owners boast a fondness for Old World- and English-style beers.

"I was always interested in different beers," Knipe said. "In college when 99 percent of people would bring Bud Light to parties, I was well-rooted in many beers from other countries because they tasted so much better. So our beer style tends to lean more towards Old World-style recipes with lots of hop/malt balance and characteristics that tend to be more true to style."

Upon opening day, the beer board displayed multiple styles ranging from an IPA to a brown ale and an imperial stout. (A coffee version of the same beer is also available.) Their IPA is not the typical West Coast style, but presents a more malt-forward brew clocking in at 8.3 percent alcohol by volume. Some melon flavors mingle with the obvious sweeter hops to make their variation of an English-style IPA. Their light-bodied brown ale checks in at 5.2 percent alcohol by volume and with its mild roast profile is an easy drinking example of the style.

As far as being a member of this vast and highly respected beer community in San Diego, Knipe has a pride that runs deep within him in both his business and personal beliefs.

"I think what makes San Diego such a great city for beer are the people who live here," he said. "San Diegans enjoy such a wide variety of great choices in activities, cuisine, music and, of course, beer."

"I am very excited about the current climate in San Diego beer. I continue to be pleasantly surprised at how collaborative

the brewing community is with one another and how much support is given to see that the industry as a whole continues to flourish," Knipe said.

"I think we all understand that it is in the best interest of every brewer in San Diego to continue to create high quality creations. We want our city to continue to be a destination for beer tourism, and for the country and globe to know that if they pick up a bottle off the shelf that says 'Brewed in San Diego' they know they are in for a treat."

This statement holds a deep connection with me, personally. The San Diego (indie) beer community is something in which I hold a lot of pride and value of being a member. The sense of community between brewers, writers, artists and drinkers alike is what helps our city thrive the way it does today. Without this sense of pride and collaborative spirit, in the words of George Costanza, a beer community divided against itself cannot stand. Kensington Brewing Company stands for all of this and more.

"I think we just aspire to be an acknowledged member of the San Diego beer scene. When you have an industry that is operating at a high level and is serving its community as well as San Diego brewing has, I think a primary objective is to live up to those standards and continue to perpetuate the trend," Knipe said. "But I think something that will set Kensington Brewing apart is the desire to not only brew great beers, but our desire to actively foster community connections and give residents chance to gather and maintain friendships."

Kensington Brewing Company is open Thursday and Friday from 4-8 p.m. and Saturday from noon to 8 p.m.

—Contact Cody Thompson at [cody@threebzine.com](mailto:cody@threebzine.com). ■

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# Decisions, decisions

Frank Sabatini Jr.



During its run in the College Area, which lasted almost 10 years, Pita Pit attracted a cult following typically enjoyed by non-corporate eateries slinging food exceedingly more inventive. Now, the Canadian-founded chain, boasting more than 600 outlets worldwide, has returned to a small Linda Vista strip plaza not far from the University of San Diego.

I initially resisted visiting Pita Pit after learning that it operates much like Subway, whereby customers choose from a battery of sandwich fixings and condiments displayed behind glass panels at the order counter. My experiences at that chain often meant interacting with cheerless employees fed up with customer fickleness, not to mention biting into cold cuts of questionable quality. Hence the reasons I stopped going.

Although after conceding to raves by diehard fans of Pita Pit, it's now my go-to joint when seeking a fast, affordable sandwich. The ingredients are surprisingly fresh and the employees are on the ball.

But there is brainwork involved when ordering your stuffed pita. Regardless of what protein you select as the main filling, such as prime rib, turkey, Black Forest ham, falafel or eggs, for example, the menu doesn't provide recommendations for the types of veggies, cheeses and sauces that best match them. Staffers will offer suggestions if you ask. Otherwise you're left to your own devices in figuring out the optimal flavors and textures.

The process can be daunting when faced with a barrage of fillers that include different lettuces, a few types of peppers,



(top) The Buffalo chicken pita; Sauces and some of the many ingredients for the picking (Photos by Frank Sabatini Jr.)

diced cucumbers, corn, mushrooms, cilantro and more. In addition, there are five cheeses for the picking, plus scores of sauces winking at you from labeled squeeze bottles. The fear is that a single bad decision can ruin the meal.

More impressive is the way in which the pre-baked pita disks are filled. While your choice of protein heats on a flat grill, the bread undergoes a quick steaming before an employee tears open a partial flap on one side to create a pocket.

The ingredients are then inched into the wide opening. And in some crafty way, the now-bulging pita is gently rolled and tucked over, and ends up taking the shape of a burrito. After watching the process several times, I'm still not sure I'd be able to achieve such structural integrity.

In a recent takeout order for two of us, I spent nearly 20 minutes at my desk with a menu I brought home for mapping out the ingredients and condiments of three different pitas: turkey; chicken souvlaki; and Philly cheese steak.

The latter two were relatively easy — tomatoes, cucumbers, onions, feta, and tzatziki sauce for the Mediterranean-herbed chicken — and grilled green peppers, onions and mushrooms for the steak, plus Provolone. I passed on a sauce since classic cheese steaks never come with one.

Both were satisfying, although the steak pita could have withstood an additional slice of cheese (99 cents extra) for adding proper creaminess.

The pita filled with thick-sliced turkey chopped on the grill was the winner. It left me proud of my ingredient choices: roasted red peppers, shredded iceberg lettuce, pepper jack cheese and jalapeno ranch. All combined, it struck appealing balances between sweet and spicy, supple and crunchy.

In earlier visits, both the spicy black bean and Buffalo chicken pitas were standouts. For the black bean, which starts off as a loose patty on the grill, I went with an employee's suggestion of adding banana peppers, fresh spinach, cilantro and ancho chipotle sauce. Considering the beans are a little spicy on their own, the outcome was feisty but without sending me in a sweat to the soda fountain.

When trying the Buffalo chicken, I chose fillers that best resembled components found on an actual plate of wings served authentically with celery and blue cheese dressing. Neither is available here, so I opted for diced cucumbers as a substitute for celery, and feta and tzatziki to replace the tang of blue cheese.

The combination was on point, jiving superbly to the chopped breast meat, which receives by default a few squirts of wing sauce as it grills.

Other pita options include gyros that originate from an off-site spit, plus tuna, chicken Caesar, hummus, and ham and eggs. The meatiest choice is the Dagwood, which combines ham, turkey and prime rib.

In spite of Pita Pit's vast array of bright fillings, the bread (white or wheat) is particularly tantalizing considering it's baked and packaged in a corporate facility somewhere in Canada, I'm told.

Soft, thin and airy, it remains handily intact from end to end, assuming you apply some restraint when choosing your fillings. But for most of us, that isn't so easy when hovering over a cornucopia of colorful possibilities.

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

**The Pita Pit**  
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Beyond the food, our expanded wine program offers an eclectic list of seldom-seen wines from dynamic producers—all accompanied by detailed tasting notes from our chef—creating the opportunity for exciting discoveries and diverse pairings. Bring your curiosity!

San Diego County's celebrated craft beer scene is featured as well. Fourteen craft-only draughts and a focused collection of specialty bottles highlight the significance of craft beer to our cuisine.

A cozy, inviting atmosphere—including bar and patio seating—along with a professional, knowledgeable staff completes the experience. Let us provide you with an exceptional dining event that will expand your notion of fine cuisine. Your sense of adventure will be richly rewarded.







**PATRICK  
HENRY**  
High School

**Patrick Henry High School News**

Elizabeth **Gillingham**

## Alumni golf tournament

Thank you to all our great sponsors, donors, volunteers and attendees for making Friday, May 13, 2016 a special Patriot Day! Through their support we're pleased to announce that our event netted just over \$45,000 for special capital projects and other items unfunded by the school district.

To date, through the support of our fine sponsors and participants, we have provided \$135,000 in funding for 18 senior scholarships; band instruments; risers for choir practice; much-needed equipment and uniforms for numerous sports teams; Engineering Academies robot kits; laptops for computer sciences classes; along with \$36,600 towards the new on-campus PHAME building fund.

The 6th Annual PHHS Alumni Golf Tournament & Reunion BBQ is tentatively set for Monday, October 16, 2017 at Admiral Baker Golf Course. Shotgun start at 12:30 and 5:30 p.m. for the BBQ. See you there!

## Student of the month

Karina Cardenas was recognized as PHHS's May Student of the Month. She was noted for her positive participation in class and her contributions as being constructive in nature.

Teachers described her as kind to her classmates; friendly and helpful to everyone; and noted that her writing skills have improved dramatically. Cardenas is also an exceptional student who displays a high level of integrity and fabulous work ethic, is well-spoken and can articulate her thoughts and answers very well.

Cardenas is our Mecha Club President, participates in Reality Changers, and is a high academic achiever. We are very proud to name her as PHHS Student of the Month for May!



Front row (l to r): Stephen Nguyen, Sophia Nguyen, Mikayla Aguilar, Meggie Do, Chris Isip, Demi Do, Lanae Nguyen, Jessica Nguyen, Melony Lopez, Nathan Tong; Middle row: Gary Tran, Thuc Tran, Yuen Tran, Jennifer Thai, Mimi Nguyen, Jessica Huynh, Cathy Wong, Kyle Nguyen, Brian Dang, Ryan Lieng; Back row: Jimmy Tran, Kai Okumura, Ryan Nguyen, Andy Banh, Brian Pham, Brian Tran, Zachary La, Alex Ho, Bill Huynh, Kevin Vu, Briana Pham, Jonny Phan, Kevin Lam, Vincent Nguyen, Patrick Le, Gary Tong (Courtesy of PHHS)

## Badminton champs

Congratulations to PHHS Badminton team that won the SD Section Championship last month. Teams are broken up into three different leagues in the city based on location of school. Patrick Henry is in the Central League along with Kearny, Crawford, Hoover, Morse, and Serra. Each school is required to play every school in its own league twice, with an away game and a home game. Patrick Henry's League record this season was perfect (10 wins and no losses), which placed us as CIF League Champions eligible to enter the Team CIF Contest, referred to as the CIF Section Championships. Eight schools are chosen based on their rankings in their respective leagues and play against each other in three rounds. Patrick Henry was ranked second under University City who was also undefeated in their league. This year, Patrick Henry played against Mira Mesa in the first round, Madison in the second round, and University City in the final match. The final score against University City was 10-7 making us the Section Champions for the city!

"It is a great accomplishment for the team to take home the CIF Championship trophy," said Cathy Wong, sophomore and first-year team member.

"Without the help of everyone's support, we wouldn't have made it this far. Who's got your back? Who's got your back?" said Lanae Nguyen, sophomore and second-year team member.

"It has been a dream for the Patrick Henry Badminton team to win a CIF Section Championship title for as long as I can remember back when I was a rookie in 2006," said Coach Gary Tran. "To have made that dream a reality now is incredibly surreal, but this team and its alumni deserve all the glory. It has been 28 years since Patrick Henry has won this title and the team feels that their continuous training, dedication, and passion created this historic moment. All the coaches are so proud to have contributed and supported these students from the very beginning and to see the immense growth at the very end. For the first time since 1988, Patrick Henry Badminton team has the pleasure of being the best badminton team out of the San Diego United School District with an undefeated record."

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# Choir rocks the house to gold

Meet our Fabulous Bel Canto Ensemble of Patrick Henry High School! On April 30, these amazing singers competed in a choral festival and won for the second year in a row. They received a superior rating, first place, and best overall choir against very tough competition. We are so proud of these talented students for bringing home the gold and wanted to share our joy with all of our Henry family and community-at-large.

Donations contribute to building our choral program and helping us continue with our success. We welcome donations all year long made payable to PHHS Foundation/Choir. We are also looking for companies who would be interested in sponsoring our choir program. Please email Karley Chubb at [tchubb@cox.net](mailto:tchubb@cox.net) for more information regarding sponsorship. We appreciate your support.



Front row (l to r): Miss Kristin Love, Joanna Dean, Valeria Gutierrez, Darartu Mulugeta, Caitlyn Burger, Jenny Brown, Nathan Stolp, Xavier Montalbo, Jack Kower, Alexxis Watkins, Emily Hyland, Alexis Handler, Emily Arkin, Rebecca Reeve; Middle row: Melissa Lily Balka, Annie Barrack, Hailey Revello, Claire Christy, Armando Albanez, James Montee, Marshall Cotta, Stephanie Zappelli, Megan Peck, Aneliz Rios, Sophie Green, Bianca Morris; Back row: Meredith Yokoyama, Katelyn Hasbrooke, Allison Ogul, Karina Pugh, Abbie Boek, Matthew Claussen, Jeremy Stolp, Noah Leach, Coley Adams, Katelyn Pellos, Taty Guerrero, Dami Osin; Not Pictured: Brooke Harris, Emily Wilkins, and Kalani Roddenbery. (Courtesy of PHHS)

# Swim team takes on state competition

The City Conference was exciting and the PHHS swimmers swam fast!

"I was especially enthused by their commitment to the team, their discipline in techniques and strategies learnt whilst trying to achieve CIF Qualifying Times — and achieving CIF Qualifying Times they did," Coach Gil Levy said. "They were extraordinary. And where my initial estimate was 12 qualifiers for the CIFs, Patrick Henry High School Swimmers more than doubled that with 30 swimmers qualifying."

Special thanks to the team managers: Morgan Atchison and Miki Clippinger and parents Sam Robe, Megan Beltz and Madi Taylor for helping with the team organization.

From the preliminaries, 17 swimmers progressed to the Division 1 - CIF Finals.

- Carlson Temple - took Silver in the 200 medley where he dropped an incredible two seconds from his best time and took bronze in the 100 breaststroke shortly after that, which saw him qualify for the High School State Championships in Clovis/Fresno on both those events. The fastest 40 swimmers from the entire state of California qualify to compete at "The State Champs" and this young sophomore was amongst

them and ranked in the top 30 going into the meet.

- Sydney Fortune - was immense and placed seventh in the breaststroke - as a freshman in her first CIF competition, with a challenging season behind her.
- Naomi Blik, the most experienced and captain of the team, swam well right on her best times in two events.
- Ashley Wenzel swam well in finals and improved on her best time having had a most successful season having dropped almost four seconds in total on her best event.
- Sarah Harry - skipped her Church Confirmation rehearsal in order to compete at CIFs, swam well and dropped to a new best time.

- Laura Pelaez swam brilliantly as a swimmer who doesn't have the club background of the others mentioned above.
- The girls relay team, ranked sixth, finished an incredible fourth place.

Carlson Temple travelled to the State Championships in Clovis, California. He was the first male, and first sophomore, swimmer to represent PHHS at the State Championships. (Last year, senior Amanda Sumrow was the sole qualifier.)

Temple was sensational in swimming the 200 medley, swimming right on his best time and similarly on the 100 breaststroke. He moved from 26th to 21st position in the 200 medley and in a time that would see

him finish 17th at the completion of the top 16 finalists. On the breaststroke, he was ranked 25th going in and finished 25th. On his best time, he would have finished 14th had he managed to achieve that. Coach Gil stated,

"This future star is well set to break into the finals next season and perhaps snatch a podium position, too," Levy said. "I am very confident of that. His humble, disciplined and fiercely focused approach to his sport and his ambassadorial qualities in representing his school bode very well for a wonderful career in this sport."

—Elizabeth Gillingham is principal of Patrick Henry High School.■

## Californians Weigh in on Small Business

### Survey Shows Overwhelming Consumer Support for Small Businesses

When Californians were asked which political candidate is most likely to support legislation that provides more opportunities for small businesses, Bernie Sanders edged out Hillary Clinton and cruised past Donald Trump, according to the 2016 Cox Consumer Pulse on Small Businesses survey. Additionally, more California consumers (47%) believe the Democratic Party contributes more to small business growth compared to Republicans and Independents.

The national blind survey, commissioned by Cox Business in recognition of National Small Business Week (May 1-7, 2016), polled consumers from around the country, including California.

Other key findings from California respondents included:

- 90% frequent small businesses at least once a week, with 43% shopping small businesses three times or more per week;
- 59% say WiFi is the best perk to have while waiting (coffee came in second at 20%);
- 66% didn't feel it is necessary for small businesses to stay open on holidays;
- When asked which digital channels they use to interact with small businesses (and to select all that apply), 55% use websites, 47% email and 41% Facebook compared to Instagram (21%), text (20%) and Twitter (14%);
- 72% of California consumers feel the federal government does not do enough to promote small business growth on a national level;



- The entrepreneurial bug starts early. According to survey responses, California consumers have tried their hands at a variety of business ventures as kids, including: babysitting (44%), neighborhood lemonade stand (28%), mowing lawns (27%), paper route (26%), and dog walking (12%).

More details on the 2016 Cox Consumer Pulse on Small Businesses are available at [coxblue.com/newsroom](http://coxblue.com/newsroom). Follow @CoxBusiness and @CoxCalifornia on Twitter and join the conversation using #GoSmall to share the results with your business network.

