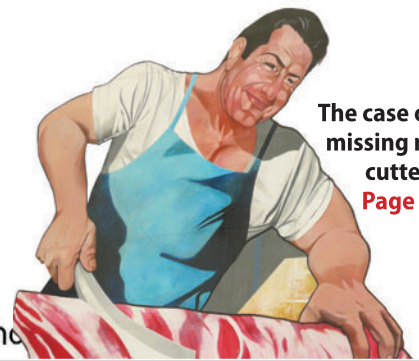




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# MISSION VALLEY News

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The case of the  
missing meat  
cutter  
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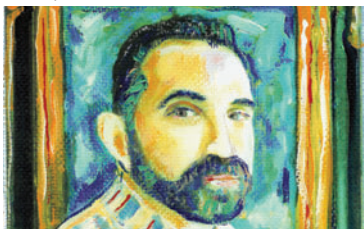
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(Photo by Mike Aguilera / SeaWorld San Diego)

## SeaWorld presents plans to expand orca habitat in San Diego

Dave Schwab

The ongoing debate over keeping orcas in captivity and using them in commercial shows intensified as SeaWorld and supporters of People for the Ethical Treatment of Animals (PETA) squared off at a Jan. 6 meeting of the Mission Bay Park Committee in Mission Beach.

SeaWorld San Diego spokesman Jerry Howes gave a brief, informational presentation to the parks committee detailing plans for the "Blue World Project," which will near-



(Photo by Mike Aguilera / SeaWorld San Diego)

ly double the size of the marine park's killer whale habitat by early 2018.

"The project is a master-planned expansion of the killer whale environment we have in the park right now to replace the existing pool in the same place making it 50 feet deep and 350 feet across," said Howes, adding the park's expansion plans will be presented to the California Coastal Commission for review later this year.

Prior to the park committee meeting, SeaWorld and PETA representatives answered questions from broadcasters outside the Santa Clara Recreation Center. Spokespersons for both groups talked about the evolving controversy over the ethics of keeping killer whales captive and profiting from their alleged commercial exploitation in public shows, brought to a flashpoint by the critical 2014 documentary "Blackfish."

Mike Scarpuzzi, SeaWorld's vice president of zoological operations, defended expansion plans, labeling them as "the best thing for the animals," while dismissing PETA opposition, characterizing them as "radicals with an extreme point of view that we don't accept."

Asked about the timing of the orca habitat

See **SEAWORLD** page 4

## City faces more setbacks in fight to clean up stadium contamination

Jeremy Ogul  
Editor

The city of San Diego continues to pour buckets of cash into lawsuits regarding environmental contamination from the fuel tank farm near Qualcomm Stadium, but so far the legal efforts have yielded little more than judicial smackdowns and ever-rising consultant bills.

The latest blow came last October, when a Superior Court judge in Riverside threw out the city's claim that a state agency overstepped its authority. The City Council voted not to appeal that case.

An appeal of another related case, however, offers a glimmer of hope to the battered legal team working to win something from the Texas-based petrochemical company respon-



A view southwest toward the Mission Valley Terminal (Photo by Jeremy Ogul)

sible for cleaning up the mess on taxpayer-owned land.

On Feb. 3 lawyers for San Diego will present oral arguments at the Ninth Circuit Court of Appeals in Pasadena. The city is pursuing an appeal of a complex case dating back to 2007 against Kinder Mor-

## Mission Valley keeps getting more roads — and more traffic

Matthew Hose  
Voice of San Diego

Any San Diegan knows Mission Valley at rush hour is a gridlocked mess.

At the intersection of Friars Road and Frazee Road, eight lanes of cars wait at red lights, backed up hundreds of feet waiting to get on the freeway.

Bicyclists make the choice to either merge into the gridlock or hop onto a sidewalk as the bike lane disappears and cars zip from SR-163 onto local streets. The few pedestrians who cross the street must scamper to make it to the other side before the light turns red.



Evening rush hour traffic on state Route 163 often leads to fender benders. (Photo by Jeremy Ogul)

For decades, Mission Valley infrastructure has mainly been developed to keep traffic moving. This has meant one thing: roads, roads and more roads.

As Mission Valley becomes synonymous with massive residential development and people begin to call it home, it faces a crossroads: Will it become a livable neighborhood and another piece to San Diego's City of Villages puzzle, or will it

See **ROADS** page 7

gan, which owns the Mission Valley Terminal, the collection of 24 refined petroleum tanks covering 66 acres north and south of Friars Road west of Interstate 15. Fuel tank

See **CLEANUP** page 14

# Traffic challenges ahead for Grantville redevelopment

Hutton Marshall

Contributing Editor

As the redevelopment of Grantville moves closer to becoming a reality, a new state-mandated environmental review predicts problematic traffic increases in the area and suggests road improvements to mitigate congestion.

The overhaul of the community plan for Grantville will transform a largely industrial portion of the neighborhood just east of Mission Valley, and, among other community planning measures, rezone the area to promote construction of dense, mixed-use residential development while making it more accommodating for active transportation such as biking, walking and public transit. The plan is in step with San Diego's City of Villages concept, which envisions neighborhoods where residents can live, play and work without trekking far from their home.

While the plan ultimately aims to create a Grantville less reliant on the automobile, adding as many as 4,500 residential units to a 280-acre area will inevitably increase traffic.

Much of the redevelopment, especially where getting from one place to another is concerned, hinges around the Grantville trolley station, which is served by the Green Line, connecting eastern San Diego to Downtown. City planners hope



Future residential development will be focused around the Grantville trolley station east of Mission Valley. (Photo by Jeremy Ogul)

to use the trolley station as a focal point in future developments, building mixed-use apartments within walking distance to encourage use.

And while the Grantville trolley station is currently underutilized, the environmental report found that when you factor in the three bus routes running through the area, the percentage of local residents using public transit exceeds city averages. The redevelopment plans also call for renovating all bus stops in the Grantville area to include canopies and improve surrounding pedestrian access.

Things get trickier where traffic is concerned.

Mission Gorge Road/Fairmount Avenue and Friars Road are the main thoroughfares in Grantville, which is

bordered by interstates 8 and 15. Currently, about 30,000 drivers pass through the busier portions of Mission Gorge Road each day. Friars Road handles about 40,000 drivers a day on the stretch passing through Grantville.

By 2030, the environmental review predicts Mission Gorge Road traffic will increase by approximately 5,000 drivers. Friars Road will increase by 20,000 daily drivers in some areas, according to the study. Twain and Fairmount avenues would also see sizable increases.

Traffic engineers use a grading system for street congestion called Level of Service (LOS), which ranks traffic congestion on a given road at a given time of day by giving it a grade of A through F. The latter grade



(Photo by Jeremy Ogul)

equals gridlock.

Currently, there are a few Grantville intersections and street segments that get an F during peak traffic hours in the morning or afternoon. One problem intersection is where Friars Road turns onto the Southbound I-15, for example, or where Mission Gorge Road hits Zion Avenue. Still, F grades are few and far between in the sparsely populated area.

By 2030, however, the number of F-grade street segments and intersections will more than triple. Friars Road from I-15 to Riverdale Street receives an F grade in both morning and afternoon traffic, as does Mission Gorge Road/Fairmount Avenue through virtually its entire stretch of the Grantville redevelopment area. Unless one weaved through side streets, the only way to drive through Grantville during rush hour would be bumper to bumper.

California law requires that environmental reviews provide mitigation strategies for project impacts like traffic increases. The environmental report at hand recommends widening several intersections where congestion is predicted, such as Friars Road and Riverdale Street, and Mission Gorge Road and Zion Avenue. It also recommends widening Friars Road from six to eight lanes where possible, and widening Mission Gorge Road by two lanes where possible, presumably by removing the striped median, restriping the street with thinner lanes or removing street parking.

The public now has until Feb. 2 to submit public comments on the project. The entire draft of the environmental impact report is posted under the City Bulletin of Public Notices at [sandiego.gov/city-clerk](http://sandiego.gov/city-clerk).

—Contact Hutton Marshall at [hutton@sdenn.com](mailto:hutton@sdenn.com). ■



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This exhibition was developed by the Albright-Knox Art Gallery, Buffalo, New York, and was organized by Albright-Knox Chief Curator Emeritus Douglas Dreishpoon. It is supported by an indemnity from the Federal Council on the Arts and the Humanities.

Paul Gauguin, *Spirit of the Dead Watching* (detail), 1892. Oil on burlap mounted on canvas. Albright-Knox Art Gallery, Buffalo, NY. A. Conger Goodyear Collection, 1985. Photograph by Tom Loonan.



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(l) "Providing the Feast" by John and Jeanne Whalen (Photo by Ashi Fachler); (r) the UFCW building without the mural (Photo by Jeremy Ogul)

# Artists sue over destruction of meat cutter mural

Jeremy Ogul  
Editor

Some called it amazing. Others called it creepy. Regardless of how you saw it, you saw it — the mural depicting a meat cutter at work on the wall of a small office building was impossible to miss as you drove through Mission Valley on Interstate 8.

In late 2013, however, the mural disappeared, and now the artists who created it are suing the United Food and Commercial Workers (UFCW) Local 135, which owns and operates the building upon which the mural hung for 15 years. The mural, titled "Providing the Feast," was painted onto a series of aluminum panels that were affixed to the side of the building at 2001 Camino Del Rio South. Its creators, Jeanne and John Whalen, argue in a claim filed Dec. 29

in federal district court that the union violated their state and federal rights by destroying the work without giving them the opportunity to document or preserve it. The Whalens' claim is based on a federal statute known as the Visual Artists Rights Act of 1990 and a state law, the California Art Preservation Act. "Because the mural was destroyed without notice, the Whalens were not able to document the mural further," the claim reads. "Nor were they provided the opportunity to speak with the defendant about possibly restoring the mural, removing the mural or garnering support from the community for the mural." Representatives of UFCW Local 135 did not respond to requests for comment by press time and had not yet filed a response in court.

Jerrold Bodow, one of two attorneys representing the Whalens, said the mural was especially important to them because it was seen by more people every day than perhaps any other piece they had done. "It was not like a billboard, per se, but it was certainly something that led additional business to them." The Whalens, who own La Mesa-based Wall-It Graphics, are seeking damages in an unspecified amount that would account for both the value of the work itself and the loss to their reputation. They have not disclosed the amount of the original commission or the specific terms of their original agreement with UFCW Local 135.

See MURAL page 15



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► **Seaworld**, from page 1

expansion, coming in the wake of public blowback from “Blackfish” and declining profits from SeaWorld’s three U.S. marine parks, Scarpuzzi said it was “more coincidental than anything.”

“I’ve been here almost 40 years and there’s always ebbs and flows in any business,” said Scarpuzzi. “There’s no doubt in my mind that SeaWorld is going to be strong and we’re going to continue.”

Scarpuzzi added this is the fourth expansion of SeaWorld’s orca habitat. He pointed out development of large-scale projects like Blue Ocean “take time,” adding “we’ve been talking about this expansion for many years.”

Matt Bruce, a PETA campaigner, saw the situation differently.

“[The expansion] is fluff for visitors and does nothing for the orcas who are still confined to small, barren concrete tanks that they have to swim in in circles with chemically treated water,” said Bruce. “Doubling the size of the tanks — even if you make the prison bigger it’s still a prison.”

Bruce said killer whales dive up to 1,000 feet deep in the wild and swim up to 100 miles a day.

“They would have to swim 1,500 laps in their expanded tanks to approximate what they would swim in the wild,” Bruce said. “So this isn’t anything to do with making lives better for these animals.”

SeaWorld’s Scarpuzzi said the successful breeding of orcas — now in its fourth generation



Artist Concept Rendering  
©2014 SeaWorld Parks & Entertainment, Inc.  
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Artistic renderings posted to SeaWorld’s website show plans to dramatically expand and improve the habitat and viewing areas of the park’s orca population. Animal activists say the expansion would not be enough to approximate a natural environment for the orcas. (Courtesy SeaWorld)

with the birth of a baby just over a month ago — shows the animals are not suffering.

