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# MISSION VALLEY News

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San Diego Community News Network



Linda Vista skaters discuss the plans (Photo by Jeremy Ogul)

## Skate park plan wins community approval

Jeremy Ogul  
Editor

**T**he grassroots effort to build a new skate park in Linda Vista cleared its biggest hurdle in early February: a vote by the Linda Vista Recreation Council.

The council, made up of community volunteers, voted 10-2 in favor of amending Linda Vista Community Park's General Development Plan to allow the skate park to be built in the northwest corner of the park, on approximately 38,682 square feet near the intersection of Genesee Avenue and Osler Street.

From here, specific details of the skate park plan will be reviewed and modified by two subcommittees of the city's Park and Recreation Board; the final plan will then



The draft site plan (Courtesy Schmidt Design Group)

be reviewed and approved by the Park and Recreation Board. City staff hope to have all those approvals completed by May so that a construction contractor can be selected by the end of this year. Construction would be complete by the end of 2016.

The city of San Diego already operates five public skate parks, but the Linda Vista facility could become its crown jewel. Its size and features will make it a "world-class" facility, said Jaxon Statzell, lead designer with

See **SKATE** page 3

## Women leave home offices to work in shared Mission Valley space

Catherine Spearnak

**A**fter eight years of working from her San Diego home, Felena Hanson was tired of it.

"Sure, you can work in your pajamas, but sometimes you want to get out of your pajamas and get outside," said Hanson, who ran her marketing strategy firm, Perspective Marketing, from her home office. "Sometimes it's easier to throw in a load of laundry or walk the dog than focus on what you really need to do."

That's when she came up with the idea that instead of working at home, women could meet and work in a congenial atmosphere and get out of their PJs.

The result was Hera Hub, a co-working space in Mission Valley.

What is co-working? Co-working is a style that involves a shared working environment, usually an office, and independent activity. Typically it is attractive to work-at-home professionals, or freelancers who

See **WORK** page 4



Founder Felena Hanson in the Hera Hub co-working space (Courtesy Hera Hub)

## Remembering Gina Cord

Jeremy Ogul  
Editor

**G**ina Cord witnessed an enormous amount of change over the 36 years she lived in Mission Valley.

In fact, not only did she witness it, she was key to the community's transformation — she volunteered whenever she could with the Mission Valley Rotary Club, she cast votes on development projects as a member of the Mission Valley Planning Group board and she founded this very newspaper.



Gina Cord (File photo)

Cord died Jan. 20 after a brief illness following an injury last fall. She was 84.

Cord was born March 3, 1930 in Greene, Iowa, to Harry Parson and Doris Baerwald. She graduated as salutatorian in 1947 from Troy Mills High School and moved to Chicago, where she attended

See **GINA** page 3

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# New arrivals at Bread & Cie

Jeremy Ogul  
Editor

Some of them fled their homes when the men with guns showed up. Some of them never knew a home, surviving only in tents scattered across barren refugee camps. Many of them left everything behind for the chance to get a basic education in the U.S.

All of them are now new students at Crawford High School in City Heights, and their autobiographical artwork is on display this month in a show titled "Hello, My Name Is..." at Hillcrest's Bread & Cie.

The students come from some of the most impoverished and violent parts of the world: Ethiopia, Yemen, Vietnam, Somalia, China, Sudan, Vietnam, Guatemala, Burma and others. In their first year at Crawford High School, they take classes through the New Arrival Center, a district program that gives them a crash course in the English language and American culture before they are placed in standard math, science and history classes with other students their age.

"We wanted to tell the story of their arrival and travel and how they came to be here," said Lynn Susholtz, the North Park-

based artist who led the art project with teachers at Crawford. "It's not well known in most of San Diego that we have so many new immigrants from all over the world. Part of the purpose is to raise the visibility."

Each of the students used watercolor and felt-tipped pen to illustrate tags the size of index cards that hang by string from a clothesline along the café walls. Resembling name tags or luggage tags, the display suggests the thought of Tibetan prayer flags. Students illustrated one side of the tags with images of their past, present and future. On the reverse they wrote about their memories, feelings and hopes.