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# Nature's best, big and small

Audrey F. Baker



From large to small, Mission Trails Regional Park offers an amazing variety of natural wonders. We boast the biggest and showiest examples of the Evening Primrose family, and the largest leaves of any native tree in North America, the Western Sycamore. On the other end of the spectrum, we have the world's smallest bee (.08"), Perdita minima. While Aussies and Thais make the same claim to bee fame, we diplomatically say, ours is the smallest in North America.

Come explore! Our MTRP Trail Guide walks are an opportunity to learn more about natural Southern California, with its unique landscapes, habitats, local history, plant and animal life. The walks are free, interesting, fact-filled, and geared to all ages and interests. Grab sturdy shoes, comfortable hat, water bottle and sunscreen and hit the trail!

Morning walks are offered every Saturday, Sunday and Wednesday, from 9:30 to 11 a.m. You'll start from the park's Visitor and Interpretive Center, 1 Father Junipero Serra Trail, San Carlos. The walk beginning from the Kumeyaay Lake Campground Entry Station, 2 Father Junipero Serra Trail, at the San Carlos-Santee border, gives a different perspective of the park and its diverse habitats. These walks are



A park visitor holds his hand against a large Sycamore leaf. (Photo by Audrey F. Baker)

offered from 8:30 to 10 a.m. on the second and fourth Saturdays of the month, and take in historic Old Mission Dam.

Wildlife Tracking reveals the world of tracks, scat, bedlays and other critter evidence that indicate the presence of lesser-seen animals inhabiting the park. Join in for two hours of dirt-

time fun – wear long pants for close-up observation. Meet your MTRP Trail Guide at 8:30 a.m., Saturday, July 2 in front of the Visitor Center.

Discovery Table: Animal Tracks is your opportunity to participate in hands-on science and learn which track looks like a baby's handprint, whose is the

largest of local wildlife and other interesting facts about San Diego wildland critters. See you at the Visitor Center lobby, Saturday, July 9 between 10 a.m. and 1 p.m.

Bird Lake Murray with MTRP Birders Jeanne Raimond and Millie Basden. In summer months, locations near water draw the largest variety of birds. You'll enjoy the added bonus of viewing butterflies and dragonflies displaying aerial antics. Binoculars and bird book recommended. See you at 8 a.m. on Saturday, July 16 for a two-hour exploration. Meet at the far south end of the parking lot off Kiowa Drive, Lake Murray, La Mesa.

Summer Twilight Walk is your opportunity to experience the nocturnal world of MTRP as dusk sets in and transitions into night. Bring jacket and flashlight for this Trail Guide-led walk through San Diego's open spaces on Saturday, July 16, 7:15 to 8:45 p.m. We start from the Bushy Hill parking lot, across from Kumeyaay Lake Campground Entry Station, Santee.

La Mesa Walk and Talk combines a scenic lakeshore experience hosted by your MTRP Trail Guide with engaging topics in nature. This month, we'll chat up, "Weather and Climate Change," examining nature's adaptations in modern times, then stroll. Meet at the boat docks Tuesday, July 19, 9 to 10:30 a.m., Lake Murray, 5540 Kiowa Drive, La Mesa.

Star Party Sites delight under moonless skies with Saturn and Mars positioned overhead. Join MTRP Resident Star Gazer George Varga as he scans the skies. Scorpius and Sagittarius present Messier Objects for view-

ing, including Globular Clusters M4, Open Clusters M6 and M7, and the Lagoon Nebula. In Lyra, the Ring Nebula (M57) will be observable. Rain cancels. We view from 7:30 to 10 p.m. on Saturday, July 23, and gather at the far end of the Kumeyaay Campground Day Use Parking Lot, Santee.

Family Discovery Walk presents nature's summer magic as a family experience and highlights the seasonal changes it brings. Learn about plant and animal adaptations by examining those transitioning into summer inactivity and those flourishing under sunny days. Our Trail Guide-hosted interactive outing focuses fun, childhood enrichment, and memorable moments in nature. Meet us inside the Visitor Center at 3 p.m. Sunday, July 24 for a 90-minute adventure in nature.

Birding Basics enhances your nature experience by identifying birds "at a glance!" MTRP Bird Guide Winona Sollock's class explains five simple techniques and gives tips on field guide use. Bring yours if you like. Class meets on Saturday, July 30 from 1 to 2:30 p.m. inside the Visitor Center.

Meanwhile, come on out and enjoy the park!

Visit [mtrp.org](http://mtrp.org) for more information and our events calendar, or call 619-668-3281. Special walks can be arranged for any club, group, business or school by contacting Ranger Chris Axtmann at 619-668-2746 or at [caxtmann@mtrp.org](mailto:caxtmann@mtrp.org).

—Audrey F. Baker is a trail guide at Mission Trails Regional Park. Reach her at [aud1baker@gmail.com](mailto:aud1baker@gmail.com). ■



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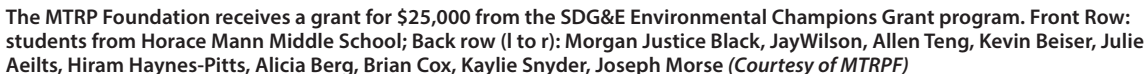


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Jay  
**Wilson**



On Friday, June 10, 52 sixth grade students from Mann Middle School participated in an overnight educational field trip pilot program funded by an SDG&E Environmental Champions grant, and offered by the MTRP Foundation. At the Kumeyaay Lake Campground, the students learned how to assemble their tents and air beds donated to the MTRP Foundation by Del Cerro resident Brian Cox and his company, Lightspeed Outdoors, Inc. Students then met with Alicia Berg, the education

—Jay Wilson is executive director of the Mission Trails Regional Park Foundation. Reach him at [jwilson@mtrp.org](mailto:jwilson@mtrp.org). ■



Through the SDG&E Environmental Champion grants over the past four years, the MTRP Foundation has conducted

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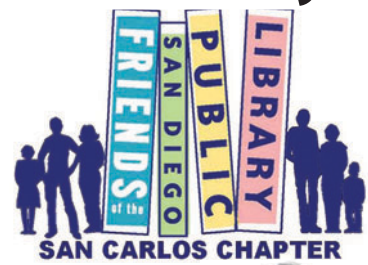
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# Summer reading program honors Olympians



Sue Hotz



As the school year ends, campus doors burst open to the cheers of youngsters as they envision three months of fun and entertainment. The San Carlos Branch Library is here to help you when those cries of joy become whines of “We’re bored!” The Summer Reading Program runs from June 15 through Aug. 15 and is open to all ages. Sign up at [sandiego.gov](http://sandiego.gov). Prizes are earned along the way as you reach designated reading goals. Our Used Book Sale offers a great opportunity to refresh your family’s stock of reading material.

This year’s theme is “READ for the WIN” and honors the Summer Olympics. On Wednesday at 2:30 p.m., activities will be replaced by our Summer Reading Program Family Fun Series. It is the perfect activity to break up a ho-hum-we’re-bored-what-can-we-do-now week.

- June 22, be amazed by the magical prowess and comedy of Amazing Dana; he always asks the audience to assist him.
- June 29, Mad Science presents “Science of Sport.” You will sweat, bounce, and shake your way through experiments designed to show you what you never knew about the human body and sports equipment. Learn to create spin when throwing a basketball, test the pH of your stinky sweat, or discover how a ball can float in mid-air!
- July 6, ventriloquist Joe Gandelman entertains young and old alike. His show features a big cast of characters and comedy from beginning to end while stressing the importance and joy of reading!



Author Lillian Belinfante Herzberg will speak about her book “The Past is Always Present” on June 24. (Photos and images courtesy of SCFOL)

- July 13, Full Spectrum Education presents “Reptiles and Bugs.” Do you like creepy-crawlies? Interact with and learn about the habitat and environment of scorpions, tarantulas, turtles, iguanas, mealworms, and hissing cockroaches!

## More youth summer programs

Tuesdays at 4 p.m., ages 3 – 8 can enjoy yoga that entwines scarves and movements with stories and songs. “Storytime for Toddlers & Preschoolers” on Fridays at 10 a.m. continues all summer, as well as “Learn to Play Chess for Kids and Teens” every second and fourth Tuesday from 5-7 p.m.

Kids’ Science Series-Challenge Island presents “Gold Rush Mountain” on Wednesday, July 13, from 4 to 5 p.m. for ages 8 – 12. In this session — which promotes creativity, critical thinking, and social skills while instilling a love of science and engineering — kids will travel back to the California Gold Rush in 1849 by making a runaway mine train ride with drops, jolts, and directional changes. Space is limited. Call or come in to sign up.

All summer, kids can join in the “Battle of the Funny Books.” Here’s how it works: We have pre-selected 16 picture books chosen for their universal popularity. Via your votes, the 16 books will be narrowed down to eight, then four, then two, and finally to the one Grand Champion that voters think is the funniest book



of all. Will it be “Stinky Cheese Man” or “Pigeon” or “Elephant and Piggie” — who tickles your funny bone more? Follow the summer sillies on the wall in the children’s area, and don’t forget to vote!

## Artists

The “Memories in the Making” paintings of Allied Gardens and Stellar Care resident James J. Flynn are on display through June 30, in the San Carlos Library Community Room & Art Gallery. An artist reception, hosted by his wife Dr. Roberta Flynn, will be June 18 from noon to 2 p.m. and will include information about this art program for those with dementia.

July 5 through Aug. 4, enjoy the paintings of award-winning artist and our library’s neighbor, Mike Hefner. Hefner takes pleasure in capturing the feel of California’s scenery using a variety of media. His artist reception is July 16 from noon to 2 p.m.



A painting by Mike Hefner

## Books, authors and speakers

Del Cerro resident and author Lillian Belinfante Herzberg will speak about her fourth book, “The Past is Always Present,” on June 24 at 2 p.m. Herzberg’s books tell factual stories about real people.

The OASIS program on July 15 at 1 p.m. covers “Ten Estate Planning Goofs that Could Cost You a Fortune,” presented by Sharon Ann Hamilton.

The Library Book Club July 14 at 12:30 p.m. is reading “Sycamore Row” by John Grisham.

## SCFOL remembers

In 1983, Lesley Frazer was our first SCFOL Newsletter editor. Started as a one-page quarterly, it grew in size and frequency. Ben Seplovin followed Frazer as editor. Lois Dissinger took over the position from 1990 to 2006 assisted by Linda Gidlund. Sue Hotz accepted the challenge in 2006 and today SCFOL sends out electronic newsletters to keep you updated with our branch’s happenings. Note: the corner lot is fenced off as mitigation continues — this is good; it brings our dreams of a new branch library closer to fruition. Sign up for newsletters, join or donate to SCFOL at [sancarlosfriendsofthelibrary.org](http://sancarlosfriendsofthelibrary.org).

## New book titles

New titles routinely replace old ones at our libraries. Books become damaged, contain outdated information or are no longer relevant for the modern reader. The SCFOL website publishes an updated list monthly of the San Carlos Branch’s new titles for adults under “Library Services-Available Titles,” and for youth under “Youth Activities-Youth Corner.”

Peruse the lists—see what’s new. Yellow tape on a book’s spine indicates it is a new title and can be found in the library’s “new titles” section for about six months before joining its friends on the general circulation shelves.

New adult titles may be found shelved against the front wall of the library to your right as you enter the library from the right side; new youth titles are in the children’s section and new picture books are on the top left shelf under the “Battle of the Funny Books” bulletin board. Enjoy your summer reading!

## Dates to remember

June 20 & 27: Tai Chi has been canceled

July 1 from 2-4 p.m.: SCFOL Members-only Used Book Pre-sale

July 2 from 9:30 a.m.-3 p.m.: Monthly Used Book Sale

July 4: Libraries are closed

July 7: Last day to enjoy “Shakespeare’s First Folio” events; [firstfoliosandiego2016.org](http://firstfoliosandiego2016.org).

—Sue Hotz is publicity chair for the San Carlos Friends of the Library. Reach her at [publicity@sancarlosfriendsofthelibrary.org](mailto:publicity@sancarlosfriendsofthelibrary.org). ■

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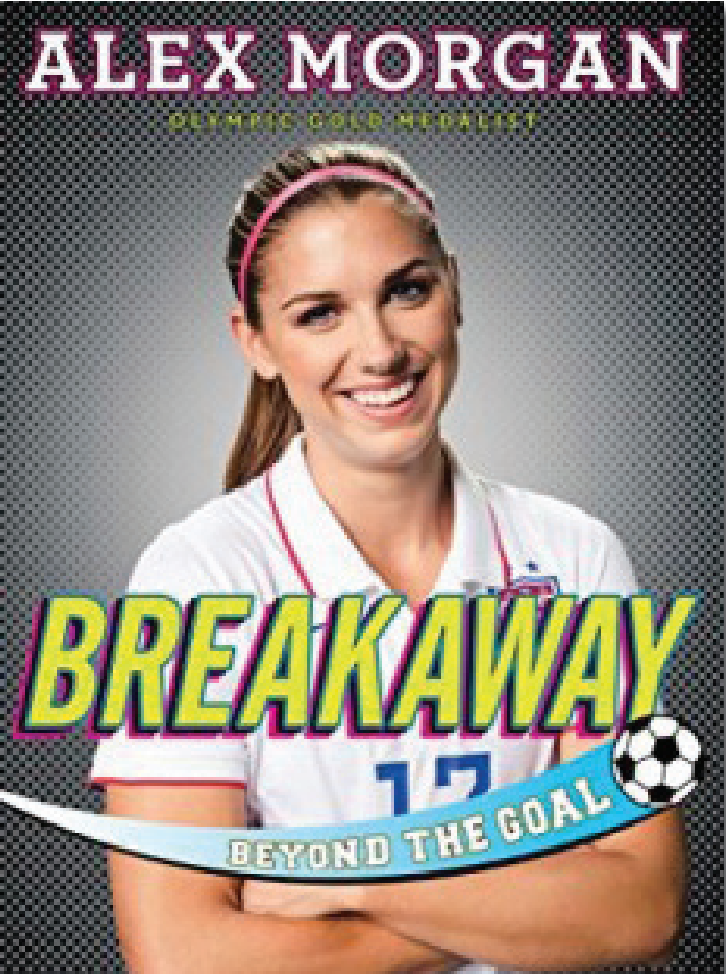
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Local young writers and books for young readers

Gina Bravo

The Benjamin Friends of the Library, and the library staff would like to congratulate the following Essay Contest Winners!

- Hearst Elementary: Fourth graders Poppie Kost, Mateo Malm and Taya O'Harran
- Nazareth School: Eighth grader Claire DaValle
- St. Therese Academy: Fourth grader John McNamara and eighth grader Armando Uribe

Hats off to everyone who participated! Thank you and hope to see you back in the future for other fun contests and events.

As you might have heard, our Summer Reading Program, "Read for the Win!" is in full swing. Stop by the library to check out some of these awesome game and sports-themed books to enjoy this summer. For more reading recommendations for kids from ages 0-18, check out our website at [bit.ly/1UqH2zI](http://bit.ly/1UqH2zI). This list of selections has been hand-picked just for you by librarians throughout San Diego:

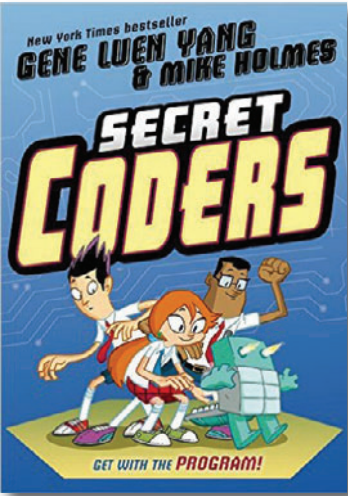
"Magic Kitten: A Splash of Forever #14," by Sue Bentley  
Alice overcomes her fear of water, and learns to enjoy her school's swimming lessons with the help of a cuddly, cute kitten named Flame.

"Secret Coders," by Gene Luen Yang & Mike Holm

Calling all coders! This author is a superstar, and a high-school coding teacher to boot. Secret Coders is all about games, and is chock-full of clues, puzzles and challenges! Put the clues together to solve the mystery of Stately Academy no matter what it takes!

"Breakaway: Beyond the Goal," by Alex Morgan

This uplifting memoir will inspire you to give your best effort, whether you are going for a goal in soccer, or want to change the world! Enjoy words of wisdom from one of the U.S. National Team's top scorers, and follow her journey to



the top!

"Vanishing Act: Mystery at the U.S. Open," by John Feinstein

When a player goes missing right before her match, aspiring sports writers Stevie Thomas and Susan Carol Anderson are on the case in this action-packed mystery! Read along and test your deduction skills, as well as brush up on tennis knowledge in this fun follow-up to "Last Shot."