“Killer whales don’t breed if they’re unhappy,” Scarpuzzi said. “These animals were born and raised here, and now they have their families here.”

Asked his impression of “Blackfish,” Scarpuzzi said, “They surrounded one truth with a lot of misconceptions and lies. Yes, somebody died, but all the rest ... is a lot of misrepresentations and frankly, a lot of lies.”

Scarpuzzi said the marine park’s main concern is “about our animals and giving them the best environment we possibly can.”

Asked about SeaWorld’s description of them as “radical,”

PETA’s Bruce said, “There’s nothing radical about caring for these animals, wanting them to be left in the wild to live their lives as nature intended. What is radical is capturing these animals in the wild, artificially inseminating them and forcing them to live in small tanks that are the human equivalent of a bathtub, then forcing them to do tricks for crowds of screaming people.”

Bruce said what PETA ought to be doing, if it really cares about its killer whales, is to “fund creation of coastal sanctuaries” where whales can have “a semblance of a natural life.”

—Dave Schwab is a freelance writer in San Diego. ■



6TH ANNUAL

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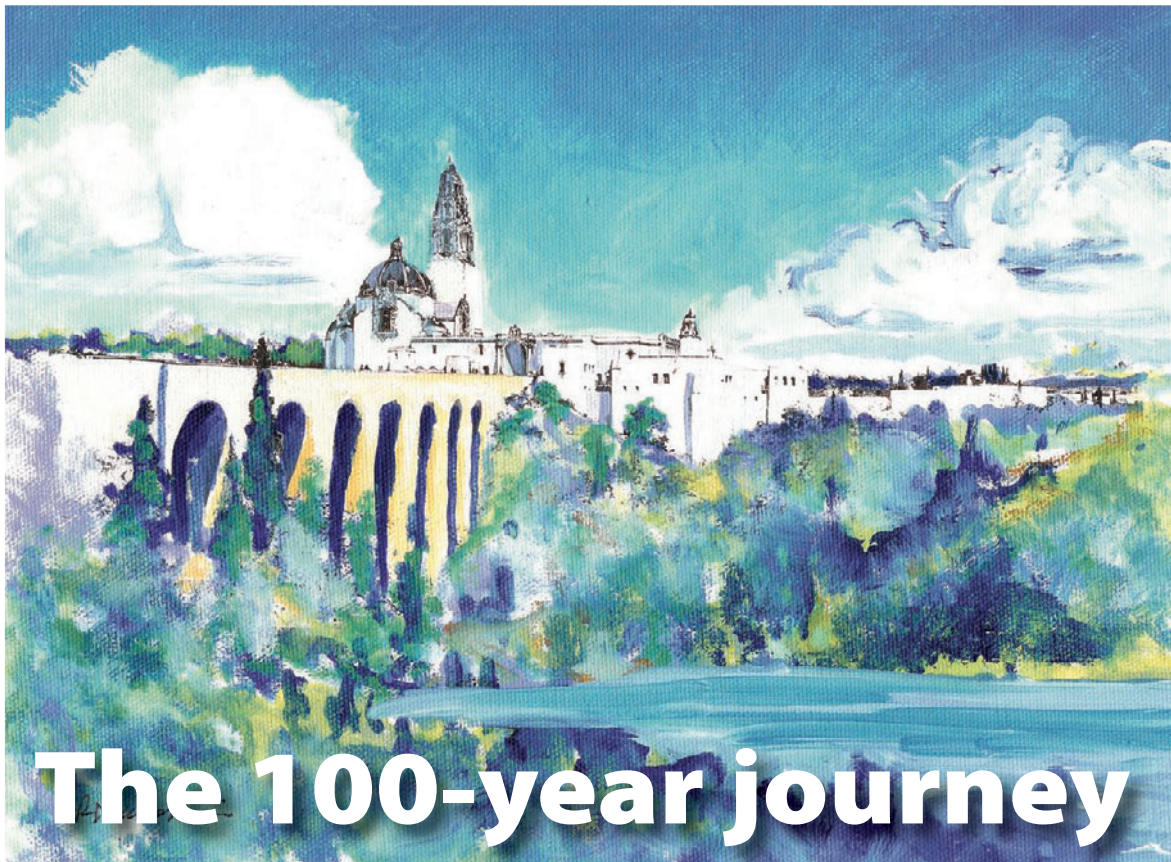
## Poll of the Month

### This Month’s Question:

**Should SeaWorld be allowed to keep orcas in captivity?**

- ☐ Yes
- ☐ Yes, but the tanks should be larger
- ☐ No

Answer on our homepage at [missionvalleynews.com](http://missionvalleynews.com)



# The 100-year journey

"Mr. Goodhue's dream," acrylic on canvas, 2012, the cover of "The Art Traveler Guide: A Portrait of Balboa Park" (Courtesy SOHO/Artwork by RD Riccoboni)

## SOHO produces an artful portrait of San Diego's crown jewel

Margie M. Palmer

The Balboa Park Centennial celebration is nearly underway.

To commemorate the 1915 Panama-California Exposition, Save Our Heritage Organisation (SOHO) has partnered with local artist RD "Randy" Riccoboni and award-winning writer Ann Jarmusch to create the first-ever art traveler's guide to Balboa Park.

Riccoboni, who has a long-standing reputation for donating his time and talent to charitable organizations, said "The Art Traveler's Guide: A Portrait of Balboa Park" has been a decade in the making.

"About 10 years ago, I gave myself a personal challenge to create 100 paintings of Balboa Park in advance of the Centennial," Riccoboni said. "When I was done I started to wonder what I'd do with all of them. I've always loved SOHO and all the work they do, so I thought it would be great to partner with them to create an educational outreach program using the art-

work I'd created."

The brilliantly colored paintings span everything from the park's museums, to its gardens and most-beloved landmarks.

Although some may wonder if Riccoboni had a hard time deciding which landmarks to depict, the artist said it wasn't difficult at all; he started by painting his favorite spots.

"I think a lot of my favorite places within the park are also the favorites of others," he said.

SOHO Director of Education and Communications Alana Coons said the portable, soft-cover, saddle-stitched chapbook was designed for walking tours or as a handsome history-and-art portfolio that can serve as a valuable reference.

"It is so nice it really deserved to be a hardcover book, but then we had our goal always in mind, that we want people to really use it, to be able to toss it in a backpack or purse, and easily carry it by bicycle or wheelchair,"

Coons said.

Though the full walking tour in the book would take approximately three hours to complete, Coons said it can easily be broken up into several visits.

"[Using the guide] I think people will be able to discover things about the park that might otherwise go unnoticed. It gives them a chance to look at Balboa Park in a different way, whether they do it on foot or by bike."

Jarmusch, who won numerous journalism and preserva-



A painting from "The Art Traveler Guide: A Portrait of Balboa Park", "Paint a Selfie," acrylic on paper, 2014. (Courtesy SOHO/Artwork by RD Riccoboni)



A painting from "The Art Traveler Guide: A Portrait of Balboa Park", "Relaxing in the Plaza Sun," acrylic on paper, 2014 (Courtesy SOHO/Artwork by RD Riccoboni)

tion awards during her time as the San Diego Union-Tribune's architecture critic, provided the text for the guide that accompanies the artwork.

Historic preservation has always been a personal passion, she said, and she's enjoyed being able to partner with SOHO and do some writing for the cause.

"I love art, architecture and historic preservation equally, so for me, this guide is a bonanza," Jarmusch said. "You can't help but be captivated by Randy's vivid paintings, made with intelligence, love and passion."

"I think of the guide first as a sumptuous art portfolio to be enjoyed anywhere, anytime," she continued. "Then, as a source of basic historic information about the main exposition buildings and other familiar park spaces, accompanied by a map for a walking tour."

With SOHO publishing the guidebook just in time to celebrate the Centennial, Jarmusch she hopes it will engage people, especially those just discovering the park.

"So they recognize its deep historic roots and significance, and support its preservation in whatever way they can," she said.

And while the guide covers the history of the park in a fun, entertaining and visual way, Jarmusch said they were diligent in making sure the

text was historically accurate.

"The research and writing totaled about six month's work over about two years; there is so much to learn about the park's history," she said. "Then, two Balboa Park experts reviewed the text and made excellent suggestions and some corrections."

The revisions took another couple of weeks to complete, but the guidance, she said, was invaluable.

Coons, who edited the booklet and whose husband Bruce — SOHO's executive director — wrote the forward, said she thinks the guide fits in perfectly with the park's Centennial celebration, particularly for the art and preservation communities.

"You can look at the historical buildings and cultural landscape and the fact that Balboa Park is a national historic landmark [and] one of the highest and finest forms of art in the county," Coons said. "It is a beautiful piece and a great gift."

"The Art Traveler's Guide: A Portrait of Balboa Park" will be released on Jan. 11, 2015. It will be available for purchase at SOHO's Museum Shop at the Marston House Museum and Garden in Balboa Park, and at all SOHO Museum shops, for \$10.95. For more information about the guide, visit rdriccoboni.com. To learn more about SOHO, visit sohosandiego.org.

—Margie M. Palmer is a San Diego-based freelance writer who has been racking up bylines in a myriad of news publications for the past 10 years. You can write to her at margiep@alummi.pitt.edu.■

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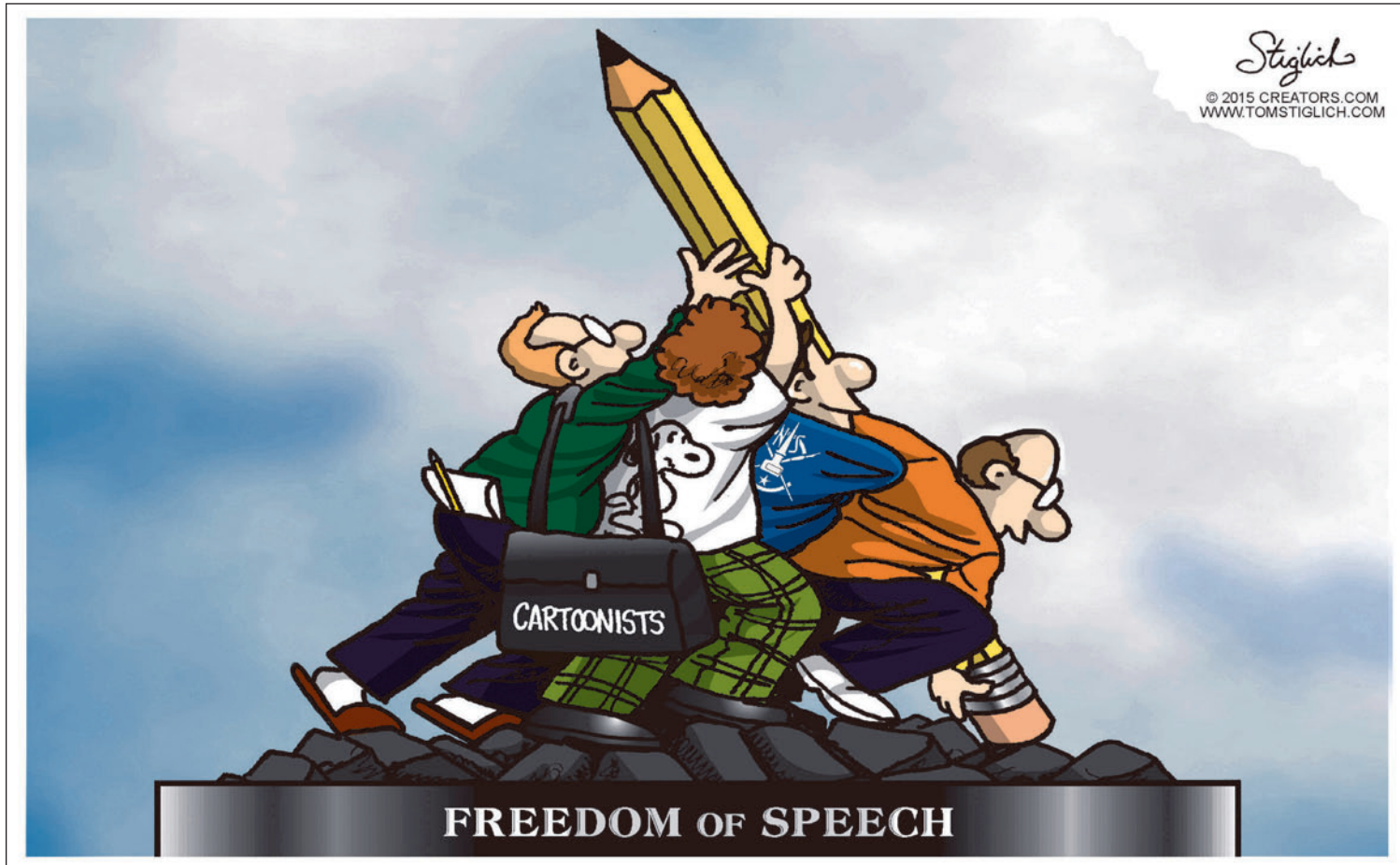
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## EDITORIAL

## Tend to personal cybersecurity in the new year

Liz  
Fraumann

With the new year upon us, not only is it the time to take care of your physical health and well-being, but it is also the time to take care of your cyber health. Protecting your personal information is extremely important, so why not make it a New Year's resolution to strengthen your identity and personal cyber security in 2015?