"Many of the students who have been in the refugee camps have seen and gone through tremendous trauma," said Viraj Ward, one of three teachers at Crawford's New Arrivals Center.

Indeed, a few of the tags de-

pict soldiers holding weapons. Others depict wild animals, doctors, mosques and schools.

"Images are something they relate to even when language might be a barrier," Ward said.

Some of the writing on the tags was done with help from translators, because most of the New Arrival Center students speak little English. Some students as old as 16 have never had any formal education, Ward said.



(l to r) Najat, who recently immigrated from Sudan, and Crawford High School teacher Viraj Ward (Photo by Jeremy Ogul)

Saida, a 14-year-old student from Kenya, knows that story well.

"Girls are not allowed to go to school because it is too dangerous," she wrote on the back of one of the tags she painted. "Sometimes people rape the girls. Some people do drugs. School is really expensive. Only the older children went to school and they would come home and

teach us."

At the opening night of the exhibit, Saida practiced her English with café patrons. She said she was excited to see her story on display.

"It makes me very happy because I'm here. I study. I'm free," she said.

Despite their limited English, some of the students speak multiple other languages. Najat, for example, is a refugee from Sudan who speaks Arabic, Swahili, Somali, Masalit and English. Still, she will have to take foreign language classes at Crawford in order to meet California high school graduation requirements.

Another student, Hector, painted one of his tags with a colorful parrot, which is one of the things he misses most about his home country of Honduras. One thing he doesn't miss is the hardship that resulted from flooding.

"Our house would fill up with water and we would have to leave," he wrote.

Hector wrote that he is not sure what his future holds. He wants to be a good U.S. citizen and "maybe join the military." Other students dream of being doctors, math

teachers and artists.

San Diego Unified School District Superintendent Cindy Marten described the project as "completely inspiring."

"I think the whole city needs to come out here and see this," Marten said as she browsed the tags in the exhibit. "Children need to know that we care about them."

Marten, who was principal at Central Elementary School in City Heights before stepping up to lead the district, said the project serves as an excellent example of the district's mission to recognize and honor the distinct gifts and stories each student brings to the classroom.

In addition to giving students a chance to express themselves, the "Hello, My Name Is..." show is also a fundraiser. Anyone is welcome to take home one of the tags for a suggested donation of \$10 or more. The money will be spent on new art supplies, field trips and other forms of academic enrichment for the students who took part in the project.

Bread & Cie never takes commission from the art that is sold from its walls, and owner Charles Kaufman pays to install the monthly exhibitions. The intent is to give underrepresented local artists a chance to shine, Kaufman said.

"This is the ideal of what we had intended and wanted to do," he said.

The students' art will be on display through March 2.

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

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► Gina, from page 1

Northwestern College and the Patricia Stevens School of Modeling, which kickstarted her career in fashion.

Designer William Travilla hired Cord as both a model and a salesperson to introduce his fashion collections to apparel stores and movie stars, according to longtime friend Barbara Ohlson. Cord modeled wardrobes for famous women including Debbie Reynolds and Dinah Shore. She also served as Travilla's fitting model for the famous pleated white cocktail dress that Marilyn Monroe wore in the 1955 film "The Seven Year Itch," Ohlson said.

In 1965 she left Travilla and discovered Mexico, a turn of events that would change the rest of her life. She fell in love with the country and began promoting and advertising vacations to Mexico for a travel agency in Tucson.

Though she had left her job in fashion modeling and marketing, her passion for the industry continued. For six years she was director of the Miss World Tucson contests, and in 1972 she met and mentored Lynda Carter, who went on to win the Miss USA pageant and star in the television

series "Wonder Woman."

Cord moved to San Diego in the 1970s to work in sales and marketing for the Ambassador Inns of America. She purchased her condo on Friars Road in Mission Valley in 1978 and lived there for the rest of her life. In 1979, she started her own business, International Marketing and Promotions Association, which promoted and booked

**"Gina is such a loss for the whole community. She was so engaged professionally and personally. She loved Mission Valley."**

—Dottie Surdi

tours in Baja California, and ran it for the next 27 years.