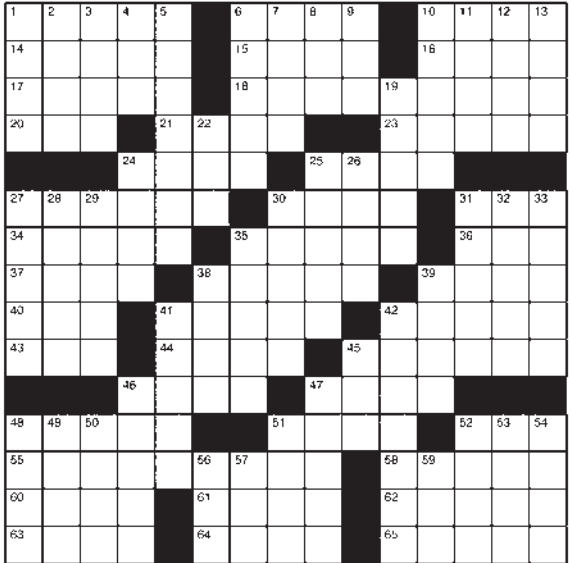
The Benjamin Friends of the Library would also like to take this opportunity to invite anyone interested in joining this altruistic bunch of folks to please contact Karen Carter at [KarCarter1@gmail.com](mailto:KarCarter1@gmail.com) to get connected and start volunteering!

—Gina Bravo is the OCA managing librarian at the Allied Gardens/Benjamin Branch Library. Reach her at [gbravo@sandiego.gov](mailto:gbravo@sandiego.gov). ■

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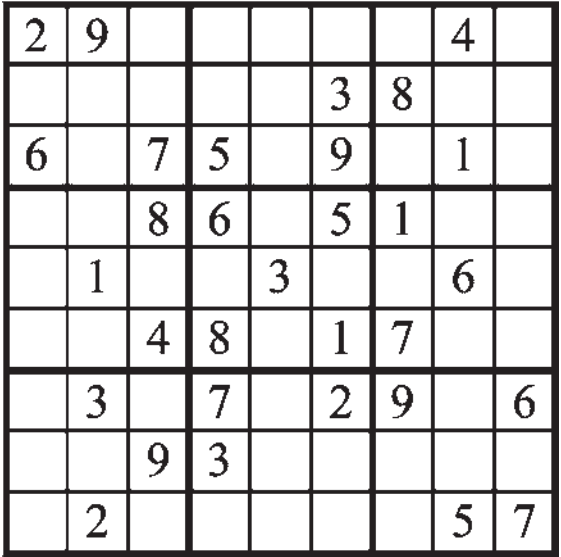
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  - 25 Complete happen
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  - 48 Norse god
  - 49 Russian river
  - 50 Building beam
  - 51 Party not for worn
  - 52 Queen bee's pala
  - 53 Cain's victim
  - 54 Money drawer
  - 56 Summer thirst quencher
  - 57 Edward's nickname
  - 59 College cheer

SUDOKU

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



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# Del Cerro Action Council update

Jay Wilson



Congratulations to Councilmember Scott Sherman on his re-election to represent Del Cerro and the Navajo Community for District 7 on the City Council. Liz Saidkhanian, Councilmember Sherman's Community Outreach Manager, will remain as our council representative for Del Cerro, Allied Gardens and Mission Trails. If you need to reach Liz with a city-related problem or concern, her phone number is 619-236-6677 and her email address is ESaidkhanian@sandiego.gov.

With the passing of John Pilch, I lost my "display the American flag" partner of nearly 15 years. We placed American flags along a portion of Navajo Road on Federal holidays. Thank you to Councilmember Scott Sherman who volunteered and helped me with the flags on Memorial Day.

At the June meeting of the Navajo Community Planners, Police Community Relations Officer John Steffen announced that the string of burglaries in Del Cerro appears to have ended with the apprehension of a suspect in North County. This does not mean we are to be lax in securing our homes. With summer approaching, you still need to keep your windows and doors locked. If you do not have an active Neighborhood Watch in your neighborhood, CRO Steffen will lend a hand meeting with you and your neighbors to fully explain the program. His email address is JMSteffen@pd.sandiego.gov and his office phone at Eastern Division is 858-495-7971.

There is no update on the proposed development by ColRich along College Avenue. Nor is there any good news about a new store in the old Albertsons on Waring Road in Allied Gardens. There are

rumors periodically circulating on NextDoor.com, but Linda Lasher, the property manager for the shopping center, informed me there is currently no update. Hopefully there will be an update on both items at the July 28 DCAC meeting which will meet at Temple Emanu-El at 7 p.m.

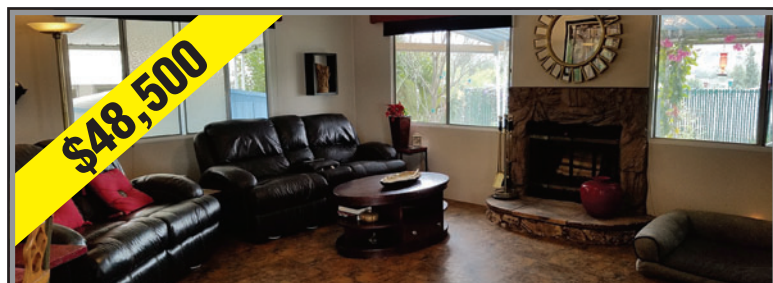
Thank you to San Carlos residents Cathy and Dan Northcutt with Premier Realty Group for continuing to sponsor quarterly cleanups at the Pasatiempo Open Space Park at the top of Del Cerro. Their most recent cleanup was June 11. Cathy and Dan officially adopted the Pasatiempo Park through the city Park & Recreation Department "Adopt a Park" program about three years ago. If you are interested in volunteering on a quarterly basis to help maintain this 4-acre park with its spectacular views of most of San Diego, email Cathy at Cathy@teamnorthcutt.com.

Wildland fire season is upon us. The mild and intermittent rains we had generated a lot of growth in canyon vegetation. The city of San Diego has a good four-color pamphlet titled "Ready, Set, Go!" about protecting your home from embers. Go to sandiego.gov and type in "embers" in the search engine window at the top right hand corner of the homepage. Embers from wildland fires have been tracked to travel up to five miles. Everyone in the Navajo area is in very close proximity to a number of canyons and Mission Trails.

There will be a special election for new board members to serve a two-year term on Navajo Community Planners, Inc. (NCPI) at the July meeting which will be held at 6:30 on Wednesday, July 13, at Tifereth Israel Synagogue in San Carlos. There is an open seat for Del Cerro. You must have attended two meetings between July 2015 and June 2016 to be an eligible candidate. Anyone 18 years and older who resides, owns a business, or is a property owner in the Navajo Area may vote. For more information about NCPI, go to the website at navajoplaners.org.

Our website is delcerroactioncouncil.org. Be safe, and enjoy the summer!

—Jay Wilson is secretary of the Del Cerro Action Council. Reach him at jwilson@mtrp.org. ■



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*"Darren has been providing In-Home/ Mobile Physical Therapy and increasing home safety for seniors in San Diego since 2004."*

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Please view our article at [missiontimescourier.com/expert-advice](http://missiontimescourier.com/expert-advice).

### Monte Vista Village Tracy Walter

22 Years in the Senior Living Industry

#### Short term stays offer solutions

Most people thinking of a senior living community as a place to move once they're ready to downsize from their home, if they desire a busier social life or lack transportation, which means they're stuck! A senior community can not only help solve these problems but they can be a problem solver for adult children also. Let's look at some problems and great short term solutions.

To demystify assisted living, visit [missiontimescourier.com/expert-advice](http://missiontimescourier.com/expert-advice).

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Jeff Mudd



Tracy Walter

## San Carlos Area Council news

Mickey Zeichick



Our next San Carlos Area Council (SCAC) meeting will be Wednesday, July 6 at 6 p.m. in the San Carlos Branch Library, 7265 Jackson Drive. Our meetings are open to the public.

Our guest speaker will be Sue Braun, former San Diego Unified School District Trustee, who will present an 11-minute trailer of the powerful documentary "The Raising of America," which is a five-part documentary series that explores the questions: Why are so many children in America fairing so poorly? What are the consequences for the nation's future? How might we, as a nation, do better?

The series investigates these questions through different lenses: What does science tell us about the enduring importance of early life experiences on the brain and body? What it is like to be a parent today? And what policies and structures help or hinder

the raising of healthy, happy and compassionate children?

The Raising of America is the first national, fully integrated media/public engagement project that aims to reframe the way Americans look at early child health and development.

The SCAC continues to mourn the loss of John F. Pilch who passed away May 3. We have set up a John F. Pilch Memorial Fund for maintaining the flags that Pilch, and Jay Wilson and members of the SCAC will continue to set out and pick up on the various holidays and other occasions along Navajo Road.

At the June 8 Navajo Community Planners meeting, presentations were made regarding the cell phone equipment to be placed on the San Carlos Recreation Center property and the status of the Magnolia Science Academy Site. At the Academy site (6365 Lake Atlin Ave.) there are plans to subdivide this area into 50 single-family homes. We will have updates on both of these projects at our July SCAC meeting.

On June 23 at 9 a.m. at the City Council Chambers on C Street, there will be a public hearing by the Planning Commission on an appeal of two different Conditional Use Permits for Medical Marijuana Consumer Cooperatives in Allied Gardens. You are invited to attend the hearings.

Logging on to [nextdoor.com](http://nextdoor.com) is a good way to keep updated on what is happening in our neighborhood. We are creating a new Interested Persons list; please contact me at [mrzeichick@gmail.com](mailto:mrzeichick@gmail.com).

San Carlos Area Council dues are due (just \$7 per household and \$15 for a business); please send them to SCAC, P.O. Box 19246, San Diego, CA 92159-0246. One of the many things we do with the collected dues is maintain a plot at the San Carlos Community Garden. If you would like to help with this plot, please contact me.

—Mickey Zeichick is president of the San Carlos Area Council. Reach her at [mrzeichick@gmail.com](mailto:mrzeichick@gmail.com).■

## News from the Allied Gardens/Grantville Community Council

Shain Haug

### Meetings and Town Halls

The Board of Directors of the Allied Gardens/Grantville Community Council (AGGCC) met on June 6 to discuss the purchase of a laptop computer, the development of 757 apartment units in the 10.5 acres bounded by Twain, Fairmount and Vandever Avenues, and the alley between Twain and Vandever. Also discussed were other land-use issues, and the program for the July 26 Town Hall Meeting. The minutes of this meeting are available upon request.

On May 24, the AGGCC met as a Town Hall Meeting. Our SDPD Community Relations Officer John Steffen again reminded us to maintain personal vigilance to protect ourselves from home and automobile burglaries and suggested the importance of Neighborhood Watch organizations. He can be reached at 858-495-7971 and [jmsteffen@pd.sandiego.gov](mailto:jmsteffen@pd.sandiego.gov).

At the May 24 meeting, Councilman Scott Sherman reported on the aggressive pace of the city in repairing, to date, 300 miles of our streets and 11,000 potholes as we try to catch up with years of neglect. During Sherman's term, the city has initiated procedural changes that have increased code enforcement responses; have simplified and reduced the

cost of obtaining Condition Use Permits for charter schools; have brought new efficiencies in the process of hiring police officers; and have established incentives for city employees to improve governmental operations. Sherman is currently working on Urban Agricultural Incentive Zones that will allow property committed to public gardens to be taxed at a significantly lower rate than is generally applied to residential and commercial property. His representative Liz Saidkhanian can be reached at 619-236-6677 and [esaidkhanian@sandiego.gov](mailto:esaidkhanian@sandiego.gov).

### Friday concerts and sponsors

The turnout of 1,500 neighbors at the June 3 First Friday concert by The Rollers and their cover of all The Beatles' hits made for a marvelous family picnic. Great music and lots of fun. Our thanks to all our sponsors who made this evening possible. Our thanks especially to Ideal Plumbing for the hot dogs and bright smiles behind the counter and for the everyday commitment the company makes to the community.

On July 1, enjoy Classic Buzz as they rejuvenate the tired genre of "classic rock cover bands" with excellent song selection and energized performances of all of the greatest hits from bands including Journey, Led Zeppelin, The Who, The Doors, The Beatles, Van Halen and many more. Classic Buzz brings its musical swagger and soaring vocals to the Allied Gardens Recreation Center between 6 and 8 p.m. Visit the band's website



Sirens Crush (Courtesy [sirensrush.com](http://sirensrush.com))

at [classicbuzzband.com](http://classicbuzzband.com).

### Keep your calendar open for the remaining concerts:

Aug. 5, 2016 – Sirens Crush (Pop Top 40)

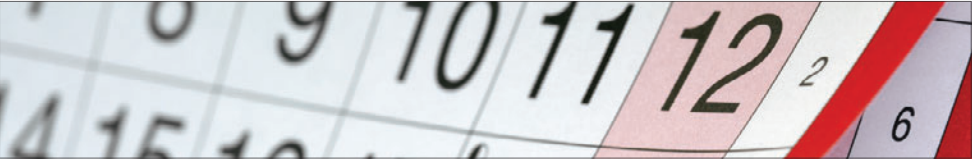
Sept. 2, 2016 – Rachel Aldous and The Road Home (Bluegrass, Folk, Americana)

Our concert supporter Benchmark Brewing Company is located at 6190 Fairmount Ave., Suite G, San Diego. Benchmark Brewing was founded three years ago by Matt Akin (formally a head brewer at Alesmith), his spouse Rachael, and Matt's parents, Jim and Margaret Akin. They regularly brew 10 to 12 beers on tap. The product line includes five core brews that are low in alcohol for maximum enjoyment. They use a broad variety of hops to produce nothing but "beer flavored beer" that is dispensed at the Fairmount Avenue location and is sold on draught and in cans at 200 local establishments.

—Shain Haug is the President of the Allied Gardens/Grantville Community Council. He can be reached at [aggccshain@yahoo.com](mailto:aggccshain@yahoo.com). Your suggestions for Town Hall meetings and any topics that you feel the Community Council should address will be much appreciated. ■







FEATURED EVENTS

**GADS one-year anniversary celebration**  
Friday, June 17

This business networking group representing Grantville, Allied Gardens, Del Cerro and San Carlos will celebrate its one-year anniversary starting at 5 p.m. at San Diego Brewing Co. (10450 Friars Road, Suite L, Grantville). Visit [bit.ly/28EUtlE](http://bit.ly/28EUtlE) for additional details.

**'Fashion + Flavors'**  
Friday, June 17 – Saturday, June 18

This new event will feature food, fashion and fun at Old Town's Bazaar del Mundo. The festivities will be held from 10 a.m. – 8 p.m. each day at the corner of Juan and Taylor streets. A cooking demonstration by Casa Guadalajara's Chef Jose Duran will be held each day at 11:30 a.m. and attendees can try his creations and enjoy a light lunch in Bazaar del Mundo's courtyard. On the fashion side, guest artists will be showcasing handmade fashion accessories, clothing and crafts including scarves, handbags, jewelry and more. Visit [BazaarDelMundo.com](http://BazaarDelMundo.com) for more information.



**'The Changing Face and Landscape of Media'**  
Friday, June 24

KPBS General Manager Tom Karlo will lead a discussion and behind-the-scenes tour from 10:30 a.m. – 12:30 p.m. at the KPBS studio (5200 Campanile Drive, College Area). The tour will include a viewing of the newsroom, an opportunity to ask questions and a live broadcast of "Roundtable" at noon. For more information, call 619-594-2863, email [osher@mail.sdsu.edu](mailto:osher@mail.sdsu.edu), or visit [neverstoplearning.net/osher](http://neverstoplearning.net/osher).

**6th annual 'Homeless Treasure' rummage sale**  
Saturday, June 25

St. Andrews Lutheran Church (8350 Lake Murray Blvd., San Carlos) will host this large rummage sale from 7 a.m. – 1 p.m. Proceeds will benefit Third Avenue Charitable Organization, serving San Diego's homeless. Visit [tacosd.org](http://tacosd.org) for more on the organization and a list of requested items for the sale.

**'Growing plumerias' class**  
Saturday, June 25

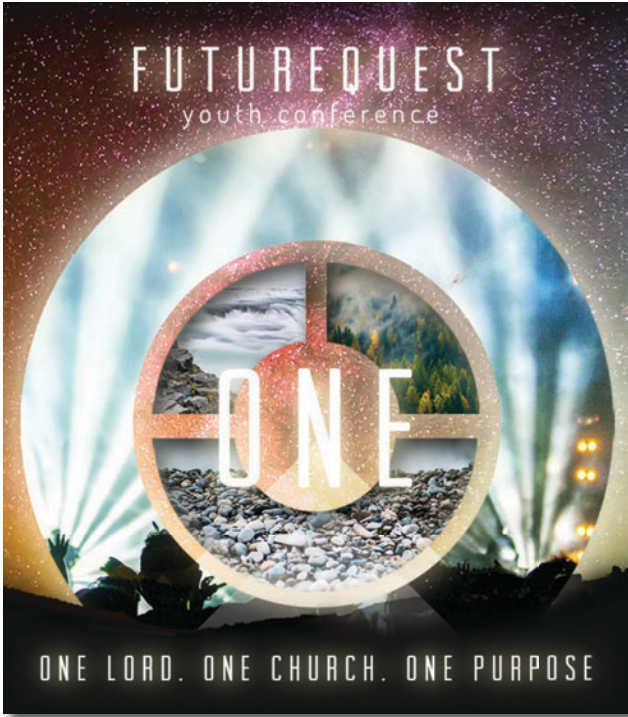
For this free gardening class, Armstrong Garden Centers will give tips and tricks on how to care for plumerias and keep them blooming all summer. The fragrant and beautiful flowers are the traditional Hawaiian lei flower. The Mission Valley/Grantville store is located at 10320 Friars Road; there are several other San Diego Armstrong locations. This session starts at 9 a.m. Visit [armstronggarden.com](http://armstronggarden.com) for more information on this and other upcoming Armstrong events.