Cybersecurity is a shared responsibility by everyone. Neither government authorities nor online businesses are responsible for your personal cybersecurity — in the end, it's up to you.

**Make a New Year's resolution to start this 2015 on the right foot. Securing Our eCity Foundation has these useful tips:**

- Change passwords. Give your accounts some brand new locks to keep predators outside. If you use an app to keep track of passwords, make sure it is legitimate and that they are signed by reputable retailers.

- Instead of using your SSN for your tax returns, call the IRS and get an ID number to use.

- Get your credit report to ensure that there are no issues when you start the new year.

- Switch over to using a bank issued gift card, as opposed to a credit card, when making purchases in the new year to protect your credit.

- Securing Our eCity Foundation has a "cyber hygiene poster" that is a free resource. To download, visit [securingourcity.org](http://securingourcity.org)

For free tips, programs and other resources to live in a safe cyber environment, go to [www.securingourcity.org](http://www.securingourcity.org) or call 619-630-2444.

—Liz Fraumann writes on behalf of the Securing Our eCity Foundation.■

## Tips for managing stress and setting healthy and achievable goals for 2015 and beyond

Ruth  
Kenzelmann

Each January, we promise ourselves that this is the year we will really follow through on those resolutions to improve areas of our life, from our health to our career to our personal relationships. But without clear goals, and steps in place to attain those goals, it can be difficult to successfully achieve meaningful, lasting changes in our busy and demanding lives.

One approach that can help us break out of the annual rut of broken resolutions is positive psychology, which focuses on using and cultivating the strengths, talents and virtues that enable individuals, families and communities to thrive. Incorporating positive psychology techniques in your daily routine can be an effective and valuable way to address feelings of stress or anxiety and stay committed to your goals of making healthy improvements in your life. These techniques can help us focus on things we can actively do every day to produce authentic happiness and cultivate well-being, leading to a better quality of life.

Stress, anxiety and other mental health challenges affect people from all walks of life regardless of age, gender, ethnicity, or socio-economic level. Positive psychology offers tools anyone can use to start improving their mental health and wellbeing today. It can help us expand our focus from clinical problems to cultivate feelings of well-being for a life filled with meaning, positive relationships and accomplishment.

Positive psychology offers strategies to help people manage life's challenges, maintain a healthy outlook and recognize opportunities for enjoyment. These techniques are valuable tools that can promote mental health, increase resiliency and add balance to your life. Anyone can use positive psychology to help manage holiday-related stress and anxiety and stay on track toward personal goals by following these simple tips:

**Unplug.** Stay present, calm, and positive during this year's holidays by building some "down time" into your day during which you switch off your mobile device, computer and television. Not only will this help you relax and recharge, but you will be able to better focus on the people and things around you.

**Set realistic goals that fit your schedule and budget.** This is a great time of year to take stock of your goals and accomplishments and create a step-by-step plan to help you achieve greater control and fulfillment in the year ahead.

**Keep the momentum going!** Stay inspired by keeping a daily account of your hard work and progress. Cross goals — large and small — off your list as you accomplish them. Develop a motto that inspires you and keeps you focused even after the glow of the holidays has faded to avoid backsliding into unhealthy habits. Something like, "I can do it" or "All great journeys start with one step".

**Don't be afraid to ask for help.** If you're feeling overwhelmed, remember there are people out there who are ready and available to help. People in San Diego County can call the 24-hour Access and Crisis Line at 888-724-7240 to get free, confidential support and referrals related to a variety of needs, including suicide prevention, crisis intervention, community resources, mental health referrals, and alcohol and drug support services. Anyone in San Diego County who needs help or is experiencing a crisis can call the Access and Crisis Line to immediately get assistance from a master's level clinician, available in 150 languages through an interpreter service.

—Ruth Kenzelmann, Ph.D. is the executive director of Optum San Diego, which partners with San Diego County to help the region's 425,000 Medicaid members find mental health and substance abuse services. If you or someone you know needs immediate help, call the San Diego County Access and Crisis Line at 888-724-7240.■

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► Roads, from page 1

continue to be a throughway between the sprawled-out areas in San Diego?

Right now, it is firmly planted in the latter.

\*\*\*\*\*

With a huge influx of residential development coming in the near future, Mission Valley is going road-crazy.

Like many other neighborhoods in San Diego, Mission Valley has a wish-list for community projects that need funding.

The plan details over 30 of the community planning group's top-priority transportation projects for the area. All but one of the projects improves roadway conditions for cars. Projects range from restriping areas of Hotel Circle, creating new lanes on Friars Road and creating entirely new stretches of road on Camino de la Reina.

The one project that didn't involve cars: a proposed pedestrian crossing that would go over the traffic-frenzied, eight-lane Friars Road at the intersection of Frazee Road.

But that had to be deleted from the plans. It conflicted with a project to improve the vehicle intersection of the 163 and Friars Road.

This presents a problem. Research now shows that building new roads isn't the answer to traffic — in fact, it's the cause of increased traffic.

Expanding the capacity of roadways leads to something called "induced demand." That means it isn't demand that ends up driving the supply, but the supply that ends up bringing more demand for the roadways.

So more lanes on a road actually incentivizes more people to drive down that road, and it ends up having the same or worse traffic after improvements. Compounding the problem: building and widening roads also discourages bikers and pedestrians from using the roads and makes it difficult to implement good transit systems.

For Mission Valley, the logic of extending roads comes from the huge influx in residential development that's happened for the past several decades. There's the Civita development of over 5,000 new homes on the northern side of Friars Road. There's Doug Manchester's planned development of 200 more apartments at the U-T headquarters. And there's a long-idling plan to redevelop the Riverwalk Golf Course into 4,000 homes.

The idea is that the throng of new residents in Mission Valley will bring more demand for road use, which means that the city needs to increase the supply of roads in order to match the demand. But if the research holds true, that means more roads in Mission Valley will just mean more traffic in Mission Valley.

### Level of service

In San Diego and in cities across the country, traffic engineers in the 1960s began using a concept known as "level

of service" to measure roadway success and to decide when to improve streets.

It's a standard operating procedure among traffic engineers and planners that gives a report card-style letter grade to a section of road based on how long cars are delayed due to congestion. Typically, if cars are waiting anywhere above a minute to get through a red light or a section of highway, then that road needs improvements.

The arrival of highways and interstates in the 1960s helped turn Mission Valley car-centric.

It was a concept that led to bigger and bigger streets and helped to shape the interstate system.

But as cities grow, and more people move in, level of service on streets tends to keep getting worse unless planners add lanes of traffic to the streets.

There's a domino effect at work here: The more lanes of road, the harder it is to put in bike lanes. The more lanes of road, the faster cars can drive down city roads, which makes the roads more dangerous for pedestrians. And the faster cars can go, the farther people can drive to get to work, which creates more sprawl.

Further complicating things, the concept of level of service is couched within California's Environmental Quality Act, or CEQA, the state's landmark environmental law. Among other things, the law can hold developers liable if a project increases traffic on a certain road.

If a developer or community planner doesn't want to be sued for increasing traffic, the easiest thing to do is build more lanes.

But Joe LaCava, chair of San Diego's Community Planners Committee, said that won't help.

"You can't physically do anything about the traffic anymore," LaCava said. "The road system is the road system."

### A mindset shift

Mission Valley is at the middle of a major culture shift, said Brian Schoenfisch, a senior planner for the city.

It's a change in mindset happening in neighborhoods, cities, the county and the state all at once.

In the next three years, Mission Valley planners and engineers will be drafting the first major update to its 1985 community plan. Schoenfisch said he expects public transportation, parks and alternative forms of transportation will be vital pieces of the plan.

He also expects full implementation of the San Diego River Park Master Plan, a project to create a continuous, 17-mile-long park along the banks of the San Diego River. The park would include pedestrian and bike paths from Ocean Beach through Mission Valley and up to Santee.

Schoenfisch's vision falls under the city's established plan for how it should grow and absorb more residents, called its general plan. The general plan envisions San Diego as a "city of villages" that emphasizes dense housing near transit centers,

with walkable streets and stores nearby. It's a concept that goes against the roads-first mindset.

Changes to state law could also facilitate that shift.

This year, lawmakers passed a bill that will change the way CEQA measures environmental impacts on traffic, shying away from the level of service metric. Under the new bill, the Office of Planning and Research is drafting revisions to CEQA which will not allow developers to use "traffic congestion" as a basis for an environmental impact.

State officials will likely swap in a new measure called "vehicle miles traveled." This looks at how many extra miles cars will drive as a result of the road changes, instead of congestion. It gives points to public transit, biking and walking, and it eschews more cars on the road.

Kip Lipper, a state staffer who helped draft the new legislation, said the switch is going to have a profound impact on development and traffic in California.

"This change gets away from the giant thoroughfares that you see all over Southern California," Lipper said.

LaCava also said that the change will give planners in neighborhoods like Mission Valley more leeway to implement crosswalks, bike lanes and bus lanes.

### Too far gone?

The concept of building out roads through Mission Valley worked when it was just a way-point to get from outlying neighborhoods to the center of San Diego, or to get to the beach from the east.

But now, Mission Valley is quickly becoming a bustling neighborhood in itself.

Mission Valley is in a tough spot geographically though, Schoenfisch said, because it serves a dual role: It's both a neighborhood with a rapidly booming residential sector, and the geographic center of the city that serves as a vital connection to other areas.

"It's a big challenge because many of the major freeways that are in the San Diego region cross through Mission Valley ... but at the same time, it has that neighborhood component. This is where people live, this is where people shop and this is where people work," Schoenfisch said.

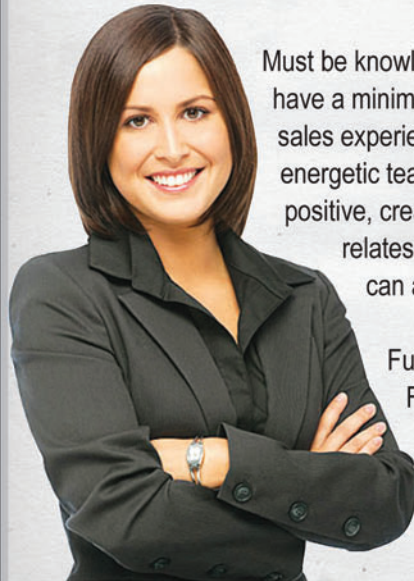
But if history is any example, residents have reason to be skeptical. The valley has been noted for its haphazard planning, with the community not adopting a development blueprint until 1985 despite big hotel developments there since the 1950s. It doesn't have any schools, was slow to bring in a library, and doesn't have any big parks.