Cord was president of Mission Valley Rotary Club, helped charter the Mission Valley Sunset Rotary Club and was a founding member of the Kearny Mesa Rotary Club. She also served as president of the southern district of California Press Women from 1981 to 1984.

"Gina is such a loss for the whole community," said Dottie Surdi, chair of the Mission Valley Planning Group board. "She

was so engaged professionally and personally. She loved Mission Valley."

Cord founded Mission Valley News in 2007. Early editions of the newspaper featured commentaries from elected officials, directories of community events and articles about new businesses and commercial developments.

"One of the things I so admired about Gina was she was so giving," Surdi said. "She was so supportive of the small businesses and the large businesses here in the valley."

Cord sold the newspaper to Jim Madaffer's Mission Publishing Group in 2010, but she continued to contribute as both a reporter and columnist through the end of 2014.

"Gina Cord lived an amazing life," Madaffer said. "From fashion model, to popularizing travel to Baja California and Mexico, to her activities in Rotary, and lastly a community newspaper publisher, she was truly a Renaissance woman."

Cord is survived by two sisters, Gloria Erickson of Montana and Maxine Evers of Iowa.

A memorial service was held Feb. 6.

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

► Skate, from page 1

SITE Design Group.

The park's signature element will be a full-pipe with a diameter of 19 feet. San Diego has nothing like it, and the only comparable full-pipe Southern California is in Upland, which has one with a diameter of 20 feet.

Another notable feature is a pro-level bowl, which resembles an empty pool rimmed with pipes. What makes it pro-level is its size — 50 feet wide and as deep as 10.5 feet — which is uncommon in public skate parks.

The city is paying for the design and construction of the park with a \$4.6 million grant from the state Department of Housing and Community Development. Approximately \$3 million of that grant is dedicated to the Linda Vista skate park; the other \$1.46 million is dedicated to a smaller skate park in City Heights.

The several dozen skaters young and old who showed up to the meeting seemed pleased with the proposed designs.

"I actually really like it," said Jovannie Ruiz, a 17-year-old Linda Vista resident. "It feels really good actually that now we have somewhere to go and not get kicked out."

While a majority of the Recreation Council supports the skate park, there are some who have concerns about its potential impact on the neighborhood.

Dottie Perez, a member of the Recreation Council, said Linda Vista Community Park does not have adequate restroom facilities to support the additional

crowds the skate park will bring. A portion of the \$3 million budget will be spent on accessibility upgrades to an existing restroom at the park, but it won't add any additional toilets. Perez suggested public urination could become a problem without additional toilets.

John Cheney, who owns 36 apartment units just west of the proposed site of the skate park, said his low-income tenants will be disproportionately impacted by noise and nighttime lights if the skate park is built.

"If you live next to that alley, your quality of life is about to take a dive," Cheney said.

Landscape architect Glen Schmidt said noise studies from a similar skate park in Huntington Beach suggest that noise will be within acceptable levels. The study measured noise at 67 decibels 10 feet from the park and at 54 decibels 120 feet from the park.

The residential buildings are at least 150 feet away from the edge of the skate park features.

"Our target is to be under 70 decibels," Schmidt said.

Linda Vista Recreation Council Chair Doug Beckham said the group would consider naming the park after Frank and Nancy Hawk — Tony Hawk's parents — at a future meeting.

The next subcommittee meeting of the Park and Recreation Board will be held March 4.

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



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Business Spotlight

**Oggi's Sports \*Brewhouse\* Pizza**  
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Mission Valley Oggi's Restaurant and Brewhouse has been located on Fenton Parkway since February of 2001 and was one of the original on-site breweries in the area.

We have won numerous awards for our handcrafted beers, most notably two gold medals at the World Beer Cup in 2008 and 2010. In both cases, Oggi's was in competition with over 650 breweries represented by 40-50 countries worldwide.

In addition to our award-winning handcrafted beers, we have an extensive menu ranging from salads, wraps, pasta to pizza, flatbreads, fish and chips, burgers, sandwiches, chicken specials, and a lighter side menu. We have been voted best pizza, wings, brewery, and sports bar, by our family of customers throughout Mission Valley and its surrounding communities. We have a full bar, patio seating and are pet-friendly.