**'Expedition Norway' vacation bible school**  
Monday, June 27 – Friday, July 1

Every year St. Dunstan Episcopal Church's vacation bible school creates a week of activities for children based on a vacation "destination." This year's vacation bible school week will include songs, crafts, food, games and activities inspired by Norway. The cost is \$35 per child and includes all activity materials, a t-shirt and snacks. Children entering kindergarten through fifth grade are welcome. St. Dunstan's is located at 6556 Park Ridge Blvd. in San Carlos. Visit [stdunstans.org](http://stdunstans.org) to register.

**'Future Quest'**  
Wednesday, June 29 – Friday, July 1

This youth conference's theme for its 19th year is "ONE: one Lord, one church, one purpose." Students from various churches will gather for three days of guest speakers, workshops, outreach training, concerts and other various activities. Guest speakers this year will include Bill Wilson of Metro Ministries and author/evangelist Clayton Jennings. Visit [futurequest.tv](http://futurequest.tv) for more information. ■



MUSIC NOTES

**Sundays at Six: Rhythm and the Method**  
Sunday, June 19

This summer concert series at Harry Griffen Park (9550 Mildren St., La Mesa) continues with a band that combines rock, blues and folk into their style. All concerts in the series are from 6 – 7 p.m. Visit [cityofflamesa.com](http://cityofflamesa.com) for more information.

**'This Is How We B.E.A.T.'**  
Saturday, June 25 and Sunday, June 26

The Heartbeat Music and Performing Arts Academy is presenting the "This Is How We B.E.A.T." concert at the San Diego Performing Arts Center (4579 Mission Gorge Place, Grantville.) The purpose of the show is to educate and inspire youth in underserved communities on the importance of healthy self-expression through the arts and its powerful ability to change lives. The Saturday performance will be at 7 p.m. and the Sunday performance at 4 p.m. Tickets are \$20-\$40. Visit [bit.ly/28EPgKJ](http://bit.ly/28EPgKJ) for tickets.

**San Diego Concert Band**  
Sunday, June 26

The San Diego Concert Band will perform an Independence Day concert at St. Dunstan's Episcopal Church (6556 Park Ridge Blvd., San Carlos) at 2 p.m. This early holiday celebration will include traditional patriotic favorites and works by American composers. The concert is free and open to the public. Attendees can bring chairs and blankets to use on the grass. Visit [stdunstans.org](http://stdunstans.org) for more details.

GALLERY VIEWS

**Spring art exhibit**  
Through Thursday, June 30

The Dr. William C. Herrick Community Health Care Library (9001 Wakarusa St., La Mesa) is hosting its spring art exhibit featuring 19 watercolor paintings by award-winning artist Carol Roberts of Spring Valley. The exhibit features paintings of landscapes, animals, birds, flowers and scenery, some of them inspired by Roberts' scuba diving trips to New Guinea, Palau and Fiji. Visit [herricklibrary.org](http://herricklibrary.org) for more information and [carolrobertswatercolors.com](http://carolrobertswatercolors.com) or more on the artist and artwork.

ON FILM

**Civita Friday Movie Night with 'Star Wars: The Force Awakens'**

Mission Valley housing community Civita will kick start up their summer movie series with this event. This edition features a screening of the 2015 film "Star Wars: The Force Awakens." This event is open to the public and attendees are invited to bring their own picnic or partake in free popcorn. The film will start at about 7:45 p.m. at Civita's temporary park located at the corner of Civita Boulevard and Via Alta. Visit [CivitaLife.com](http://CivitaLife.com) for more information.

**Outdoor Family Movie Night: 'Zootopia'**

Mission Trails Church (4880 Zion Ave., Allied Gardens) will host several movie nights throughout the summer on their front lawn. Attendees are invited to bring lawn chairs and blankets. Popcorn and fun will be provided. Visit [missiontrailschurch.com](http://missiontrailschurch.com) for more info.



STAGE CUES

**'80 Days; A Musical'**  
Thursday, July 28 – Friday, August 5

The Grossmont College Summer Theatre Arts Conservatory program brings high school and college-age students together to perform family-friendly summer theatre in the Stagehouse Theatre. This year's performance by the students will be an adaptation of "Around the World in 80 Days," the timeless tale of amazing adventure with Phileas Fogg attempting to circumnavigate the globe in less than 80 days in order to win a sizeable wager. Performances will be held at Grossmont College's Stagehouse Theatre (8800 Grossmont College Drive, El Cajon bordering La Mesa. Visit [grossmont.edu](http://grossmont.edu) for tickets.

DANCE STAGE

**San Diego Civic Arts Dance Program**  
Friday, July 15

Dance students of the San Diego City Parks and Recreation department will present a summer dance concert at College Avenue Center (6299 Capri Drive, Del Cerro) starting at 12:45 p.m. Director Andrea Feier takes this talented group all over San Diego – they will perform at the County Fair this summer as well. Visit [jffsd.org](http://jffsd.org) for more information. ■



# Summer's top 10 garden flowers

## Exciting new versions of old stalwarts

Gary Jones

In just a few weeks, summer's hot days will be upon us. But it is not too late to fill pots and borders with hot weather flowers that will pump out color all summer. The key to success will be to keep these plants well-watered while they root in. While they become established, they should never be allowed to become completely dry.

Remember to work in an organic planting mix and starter fertilizer at planting time. The mix will improve drainage and help to retain water and nutrients. If planting in containers, use an organic potting soil straight from the bag, along with starter food.

Colorful plants need plenty of nutrients to keep producing blooms. For non-stop color, feed monthly with an organic bloom food. The middle number of the NPK (nitrogen, phosphorous, potassium) will be the highest of the three. Phosphorus is what promotes flowering.

Many of the flowers listed below will tolerate drought, but to bloom their best, they will need regular water. They also need well-draining soil — never allow these plants to be in soggy soil. Many stalwarts including geranium, salvia, coneflower and zinnia have exciting new cultivars. Don't miss them.

First, it is time to give vinca another chance. Many gardeners moved away from it because of disease problems, but the new varieties are disease-free and have extra-large flowers in bright, clear colors.

Daylilies are classic summer flowers and, virtually, carefree. For season-long color, choose reblooming varieties. The latest hybrids have large, wide-petaled flowers in rich colors, from sherbet-toned blends to rich purple, red, pumpkin, near-black and more.

Coneflowers have undergone a remarkable transformation. Just about every color is available now with the exception of blue tones. But you will find pink, pristine white, bright yellow, orange, fire-engine red and, of course, purple. And doubles and pom-pom forms that don't even look like coneflowers.

Another flower that has undergone a major makeover is gaillardia. Choose from bright yellows, clear oranges, reds, rust tones, apricot and more.



Marigolds are a great way to add color to your summer garden. (Courtesy of Armstrong Garden Centers)

Gaillardia Fanfare, with tiny trumpet flowers instead of petals in red, orange and yellow, is sensational.

Cosmos, with its country-simple flowers, are a fool-proof summer bloomer. You get your choice of heights with different varieties. Cosmos can contribute charm to any garden style. Pure white cosmos are often used to fill box-wood parterres in Provence — a sophisticated, yet carefree choice.

Salvias (there seem to be millions) are the quintessential Mediterranean-climate summer bloomer. If you have not already introduced yourself to the world of salvias, do it by growing a stunning one: Amistad. It has sensational spikes of rich, royal-purple flowers with black bracts on a well-behaved, 4-foot plant.

This summer, you should pass on the large flowered zinnias and

plant the super Profusion series. These award-winning, mounding plants will be covered with 1 1/2-inch flowers right through our dog days of summer. You won't find the complete zinnia color range, but there are enough choices to give your garden some pizzazz.

With the exception of English types and a few others, lavers will produce spikes of color summer-into-winter. Look for the Spanish and French kinds with very prominent ears in contrasting colors. Do not overwater them while they become established. If you are not sure, it is better not to water.

Geraniums will never go out of style because they are just fantastic in California gardens. There are terrific new kinds called interspecifics — hybrids of zonal and ivy geraniums. Two series are available: Calliope and Caliente. They have gorgeous

foliage, large sturdy blooms and a pleasing, mounding habit.

Lastly, consider the lowly marigold. If you want a jolt of hot-toned color, marigolds simply cannot be beat. For a fresh look, don't mass them or line a flowerbed with them. Simply plant them in threes or fives in a mixed border. Marigolds make mixed flower borders really zing.

There is no better time than now to try out some new versions of traditional classics and old standbys. You will love seeing the bright blooms all summer long.

—Gary Jones is the Chief Horticulturist at Armstrong Garden Centers, which has locations on Friars Road and Morena Boulevard. Email your drought and gardening questions to [growingdialogue@armstronggarden.com](mailto:growingdialogue@armstronggarden.com). ■

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By Enhancery Jewelers, Kathleen White, Graduate Gemologist, GIA

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### JUNE BIRTHSTONES

Alexandrite, Pearl and Moonstone

The month of June actually has claim to three birthstone choices, alexandrite, pearl and moonstone. Alexandrite is a variety of chrysoberyl with an unusual color-change from red to green. Legend tells us that Alexandrite was discovered in the Ural Mountains of Russia, on the birthday of Czar Alexander II. While natural alexandrites are very rare, there is now a beautiful lab created alternative as well.

Pearls are one of the few organic gems formed from living organisms. Akoya pearls are cultured in salt water in Japan. South Sea Pearls are from Tahiti and are usually larger than 10mm. Pearls come in a variety of beautiful colors from white, cream, pink, blue, gold and black. Fresh water pearls are also farmed and come in a variety of shapes and colors. Some are very close to round.

Moonstone is a variety of feldspar and has a billowy cloud like appearance and can exhibit a beautiful "rainbow" effect.

Call Enhancery Jewelers 619-282-3900 for answers to any gem and jewelry questions you may have. Enhancery Jewelers is located in the Chili's Shopping Center at 4242 Camino del Rio N.#17 (at I-8 & Mission Gorge). Open Tues.-Fri., 10-6pm; Sat. 10-4pm. Martin and Kathleen White have owned Enhancery Jewelers for over thirty four years. They specialize in diamond and gemstone jewelry, custom design, appraisals, and jewelry and watch repairs. Find us on Facebook and check out our monthly specials and coupons at [www.enhancery.com](http://www.enhancery.com).

**Martin and Kathleen White have owned Enhancery Jewelers for over thirty four years. They specialize in diamond and gemstone jewelry, custom design, appraisals, and jewelry and watch repairs.**

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# How do you measure success?



Erica Moe

Everything we do has a measurement. In school, grades on tests measure how much we learned. We get annual performance reviews at work. Even for fun, you see how many likes you can get on Facebook. Exercise is no different. We count sets, reps, calories, minutes and miles. All these numbers help us know we're making progress — right? So you run, you sweat, and you want results. But how do you REALLY know that you are on the right track with your weight loss?

## Why not just use the scale?

Stepping on the scale does give you data. It lets you know your current bodyweight. However, it doesn't distinguish the difference between fat weight and lean weight. If you gain weight, was it muscle or fat? On the scale, there is no way to be sure.

## BMI

BMI or body mass index is a measure of body fat based on height and weight. Like the scale, the weight is not categorized into fat or lean. This calculation may inaccurately categorize you. Your doctor uses it because it is fast and free! Calculate yours at [www.bmi-calculator.net](http://www.bmi-calculator.net)

## Skin fold calipers

This tool is great for measuring some of the fat on your body. Protocols can measure from three to seven different sites on your body. Simply gather the skin and fat that are on top of your muscle and take a measurement. However, that sneaky fat that hides under the muscle layer cannot be measured or estimated. Error can be plus or minus 3 to 5 percentage points.

## Hydrostatic weighing

Hydrostatic weighing is a great way to estimate body composition, but a proper laboratory and skill set are needed. Your body is weighed under water and, after many calculations, the lab can estimate your percentage of body fat. The test can be expensive, and not many locations offer it. Error can be plus or minus 1 to 2 percentage points.

## Bioelectrical

## Impedance Analysis (BIA)

Bioelectrical impedance analysis uses a device to send a small electrical current through your body to estimate body composition. Most use two points of contact on the hands or feet. They are inexpensive and fast, but the error can also

be up to plus or minus 10 percentage points.

## InBody

This intricate machine works similarly to bioelectrical impedance analysis, however, it has an eight-point contact. It gives information about fat weight and lean weight, and it is able to estimate how many

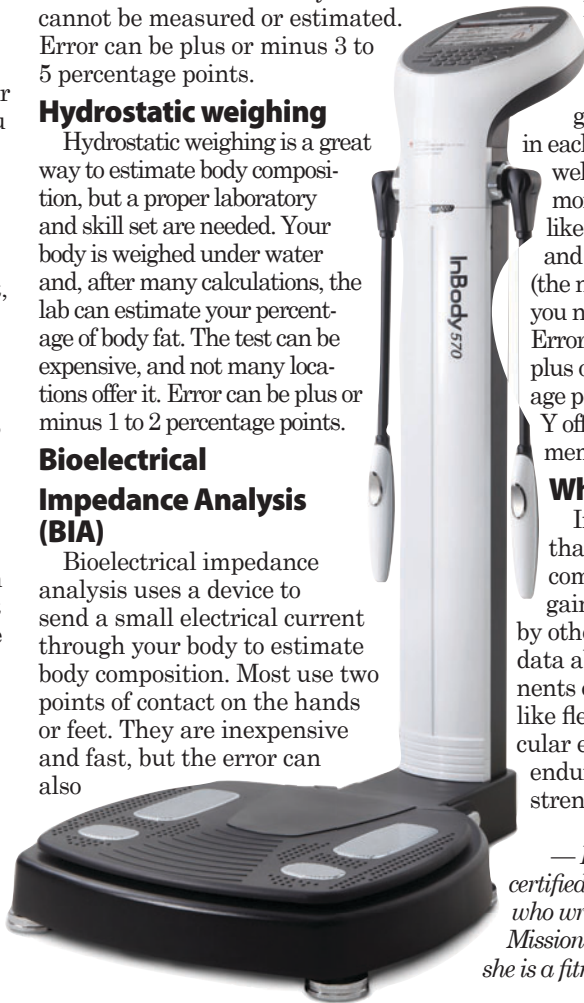
pounds of each are in your limbs and torso. That means it can measure muscle growth and fat loss

in each of these areas, as well. In addition, it yields more sophisticated data like total body water and basal metabolic rate (the number of calories you need at rest per day). Error for the InBody is plus or minus 3 percentage points. Mission Valley Y offers InBody tests to members.

## What else?

In addition to tests that measure body composition, fitness gains can be measured by other tests that give data about other components of physical fitness like flexibility, cardiovascular endurance, muscular endurance and muscular strength.

— Erica Moe is an ACSM certified exercise physiologist who writes on behalf of the Mission Valley YMCA, where she is a fitness director. ■



Consult a vet as to the best pace for your cat's weight loss. (Catster.com)

# Fat cats an epidemic

Sari Reis



If you have a fat cat at home, you are not alone. Fifty-eight percent of our domestic cats are considered overweight or obese. Many people, not realizing their furry felines are overweight, continue to indulge them with food and treats as a form of showing their love. Unfortunately, this is a very unhealthy way to demonstrate your affection. Those extra pounds can lead to heart disease, diabetes, joint pain, arthritis, kidney disease, breathing problems, difficulty grooming, and a shortened life span.

Not sure if your cat is overweight? Here is a way to determine it. At an ideal weight, his face will be slim with clear bone structure.

There will be definition between his head and neck and his abdomen will be slimmer than his chest and hips. You will be able to feel his ribs when you touch his sides. If this is not the case for your kitty, he is probably carrying some extra pounds and one extra pound on a cat is equal to 20 extra pounds on a person.

So, how do you go about getting rid of that excess weight? The answer is slow and steady. Discuss the speed of weight loss with your veterinarian. It is very dangerous for a cat to lose weight too quickly so you must be patient. Find out from your veterinarian what your cat's ideal weight should be and weigh him every week until he reaches his goal. The best way to weigh him is to get on a scale and see what you weigh, then pick up

See PETS page 26 →

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► **Magnolia**, from page 1

serve,” Magnolia dean of students Nathan Williams said.

Principal Gokhan Serce urged the NCPI board to approve the Preface project under the condition that Magnolia be able to stay until June 18 of next year to ensure the school is not disrupted.

The NCPI board then motioned to approve the project with the condition and passed the motion with 10 votes and one abstention.