And, despite all of the big ideas, the roads keep getting built.

— Matthew Hose was a reporting intern for Voice of San Diego during the fall of 2014. You can reach him at [hosem@sandiego.edu](mailto:hosem@sandiego.edu). ■

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# What's Cooking with Julie

## Light winter salad



(Courtesy Ruth Hartnup / Flickr via Creative Commons)

Julie Ann White

After all of the rich food over the past month, dig into this refreshing, light salad for a change. Don't be afraid of the fennel. This sweet and crunchy herb is worth a try..

### Ingredients:

4-5 cups washed and torn bibb or romaine lettuce  
1 fennel bulb, thinly sliced (cut off fronds, root and outer leaves)  
1/2 red onion, sliced very thin  
1 orange, peeled and segmented  
1/2 cup pomegranate seeds\*  
4 tablespoon of olive oil  
1 tablespoon of honey Dijon mustard  
2 tablespoon balsamic vinegar

(red wine vinegar can be substituted)

Pinch of salt and pinch of pepper  
\* Pomegranate seeds are conveniently sold in small cartons at most grocery stores. You can also cut a fresh whole pomegranate in half and tap the uncut side with a wooden spoon over a bowl to catch the little garnet jewels of seeds.

### Directions:

Toss the vegetables and fruit in a salad bowl. Whisk the oil, vinegar, mustard and spices in a small bowl and drizzle over the salad. Serve immediately. ■

## FOOD & DRINK

## DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.



The 11th annual San Diego Restaurant Week takes place Jan. 18 – 24, and will feature nearly 200 participating restaurants spanning the county. Consumers can opt for three-course meals priced at \$20, \$30, \$40 or \$50 per person, depending on the restaurant, or partake in two-course lunches priced at \$10, \$15 or \$20 per person. No tickets are required; simply show up at the restaurants or call ahead for reservations. The event is presented by The California Restaurant Association, San Diego County chapter. For more a complete list of restaurants, visit sandiegorestaurantweek.com or call 619-846-2164.

Midweek patrons of Hess Brewing Company North Park can pair their suds with pot stickers, drunken noodles and other Asian-American fare from Wang's North Park without leaving their bar stools. The food orders are delivered to Hess between 5 and 9 p.m., every Wednesday. The selection is limited, although a Wang's staffer assures that "if there are certain dishes that you know and love from us, we can do it." Hess is located at 3812 Grim Ave., 619-255-7136.

The lively, subterranean Kous Kous Moroccan Bistro in Hillcrest has expanded into the adjoining space that housed Full Circle Fitness, which moved upstairs. "We now have the entire basement and gained an additional 1,250 square feet," says chef-owner Moumen Nouri, who appointed the new dining room with Casablanca-style décor and more lighting fixtures imported from his homeland. The bar and lounge in the original portion of the restaurant have also been expanded. Starting in early January, Nouri will introduce belly dancers and live DJs on Friday and Saturday nights. 3940 Fourth Ave., 619-295-5560.



New lighting has been added to Kous Kous Moroccan Bistro (Courtesy Moumen Nouri)

A fifth San Diego location of Tender Greens is slated to open by late summer in the Westfield Mission Valley Mall, in the space formerly occupied by Loehmann's department store. Publicist Megan Boles says the menu will be the same as the other restaurants in Point Loma, UTC and Downtown, the latter of which recently debuted a first-ever breakfast menu. The eco-friendly chain also operates a smaller eatery in the San Diego Airport's commuter terminal. tendergreens.com.



(top) meatloaf sandwich; (bottom) Chinese chicken salad (Courtesy Tender Greens)



Fried chicken at Streetcar Merchants (Photo by Frank Sabatini Jr.)

Lines have been snaking out the door at the new Streetcar Merchants in North Park. The draws are various preparations of fried chicken cooked in good, old-fashion beef tallow and square-shaped donuts of various flavors. Coffee drinks made with Intelligentsia blends are also in the offering.


Owner Ron Suel, a Louisiana native, said his intention was to launch "a simple donut shop" until his younger brother moved here and pointed out the lack of places serving excellent fried chicken.

"I told him that it really doesn't exist in San Diego, so I made him some using my great-grandmother's recipe and we decided to add chicken to the menu," said Suel. "It's been a crazy couple of weeks since we opened." 4002 30th St., 619-546-9010.




"Doughnate" to charity by eating pies at URBN Coal Fired Pizza. (Courtesy H2 Public Relations)

A charity drive with multiple beneficiaries titled, "Roll the Dough to Raise the Dough" runs through Jan. 10 at all three URBN Coal Fired Pizza locations (North Park, El Cajon and Vista) as well as at BASIC Kitchen + Bar in the East Village. For every pizza purchased at any of the New Haven-style pizzerias, URBN Restaurants Inc. will donate \$1 to the North Park Main Street Association, the YMCA, Solutions for Change or St. Madeleine Sophie's Center – depending on where you dine. The effort corresponds to National Pizza



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DINING OUT IN SAN DIEGO BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

The landmark **Bertrand at Mister A's** has rolled into the New Year celebrating its 50th anniversary. Over the next several months, the penthouse restaurant will present special dishes and cocktails reflecting the past five decades, beginning with the 1960s. The kitchen is still hammering out the food details, although the mixologists have rolled out for the month of January a bottled cocktail poured tableside called the Sazerac. It's an old-time New Orleans concoction made with Bulliet Rye, Hennessy VS Cognac, bitters and an absinthe rinse. 2550 Fifth Ave., 619-239-1377.



Fried chicken at Streetcar Merchants (Photo by Frank Sabatini Jr.)

New Year's Eve marked the last meal served at **Fish Public in Kensington**, which owner Tracy Borkum of Urban Kitchen Group said in a prepared statement, "wasn't the right fit" for the neighborhood. The restaurant operated for less than two years after a successful 18-year run of Kensington Grill, which Borkum closed rather unexpectedly at the time as well. She hasn't yet decided on what's next for the Adams Avenue space, but added: "We are proactively exploring various local opportunities ... and also looking at new locations to expand our Cucina collection of restaurants both in and outside of California." That collection refers to Cucina Urbana in Bankers Hill and Cucina Enoteca in Del Mar, Irvine and Newport Beach. [urbankitchengroup.com](http://urbankitchengroup.com).

With erroneous phone numbers listed on its Facebook page (to a law office) and on Yelp (to a dog service), the new sports bar, **Home & Away in Old Town** is nonetheless up and running. Launched by Dennis O'Connor, who also owns Thorn St. Brewery, the establishment replaces Kelly's Pub with a promising remodel featuring wood shutters and succulents, an inviting patio that's dog and smoke-friendly and a brightened bar serving craft beer and cocktails. A limited food menu of burgers, wings and grilled cheese sandwiches is also in place, with the official grand opening planned for February. 2222 San Diego Ave.

Get to know the creative minds of award-winning designer **Paul Basile** and restaurateur **Arsalun Tafazoli** over cocktails as they discuss their inspirations behind some of the latest and greatest remodels they've overseen in several local restaurants. The open-forum series, titled "Basile & Consortium: Absolute Adaption," kicks off at 3 p.m., Jan. 22, at Polite Provisions in Normal Heights. It continues at the same time on Feb. 26, at Ironside Fish & Oyster in Little Italy. The cost is \$30 and includes one cocktail. 4696 30th St., 619-677-3784 and 1654 India St., 619-269-3033, respectively.

Founded more than 30 years ago in Pacific Beach, Rubio's Baja Grill is re-branding to Rubio's Coastal Grill. Over the next several months, the company will redesign all of its Southern California locations, beginning with San Diego. New menu items are also in the works, such as mahi salads and a greater use of 100 percent sustainable Alaskan Pollack, slated to appear in tacos, burritos and bowls. The redesign process will bring an end to the tiki-style thatched roofs that canopy some of the tables while ushering in natural wood, art panels, pendant lighting and a new color scheme of cobalt and indigo.

Chef Alberto Morreale of Fig Tree Café in Hillcrest and Liberty Station has advanced into Mission Hills with his recently opened Farmer's Bottega, a "farm-to-fork" restaurant serving breakfast, lunch and dinner. Morreale launched the venture in the space formerly occupied by Olivetto Ristorante and brings to the table everything from sausage meatball hash and Mediterranean-style omelets to Portobello sandwiches and stuffed quail. 860 Washington St., 619-458-9929.

—Frank Sabatini Jr. can be reached at [fsabatini@san.rr.com](mailto:fsabatini@san.rr.com). ■

A second location is on the horizon for Normal Heights' Soda & Swine, which will open another kitchen at an undisclosed spot in Liberty Station in March or April. Famous for its selection of gourmet meatballs, the Point Loma digs will feature a mini pie shop within the restaurant and an outdoor patio with fire features. For updates, visit [sodaandswine.com](http://sodaandswine.com).



(Courtesy Back to Roots Market)

San Diego's newest culinary emporium, Back to Roots Market in Bankers Hill, is up and running and currently embraces about a dozen vendors selling everything from prepared paella and fresh pastas to European cheeses, chocolates and spices. But according to co-founder Philip "Curro" Ariza, the 700-square-foot startup will expand into its neighboring storefront in the coming months. Ariza also operates El Campito Farm in Descanso and runs his new indoor mini market with Alvaro Miranda of Iberico Taste, a local company that imports foodstuffs from Spain. 3318 Fifth Ave., 619-431-5009.

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## MUSIC NOTES

## JAZZ

**Saturdays:** Douglas Kvandal with the LiveJazz! Quartet at the Amigo Spot at Kings Inn. Free. 7 p.m. 1333 Hotel Circle South, Mission Valley. KingsInnSanDiego.com.

**Sundays:** Jazz 88.3 Jazz Jam at Proud Mary's Southern Bar and Grill in the Ramada Conference Center. Free. 6 p.m. 5550 Kearny Villa Road, Kearny Mesa. ProudMarysSD.com.

**Jan. 16:** Keith Jacobsen at Trisler's Wine Bar. Free. 7 p.m. 8555 Station Village Lane, Mission Valley. Trislers.com.

## CLASSICAL

**Jan. 9 – 11:** Sir Neville Marriner conducts Elgar at Copley Symphony Hall. \$20+. Friday at 8 p.m.; Saturday and Sunday at 2 p.m. 750 B St., Downtown San Diego. SanDiegoSymphony.org.

**Jan. 16:** Tango Buenos Aires at Copley Symphony Hall (San Diego Symphony does not appear). \$20+. 8 p.m. 750 B St., Downtown San Diego. SanDiegoSymphony.org.

**Jan. 30 – 31:** "Maestro of the Movies" featuring John Williams (conductor) and Johannes Moser (cellist) at Copley Symphony Hall \$50+. 8 p.m. 750 B St., Downtown. SanDiegoSymphony.org.

## ALTERNATIVE / ROCK

**Jan. 20 :** Powerman 5000, (hed)PE, Knee High Fox, and The No Name Gang at Brick by Brick. \$20+. 7:30 p.m. 1130 Buenos Ave., Morena. BrickByBrick.com.

**Jan. 22:** Brad Colerick and Jim Soldi performing Johnny Cash songs at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

**Jan. 24:** Rockhounds at Pal Joey's. Free. 9 p.m. 5147 Waring Road, Allied Gardens. PalJoeyOnline.com.

## POP

**Tuesdays:** Suzanne Shea and Bob Wade at Bistro Sixty. Free. 6:30 – 8:30 p.m. 5987 El Cajon Blvd., College Area. BistroSixtySD.com.