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Work, from page 1

usually end up working in relative isolation.

Hanson's brainchild, Hera Hub, began in August 2011 when she opened her first hub in Sorrento Valley. But unlike a typical office space, Hera Hub offers spa-like accoutrements such as nicely upholstered furniture, soft music, drinks, light snacks, candles and fountains.

The Mission Valley hub in an office building near the Marriott hotel offers one large conference room, two smaller conference rooms and six to 10 library-style shared spaces. The busiest time is 10 a.m. to 2 p.m.

There are areas to make phone calls so the workspace stays quiet, but the space offers a light, pleasant feeling of energy. There is also a weekly lunch so members can meet, as well as a weekly happy hour.

"There's no more hunting for that perfect person to collaborate with on a big project because they are most likely sitting next to you," said Hanson, who feels camaraderie can be as important as the workspace. "This shared workspace means creativity and productivity thrive here."

Hanson opened her Mission Valley hub in 2012, then one in Carlsbad in 2013 with the same spa-like style and the same commitment to getting working women out of their homes and into a creative work environment.

One "hubette," as the women call themselves, is Masako Stewart, a marriage and family counselor.

She works at the Mission Valley hub Tuesday through Friday, where she sees her clients for about 30 hours a week.

Stewart says she likes the comfortable energy at Hera Hub.

"It's friendly and very supportive," she said.

Another member, Talin Hartounian, works at the Mission Valley hub about 20 hours a week and conducts her event planning business there.

"I like the separation between work and office space," Hartounian said.

When she decided to open her own business, the entrepreneur said eight women told her about Hanson and Hera Hub.

Hanson selected the name "Hera Hub" after hours of research. Hera is the name of Zeus' wife in Greek mythology. It means beautiful lady.

"In ancient times, Hera was revered as being the only goddess who accompanied a woman through every step of her life, blessing and protecting her daily," she said.

More than 300 women work at Hanson's three Hera Hubs.

The concept has been so successful, that she plans to franchise the business both nationally and internationally. She has already had nibbles from interested parties in Portland, Vancouver, South Carolina, and London. The first franchise


opens this spring in Washington D.C.

Rates are month to month and include Wi-Fi, copying, scanning, coffee, tea and light snacks.

Members supply their own phones and laptops. Space per month varies at \$129 for 16 hours, \$169 for 32 hours, \$269 for 80 hours, and \$369 for unlimited hours per month.

"Hera Hub membership doesn't just mean having access to collaborative, serene, and productive workspace; you also become part of a community of like-minded ambitious women who are successfully moving their dreams forward," Hanson said.

—Catherine Spearnak is a San Diego-based freelance writer. She can be reached at [catherine.spearnak1@gmail.com](mailto:catherine.spearnak1@gmail.com). ■



**Poll of the Month**

**Last Month's Question**

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

5.3% Yes

36.8% Yes, but the tanks should be larger

57.9% No

**This Month's Question:**

**What's the best location for a new stadium for the Chargers?**

☐ Mission Valley

☐ Downtown

☐ Elsewhere in San Diego County (such as Chula Vista or Oceanside)

☐ Los Angeles

To cast your vote, visit the homepage of our website at [missionvalleynews.com](http://missionvalleynews.com).





# Bass by the bay

## Music festival to bring underground electronic talent to San Diego's front porch

Jeremy Ogul  
Editor

Less than a year after it opened, Downtown's new Waterfront Park is set to host one of the biggest outdoor electronic music festivals San Diego has ever seen.

CRSSD Festival will feature 54 DJs, singer-songwriters and producers from March 14 to 15. Top-billed acts include Empire of the Sun, Chromeo, Maceo Plex, Classixx, Jamie Jones, Seth Troxler, Kaytranada and James Murphy of LCD Soundsystem.

It will be the biggest event the park has hosted since its May 2014 grand opening party, which attracted an estimated 10,000 people.

Festival organizers say they hope to assemble an audience of up to 12,000. More than three-fourths of the two-day passes available had been sold by early February, ranging in price from the "early bird" tiers of around \$115 to the current price of about \$175 (including service and facility fees). Organizers say single-day tickets will only be sold later

if two-day tickets don't sell out.