The vote ended a sometimes contentious arbitration between the school and Preface. Magnolia lost its bid to purchase the Cleveland site and had not yet secured a school when plans for the development first came before the community planning group.

In December of last year, Magnolia CEO Dr. Caprice Young told the Mission Times Courier that the school needed at least a year to find a new site and move in.

“If we have to move, our students are going to go to class in Preface’s offices,” she said.

Magnolia has since tentatively found a new site in Allied Gardens behind Foster Elementary School at the corner of Zion and Estrella avenues.

“The SDUSD board approved the basic terms of the agreement and a term sheet was executed,” Serce said. “However, the project is currently under CEQA review. Once the study is completed, the SDUSD board will consider the findings and proposed mitigations and vote to adopt the recommendations as well as approve the project, including the ground lease agreement.”

If the agreement is approved as



After Magnolia Academy moves, the Cleveland Elementary School site will be home to 50 single-family homes. (Courtesy of the Atlantis Group)

expected, the school will begin building the site, which will consist of modular classrooms and be able to accommodate the same number of students that the Cleveland site does.

“We are excited about getting to our new location. The new site will be designed based on our needs and will have A/C units,” Serce said.

And once Magnolia has moved from the Cleveland site, Preface will begin construction on its

long-awaited project — 50 single-family homes with two-car garages and front and back yards. The houses will be built along a circle with one entrance at Lake Atlin Avenue and the road will be private and maintained by the HOA.

Ted Shaw, a consultant for the Atlantis Group which works with Preface, told the NCPI board that the project will likely be approved by the city as early as August and the

environmental process for the project was already complete.

Several residents at the June 8 meeting expressed concerns over traffic and fire safety, but Shaw said traffic caused by the new neighborhood will be less than what the school brings and that the fire department report said that safety exceeded regulations.

—Reach Jeff Clemetson at [jeff@sdcnn.com](mailto:jeff@sdcnn.com). ■

► **Pets**, from page 25

the kitty and weigh yourself holding him. The difference will be the cat’s weight. Be sure to record it.

Just like humans, weight loss is about calorie intake and output. To figure out how many calories your cat should consume daily to achieve his ideal weight, follow these steps:

- Convert his ideal weight to kilograms by dividing by 2.2.
- Then multiply his weight in kilograms by 30 and then add 70 to that result.
- Now, multiply that figure by .8. If your cat’s ideal weight is 15 pounds, his daily calorie intake should be 220 calories. If 13 pounds, it should be 198 calories.

Find out the number of calories per cup (if dry food) or can (if wet food), by reading the labels on the food packaging. If the calories aren’t listed, call the manufacturer and ask. Once you have that number you can determine how much of his food he should be eating daily. And don’t forget that treats have calories too. They should be figured into the equation. Since dry food is higher in carbohydrates, switching to wet food can lower your kitties’ calorie intake. Also, switching to regular mealtimes twice a day as opposed to free feeding can help your kitty shed those extra pounds.

Since the main reasons our cats are overweight are too much food, poor quality food, too many treats and not enough exercise or play time, it is not hard to figure out what needs to be done to get them svelte and healthy and to lengthen their lives.

—Sari Reis is a Certified Humane Education Specialist and the owner of Mission Valley Pet Sitting Services. For more information you can contact her at 760-644-0289 or [missionvalleypetsitting.com](http://missionvalleypetsitting.com). ■



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► **Sullivan**, from page 3

new hire, to help them understand what drove him to launch the business in the first place.

“When you connect the dots that it helps the environment and it also helps us as a society, you get very excited about that,” he said.

He wants to make sure every employee knows that Sullivan Solar Power is not “merely putting squares on roofs to make money,” but here to affect change, every day. Another way he instills his philosophy is through the company’s core values.

“Last year we implemented a more rigorous hiring process to ensure we are hiring people that are like-minded with the same vision and match our core values, said Tara Kelly, director of community development for Sullivan. “I think that has helped us maintain the culture, passion and dedication as well as our reputation.”

The tenets of Sullivan’s core values are: Embrace challenges with drive and passion; live honestly and be humble; set standards and then exceed them; be in a perpetual state of improvement; be part of the solution; be one with your Sullivan family; and get on the boat!

“Each new hire gets a Core Values Book, and the [tenets] are painted on the wall of the offices in an Irish font,” Kelly continued. “We keep the core values alive by sharing our core value stories and striving to achieve them.”

The Sullivan family Irish crest is not only the company’s logo, but it is also engrained in the core values booklet. “The shield represents whom we are as a company and family in this journey we share together in leading the solar energy revolution,” a phrase in the book says.

In addition to investing in alternative energy and saving the world, which is quite a lofty goal on its own, Sullivan invests in his employees as well.

“We would not be where we

Commissioner” — said Sullivan keeps the motivating culture alive.

“We all work very hard but Daniel rewards all of us very well and it keeps a good atmosphere,” she said. “We are a very close-knit community and we do a lot of outside activities to bond us together and celebrate our successes.”

With the net metering cap fast approaching, Sullivan and his team have been performing detailed analysis on the productivity of their existing solar systems. As a result, they are confident they’ll be able to optimize systems for many of SDG&E customers who will be transitioned to the new “time of rate” structure, which will make the value proposition nearly as good as it was before the cap.

In 2015, the 10-year-old company saw \$50 million in revenues and despite the upcoming net metering cap, are targeting \$70 million in 2016. That’s a long way from life in that garage.

“I think a lot of my motivation came from the people who said that it couldn’t be done and that I couldn’t succeed,” he said. “So I set out to prove them all wrong and I’m not done yet. There’s a

lot of people who are still naysayers about solar and renewable energy, about whether or not we could really change this region, this state, this country and ultimately, globally, and our dependence on the fossil fuel industry.

“I’m gonna go to my grave trying to prove that it can.”

—Reach Morgan M. Hurley at [morgan@sdcnn.com](mailto:morgan@sdcnn.com). ■



Sullivan with his girlfriend, Melissa (Courtesy Daniel Sullivan)

are if it were not for the people that make this machine run,” he said. “So I have believed since the beginning when the company succeeds the people within the company need to succeed and be rewarded as well.”

Kelly — who joined the company five years ago right out of San Diego State after stewarding the campus’ own march toward renewable energy as its “Green



# Fringe fest returns

An experiment with storytelling

David Dixon

Since 2013, the San Diego International Fringe Festival has been giving America's Finest City an eclectic selection of theater. Kicking off this June 23, attendees will experience everything from musicals, comedies, dance events, and family-friendly programming play at theatrical spaces around the city.

Some of the venues last year included the Lyceum Theatre, the Tenth Avenue Arts Center (the headquarters of San Diego Fringe), and the recently closed Swedenborg Hall.

In charge of the festival is executive producer and director, Kevin Charles Patterson. Before founding the event, he was involved with directing, choreographing and producing productions around the world.

Unfortunately, Patterson got in a car accident, which ended his career teaching dance and choreographing.

"I got cut off by a big-rig truck and broke my hip," he said. "I owned a studio and wasn't sure what I was going to do with my professional life."

He became inspired after learning more about Fringe Festivals. "I found out about Fringe and I thought, this would be perfect," he said. "I realized we had a shortage

of small venues and alternative venues in San Diego. This opens the door for local artists to present unique stories."

Aiding Patterson with programming is managing director and the group's press contact, Candice Caufield. While the two of them have been close for years, she was not always a Fringe team member.

"In 2013, I wasn't too involved because I was working more for my regular job," she said. "However, I had so much fun doing a little bit of volunteering that year, I asked Patterson if I could become more involved."

This led to a trip where the two of them went to the 2014 World Fringe Congress in Edinburgh, Scotland.

"I was completely sold after meeting people with Fringes from throughout the world and going to the Edinburgh Festival Fringe," she said.

Like many major artistic events, the San Diego Fringe is continuing to grow. "In 2013 it was for five days, and has now expanded to 11 days," Patterson said. "What is nice is artists can present their works and get word out and help build an audience."

Another way that the celebration has continued to develop is having several shows performed in Tijuana.

"2015 was our first bi-national festival," she said. "We had two small venues at Pasaje Rodriguez. We are fortunate this year, because we will be working with Amigos del Rep in both cities."

While this year the festival will



San Diego Fringe Fest founder Kevin Charles Patterson was inspired by similar festivals around the world. (Photo by Sue Brenner Photography)

have plays that appeal to larger audiences, some selections offer plenty for more adventurous theatergoers.

"I like seeing stuff that's outside of the box that you wouldn't normally see," Patterson said. "When I visit other Fringe Festivals, I want to see all the kinds of things we wouldn't normally see in San Diego theater. Due to all the distant travelling, we've ended with a big chunk of national and international artists."

Since there is no censorship, several tales should have no-holds-barred content.

"Artists can push the envelope as far as they want," Caufield said. "We cannot censor, curate, or jury anything. We will continue to have ratings for each tale in the program."

Patterson remains fascinated by the diverse options available for attendees. "There are cool layers,

like last year we had shows taking place at the San Diego Natural History Museum all the way to Les Girls," he said. "The more things like that happen, the more it warms my soul seeing total contrast and interesting locations thrown into the mix."

Under the helm of Patterson and Caufield, there will be no shortage of high quality entertainment and this year's festival is poised to provide a unique way to spend the beginning of summer.

The San Diego International Fringe Festival runs from June 23 through July 3. For tickets, venues and more information, visit [sdfringe.org](http://sdfringe.org).

—A fan of film and theater from a very young age, David Dixon has written reviews and features for various print and online publications. You can reach him at [daviddixon0202@gmail.com](mailto:daviddixon0202@gmail.com).

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Next issue: Smile! Part two...a true life enhancing story.

Bradley A. Ross, DDS is the owner of Mission Trails Dentistry, located at 6902 Navajo Road (at Jackson Drive). 619-582-9700 [www.missiontrailsdentistry.com](http://www.missiontrailsdentistry.com)

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# Mission Times COURIER

## BEST OF

### 2016 MISSION TIMES COURIER



## WELCOME TO THIS YEAR'S WINNERS!

Every year, we ask our loyal readers to nominate their favorite restaurants, entertainment venues, stylists, designers and other businesses and professionals for our Best of Mission Times Courier special section.

Once again, we received hundreds of nominations from Navajo area residents eager to share their thoughts on the most deserving establishments. We've tallied the votes, compiled a directory and sent out the awards — many of which you'll see proudly displayed on the wall of the winning businesses.

Some of these businesses have been serving local residents and out-of-town shoppers and visitors 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 Mission Times Courier special section throughout the year as a handy guide for the next time you're looking for an optometrist, a dry cleaner, a doctor, an Italian dinner, a brew pub or even coffee with friends.

And if, by chance, your favorite establishments were left out this year, we encourage you to keep your eyes peeled for next year's ballots, which will be published in early 2017. After all, the competition is part of the fun.

Congratulations to all winners!

—SDCNN Staff





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Beer	Kensington Brewing Company	K'n'B Wine Cellars
Billiards	Pal Joey's	The Library
Breakfast	Brothers Family Restaurant	The Trails Neighborhood Eatery
Brunch	D. Z. Akins	Souplantation
Burger	Longhorn Bar & Grill	In-N-Out Burger
Burrito	Los Primos Mexican Food	Emiliano's Mexican Restaurant
Business Lunch	K'n'B Wine Cellars	Bully's East
Casino	Barona Resort & Casino	Viejas Casino
Casino Buffet	Barona Resort & Casino	Viejas Casino
Casual Dining	Sammy's Woodfired Pizza	Red Lobster
Chinese Cuisine	P. F. Chang's	La China Restaurant
Cocktail	Szechuan Mandarin Restaurant	J.T.'s Pub & Grill
Coffee Shop	Starbucks	Denny's
Comfort Food	Brothers Family Restaurant	Patty's Café
Dance Club	Pal Joey's	Tio Leo's Mexican Restaurant
Deli	D. Z. Akins	Jersey Mike's Subs
Dessert	Extraordinary Desserts	Nothing Bundt Cakes
Dinner	Vine Cottage	Purple Mint
Doughnut Shop	Heavenly Donuts	Donut Panic
Family Restaurant	Brothers Family Restaurant	Patty's Café
Farmers Market	Windmill Farms	Hillcrest Farmers Market
Fast Food	In-N-Out Burger	Rubio's
Fine Dining	Antica Trattoria	Vine Cottage
French Cuisine	Mimi's Café	Café Chloe
Greek Cuisine	Troy's Greek Restaurant	Santorini Island Grill
Happy Hour	Pal Joey's	K'n'B Wine Cellars
Health Food Store	Windmill Farms	Sprouts Farmers Market
Hot Wings	Wings & Things	Dirty Birds
Indian Cuisine	Himalayan Restaurant	Village Indian Cuisine
Irish Pub	McCarter's Bar & Grill	Tilted Kilt
Italian Cuisine	Antica Trattoria	Filippi's Pizza Grotto
Japanese Cuisine	Ahi Sushi	Jump Tokyo
Jazz Bar	Pal Joey's	Proud Mary's Southern Bar & Grill
Late Night Dining	Taco Fiesta	Longhorn Bar & Grill
Live Music Venue	Pal Joey's	Bassmnt
Lunch	Pho Saigon Star	Souplantation
Margarita	Casa De Pico	Tio Leo's Mexican Restaurant
Martini	Bully's East	Junk House Gastro-Pub
Mexican Cuisine	Emiliano's Mexican Restaurant	
Micro Brewery	Kensington Brewing Company	Groundswell Brewing
New Restaurant	Junk House Gastro-Pub	
Nightclub	Pal Joey's	Onyx Room
Outdoor Dining	Casa De Pico	Vine Cottage
Pet Friendly Dining	The Lazy Dog	The Patio on Goldfinch
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Romantic Dining	Marine Room	Bertrand at Mister A's
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Sushi	Ahi Sushi	Jump Tokyo
Thai Cuisine	Ra-Ka-De-Ka	Jade Thai & Mandarin Cuisine
Vegeterian Vegan	Sipz	Purple Mint
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Boutique	Mimi and Red Boutique	Leilanis Attic
Bridal Shop	David's Bridal Boutique	Bridal and Tuxedo Galleria
Car Wash	Body Beautiful Car Wash	Stadium Car Wash
Charity	Salvation Army	Baras Foundation
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Massage	Pizazz!	Jane Blount
Mens Apparel	Men's Wearhouse	Ross Dress For Less
Museum	Museum of Photographic Arts	Reuben H. Fleet Science Center
New Business	San Diego Business Supply	TBD
Optometrist	Allied Gardens Family Optometry	Envision Optometry
Personal Trainer	Pam Melody	Envision Personalized Health
Pet Boarding	Pooch Hotel	Mission Valley Pet Clinic
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Hospital	Kaiser Permanente	



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Enhancery Jeweler's

## DINING & ENTERTAINMENT

### AMERICAN CUISINE

#### GOLD — Patty's Café

6155 Lake Murray Blvd, La Mesa, CA 91942  
619-462-1922 | pattyscafe.com

It all started more than a decade ago with hard work and perseverance. Patricia Rodriguez, affectionately known as Patty to everyone around her, had been working in the restaurant business since her early teens starting off as waitress and working her way up to become the proud owner of what would be her first restaurant "Miramar Café". Under the ownership of Patty "Miramar Café" has been around as a staple restaurant of the area creating a loyal clientele and in many cases friends.

But Patty's drive didn't stop her there; she decided to go back to her roots and go buy the first ever restaurant she had waitressed on. She went back to 6155 Lake Murray Boulevard and bought what is now known as "Patty's Café".

**SILVER — Junk House Gastro-Pub**  
5351 Adobe Falls Road San Diego, CA 92120  
619-269-9363 | junkhousesd.com

### BAKERY

#### GOLD — D. Z. Akins

6930 Alvarado Road San Diego, CA 92120  
619-265-0218 | dzakinsdeli.com

**SILVER — Flour Power Cakery**  
2389 Fletcher Pkwy, El Cajon, CA 92020  
619-697-6575 | flourpower.com

### BARBECUE

**GOLD — West Coast Barbecue & Brew**  
6126 Lake Murray Blvd, La Mesa, CA 91942  
westcoastbbqandbrew.com  
619-462-3660

**SILVER — The Barbecue Pit**  
2388 Fletcher Pkwy, El Cajon, CA  
92020thebarbecuepitrestaurant.com  
619-462-5434

### BEER

**GOLD — Kensington Brewing Company**  
5839 Mission Gorge Road  
San Diego, CA 92120  
tinyurl.com/zcfcyfy  
619-948-8705

**SILVER — K'n'B Wine Cellars**  
6380 Del Cerro Blvd, San Diego, CA 92120  
619-286-0321 | knbwinecellars.com

### BILLIARDS

**GOLD — Pal Joey's**  
5147 Waring Road San Diego, CA 92120  
paljoeysonline.com  
619-582-6699

Pal Joey's has been a staple in the Allied Gardens community since dirt; celebrating the live music scene of San Diego for decades.