**Fridays:** Nathan Welden at Bistro Sixty. Free. 6:30 p.m. 5987 El Cajon Blvd., College Area. BistroSixtySD.com.  
Jan. 18: Santee Community Chorus at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

**Feb. 12:** "All You Need is Love III" featuring Robin Adler, Dave Blackburn, Peter Bolland, Michael Tiernan, Joe Rathburn and more performing The Beatles' love songs at Vision Center for Spiritual Living. \$20. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

## OTHER

**Jan. 16:** Rock in the Park featuring Tim Flannery and the Lunatic Fringe with Michael Tiernan at Reuben H. Fleet Science Center. \$24+. 7 p.m. 1875 El Prado, Balboa Park. rhfleet.org/events.

**Jan. 20 :** Graham Nancarrow at Brick by Brick. \$8. 7:30 p.m. 1130 Buenos Ave., Morena. BrickByBrick.com.

**Jan. 29:** Bob Wade at Trisler's Wine Bar. Free. 7 p.m. 8555 Station Village Lane, Mission Valley. Trislers.com.

Bands, venues, and music-lovers: Please submit listings for this calendar by emailing [jen@sdenn.com](mailto:jen@sdenn.com). ■

Gen-X in a Millennial World  
A new year's little promises

Genevieve Suzuki



Every year I make a few New Year's resolutions I break by Valentine's Day.

Last year I promised to stop cussing, but bad drivers deprived me of keeping that promise. (Hey, at least I still have yet to swear in front of my 5-year-old.)

I also vowed to eat better, but heeding the seductive calls of donuts and chocolate was far too tempting.

Daily exercise was another promise broken. (Unless you count walking fast to random destinations, which I do all of the time, thanks to another failed resolution to be five minutes early to every destination.)

This year, I have decided to make five vows I can keep — little promises not so easily broken:

No Kardashian news. I vow to ignore the constant influx of a naked Kim Kardashian, pregnant Kourtney Kardashian and newly single Khloe Kardashian. The Jenner clan are included in this boycott. In their stead, I intend to follow real newsmakers, such as the brave, young Pakistani activist Malala Yousafzai, whose story deserves far more clicks and likes than the Kardashians and Jenners combined.

No more impulsive grocery store buys. Seriously. Do we really need another Archie comic in the bathroom? OK, bad example, because yes, we always need a new Archie comic in the bathroom. What I'm talking about are the myriad of random items placed in the shopping cart. Thing like a holiday plate bearing a warning on the bottom of it that it is for decorative purposes only and not to serve food, despite the fact that most people in the developed world use plates to serve food. Or that M&M guy with a fan that only works if you



Malala Yousafzai (Courtesy Flickr user statsministerenskontor via Creative Commons license)

place the fan so close to your face it whacks your nose.

No more asking Siri to sing. If you haven't been bored enough to do this, try it. You will get a mildly irritated Siri to recite a few lyrics to "If I Only

requires I purchase a special tool to beat it, and I just can't spend \$4.99 on a "free" game. (Not when I could be buying a new Archie comic instead.)

Stop letting my child choose Netflix shows for me at night.

My daughter has a new obsession: Anything gross, creepy or slimy on a nature show. We've watched honey badgers attack beehives, swarms of locusts fly with purpose and the Smithsonian special, "Titanoboa: Monster Snake." Thanks to her selections — she falls asleep after 10 minutes — I've dreamed of nasty pet badgers, plagues of biblical proportions and, of course, the Titanoboa. No more! From now on, it's puppies, kittens and rainbows before bedtime. (Hopefully, the monster snake will stay away from my cute, cuddly new friends.)

—Genevieve A. Suzuki lives in La Mesa and is an editor emeritus of this newspaper. She practices family law and can be reached through her website, [sd-lawyersuzuki.com](http://sd-lawyersuzuki.com). ■

**Last year I promised to stop cussing, but bad drivers deprived me of keeping that promise. (Hey, at least I still have yet to swear in front of my 5-year-old.)**

Had a Brain." It's a time suck for minutes that may be better used playing Candy Crush, speaking of which...

Uninstall Candy Crush and all related game apps on the smartphone. After countless requests on Facebook from dear friends, I finally gave in toward the end of 2014 and installed Candy Crush on my phone. I have since discovered I hate this game, particularly because I've reached a level that practically

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# A hidden dining deal IN MISSION VALLEY

Frank  
Sabatini Jr.



Unless you know IKEA well, you can quickly feel trapped by its lengthy, windowless pathway by the time you zigzag past the first showroom of assemble-it-yourself furniture. The regulars know the hidden shortcuts for fast-tracking to the check-out lines. And most of them are also aware that between 9:30 and 11 a.m., the Swedish department store offers an under-promoted breakfast for 99 cents everyday, except on Mondays, when the meal is completely free.

No lie. You don't have to be a kid, a senior or active military, or show proof of a store purchase to qualify. Both the weekly giveaway and the 99-cent bargain are available to all visitors (one per person) and feature a scoop of scrambled eggs, a plop of cubed potatoes and either two thin strips of bacon or two sausage links that are akin to Brown 'N Serve by Banquet.

If you're arriving only to eat, ascend to the second floor from the foyer, make a hard left and enter into IKEA Restaurant, which operates technically as an all-day cafeteria with clean Scandinavian flair.

The food line greets with illuminated photographs of menu items hanging above a refrigerated display case that allows you to pluck out plated desserts, salads and smoked salmon — in that order. Just ahead is the hot food, dispensed with brevity from steam trays by spoon-wielding employees flashing pleasant smiles.

The dining room is pure IKEA, an airy space filled with blond-wood chairs, sleek white tables and groovy light fixtures that seem lifted from the glory days of ABBA. Parked near the cash registers are metal carts designed to wheel multiple trays of chow to your table, should you be



(clockwise from above) IKEA's Swedish meatball plate; the 99-cent breakfast that's free on Mondays; Swedish pancakes; cream cake (Photos by Frank Sabatini Jr.)

**IKEA Restaurant**  
2149 Fenton Pkwy.  
(Mission Valley)  
619-563-4532  
Prices: 99 cents to \$7.99

the one fetching for your group.

If there is such a thing as cheerful institutional food, this is it, whether it's sausage and eggs, smoked salmon or the restaurant's wildly famous Swedish meatballs in gravy. Nothing is greasy or overly salted. And everything is served on ceramic dishes with real silverware. Better yet, the meals are dirt cheap, perhaps as compensation for having to purchase a tote bag for your store purchases or for the work you'll invest in putting that new desk together screw by screw.

In an initial visit to the restaurant, I upgraded my breakfast for \$2 to include a foursome of Swedish crepe-like pancakes. Served with a daub of lingonberry sauce that also accompanies the Swedish meatballs, each was folded into half moons and sported lacy edges and crispy brown "veins." They were good but not sensational.

Coffee with unlimited refills, by the way, is something like 79 cents, though free anytime you visit if you obtain a "family" card.

A few days later I came for lunch, which netted me 15 Swedish meatballs draped in decent brown gravy for only \$5.99. The plate included real mashed potatoes speckled with some of their skins, as well as the wonderfully tart lingonberry sauce that pairs with the little orbs of beef like lemon does to seafood.

When chatting with a customer at a nearby table who also ordered the meatballs, she too counted 15 of them on her plate. The food servers are apparently highly adept at exact rationing, despite the fast and loose fashion in which they spoon the meatballs onto the plates.

In a final visit amid the crush of Christmas shoppers, I considered the open-face shrimp and egg sandwich bedded on dark bread and garnished with fresh dill. It looked fresh and tempting, like a buffet dish served aboard a Scandinavian cruise ship. I opted instead for smoked salmon sashimi plated with mild horseradish sauce and toasted bread.



The fillet was somewhat thin and slightly dry, but it sprung to life from the creamy sauce. For only \$4.99, I couldn't really complain.

From the dessert case, there's chocolate overload cake and various pies. I caved in to the cream cake, though unsure if the recipe adhered wholly to Swedish tradition, which incorporates buttermilk into the batter. But within the little pink dome, encased in marzipan frosting, was the conventional thin layer of fruit jam along with a sheet of cream verging on the richness of butter. It was cold, spongy and super refreshing.

The faux-Swedish culinary experience, however, doesn't

end there. If you go through the entire store, the journey concludes with packaged goods from a Swedish food market, where you'll find imported Bryggkaffe Mellanrost coffee, Atlantic salmon and creamed smoked roe in a tube. Or if you're not feeling so international, you can grab a plain ole hot dog at the exit doors instead.

—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.■

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# Pet insurance: scam or life saver?

Ann Eliopulos



Americans love their pets. In 2013, we spent \$56 billion on them — more than we spent on carbonated soft drinks, but still less than we spent on beer. Of that \$56 billion, almost \$15 billion was spent on veterinary care, which means food, clothes, toys, bedding, training, grooming, boarding and live animal purchases made up the remaining amount.

Even if your dog or cat is not getting designer bedding, human-grade food and rhinestone-studded apparel, you can plan on spending at least \$600 a year for each pet, and that is with only with the most basic veterinary care being provided. Once you factor in dental work, illness or emergencies, the cost can increase into the thousands.

While our economy is improving, unexpected veterinary expenses can prove challenging at all levels. It is the rare dog or cat that will not need yearly dental cleanings consistently after the age of 3 or 4, and they will likely have an illness or two along the way, too. Like us, as they age, they will probably need more veterinary care to maintain a good quality of life.

Many people do not consider the possibility of genetic problems, trauma, cancer, allergies,



(ThinkStock Photos)

heart conditions or other diseases, and are faced with difficult and sometimes painful decisions when they occur. No one — including your veterinarian — ever wants to be in the position of not being able to help a sick animal because of money.

So what's a pet owner to do when their companion gets sick and the estimate is more than you can afford? Well, once you are in that situation, the options are limited unless you have someone who can help, or a credit rating that will get you approved for one of the medical credit card options. The caveat is that you must have good credit or you will be denied, which can seem like a Catch-22 if

finances are already a problem. And, if you can't pay it back within the interest-free time period, the interest alone is staggering.

The pet insurance industry has taken off in response to our love for our pets and desire to keep them healthy and here for as long as possible. In California alone, it is projected that the amount spent on pet insurance will reach \$750 million by 2015. Is it worth it? Do you get your money's worth? Well, it depends on what company you choose and what you are hoping to get out of it.

Many people opt for plans that focus on wellness issues, such as vaccines, yearly exams and dental cleanings. While it is true that

a thorough dental cleaning and evaluation is typically at least \$500 — 600, I personally don't think that this is a great reason to get pet insurance. Instead, I recommend factoring that into yearly expenses and budgeting for it. Plans that focus on the unexpected and pay out well when those occur are often worth the yearly cost because one accident or serious illness can break the bank, even for those who set money aside.

Pet insurance can be a scary proposition because it has been a largely unregulated industry, with misleading and confusing policies that result in unexpected veterinary expenses, denied claims and policy cancellations after payout. It's no wonder that many pet owners have misgivings about whether or not to purchase pet insurance. I have been skeptical myself until the past few years, when I have seen good reimbursements and animals getting care that may not have been able to otherwise. Still, just as with our own health insurance, not all companies have great policies.

We are lucky to live in California, the first state to pass pet insurance disclosure legislation,

AB 2056. The law will go into effect July 2015. This legislation requires insurers to clearly explain their policies to pet owners. Annual coverage limits and disqualifying pre-existing conditions must be delineated. Limitations involving coinsurance, waiting periods, deductibles and annual or lifetime policy limits must also be made clear. All companies will be required to provide a 30-day trial period to try out their insurance.

Anticipating this legislation, some companies have already begun providing 30-day trial periods. At our hospital, we strongly encourage people to try this. Often there is no charge from the companies offering this and no penalty for opting out after 30 days.

I recently talked a friend of mine into trying the policy we offer here, and within a few months, her new puppy got into some medication and became limp and almost unresponsive. Finances were a huge concern for her, but because she had insurance, she felt the freedom to approve everything that was recommended because she knew she could afford it under her policy. The puppy recovered, and she let me know that the policy paid for itself in one visit.

Imagine going to the veterinarian and not worrying about cost because there is a copay or percentage that will be covered. As a veterinarian and animal lover, I want to help every animal that crosses my path. Though I was more than a naysayer on the topic of pet insurance, I now believe that the companies who walk the walk will pave the way for every pet to get the care they deserve. And while I won't put it in print, I'd be happy to tell you the company I stand behind if you shoot me an email.

—Ann Eliopulos is a veterinarian at Bodhi Animal Hospital. Contact her at [aeliopulos@bodhisd.com](mailto:aeliopulos@bodhisd.com).

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# Creative ways to keep moving



It's New Year's resolution time! It's the perfect time for a fresh start on your healthy living goals. Getting fit and losing weight are common goals, and they should be! Being active for 30 minutes daily goes a long way toward reducing risk for chronic illnesses like diabetes and cardiovascular disease.

But while planned physical activity is very important and should be a component of everyone's day, there's more you can do to make yourself healthier. In today's world of devices and machines that do everything for us (like cell phones, remote controls, washing machines, dishwashers, etc.), researchers are finding a downside. All those gadgets that make our lives easier have left us — sitting.

On average, Americans spend more than 90 percent of the time they're awake doing sedentary behaviors. We sit every day while we eat, work, commute, watch TV, and use a computer, tablet or video game.

Researchers are finding a strong correlation between the amount of time spent sitting and mortality from all causes. It's scary! Exercise is important, but a 30-minute walk or your

weekly game of pick-up basketball isn't enough to counteract the negative effects of sitting as much as the average person does.

Did you know that even simple activities like standing, chewing gum, tapping your foot, or just fidgeting are all small ways to include more activity in your day? It all counts, and can make a major difference in your activity level. It's neat!

Actually it is NEAT, or Non-Exercise Activity Thermogenesis, is a fancy name for the physiological process of burning calories through movements and activities that aren't planned exercise. The minor things you do during the day add up to increase your calorie burn and make you more active overall.

Researchers are determining that NEAT is the ticket to helping people successfully manage their weight by preventing or reducing fat from taking up residence on people's bodies.

The good news is NEAT is already a part of most people's day. The key is to capitalize on this knowledge, and find ways to move around more throughout the day. The impact on health and weight is so significant, there's no reason not to take a stand (and not sit so much).

— Kelly Ostrem is a certified Health Fitness Specialist and a Certified Health Education Specialist. She writes on behalf of the Mission Valley YMCA.■



**Some components of weight are dependent on genetics, but there are environmental factors that you can manipulate to increase NEAT, burn more calories and potentially increase weight loss.**

- Raise your computer to work while standing.
- Walk to a co-worker's desk instead of emailing or calling them.
- Take the stairs instead of an elevator whenever possible.
- Walk over and visit a neighbor's house instead of calling.
- When watching TV, stand up or walk around the room during commercials.
- Park your car far away from the store and walk.
- Stand up or pace when talking on the phone.

## MISSION VALLEY News

### WHERE TO FIND US

### WE'RE EVERYWHERE!

VCA Emergency Animal Hospital	2317 Hotel Circle S.	Playa Grill & Bar	2401 Fenton Pkwy.
Comfort Inn	2201 Hotel Circle S.	Islands	2401 Fenton Pkwy.
Extended Stay America	2087 Hotel Circle S.	O's American Kitchen	8590 Rio San Diego Dr.
Marriott	1865 Hotel Circle S.	Milano Coffee Co.	8685 Rio San Diego Dr.
Howard Johnsons B & B	1631 Hotel Circle S.	Resident Services	2185 Station Village Way
Kings Inn Hotel	1333 Hotel Circle S.	Marriott	8757 Rio San Diego Dr.
Travelodge	1201 Hotel Circle S.	Hera Hub	8885 Rio San Diego
Albie's Beef Inn	1201 Hotel Circle S.	VA Building	8810 Rancho San Diego Rd.
Mission Valley Resort	875 Hotel Circle S.	Circa 37 Apartments	7800 Westside Dr.
Vagabond Inn	651 Hotel Circle S.	Art Institute	7650 Mission Valley Rd.
Courtyard San Diego	595 Hotel Circle S.	Extended Stay	7444 Mission Valley Rd.
Days Inn	543 Hotel Circle S.	UPS Store	5694 Mission Center Rd.
Bunz	475 Hotel Circle S.	Ralphs Store	5696 Mission Center Rd.
Seven Seas Lodge	411 Hotel Circle S.	Paradise Yogurt	5664 Mission Center Rd.
Town & Country Hotel	500 Hotel Circle S.	CVS	5644 Mission Center Rd.
Handlery Hotel Resort	950 Hotel Circle N.	Tandoor Food	5698 Mission Center Rd.
Crown Plaza	2270 Hotel Circle N.	Jamba Juice	5638 Mission Center Rd.
AAA Travel Agent	2440 Hotel Circle N.	Coco de Leon	1450 Frazee
World Mark	425 Camino del Rio S.	Hazard Center Office Building	7676 Hazard Center
La Quinta Inn Suites	641 Camino del Rio S.	New Image Dental	7510 Hazard Center
Midway Dodge	777 Camino del Rio S.	Ultra Star Theaters	7510 Hazard Center
Hilton Hotel	901 Camino del Rio S.	Wich Wich	7510 Hazard Center
Mission Valley Café	967 Camino del Rio S.	YMCA Ground Floor	7610 Hazard Center
Sheraton Hotel	1433 Camino del Rio S.	Smashburger	7610 Hazard Center
Marvin K Brown	1441 Camino del Rio S.	Starbucks	7610 Hazard Center
Hine Chrysler	1545 Camino del Rio S.	Intermezzo Cafe	7610 Hazard Center
First United Methodist Church	2111 Camino del Rio S.	DoubleTree Hotel	7450 Hazard Center
Bully's East Restaurant	2401 Camino del Rio S.	Food 4 Less	7730 Hazard Center
San Diego Labor Union	3737 Camino del Rio S.	Mobile Gas Station	5494 Mission Center Rd.
Body Beautiful Car Wash,	4282 Camino del Rio N.	Mimi's Café	5180 Mission Center Rd.
Enhancery Jewelers	4242 Camino del Rio N.	On The Border Restaurant	1770 Camino de la Reina
Beauty Nails And Hair	4242 Camino del Rio N.	Hooters	1400 Camino de la Reina
Togo's	4242 Camino del Rio N.	Gordon Biersch	5010 Mission Center Rd.
Royal Touch Cleaners	4242 Camino del Rio N.	River Front Condos	750 Camino de la Reina
Starbucks	4262 Camino del Rio N.	Lincoln Mercury	720 Camino del Rio N.
JT's Pub	5821 Mission Gorge Rd.	Ruby's Diner	Mission Valley Mall
Szechuan Mandarin	5855 Mission Gorge Rd.	Tilted Kilt	Mission Valley Mall
Performing Arts Center	4579 Mission Gorge Pl.	Broken Yolk Café	1760 Camino del Rio N.
Junior Achievement	4756 Mission Gorge Pl.	Mission Credit Union	2020 Camino del Rio N.
Adventure 16	4610-4620 Alvarado Canyon Rd.	Pooch Hotel	2120 Camino del Rio N.
Motel 6	4380 Alvarado Canyon Rd.	Gina's Apartment	6855 Friars Rd. Unit 26
Discount Tire	6131 Mission Gorge Rd.	Mr. Peabody's	6110 Friars Rd.
California Bank And Trust	6313 Mission Gorge Rd.	Del Mesa Liquor	6090 Friars Rd.
Tio Leo's Mexican Restaurant	6333 Mission Gorge Rd.	YMCA	5505 Friars Rd.
Longhorn Café	6519 Mission Gorge Rd.	San Diego Humane Society	5500 Gaines St.
Berick Joel Dentist	6529 Mission Gorge Rd.	Video To DVD	5390 Napa St.
Postal Annex	6549 Mission Gorge Rd.	US Bank	5330 Napa St.
Kaiser Permanente ER	4647 Zion Ave.	Tio Leo's Mexican Restaurant	5302 Napa St.
Diva Salon	6690 Mission Gorge Rd.	Marketing Deli	814 Morena Blvd. #309
Emillanos	6690 Mission Gorge Rd.	Morena Market	1045 Morena Blvd.
Mathnasium	10330 Friars Rd.	Armstrong	1350 Morena Blvd.
Mission Gorge Animal	6690 Mission Gorge Rd.	Waters Fine Catering	1105 W Morena Blvd.
Chamorro Grill	6628 Mission Gorge Rd.	JV's Mexican Food	1112 Morena Blvd.
Liquor And Kegs	6614 Mission Gorge Rd.	Wok-In Express	1118 Morena Blvd.
Contemporary Healthcare	6612-b Mission Gorge Rd.	Jamba Juice	5175 Linda Vista Rd. #101
Einstein Bros Bagels	10460 Friars Rd.	Frankie The Bull Bbq Restaurant	1127 W Morena Blvd.
San Diego Brewing Company	10450 Friars Rd.	Sardina's Italian Restaurant	1129 Morena Blvd.
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Coco's Restaurant	10450 Friars Rd.	Roberto's Taco Shop	1462 Morena Blvd.
Troy's	10450 Friars Rd.	Circle K	1460 Morena Blvd.
Petco	10410 Friars Rd.	Fresh Mxn Food	1975 Morena Blvd.
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Camels Breath	10330 Friars Rd.	4 Points Sheraton	8110 Aero Dr.
Regency Travel	10330 Friars Rd.	SDPD Eastern Division	9225 Aero Dr.
Edward Jones	10330 Friars Rd.	VONS	3550 Murphy Canyon Rd.
Armstrong	10320 Friars Rd.	Smashburger	3737 Murphy Canyon Rd.
Toyota SD	5910 Mission Gorge Rd.	AM & PM Gas Station	3770 Murphy Canyon Rd.
Wolf Head	5981 Fairmont Ave.	Submarina	3755 Murphy Canyon Rd.
S.D. Habitat For Humanity	10222 San Diego Mission Rd.	Chinese House	3755 Murphy Canyon Rd.
Village Coffee	10415 San Diego Mission Rd.	Roberto's Tacos	3755 Murphy Canyon Rd.
Chicago Bros Pizza	10423 San Diego Mission Rd.	Holiday Inn	3805 Murphy Canyon Rd.
La Fiesta Deli	10497 San Diego Mission Rd.	Extended Stay America	3860 Murphy Canyon Rd.
7-11	10505 San Diego Mission Rd.	Rosner, Brown, Touchstone & Kelly	4909 Murphy Canyon Rd.
Centrum Deli & Café	9040 Friars Rd.	Starbucks	6701 El Cajon Blvd.
Comerica Bank	2503 Fenton Pkwy.	Guitar Center	5500 Grossmont Center Dr.
Escala Condos	2840 Clubhouse Ln.	Court House	220 W. Broadway
Mission Valley Library	2123 Fenton Pkwy.	Hall of Justice	330 W. Broadway
Oggi's Pizza	2245 Fenton Pkwy.	County Admins. Bldg.	1600 Pacific Hwy.
IHOP	2169 Fenton Pkwy.	City Admins. Bldg.	202 C. St.
Hangers Cleaners	2169 Fenton Pkwy.		

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► **Cleanup**, from page 1

trucks fill up at the Mission Valley Terminal to deliver gasoline to local gas stations and other customers.

Leaks that went undetected for years there spilled enormous amounts of fuel into the soil and groundwater beneath the stadium, contaminating a large swath with methyl tertiary butyl ether (MTBE) and other harmful chemicals. The cleanup process has taken more than 20 years and is still not complete. The city claims Kinder Morgan owes approximately \$246 million in real estate damages and other penalties.