The owners and staff are honored to be included in the Mission Times Best of Awards and are excited to be bringing live music back to Pal Joey's on Friday nights!

Serious Guise will be kicking off the Friday night concerts June 24!

At Pal Joey's we aim to make the customer happy with a friendly atmosphere and an ice cold cocktail; so come see us for live music, karaoke, beer pong, and all your favorites sports on our flat screen TVs!

**SILVER — The Library**  
7459 Mission Gorge Road,  
San Diego, CA 92120  
tinyurl.com/hrxhxb  
619-583-5839

### BREAKFAST

**GOLD — Brothers Family Restaurant**  
5150 Waring Road San Diego, CA 92120  
brothersalliedgardens.com  
619-287-0880

**SILVER — The Trails Neighborhood Eatery**  
7389 Jackson Drive San Diego, CA 92119  
thetrailseatery.com  
619-667-2233

### BRUNCH

**GOLD — D. Z. Akins**  
6930 Alvarado Road  
San Diego, CA 92120  
dzakinsdeli.com  
619-265-0218

**SILVER — Souplantation**  
6171 Mission Gorge Road  
San Diego, CA 92120  
souplantation.com  
619-280-7087

### BURGER

**GOLD — Longhorn Bar & Grill**  
6519 Mission Gorge Road  
San Diego, CA 92120  
thelonghornsdl.com  
619-283-0831

The Longhorn Bar & Grill is a San Diego staple that is all about tradition, great food, cold beers, and friendly faces. It first opened its doors back in 1968 when the regulars would pack in to watch Dan Fouts throw a winning touchdown or sit amongst the Duke in the infamous John Wayne room.

Today, the bar is owned and run by Paul Bernhardt and Toby Taki, longtime San Diego locals who took over this beloved bar five years ago. Since then the Longhorn has undergone positive changes without losing its old school charm. There are flat screen TVs visible from every seat for the big games, lots of local beers on tap, a welcoming staff who truly loves what they do, and of course, delicious burgers being served up daily.

They've managed to fuse together the old and new in a way that makes everyone feel at home, which is no easy feat. It's always sure to be a good time at the Horn, whether it's Taco Tuesday, Wine Wednesday, or Football Sunday; so come on in for a cold one and be a part of history.

**SILVER — In-N-Out Burger**  
2005 Camino Del Este  
San Diego, CA 92108  
in-n-out.com  
800-786-1000

### BURRITO

**GOLD — Los Primos Mexican Food**  
2556 Laning Road San Diego, CA 92106  
losprimosmexicanfood.com  
619-667-2233

**SILVER — Emiliano's Mexican Restaurant**  
6690 Mission Gorge Road, E,  
San Diego, CA 92120  
emilianosrestaurant.com  
619-284-2460

### BUSINESS LUNCH

**GOLD — K'n'B Wine Cellars**  
6380 Del Cerro Blvd, San Diego, CA 92120  
619-286-0321 | knbwinecellars.com

**SILVER — Bully's East Prime Bistro Sports Bar**  
2401 Camino Del Rio South  
San Diego, CA 92108  
619-291-2665 | bullyseastsd.com

The meter has moved up a bunch when it comes to having a good time, watching sports, enjoying great food and libations at the newly renamed Bully's East Prime Bistro Sports Bar in Mission Valley.

A San Diego tradition since 1971, Bully's East is known for superior quality, exceptional value and friendly service. Bully's East features award-winning prime rib, fresh seafood, steaks, sandwiches, burgers, ribs, daily specials, kids menu, happy hour and weekend brunch.

The bar at Bully's East has been a longtime gathering place for professional athletes, sports officials, coaches, locals as well as San Diego visitors. During all sports seasons you can always catch your favorite team on one of the 17 viewing monitors located throughout the restaurant and bar areas.

After 45 years, Bully's East Prime Bistro Sports Bar has endured the years and is the longest standing sports restaurant and bar in Mission Valley. Located just minutes from

See **LUNCH** page 5 →

# Pizazz!

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Thank you for your  
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Thanks to you we were voted in for 3 awards for 2016  
**Best Breakfast, Best Comfort Food and Best Family Restaurant**

Your business is greatly  
appreciated, and look forward  
to serving you soon

5150 Waring Rd,  
San Diego, Ca 92120  
Phone 619-287-0880



► **Lunch**, from page 4

Qualcomm stadium, Bully's East is home of the San Diego Chargers and San Diego State Aztecs.

A local watering hole with historic appeal, you really can't duplicate the feeling and comfort of "family" that everyone has come to expect at Bully's East PBSB.

Lunch is served M-F 11 a.m. - 4 p.m.  
Dinner served all day everyday. Brunch is served Saturday and Sunday, 9 a.m. - 3 p.m.  
Happy Hour is M-F 4 - 630 p.m.

**CASINO**

**GOLD – Barona Resort & Casino**  
1932 Wildcat Canyon Road  
Lakeside, CA 92040  
619-443-2300 | barona.com

**SILVER – Viejas Casino**  
5000 Willows Road Alpine, CA 91901  
619-445-5400 | viejas.com

**CASINO BUFFET**

**GOLD – Barona Resort & Casino**  
1932 Wildcat Canyon Road  
Lakeside, CA 92040  
barona.com  
619-443-2300

**SILVER – Viejas Casino**  
5000 Willows Road Alpine, CA 91901  
viejas.com  
619-445-5400

**CASUAL DINING**

**GOLD – Sammy's Woodfired Pizza**  
1620 Camino De La Reina  
San Diego, CA 92108  
sammyspizza.com  
619-298-8222

**SILVER – Red Lobster**  
3780 Sports Arena Boulevard  
San Diego, CA 92110  
redlobster.com  
619-226-1057

**CHINESE CUISINE**

**GOLD – P. F. Chang's**  
7077 Friars Road San Diego, CA 92108  
pfchang.com  
619-260-8484

**SILVER – La China Restaurant**  
2852 Fletcher Pkwy, El Cajon, CA 92020  
lachinaelcajon.com  
619-465-8525

**COCKTAIL**

**GOLD – Szechuan Mandarin Restaurant**  
5855 Mission Gorge Road  
San Diego, CA 92120  
szeman-sd.com  
619-280-4600

**SILVER – J.T.'s Pub & Grill**  
5821 Mission Gorge Road  
San Diego, CA 92120  
jtspub.com  
619-280-4698

**COFFEE SHOP**

**GOLD – Starbucks**  
7007 Friars Rd 855 A,  
San Diego, CA 92108  
starbucks.com  
619-299-2593

**SILVER – Denny's**  
1065 Camino Del Rio S,  
San Diego, CA 92108  
dennys.com  
619-295-4676

**COMFORT FOOD**

**GOLD – Brothers Family Restaurant**  
5150 Waring Road San Diego, CA 92120  
brothersalliedgardens.com  
619-287-0880

**SILVER – Patty's Café**  
6155 Lake Murray Blvd,  
La Mesa, CA 91942  
pattyscafe.com  
619-462-1922

**DANCE CLUB**

**GOLD – Pal Joey's**  
5147 Waring Road San Diego, CA 92120  
paljoeysonline.com  
619-582-6699

**SILVER – Tio Leo's Mexican Restaurant**  
5302 Napa St., San Diego, CA 92110  
619-542-1462 | tioleos.com

**DELI**

**GOLD – D. Z. Akins**  
6930 Alvarado Road San Diego, CA 92120  
dzakinsdeli.com  
619-265-0218

**SILVER – Jersey Mike's Subs**  
8590 Rio San Diego Drive  
San Diego, CA 92108  
jerseymikes.com  
619-291-1122

**DESSERT**

**GOLD – Extraordinary Desserts**  
2929 Fifth Ave, San Diego, CA 92103  
extraordinarydesserts.com  
619-294-2132

**SILVER – Nothing Bundt Cakes**  
5624 Mission Center Road,  
San Diego, CA 92108  
nothingbundtcakes.com  
619-294-2253

**DINNER**

**GOLD – Vine Cottage**  
6062 Lake Murray Blvd #101A,  
La Mesa, CA 91942  
thevinecottage.com  
619-462-1425

**SILVER – Purple Mint Vegetarian Bistro**  
6171 Mission Gorge Rd #118,  
San Diego, CA 92120  
thepurplemint.com 619-280-3388

See **DINING** page 6 →



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I-8 at Mission Gorge Rd  
(619) 563-1424

**Poway**  
13236 Poway Rd  
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► **Dining**, from page 5

#### DOUGHNUT SHOP

**GOLD – Heavenly Donuts**

5132 Waring Road San Diego, CA 92120  
619-286-1997 | heavenlydonut.com

**SILVER – Donut Panic**

6171 Mission Gorge Rd #113  
San Diego, CA 92120  
donutpanic.wordpress.com  
619-280-1894

#### FAMILY RESTAURANT

**GOLD – Brothers Family Restaurant**

5150 Waring Road San Diego, CA 92120  
brothersalliedgardens.com  
619-287-0880

**SILVER – Patty's Café**

6155 Lake Murray Blvd, La Mesa, CA 91942  
619-462-1922 | pattyscafe.com

#### FARMERS MARKET

**GOLD – Windmill Farms**

6386 Del Cerro Blvd, San Diego, CA 92120  
organicfood-sandiego.com  
619-287-1400

**SILVER – Hillcrest Farmers Market**

3960 Normal St., San Diego, CA 92103  
hillcrestfarmersmarket.com  
619-299-3330

#### FAST FOOD

**GOLD – In-N-Out Burger**

2005 Camino Del Este,  
San Diego, CA 92108  
800-786-1000 | in-n-out.com

**SILVER – Rubio's**

2075 Camino De La Reina  
San Diego, CA 92108  
619-299-6502 | rubios.com

#### FINE DINING

**GOLD – Antica Trattoria**

5654 Lake Murray Blvd  
La Mesa, CA 91942  
anticatrattoria.com  
619-463-9919

**SILVER – Vine Cottage**

6062 Lake Murray Blvd #101A  
La Mesa, CA 91942  
thevinecottage.com  
619-462-1425

#### FRENCH CUISINE

**GOLD – Mimi's Café**

5180 Mission Center Road  
San Diego, CA 92108  
mimiscafe.com  
619-491-0284

**SILVER – Café Chloe**

721 Ninth Ave, San Diego, CA 92101  
cafechloe.com  
619-232-3242

#### GREEK CUISINE

**GOLD – Troy's Greek Restaurant**

10450 Friars Road San Diego, CA 92120  
troysgreek.com  
619-281-7741

**SILVER – Santorini Island Grill**

10545 Scripps Poway Pkwy, San Diego, CA 92131  
santoriniislandgrill.net  
858-693-8300

#### HAPPY HOUR

**GOLD – Pal Joey's**

5147 Waring Road San Diego, CA 92120  
paljoeysonline.com  
619-582-6699

**SILVER – K'n'B Wine Cellars**

6380 Del Cerro Blvd, San Diego, CA 92120  
knbwinecellars.com  
619-286-0321

#### HEALTH FOOD STORE

**GOLD – Windmill Farms**

6386 Del Cerro Blvd, San Diego, CA 92120  
organicfood-sandiego.com  
619-287-1400

**SILVER – Sprouts Farmers Market**

4175 Park Blvd, San Diego, CA 92103  
sprouts.com  
619-291-8287

#### HOT WINGS

**GOLD – Wings & Things**

3194 Midway Drive San Diego, CA 92110  
619-226-0185 | wingsnthings.com

**SILVER – Dirty Birds**

4656 Mission Blvd, San Diego, CA 92109  
dirtybirdsbarandgrill.com  
858-274-2473

#### INDIAN CUISINE

**GOLD – Himalayan Restaurant**

7918 El Cajon Blvd, La Mesa, CA 91942  
himalayancuisineone.com  
619-461-2503

**SILVER – Village Indian Cuisine**

9187 Clairemont Mesa Blvd #2  
San Diego, CA 92123  
tandoorivillagesd.com  
858-874-3663

#### IRISH PUB

**GOLD – McCarter's Bar & Grill**

8622 Lake Murray Blvd  
San Diego, CA 92119  
tinyurl.com/gv3gzql  
619-337-3807

**SILVER – Tilted Kilt**

1640 Camino Del Rio N  
San Diego, CA 92108  
tiltedkilt.com/mission-valley.html  
619-299-5458

#### ITALIAN CUISINE

**GOLD – Antica Trattoria**

5654 Lake Murray Blvd  
La Mesa, CA 91942  
anticatrattoria.com  
619-463-9919

**SILVER – Filippi's Pizza Grotto**

10330 Friars Rd #101  
San Diego, CA 92120  
filippispizzasd.com  
619-281-3511

#### JAPANESE CUISINE

**GOLD – Ahi Sushi**

2872 Fletcher Pkwy, El Cajon, CA 92020  
iloveahi.com/el-cajon.html  
619-337-1388

**SILVER – Jump Tokyo**

10450 Friars Road #R  
San Diego, CA 92120  
jumptokyosushi.com  
619-280-4043

#### JAZZ BAR

**GOLD – Pal Joey's**

5147 Waring Road San Diego, CA 92120  
paljoeysonline.com  
619-582-6699

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See JAZZ BAR page 7 →



► **Jazz Bar**, from page 6

**SILVER** — Proud Mary's Southern Bar & Grill  
5550 Kearny Mesa Road  
San Diego, CA 92111  
proudmariyssd.com  
858-278-0800 ext. 299

**LATE NIGHT DINING**

**GOLD** — **Taco Fiesta**  
6201 Mission Gorge Road  
San Diego, CA 92120  
619-283-5285

**SILVER** — Longhorn Bar & Grill  
6519 Mission Gorge Road  
San Diego, CA 92120  
thelonghornsd.com  
619-283-0831

**LIVE MUSIC VENUE**

**GOLD** — **Pal Joey's**  
5147 Waring Road San Diego, CA 92120  
619-582-6699 | paljoeysonline.com

**SILVER** — Bassmnt  
919 Fourth Ave #100  
San Diego, CA 92101  
bassmntsd.com  
619-231-9200

**LUNCH**

**GOLD** — **Pho Saigon Star**  
10450 Friars Road San Diego, CA 92120  
619-640-2985 | phosaigonstar.com

**SILVER** — Souplantation  
6171 Mission Gorge Road  
San Diego, CA 92120  
souplantation.com  
619-280-7087

**MARGARITA**

**GOLD** — **Casa De Pico**  
5500 Grossmont Center Drive  
La Mesa, CA 91942  
casadepico.com  
619-463-3267

**SILVER** — Tio Leo's Mexican Restaurant  
5302 Napa St., San Diego, CA 92110  
619-542-1462 | tioleos.com

**MARTINI**

**GOLD** — **Bully's East**  
2401 Camino Del Rio S  
San Diego, CA 92108  
bullyseastsd.com  
619-291-2665

**SILVER** — Junk House Gastro-Pub  
5351 Adobe Falls Road  
San Diego, CA 92120  
junkhousesd.com  
619-269-9363

**MEXICAN CUISINE**

**GOLD** — **Emiliano's Mexican Restaurant**  
6690 Mission Gorge Road, E  
San Diego, CA 92120  
emilianosrestaurant.com  
619-284-2460

**MICRO BREWERY**

**GOLD** — **Kensington Brewing Company**  
5839 Mission Gorge Road  
San Diego, CA 92120  
tinyurl.com/zcqcycf  
619-948-8705

**SILVER** — Groundswell Brewing  
6304 Riverdale St., San Diego, CA 92120  
groundswellbrew.com  
619-795-2337

**NEW RESTAURANT**

**GOLD** — **Junk House Gastro-Pub**  
5351 Adobe Falls Road  
San Diego, CA 92120  
junkhousesd.com  
619-269-9363

Junk House Gastro-Pub is locally owned by Dr. Scott Leary and Joey Langlois. It features an urban industrial design that offers both indoor and outdoor patio seating, multi-ethnic cuisine, 36 taps with local and nationally-brewed beers, boutique wine and hand-crafted cocktails. We specialize in large corporate or private events with menus built to fit any budget.

We are committed to providing a fresh, quality menu with local favorites. Located directly across Interstate 8 from San Diego State, Junk House is easily accessible from the anywhere in San Diego using the Waring Road exit.

Junk House utilizes its prime San Diego location to get the highest quality products to our guests. Junk House offers many kids' options using the same high quality ingredients.

Our food and beverage menu evolves with the seasons in order to highlight the amazing flavors of San Diego produce. This creates a great atmosphere to host a family night out, happy hour with your friends, or a large banquet-style party. What could be better than great food, drinks, and an amazing atmosphere?

We feature 13 wide-screen TVs and a state-of-the-art sound system that is ideal for watching local sports and pay per view events, or listening to music while enjoying cocktails. Junk House is the ideal dining spot for guests of all ages.

**NIGHTCLUB**

**GOLD** — **Pal Joey's**  
5147 Waring Road San Diego, CA 92120  
paljoeysonline.com  
619-582-6699

**SILVER** — **Onyx Room**  
852 Fifth Ave, San Diego, CA 92101  
onyxroom.com  
619-235-6699

**OUTDOOR DINING**

**GOLD** — **Casa De Pico**  
5500 Grossmont Center Drive  
La Mesa, CA 91942  
casadepico.com  
619-463-3267

**SILVER** — **Vine Cottage**  
6062 Lake Murray Blvd #101A  
La Mesa, CA 91942  
thevinecottage.com  
619-462-1425

**PET FRIENDLY DINING**

**GOLD** — **The Lazy Dog**  
1202 Camino Del Rio N  
San Diego, CA 92108  
lazydogrestaurants.com  
619-481-6191

**SILVER** — The Patio on Goldfinch  
4020 Goldfinch St., San Diego, CA 92103  
thepatioongoldfinch.com  
619-501-5090

**PIZZA**

**GOLD** — **Mona Lisa Italian Foods**  
2061 India St., San Diego, CA 92101  
monalisaitalianfoods.com  
619-234-4893

Welcome to Mona Lisa - proudly serving the Allied Gardens community for over 37 years. Gaspare Apparito settled in San Diego from his birthplace in Aspra, Sicily, in 1950.

See **PIZZA** page 8

**Thank the readers of the Mission Times Courier for voting for us as your Favorite Florist 2016!**

As a token of our appreciation, please bring this ad to the shop on Tuesday June 21st for **ONE FREE ROSE** (one per customer, please).

6602 Mission Gorge Road,  
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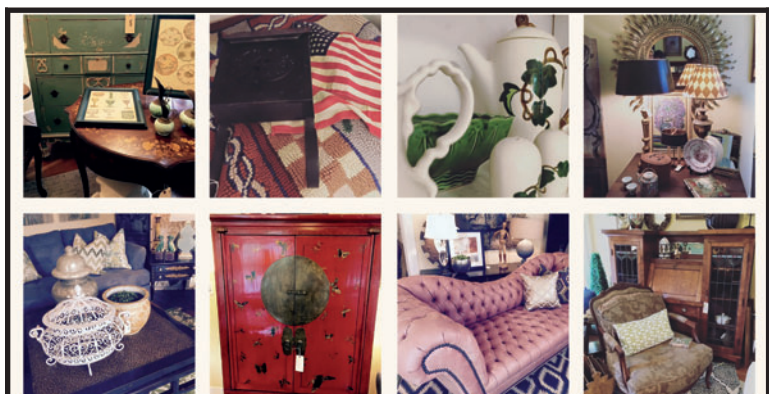
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John's Automotive Care

### ► Pizza, from page 7

After a few years in the fishing industry, he decided to try his hand in the restaurant business with family recipes handed down over generations.

Over the next 20 years, he successfully co-owned and managed multiple restaurants throughout San Diego country.

Since his son, Mike Apparito, took over the family business many years ago, it has always been his goal to continue in the family tradition, serving authentic Italian dishes as his father always had. Here at Mona Lisa, only the finest and freshest ingredients are used in everything from their famous pizzas to their delicious entrees. Their handmade dough and sauces add to the exquisite flavor and authenticity of their food.

Bon Appetito!

**SILVER – Mountain Mike's Pizza**  
3089 Clairemont Drive  
San Diego, CA 92117  
619-275-6453 | [mountainmikes.com](http://mountainmikes.com)

### ROMANTIC DINING

**GOLD – Marine Room**  
2000 Spindrift Drive La Jolla, CA 92037  
858-459-7222 | [marineroom.com](http://marineroom.com)

**SILVER – Bertrand at Mister A's**  
2550 Fifth Ave, San Diego, CA 92103  
619-239-1377 | [asrestaurant.com](http://asrestaurant.com)

### ROOF TOP LOUNGE

**GOLD – Bertrand at Mister A's**  
2550 Fifth Ave, San Diego, CA 92103  
619-239-1377 | [asrestaurant.com](http://asrestaurant.com)

**SILVER – Roof Top Lounge**  
George's at the Cove  
1250 Prospect St., La Jolla, CA 92037  
[georgesatthecove.com](http://georgesatthecove.com)  
858-454-4244

### SALAD

**GOLD – Souplantation**  
6171 Mission Gorge Road  
San Diego, CA 92120  
[souplantation.com](http://souplantation.com)  
619-280-7087

**SILVER – Sammy's Woodfired Pizza**  
1620 Camino De La Reina  
San Diego, CA 92108  
[sammypizza.com](http://sammypizza.com)  
619-298-8222

### SANDWICH

**GOLD – Jersey Mike's Subs**  
8590 Rio San Diego Drive  
San Diego, CA 92108  
[jerseymikes.com](http://jerseymikes.com)  
619-291-1122

**SILVER – D. Z. Akins**  
6930 Alvarado Road San Diego, CA 92120  
[dzakinsdeli.com](http://dzakinsdeli.com)  
619-265-0218

### SD COUNTRY WINERY

**GOLD – San Pasqual Winery**  
805 W Harbor Drive San Diego, CA 92101  
619-544-9463

**SILVER – Orfiia Winery**  
13455 San Pasqual Road  
Escondido, CA 92025  
[orfiia.com](http://orfiia.com)  
(760) 738-6500

### SEAFOOD

**GOLD – Anthony's Fish Grotto**

**9530 Murray Drive, La Mesa, CA 91942**  
[anthonyfishgrotto.com](http://anthonyfishgrotto.com)  
619-463-0368

**SILVER – Joe's Crab Shack**  
7610 Hazard Center Drive  
San Diego, CA 92108  
[joescrabshack.com](http://joescrabshack.com)  
619-574-8617

### SPORTS BAR

**GOLD – Oggi's Mission Valley**  
Fenton Marketplace  
2245 Fenton Pkwy #101  
San Diego, CA 92108  
619-640-1072

Announcing our newest craft beer creation, brewed onsite at Oggi's Mission Valley. Please join us as we tap our Double Diablo IPA. Our simple malt bill blend leads to a tropical fruity blend of cascade and El Dorado hops at 9.1 percent ABV.

"Oggi" stands for "today" in Italian. It symbolizes freshness as well as "the here and the now." It is congruent with high quality pizza, pastas, salads, beer and yes, even sports.

Oggi's Mission Valley always has the latest sports games on. Make Oggi's your place to watch your favorite teams win the big game. Equipped with plenty of flat screen televisions for your sports viewing pleasure, there is no bad seat in the house.

Oggi's master chefs are experts at creating the perfect pizza and our brewer's also craft award-winning beers daily. Our weekly happy hour, lunch specials and daily specials are all popular choices.

The friendly staff is there to serve you and make you feel like family. Bring your appetite to Oggi's and never leave hungry or thirsty. We prepare all of our pizza and other dishes fresh in the store daily.

In addition, our sauces, dressings, burgers, and much more are made fresh daily from scratch.

Come see why Oggi's Mission Valley can be your favorite place for pizza, beer and sports! We even have a doggle menu!

**SILVER – McCarter's Bar & Grill**  
8622 Lake Murray Blvd  
San Diego, CA 92119  
619-337-3807

### STEAKHOUSE

**GOLD – Bully's East**  
2401 Camino Del Rio S  
San Diego, CA 92108  
[bullyseastsd.com](http://bullyseastsd.com)  
619-291-2665

**SILVER – Outback Steakhouse**  
1640 Camino Del Rio N #125  
San Diego, CA 92108  
[outback.com](http://outback.com)  
619-294-8998

### SUSHI

**GOLD – Ahi Sushi**  
2872 Fletcher Pkwy, El Cajon, CA 92020  
[iloveahi.com/el-cajon.html](http://iloveahi.com/el-cajon.html)  
619-337-1388

**SILVER – Jump Tokyo**  
# R, 10450 Friars Road  
San Diego, CA 92120  
[jumptokyosushi.com](http://jumptokyosushi.com)  
619-280-4043

### THAI CUISINE

**GOLD – Ra-Ka-De-Ka**  
10450 Friars Road San Diego, CA 92120

[rakadeka.com](http://rakadeka.com)  
619-521-4810

**SILVER – Jade Thai & Mandarin Cuisine**  
10330 Friars Rd #104  
San Diego, CA 92120  
[jadethaiandmandarin.com](http://jadethaiandmandarin.com)  
619-280-4048

### VEGETARIAN/VEGAN

**GOLD – Sipz**  
3914 30th St., San Diego, CA 92104  
619-795-2889 | [sipz.com](http://sipz.com)

**SILVER – Purple Mint**  
6171 Mission Gorge Rd #118, San Diego, CA 92120  
[thepurplemint.com](http://thepurplemint.com)  
619-280-3388

### WINE BAR

**GOLD – K'n'B Wine Cellars**  
6380 Del Cerro Blvd, San Diego, CA 92120  
[knbwinecellars.com](http://knbwinecellars.com)  
619-286-0321-†

**SILVER – Vine Cottage**  
6062 Lake Murray Blvd #101A,  
La Mesa, CA 91942  
[thevinecottage.com](http://thevinecottage.com)  
619-462-1425

## BUSINESS & RETAIL

### ACCOUNTANT

**GOLD – Goodsell and Associates**  
3143 Fourth Ave, San Diego, CA 92103  
619-238-4343 | [goodsellco.com](http://goodsellco.com)

**SILVER – Del Cerro Accounting**  
6398 Del Cerro Blvd #5,  
San Diego, CA 92120  
619-501-7814 | [delcerrotax.com](http://delcerrotax.com)

### ACUPUNCTURE

**GOLD – Feel Well Acupuncture**  
7290 Navajo Rd #110,  
San Diego, CA 92119  
619-438-0228 | [feelwellacu.com](http://feelwellacu.com)

**SILVER – Rose Thomas**  
3023 Bunker Hill St #201  
San Diego, CA 92109  
[rosethomaslac.vpweb.com](http://rosethomaslac.vpweb.com)  
619-548-6733

### ANTIQUES

**GOLD – La Mesa Antique Mall**  
4710 Palm Ave, La Mesa, CA 91941  
[downtownlamesa.wordpress.com](http://downtownlamesa.wordpress.com)  
619-462-2211

**SILVER – Lemon Grove Antique Mall**  
7919 Broadway, Lemon Grove, CA 91945  
619-461-1361

### ART GALLERY

**GOLD – Spanish Village**  
770 Village Place, Balboa Park  
San Diego, CA 92101  
[Spanishvillageart.com](http://Spanishvillageart.com)

Come join the artists of Spanish Village Art Center in their historic colorful courtyard in beautiful Balboa Park.

The Village is made up of 37 working artist studios that represent over 250 San

See ART GALLERY page 9 →



► **Art Gallery**, from page 8

Diego County artists. While you visit the studios you can see artists at work and watch how their one-of-a-kind creations are made. From glass blowing to ceramics, jewelry, painting, photography and much more, it's all there.

Visit our website for a full list of events, classes, workshops and activities for all ages or come visit the largest on-site working artists community in California.

The Village is open from 11 a.m. to 4 p.m. daily with extended weekend hours until 5 p.m. through Labor Day. Admission is free.

**SILVER – Timken Museum**  
1500 El Prado, San Diego, CA 92101  
619-239-5548 | timkenmuseum.org

**ATTORNEY**

**GOLD – Joseph Fox**  
750 B St #2550, San Diego, CA 92101  
linkedin.com/in/joseph-fox-b5b1279  
619-544-6838

**SILVER – Nancy Ewin**  
8166 La Mesa Blvd, La Mesa, CA 91942  
619-698-1788 | nkewinlaw.com

**AUTO DEALER**

**GOLD – Toyota of San Diego**  
5910 Mission Gorge Road  
San Diego, CA 92120  
toyotasandiego.com  
619-399-3910

**SILVER – Toyota of El Cajon**  
965 Arnele Ave, El Cajon, CA 92020  
toyotaofelcajon.com  
619-440-0270

**AUTO REPAIR SHOP**

**GOLD – John's Automotive Care**  
6267 Riverdale St.  
San Diego, CA 92120  
619-280-9315

Welcome to John's Automotive Care, your experts in full service auto repair, truck repair and vehicle maintenance in the San Diego region. We're dedicated to delivering customer satisfaction!

We provide everything from oil changes to the most intricate repairs imaginable. No matter what automotive problem you may experience, you can depend on us for quality professional service. Your satisfaction is our top priority!

John's Automotive Care has been providing quality car repair, service and maintenance in San Diego since 1998. We are a locally owned family business dedicated to delivering quality and professional automotive services to our friends and neighbors in San Diego and surrounding areas, including La Mesa and Tierrasanta.

Our highly professional ASE (Automotive Service Excellence) certified technicians are skilled in the latest automotive technology and are equipped to handle all major and minor repairs on foreign and domestic cars and trucks. We understand that your car or truck is a major investment, and that is why we care for each customer's vehicle as if it were our own.

**SILVER – San Carlos Auto Service**  
8865 Lake Murray Blvd  
San Diego  
619-464-1234

We have been in business since 1994 and strive to provide our clients the best quality service possible to gain full satisfaction. And they've shown their appreciation by coming back to us repeatedly. We want to be the San Carlos maintenance and repair facility for all your automotive needs.

For most people, auto maintenance and repair is not fun or convenient. We strive to make the process as easy and enjoyable as possible for you.

Our mechanics are highly skilled and have years of experience. Most of all, they love cars and care about yours. Whether it is our quick, quality, friendly service or the honesty and the value we bring to every interaction, our customers love us.

Get to know our experienced mechanics. They've got tools, skills and a desire to help.

Come see why no shop is as quick, qualified or convenient as we are.

**BANK**

**GOLD – Mission Federal Credit Union**  
2020 Camino Del Rio N #100  
San Diego, CA 92108  
800-500-6328 | missionfed.com

**SILVER – Wells Fargo**  
5624 Mission Center Road  
San Diego, CA 92108  
619-209-6740 | wells Fargo.com

**BICYCLE SHOP**

**GOLD – Ye Olde Bicycle Shop**  
6195 University Ave, San Diego, CA 92115  
yeoldebicycleshop.com  
619-582-4300

**SILVER – Trek Bicycle Superstore**  
4240 Kearny Mesa Road Suite 108 San Diego, CA 92111  
trekbicyclesuperstore.com  
858-974-8735

**BOOKSTORE**

**GOLD – Barnes & Noble**  
7610 Hazard Center Drive #315  
San Diego, CA 92108  
barnesandnoble.com  
619-220-0175

**SILVER – Maxwell's House of Books**  
8285 La Mesa Blvd, La Mesa, CA 91941  
maxwellhouseofbooks.com  
619-462-3387

**BOUTIQUE**

**GOLD – Mimi and Red Boutique**  
3041 University Avenue  
San Diego, CA 92104  
mimiandred.com  
619-298-7933

**SILVER – Leilani's Attic**  
5105 Cass St., San Diego, CA 92109  
leilanisattic.com  
619-246-1494

**BRIDAL SHOP**

**GOLD – David's Bridal Boutique**  
980 Camino De La Reina  
San Diego, CA 92108  
619-220-8008 | davidsbridal.com

**SILVER – Bridal and Tuxedo Galleria**  
4242 Camino Del Rio N #14  
San Diego, CA 92108  
bridalandtuxedogalleria.com  
619-281-4696

**CAR WASH**

**GOLD – Body Beautiful Car Wash**  
4282 Camino Del Rio N  
San Diego, CA 92108  
bodybeautiful.com  
619-563-1424

**SILVER – Stadium Car Wash**  
10383 Friars Road San Diego, CA 92120  
619-280-5577

**CHARITY**

**GOLD – Salvation Army**  
2799 Health Center Drive,  
San Diego, CA 92123

sandiego.salvationarmy.org  
858-279-1100

**SILVER – Baras Foundation**  
1455 University Ave, San Diego, CA 92103  
619-291-4357 | barasfoundation.org  
info@DorrisChiropractic.com

**CHIROPRACTOR**

**GOLD – Dorris Chiropractic**  
10330 Friars Road, #111  
San Diego, CA 92120  
619-281-7800

Thank you voting Dorris Chiropractic 2015's Best Mission Valley Chiropractor.

At Dorris Chiropractic, we are more than just a chiropractic clinic. We employ tailored treatment programs to meet your individual needs. Whether you are an experienced athlete, a busy business executive, or a parent simply trying to keep up with your kids, we understand what it means to be performing at your best.

At Dorris Chiropractic, we utilize a variety of techniques to get you the best results

in the shortest time. A typical visit with us includes chiropractic adjustments for your spine and extremities, as well as massage and stretching techniques to help your adjustments hold longer.

Additionally, we also equip our patients with therapeutic exercises to help maximize your recovery while minimizing the risk for recurring injuries.

Thank you all, again, in and around Mission Valley. I look forward to helping you reach your health goals.