A federal district court judge in San Diego in 2013 issued a ruling in favor of Kinder Morgan, citing the statute of limitations and calling one of the city's expert witnesses unreliable. The City Council voted not only to appeal the case but to file another lawsuit — this time against a state agency that granted Kinder Morgan permission to take water from a city aquifer, treat it and dump the finished product into Murphy Canyon Creek, which runs along the eastern edge of the stadium parking lot and flows into the San Diego River.

City water officials have long opposed that method of cleaning up the groundwater, arguing that it wastes a precious drinking water resource that could supply thousands of homes. The city has repeatedly demanded that Kinder Morgan find an alternative treatment method, but the company's consultants have responded that the groundwater extraction is the most effective option.

In the lawsuit struck down last October, the city argued that the California Regional Water Quality Control Board could not allow Kinder Morgan to flush additional treated water without the city's permis-



Monitoring wells like this one are drilled into the stadium parking lot. (Photo by Jeremy Ogul)

sion; the judge ruled that since the permit was temporary and has already been rescinded, the whole question was moot.

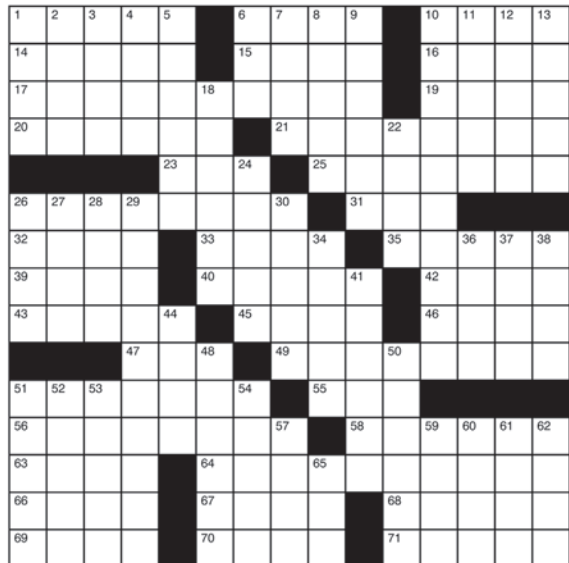
The city has outsourced much of the work on the two cases to the law firms of Oppen & Varco and Tatro Tekosky Sadwick, and the environmental consulting firm Intera. An exact total was not immediately available at press time, but over the past eight years the City Council has approved spending at least \$6 million on the various consultants and outside legal counsel associated with the two cases. The money has come from a variety of sources, including the city's Water Utility Operating Fund and from a fund created by a settlement with a previous owner of the Mission Valley Terminal.

In addition to the city's own costs, the district court also ordered the city to pay Kinder Morgan's legal costs in the amount of \$113,322.75 after the 2013 decision in Kinder Morgan's favor. The city has also allocated staff time at a cost that was not immediately available.

—Contact Jeremy Ogul at [jeremy@sd cnn.com](mailto:jeremy@sd cnn.com). ■

## MVN Puzzles

### Crossword Solutions on page 16



CREATORS NEWS SERVICE

#### ACROSS

- 1 Fall bloomer
- 6 Madame, in Munich
- 10 Doctrines
- 14 '50s White House name
- 15 NYC commuter line
- 16 Mideast ruler, once
- 17 Florida national park
- 19 Den
- 20 Take back
- 21 Aperitif wine
- 23 Syr. neighbor
- 25 Drank noisily
- 26 Scenery
- 31 1995, in Espada
- 32 Black: Fr.
- 33 Freudian concerns
- 35 Lookers
- 39 A year \_\_\_\_ day
- 40 Ness foe
- 42 Latin I word
- 43 Soft: music
- 45 Noticed
- 46 Admire
- 47 Smudge
- 49 Cane cutters
- 51 Having narrow grooves
- 55 A Stooze

#### DOWN

- 1 Part of USA
- 2 Computer command
- 3 IRS employees
- 4 Limerick's land
- 5 One of the Jacksons
- 6 Ala. neighbor
- 7 Removes
- 8 Places
- 9 Address, of film
- 10 Michigan national park
- 11 Clever
- 12 Senator Snowe's state
- 13 Remnant
- 18 Ease
- 22 Air
- 24 Kathie Lee's cohort

By Charles Preston

- 56 Type of terrier
- 58 Kind of potatoes
- 63 Many
- 64 Oregon national park
- 66 Hand: Sp.
- 67 Stare at
- 68 Word with bath or dish
- 69 PC screen symbol
- 70 Require
- 71 Steppenwolf author
- 26 One of Pop's mates
- 27 Grammy-winner
- 28 Verdi opus
- 29 Wyoming national park
- 30 Family emblem
- 34 Prepare clams
- 36 Give off
- 37 Dissolute dude
- 38 French rel. women
- 41 Wages
- 44 Pledge
- 48 Signal
- 50 Bear-rug locale
- 51 Hindu pundit
- 52 Whitman's dooryard bloomer
- 53 University town in 12 Down
- 54 Solemn song
- 57 Throaty sound
- 59 Blackthorn
- 60 Hesitates
- 61 Gets by, with out
- 62 Erase
- 65 Knight or Wass

### Sudoku Solutions on page 16

#### Rules

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.

	4		7		2			
	9		1		3	4		2
6				8			5	7
	7	6			5	1		8
				7				
3		2	8			6	7	
2	3			4				6
5		4	6		1		2	
			3		8		9	

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## INTERN WITH SDCNN

**San Diego Community News Network seeks an editorial intern. To apply, email resume, writing samples and references to [hutton@sd cnn.com](mailto:hutton@sd cnn.com).**

**sd cnn**

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Finding Senior Housing can be complex, but it doesn't have to be.

**A Place for Mom**

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A Place for Mom is the nation's largest senior living referral information service. We do not own, operate, endorse or recommend any senior living community. We are paid by partner communities, so our services are completely free to families.

**HELP WANTED**

**We are seeking an experienced, motivated advertising sales consultant for our six community newspapers.**

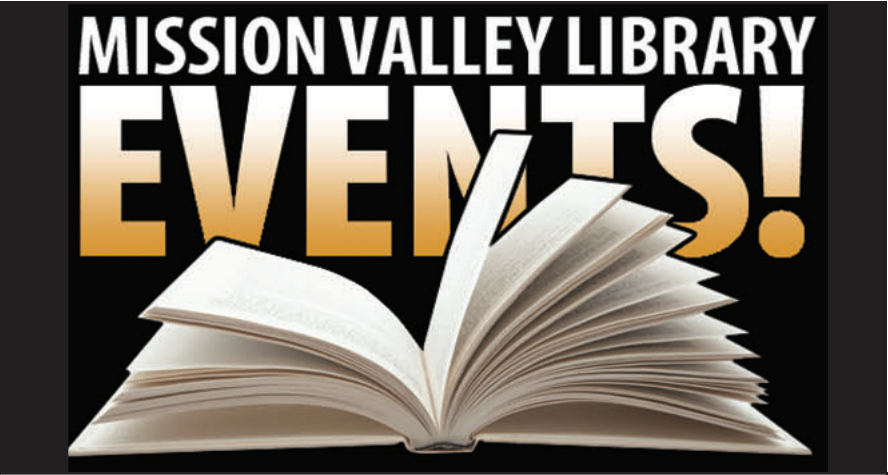
Must be knowledgeable of these areas and have a minimum of one year advertising sales experience. The ideal candidate is energetic, bright, positive, creative, personable and relates to small business owners and can assess their advertising needs. Fulltime, base plus commission. Our office is located in Mission Valley at 123 Camino de la Reina, Suite 202 East, San Diego, CA 92108.

For more information about our newspapers, visit us at [www.sdcnn.com](http://www.sdcnn.com).

**Uptown News** **SAN DIEGO DOWNTOWN NEWS** **MISSION VALLEY News**

**Mission Times COURIER** **La Mesa COURIER** **GAY SAN DIEGO**

Send resume to David Mannis:  
**david@sd cnn.com • 619-961-1951**



**Covered California Informational Session**

Saturdays, Jan. 10 and 24, 11 a.m. to 1 p.m.  
Are you uninsured? Is your insurance too expensive? Would you like to change your plan? Are you about to lose the plan you already have? We can help! Have a one-on-one session with an advisor from the nonprofit San Diegans for Healthcare Coverage and learn how you may be eligible for Medi-Cal or subsidized private insurance under the Affordable Care Act. It's not too late to take advantage of government subsidies, and they cover more people than you might think.

**Stay Strange presents: I Eat People – Children’s Monster Art**

Saturday, Jan. 10, 3 p.m.  
Opening reception for the art show will feature paintings, drawings, video, music and more.

**Assemblymember Weber’s Mobile Office**

Tuesday, Jan. 13, 6 – 8 p.m.  
Connect with Assemblymember Shirley Weber’s staff here in your community, get help with any problems you are having with public agencies, ask questions about legislation and learn about state and local services. Issues that staff can assist with include renter’s and homeowner’s assistance programs, property tax issues, consumer complaints, unemployment and disability insurance. No need to make an appointment; just stop in.

**Film Forum: “A.C.O.D.”**

Wednesday, Jan. 28, 6 p.m.  
Free screening of the film starring Adam Scott, Richard Jenkins and Catherine O’Hara followed by discussion.

**“Ask the Lawyer” Free Legal Clinic**

First Tuesday of the month, 6 to 7 p.m.  
Join attorney Mark Miller the first Tuesday of every month to talk about your legal issues and learn about your options. No appointment is necessary; just show up with your questions.

**Baby Signs Storytime**

Second and fourth Mondays, 11:30 a.m. to 12:30 p.m.  
Parents often wonder, “What is my baby thinking?” There is a way to find out: Teaching your baby some basic signs using American Sign Language will fill the gap. Communication is said to be the foundation of a solid relationship; learning to sign with your baby will build that bond early and provide you a bridge from infancy to childhood.

**Book Club**

Third Tuesday, 6:30 p.m.  
Call the library at 858-573-5007 for more information on the latest book.

**Knit-a-Bit**

Second and fourth Wednesdays, 12:30 – 1:30 p.m.  
Bring your own knit or crochet project to work on while spending time with others who share your talent.

**Paws for Reading**

Second and fourth Mondays, 3:30 to 4:30 p.m.  
New readers can get some valuable practice time with a very non-judgmental certified therapy dog, courtesy of the nonprofit Love on a Leash. Try out those longer words — dogs don’t care if you get them wrong. They just want to hear you read.

**Preschool Storytime and Craft**

Thursdays, 10:30 to 11:30 a.m.  
Preschoolers are invited to a storytime, then a fun craft right afterwards!

**Sumi-E Art Class**

Wednesdays, 2:30 to 5 p.m.  
Learn the classical Japanese style of ink and brush.

**Toddler Storytime**

Fridays, 10:30 to 11:30 a.m.  
Storytime designed for toddlers, featuring songs, rhymes, and finger plays.

**Yoga for Adults and Teens**

Tuesdays, 6 to 7 p.m.  
Are you looking for a workout program that’s easy to learn, requires little or no equipment and soothes your soul while toning your body? If strengthening your cardiovascular system, toning and stretching your muscles and improving your mental fitness are on your to-do list, then yoga is for you.

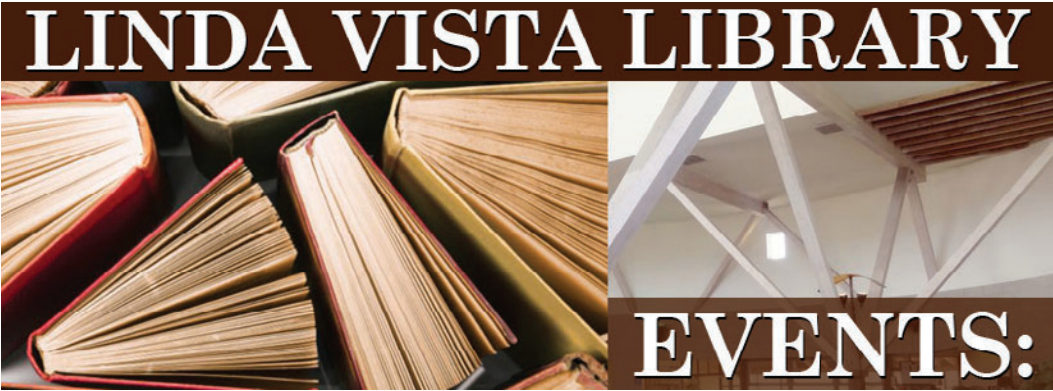
**Yoga for Kids**

First and third Mondays, 1 to 2 p.m. [Note: No class on Jan. 19]  
Kids will learn how to calm and quiet themselves, develop strong and healthy bodies and set a foundation for lifelong well-being in a relaxed and fun environment.

**Zumba Basic**

Mondays, 4 to 5 p.m.  
Join the Zumba craze. Find out what makes this fun workout such a hit. A towel and bottled water are recommended for Zumba sessions.

**Note:** The library is closed for Martin Luther King Jr. Day on Monday, Jan. 19 ■



**Linda Vista Planning Group General Meeting**

Monday, Jan. 26, 5:30 p.m.  
This is an open meeting of the Linda Vista Planning Group. The public is encouraged to attend. Visit [lindavista.org/lvpg](http://lindavista.org/lvpg).

**Chinese Storytime with Kaili**

Saturdays, 10 to 10:45 a.m.  
Come enjoy exciting stories told in Chinese.

**Crafts for Kids**

Mondays and Fridays, 4 to 5 p.m.  
Stretch your imagination and create fabulous crafts. The craft is different every week.

**Do Your Homework at the Library**

Mondays and Thursdays, 3:30 to 5:30 p.m.  
Tuesdays and Wednesdays, 3:30 to 7:00 p.m.  
Saturday, 11 a.m. to 2 p.m.  
Kids (K-8): Need help getting your homework done? Our tutors will assist you. First come, first served.

**Hopscotch Tiny Tots**

Tuesdays, 5:30 to 6:30 p.m.  
Join Miss Kim for a fantastically fun program containing crafts, music, and stories for babies and toddlers!

**Morning Storytime with Kathie**

Mondays, 10:30 to 11 a.m.  
Children and their families are invited to join us for stories, rhymes and songs.

**Spanish Storytime with Alitzel**

Tuesdays, 4 to 4:30 p.m.  
Come enjoy exciting stories told in Spanish!  
Venga a disfrutar de emocionantes historias contadas en español!

**Storytime with Andie**

Saturdays, 11 to 11:40 a.m.  
Stretch your imagination and enjoy a story told energetically.

**Storytime with Mr. Luan**

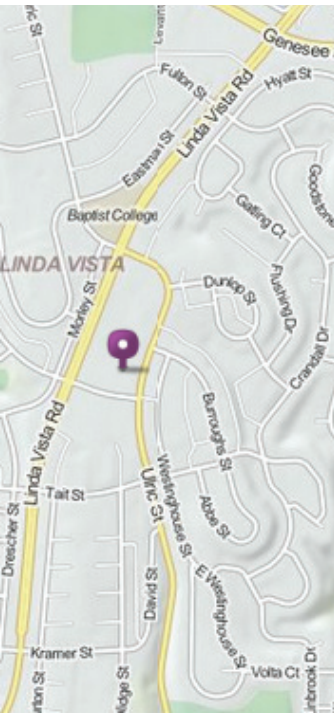
Fridays, 10:30 to 11:10 a.m.  
Energetic storytime that is fun, interactive and educational. The session will include singing and maybe a little dancing.

**Tai Chi Class**

Mondays and Thursdays, 10 to 11 a.m.  
Improve your balance and mobility with slow, controlled movement.

**Note:** The library will be closed Monday, Jan. 19 for Martin Luther King, Jr. Day ■

*Linda Vista Branch Library is located at 2160 Ulric St. The library is open Monday 9:30 a.m. to 6 p.m.; Tuesday and Wednesday 11:30 a.m. to 8 p.m.; Thursday and Friday 9:30 a.m. to 6 p.m.; Saturday 9:30 a.m. to 3 p.m.; closed Sunday. For more information, visit [lindavistalibrary.org](http://lindavistalibrary.org) or [facebook.com/lvlibrary](http://facebook.com/lvlibrary).*



► **Mural**, from page 3

“Providing the Feast” was widely known even outside of Mission Valley. The year after it was erected, it was recognized with an award by the Orchids and Onions Community Awareness Program. A few years ago, San Diego Magazine included the mural in a list titled “100 Works of Art to See Before You Die in San Diego.”

The Whalens also created a famous mural that hung for approximately 15 years on the exterior of the commuter terminal at the San Diego International Airport. Titled “Lucky/Spirit,” it depicted a jumpsuit-clad Charles Lindbergh holding a model airplane.

Airport officials removed that work in 2012, citing the need to remediate a mold problem in the building, but in that case the Whalens’ rights were treated with respect, Bodow said. Airport officials notified the Whalens before removing it and have kept the mural safe in storage since then.

Another local example of an appropriate response to the removal of public art is the case of the “Surfing Madonna,” a mosaic that suddenly appeared on the wall beneath a railroad overpass in Encinitas, Bodow said. There, the city of Encinitas determined that Mark Patterson was the work’s creator and gave him the opportunity to reclaim the work and install it elsewhere. It is now on display near the intersection of Coast Highway 101 and Encinitas Boulevard.

“They honored the artist, which is basically what this law is all about,” Bodow said.

Many property owners are unaware of their obligations to artists under state and

federal law, said M.J. Bogatin, an Oakland-based attorney who serves as president of the board of directors of the California Lawyers for the Arts, an advocacy organization.

Artists have “moral rights” that in certain cases supersede the right of a property owner to do whatever they want with a work of art, Bogatin said. These moral rights have long been recognized in Europe (the term moral rights is a translation of the French term *droit moral*) but were only clearly established in the U.S. about 25 years ago when Congress agreed to join the Berne Convention, an international agreement on copyright law.

Because an artist’s reputation is directly tied to the work they create, artists have a moral right to the integrity of their work and can claim damages if that work is destroyed without their consent, Bogatin said.

Additionally, artists sometimes create public art with the expectation that it will enhance their reputation and therefore create the art at a reduced commission, Bogatin said. If that work is destroyed, then so is the investment the artist made in the work.

Despite the removal of both the “Providing the Feast” and “Lucky/Spirit” murals, the Whalens still have a number of works on public display, including “Puzzled Pelican” at Coronado High School, “Harvest Song” in Valencia, California, and two large murals in a freeway underpass in Riverside.

—Contact Jeremy Ogul at [jeremy@sd cnn.com](mailto:jeremy@sd cnn.com). ■

NEWS BRIEFS

Balboa Park's California Tower reopens

The California Tower in Balboa Park officially reopened to the public on Jan. 1 for the first time since 1935. Government officials and park leaders held a ribbon-cutting ceremony for the tower, which is part of the 100-year-old California Building and is now home to the Museum of Man. The building was originally constructed for the 1915 Panama-California Exposition.

The tower opens just in time to kick off the centennial celebration of the historic exposition, which put San Diego on the map as an international port city made accessible through the construction of the Panama Canal. According to the Museum of Man, the California Building has been mentioned more in American architectural studies than any other building in San Diego. It is included in the National Register of Historic Places as part of the California Quadrangle, and the tower is also recorded in the Historic Buildings Survey in the Library of Congress.

Tickets to ascend the tower for unequalled views of Balboa Park cost approximately \$20, and may be purchased at museumofman.org. Park staff recommends purchasing tickets in advance, as same-day tickets many often be unavailable. Further instructions are available on the Museum of Man's website.■

Cygnets brings 'Sons of the Prophet' to San Diego

Inspired by a true story about a high school prank gone wrong, "Sons of the Prophet" is about two gay brothers dealing with tragedy in their run down Pennsylvania town. After their father dies, the brothers are left on their own, and as a result, their suffering and attempts to cope unfold with comedic results. Old Town's Cygnets Theatre brings Stephen Karam's Pulitzer Prize finalist, directed by Rob Lutfy, to the stage Jan. 15 - Feb. 15, in its San Diego premier.

"We see so much humor and pathos in these layered people," Lutfy said in a press release. "Karam portrays a uniquely American phenomenon. It's an immigrant story. The world of 'Sons of the Prophet' is just as complicated as the conflict in the Middle East: present over past, the new world over the old world and a fall from a more prosperous, meaningful past."

Previews begin Jan. 15 with an opening night Jan. 24 and "Out at Cygnets" on Jan. 28, sponsored by Aladdin Lebanese Restaurant. Tickets start at \$32, with discounts available for children, seniors, active-duty military and groups. Visit cygnets theatre.com or call 619-337-1525.■

SANDAG offers \$15M in grants

The San Diego Association of Governments (SANDAG) recently announced \$15 million in grants to fund local smart growth and active transportation projects. Under its TransNet Growth Incentive Program and TransNet Active Transportation Grant Program, the intergovernmental planning agency will accept applications through March 20 for civic projects promoting smart growth, walking, biking and transit use. Approximately \$12 million in smart growth funds and \$3 million for active transportation are available. The funding comes from the TransNet half-cent sales tax collected throughout the region. Only projects or organizations within San Diego County and the cities in the region may apply directly for funding. Nonprofits wishing to apply must do so in conjunction with a local municipality. For more information, visit sandag.org/cycle3grants.■

Water Authority's turf replacement program runs dry

The San Diego County Water Authority announced its WaterSmart Turf Replacement Program would cease operating, citing lack of funds exhausted by customer demand. Started in 2012, the program replaces water-intensive turf grass with more hydro-efficient landscapes throughout the region.

After the Water Authority completes its list of pending projects, more than 1,000 turf replacement projects covering more than 1 million square feet of grass will have been implemented. Staff estimate these projects will save approximately 1,350 acre-feet of water over the next decade. For perspective, one acre-foot is equivalent to 325,851 gallons.

Water Authority officials saw a large spike in rebate applications during the latter half of 2014, when an average of 30 applications per month in 2013 and early 2014 jumped to an average of 164 applications per month. The spike was credited to increased awareness of the statewide drought. Turf removal rebates are still available to county residents and businesses at \$2 per square foot through the Metropolitan Water District of Southern California.

Although the turf replacement program will soon end, there are other programs administered by the Water Authority that help residents and businesses reduce their water usage, including rebate programs for high efficiency toilets, high efficiency washing machines and rain barrels. Water-efficient plant sales, an online home water-use calculator and classes on installing WaterSmart landscapes are also provided by the County Water Authority. For more information, visit watersmart.sdcwa.org.■

PUZZLE ANSWERS

SUDOKU  
ANSWERS FROM P. 14

8	4	3	7	5	2	9	6	1
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1	6	7	3	2	8	5	9	4

CROSSWORD  
ANSWERS FROM P. 14

A	S	T	E	R	F	R	A	U	I	S	M	S
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Thank you for your interest in the Mission Valley News!  
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sdcnn.com

Lose Weight, Eat Great — March 20

Join us on **Thursday, March 20**, as we discuss Lap-Band and gastric bypass procedures, who is a candidate, financing options – AND enjoy a catered meal prepared by Chef Jeff of Terra American Bistro.

FREE Weight-Loss Seminar & Dinner

Presented by Dr. Julie Ellner  
Thursday, March 20  
6-8 p.m.

Alvarado Hospital Conference Center

Seating is limited; RSVP is required  
at 800-258-2723 or online at  
AlvaradoHospital.com.  
Deadline to register is March 17.



6655 Alvarado Road, San Diego 92120  
AlvaradoHospital.com | (619) 287-3270