**SILVER – Marc Lewis**  
6612 Mission Gorge Road  
San Diego, CA 92120  
sandiego-chiropractic.com  
619-282-8181

**COLLEGE/UNIVERSITY**

**GOLD – San Diego State University**  
5500 Campanile Drive  
San Diego, CA 92182  
619-594-5200 | sdsu.edu

See **COLLEGE** page 10 —————→



Thank You for voting us "Best Preschool"



**San Carlos Preschool**  
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6554 Cowles Mtn. Blvd.

619-464-4335

www.sancarlospreschool.com

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Town and Country Resort

*Would like to extend  
our Gratitude for voting us  
BEST DAY SPA*



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RESORT & CONVENTION CENTER  
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www.destinationhotels.com/town-country  
500 Hotel Cir N, San Diego, CA 92108

**619-220-0014**



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**In the San Carlos Village Shopping Center**

**Thanks for voting for us, we appreciate your loyalty!**



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6398 Del Cerro Blvd., Suite 5  
San Diego, CA 92120  
www.delcerrotax.com  
Phone: (619) 501-7814

**WATCH • LEARN • SHOP**

Visit 37 working art studios and charming historic courtyard representing over 250 local artists.

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- Open daily from 11am–4pm
- Visit our website for a full list of event, classes, workshops and activities for all ages

**Spanish Village Art Studios**  
in Balboa Park

Spanish Village Art Center • between the Zoo and the NAT  
1770 Village Place • San Diego, CA 92101  
www.spanishvillageart.com

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We are a friendly, welcoming and happy place for your child to grow and develop to her/his full potential.

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4750 Mission Gorge Place, San Diego, CA 92120  
619-287-4900 | missionnazarenepreschool.org

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Easy off and easy on at I-8 & Mission Gorge Road

► College, from page 9

**SILVER – Grossmont College**  
8800 Grossmont College Drive  
El Cajon, CA 92020  
619-644-7000 | grossmont.edu

**CONSIGNMENT RESALE**  
**GOLD – Rare Bird Consignment**  
1918 Fort Stockton Drive  
San Diego, CA 92103  
619-450-6500

Located in Mission Hills, Rare Bird Consignment shines as soon as you take a stroll up their brick walkway and step through the doors of this quaint and treasure-filled cottage. Opening in 2011, Rare Bird is run and operated by a native of the Mission Hills neighborhood, who prides herself on not only her discriminating eye, but her brilliant way of taking something that may appear “ordinary” at first glance and turning it into something beautifully unique. Business partners Kelly Kraus and Shelly Madruga each have over 20 years experience in art, graphics design, interior design and furniture. If you are lucky enough to chat with them as you hunt for goodies in this picturesque shop, you will quickly learn that their knowledge and love of home furnishings and design is boundless. Unlike many consignment stores, Rare Bird has the uncanny ability of taking pieces from various backgrounds, time periods, and styles – and making them coalesce. If you are looking for inspiration, expert advice and handpicked pieces for your home or office, put all of your eggs in one basket because this bird is one of kind.

**SILVER – Baby Go Round**  
6360 Riverdale St., San Diego, CA 92120  
babygoroundresale.com  
619-281-2229

**COSMETIC SURGEON**  
**GOLD – Shumway Cosmetic Surgery**  
9834 Genesee Ave #225  
La Jolla, CA 92037  
shumwaymd.com  
858-587-2640

**CREDIT UNION**  
**GOLD – San Diego County Credit Union**  
Locations throughout San Diego County  
877-732-2848 | sdccu.com

San Diego County Credit Union is San Diego’s largest, locally owned financial institution serving San Diego, Riverside and Orange counties. SDCCU has assets of \$6.7 billion, over 279,000 customers, more than 35 convenient branch locations and 30,000 surcharge-free ATMs. SDCCU is leading the way, offering free checking with e-statements, SDCCU Mobile Deposit, mortgage loans, auto loans, Visa® credit cards and business banking services. Federally insured by NCUA. Equal housing opportunity, equal opportunity employer. For details, visit sdccu.com.

**SILVER – California Coast Credit Union**  
4470 Park Blvd, San Diego, CA 92116  
calcoastcu.org  
877-495-1600

**DAY SPA**  
**GOLD – Pizzaz**  
7676 Jackson Drive, #7  
San Diego, CA 92119

THANK YOU Mission Times Courier readers and friends for your vote!

Pizzaz stylist Lisa is a master stylist specializing in color and has a strong passion for what she does. She truly sees each and every client as a new, exciting opportunity to create something beautiful. She loves seeing her clients leave happy, and feeling better than they did when they sat down in her chair. Your vision, combined with Lisa’s skills and knowledge, is sure to create a masterpiece!

A native San Diegan with over 12 years experience in the industry, Lisa prides herself on really listening to the needs and wants of her clients. Whether it be color, cut, style, or smoothing treatment your ideas and vision inspire her to create something that is unique to your hair, complimenting its natural texture, while keeping the health and integrity of your hair the first priority. Lisa strives to provide the absolute best customer service, creating not just a hairstyle but a total experience from start to finish!

**SILVER – Bella Tosca Day Spa & Salon**  
500 Hotel Circle San Diego, CA 92108  
tinyurl.com/hf49lgh  
619-220-0014

**DENTIST**  
**GOLD – Ronald Lessem, DDS**  
7557 El Cajon Blvd, La Mesa, CA 91942  
drlessem.com  
619-255-7480

**SILVER – Brad Ross, DDS**  
6902 Navajo Road San Diego, CA 92119  
missiontraildentistry.com  
619-582-9700

**DISCOUNT STORE**  
**GOLD – Big Lots**  
1655 Euclid Ave, San Diego, CA 92105  
619-264-6644 | biglots.com

**SILVER – Ross Dress For Less**  
8380 Rio San Diego Drive  
San Diego, CA 92108  
rossstores.com  
619-497-1050

**DOCTOR**  
**GOLD – Alvarado Physicians Medical Group**  
619-286-8803  
AlvaradoMedicalGroup.com

Choosing a primary care physician or specialist is crucial. Not only do you want a physician who provides excellent care, but is compassionate, trustworthy and easy-to-access.

The Alvarado Physicians Medical Group (APMG) provides eight primary care and specialist physicians to meet your needs. Next-day appointments are often available.

“When you choose one of our doctors, you can rest-assured that not only are you choosing a highly trained medical professional, you’re choosing someone who is committed to being your physician for life,” said Dr. Joanne Keenan.

The APMG physicians are located across the street from Alvarado Hospital, which ranks among the top 5 percent in the nation for clinical excellence and patient safety.

“We offer our neighbors a dynamic network of multi-specialty physicians,” added Dr. Larry Emdur.

APMG accepts most government and private insurance. For more information, visit our website or call the office.

**SILVER – Kaiser Permanente Physician Staff**  
4647 Zion Ave, San Diego, CA 92120  
kaiserpermanente.org  
619-528-5000

**DRY CLEANERS**

**GOLD – Mission Gorge Dry Cleaning**  
10450 Friars Road # 110  
San Diego, CA 92120  
619-282-1763

**SILVER – Fairlane Cleaners**  
6302 El Cajon Blvd, San Diego, CA 92115  
fairlaneccleaners.com  
619-286-1820

**FINANCIAL PLANNER**

**GOLD – Edward Jones**  
10330 Friars Road Suite 115  
San Diego, CA 92120  
619-516-0155 | edwardjones.com

Edward Jones is a different kind of investment firm. To us, face time and think time make sense. We meet with you to learn your individual needs so we can develop a strategy to help you achieve your long-term financial goals.

So, whether you want to plan for retirement, save for college, reduce your tax bills, or ensure you have income to cover your expenses, you can expect personalized service and long-term investing strategies instead of the latest investment fads.

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Contact me – Alex Zubak, Financial Advisor – today to help develop an investment strategy that makes sense for you.

**SILVER – Rainier Trinidad**  
206 J Ave, Coronado, CA 92118  
parabolic.us  
619-888-4070

**FLORIST**

**GOLD – House of Stemms**  
6602 Mission Gorge Road  
San Diego, CA 92120  
deluxeflorist.com  
619-237-8842

House of Stemms would like to thank the readers of the Mission Times Courier for voting for us as your favorite florist for 2015!

As a token of our appreciation, please bring this ad to the shop on Tuesday, June 21, for ONE FREE ROSE (one per customer, please).

**SILVER – Liz’s Flowers**  
6634 Mission Gorge Road  
San Diego, CA 92120  
619-285-3847 | lizsflowers.net

**FURNITURE STORE**

**GOLD – Valley Furniture**  
906 E. Main St.  
El Cajon, CA 92021  
619-442-9233  
tuckersvalleyfurniture.com

Established in 1947, Tucker’s Valley Furniture started off as a small shop selling used furniture. The company has grown to be one of San Diego’s go-to stores for your furniture needs. They continue to be family-owned and operated, and honor their tried-and-true belief in offering quality furniture at low prices.

Whether you are searching for a bed set, looking to refurbish an old couch, or wishing to put in a custom order, Valley Furniture will exceed your positive past experiences. Having been open since 1947, it would be safe to say that their reputation precedes them, but this reality has not stopped them from continuously upping their customer service and improving on their quality of work.

And if that wasn’t enough to seal the deal, their sister store, Cash & Carry Furniture, is literally steps away on Main Street. C & C Furniture focuses more on brands you love at a price you can afford, but both stores will be sure to warmly welcome you in and help you locate exactly what you have your heart set on.

**SILVER – Jerome’s Furniture**  
1190 W. Morena Blvd  
San Diego, CA 92110  
jeromes.com  
858-924-1871



► Business, from page 10

GYM HEALTH CLUB

**GOLD — Mission Valley YMCA**  
5505 Friars Road San Diego, CA 92110  
ymca.org/missionvalley  
619-298-3576

**SILVER — Party Fitness**

4659 Mission Gorge Pl  
San Diego, CA 92120  
partyzumba.com  
619-948-2333

HAIR SALON

**GOLD — Pizazz!**  
7676 Jackson Drive #5  
San Diego, CA 92119  
pizazzsalonandspa.com  
619-582-2275

**SILVER — Village Hair Loft**

7437 Mission Gorge Road  
San Diego, CA 92120  
villagehairloft.wordpress.com  
619-464-2333

HOME IMPROVEMENT

**GOLD — Ideal Plumbing**  
5161 Waring Road San Diego, CA 92120  
619-583-7963 | idealsvc.com

**SILVER — Dan Paterson**

Mobile Handyman  
619-481-9978

HOTEL

**GOLD — Marriott Mission Valley**  
8757 Rio San Diego Drive  
San Diego, CA 92108  
marriott.com  
619-692-3800

**SILVER — Springhill Suites**

2401 Camino Del Rio N  
San Diego, CA 92108  
springhillsuites.com  
619-582-2838

INSURANCE BROKER

**GOLD — Liberty Mutual**  
1615 Murray Canyon Rd #300  
San Diego, CA 92108  
libertymutual.com  
619-744-6000

**SILVER — Automotive Club of Southern California**  
2440 Hotel Cir N, San Diego, CA 92108  
619-233-1000 | calif.aaa.com

JEWELER

**GOLD — Enhancery Jewelers**  
4242 Camino Del Rio N  
San Diego, CA 92108  
enhancery.com  
619-282-3900

**SILVER — Leo Hamel Fine Jewelers**  
1851 San Diego Ave, San Diego, CA 92110  
leohamel.com  
619-299-1500

MASSAGE

**GOLD — Pizazz!**  
7676 Jackson Drive # 5  
San Diego, CA 92119  
pizazzsalonandspa.com  
619-582-2275

**SILVER — Jane Blount**  
6824 51 St., San Diego  
amtamassage.org/famt/janeblount  
619-379-8747

MENS APPAREL

**GOLD — Men's Wearhouse**  
5171 Mission Center Road  
San Diego, CA 92108  
menswearhouse.com  
619-294-6660

**SILVER — Ross Dress For Less**  
8380 Rio San Diego Drive San Diego, CA 92108  
rossstores.com  
619-497-1050

MUSEUM

**GOLD — Museum of Photographic Arts**  
1649 El Prado, San Diego, CA 92103  
mopa.org | 619-238-7559

**SILVER — Reuben H. Fleet Science Center**  
1875 El Prado, San Diego, CA 92101  
rhfleet.org  
619-238-1233

NEW BUSINESS

**GOLD — San Diego Business Supply**  
5173 Waring Rd #102,  
San Diego, CA 92120  
619-992-3734 | imprint-logos.com

**SILVER — TBD**  
3434 Fourth Ave, San Diego, CA 92103  
tbdconsultants.com  
619-550-1187

OPTOMETRIST

**GOLD — Allied Gardens Family Optometry**  
5175 Waring Road San Diego, CA 92120  
619-583-1000 | agfoptometry.com

**SILVER — Envision Optometry**  
3434 Fourth Ave, San Diego, CA 92103  
619-222-2020 | envisionoptometry.net

PERSONAL TRAINER

**GOLD — Pam Melody**  
tinyurl.com/gvxf8tw

**SILVER — Envision Personalized Health**  
4620 Alvarado Canyon Road #14  
San Diego, CA 92120  
envisionpersonalizedhealth.com  
619-229-9695

PET BOARDING

**GOLD — Pooch Hotel**  
2120 Camino Del Rio N,  
San Diego, CA 92108  
619-491-0239 | poochhotel.com

**SILVER — Mission Valley Pet Clinic**  
4329 Twain Ave, San Diego, CA 92120  
missionvalleypetclinic.com  
619-281-2934

PET GROOMING

**GOLD — Unleashed by Petco**  
5664 Mission Center Road #408  
San Diego, CA 92108  
unleashedhypetco.com  
619-291-7223

**SILVER — All About Grooming**  
7525 Mission Gorge Road # F  
San Diego, CA 92120  
chgala.com/AllAboutGrooming  
619-583-3644

PLUMBER

**GOLD — Ideal Plumbing**  
5161 Waring Road San Diego, CA 92120  
idealsvc.com  
619-583-7963

**SILVER — Tom DiNardo Plumbing Inc.**  
5173 Waring Road #53  
San Diego, CA 92120  
619-328-6418 | tomardinardoplumbing.com

Tom DiNardo Plumbing Inc. is one of San Diego's most respected and trusted plumbing companies, serving San Diego since 1998. Holding an A+ rating from the Better Business Bureau, Tom DiNardo Plumbing has a special way of working with their clientele.

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Tom DiNardo started his own plumbing company at the ripe age of 26, and it is crystal clear why they have endured throughout the years. Their service and products are stellar, something outshined only by their knowledgeable and friendly technicians and customer service representatives.

PRESCHOOL

**GOLD — San Carlos Preschool**  
6554 Cowles Mountain Blvd, San Diego, CA 92119  
sancarlospreschool.com  
619-464-4335

**SILVER — Mission Nazarene Preschool Child Care Center**  
4750 Mission Gorge Place  
San Diego, CA 92120  
619-287-4900

Mission Nazarene Preschool Child Care Center is a play-based Christian preschool serving children 6 weeks to 5 years of age. We strive to nurture and support the

See **PRESCHOOL** page 12 —————>

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► **Preschool**, from page 11

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1545 Hotel Circle South Suite 145

San Diego, CA 92108

619-546-0211

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**SILVER – Jeff Rosa**

7687 Stevenson Way, San Diego, CA 92120

jeffrosahomes.com

619-886-8790

**REAL ESTATE OFFICE**

**GOLD – Re/Max Pacific**

1545 Hotel Circle S, San Diego, CA 92108

tinyurl.com/ha53kpi

619-610-9600

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5640 Baltimore Drive

La Mesa, CA 91942

619-820-4789

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328 Maple St., San Diego, CA 92103

stpaulseniors.org

619-239-6900

**SILVER – La Vida Real**

11588 Via Rancho San Diego,

El Cajon, CA 92019

tinyurl.com/jdkqks5

619-375-0419

**SOLAR COMPANY**

**GOLD – Sullivan Solar**

8949 Kenamar Drive San Diego, CA 92126

sullivansolarpower.com

858-271-7758

**SILVER – Solarquest**

5173 Waring Road #118

San Diego, CA 92120

solarquestpower.com

619-292-8062

**VETERINARIAN**

**GOLD – San Carlos Animal Hospital**

8618 Lake Murray Blvd,

San Diego, CA 92119

sdpetdoc.com

619-460-3100

**SILVER – Mission Valley Pet Clinic**

4329 Twain Ave, San Diego, CA 92120

missionvalleypetclinic.com

619-281-2934

**WEDDING VENUE**

**GOLD – Hotel Del Coronado**

1500 Orange Ave, Coronado, CA 92118

hoteldel.com

619-435-6611

**SILVER – Balboa Park**

1549 El Prado, Balboa Park

San Diego, CA 92101

balboapark.org

619-239-0512

**WOMENS APPAREL**

**GOLD – Nordstroms**

6997 Friars Road, San Diego, CA 92108

shop.nordstrom.com

619-295-4441

**SILVER – Chico's**

7007 Friars Road, Suite 300

San Diego, CA 92108

chicos.com

619-542-1943

**YOGA STUDIO**

**GOLD – Hapa Yoga**

4242 Camino Del Rio N #10

San Diego, CA 92108

hapayoga.com

619-309-6732

**SILVER – Just Yoga**

9576 Murray Drive

La Mesa, CA 91942

justyogastudio.com

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