Of course, those numbers are small compared to the crowds at Street Scene, which was held in the Gaslamp Quarter or East Village every year from 1984 to 2004 and later moved to the parking lot of Qualcomm Stadium in Mission Valley. Street Scene drew a record crowd of 105,000 fans over two days in its last year Downtown.

But that was a rock festival. This is something different.

"San Diego's undergoing a pretty impressive transformation right now," said Max Frieser, publicist for FNGRS CRSSD, one of the two companies producing the festival.

While electronic DJs have historically skipped over San Diego in favor of bigger audiences in Los Angeles and San Francisco, the team at FNGRS CRSSD has recently helped put San Diego on the map, especially in the underground techno and house music world. In less than two years, the group has quickly made a name for itself by booking numerous rising stars at Bang Bang, the Gaslamp-area sushi restaurant that doubles as a nightclub.



Empire of the Sun is one of the top-billed acts at CRSSD Festival. (Courtesy Empire of the Sun)

For this festival, the FNGRS CRSSD team is working with Goldenvoice, the established live music production company behind Coachella, Stagecoach, FYF Festival and numerous other concerts and events in Southern California since 1981.

Frieser said the partnership is ideal because FNGRS CRSSD brings its relationships with key underground house music players, while Goldenvoice brings its decades of experience and expertise in putting on large festival-style events.

Shortly after Waterfront Park opened last year, the FN-GRS CRSSD team zeroed in on the site as a possible venue for a music festival. They were particularly attracted by the proximity to train and trolley stations

as well as to Downtown's vibrant and burgeoning music scene, Frieser said.

"The venue is absolutely amazing," he said. "Looking out over the water, it's cinematic. It's stunning. And it's very clean."

As "San Diego's front porch" on the bay, Waterfront Park is a unique new venue that has never hosted a ticketed music festival before. For decades the place was literally a large surface parking lot.

Many festival details – security, access, traffic control – have yet to be finalized. Staff from the county, city and Port of San Diego are collaborating with event organizers to develop plans for security, medical emergencies, noise control, community outreach, traffic

control, transportation, waste management and restroom availability, said Christine Lafontant, district manager of the San Diego County Department of Parks and Recreation.

The final versions of those plans will be complete by the end of February.

"We're super excited and we're working really hard to make sure this is a success not just for the venue and the event but also for the community surrounding it," Lafontant said.

A few things are certain at this point: The event will be limited to fans ages 21 and up, and the festival will be open from approximately noon to 11 p.m. on both Saturday and Sunday, with after-parties at various nightclubs and smaller concert venues in the area.

"Beer gardens have always felt more like cages," Frieser said, explaining organizers' decision to limit the festival to the 21-and-up crowd. "So with a focus on craft beers and cocktails, we thought it was really important that people could enjoy those things while also enjoying their favorite artist — not having to trade one experience for the other."

The age limits and line-up should also appeal to a more mature audience and ultimately create a better festival experience, he said.

Organizers will pay fees to rent whatever portions of the park will be closed to the public. Fees vary according to what sec-

See **FESTIVAL** page 11 —————>



## SEX<sup>IN</sup>OUR CITY

Grab a friend and join world-renowned Irwin Goldstein, MD, for dinner and discussion on sexual health on Feb. 23. This *women-only* event includes a 3-course dinner at Terra American Bistro, sexual health lecture, Q&A, giveaways and raffle.

Topics include:

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- Sex after menopause
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## GUEST EDITORIAL

## New rules for renters on electric vehicle charging stations

Alan  
Pentico



Many people will tell you electric vehicles are the future. If this is true, changes must be made to allow for this shift, especially in a region in which car transportation is so heavily relied upon. That said, California has created legislation to start allowing for some EV changes to take place within rental communities.

Effective on July 1 of this year, renters may now request that their landlord allow them to install an electric vehicle charging station in their parking space. While many red flags went up when the legislation was introduced, this is a bill that was significantly amended, and the San Diego County Apartment Association ultimately allowed the bill to make its way through the legislature.

Rental properties with fewer than five parking spaces and those subject to rent control are exempt. Also exempt are properties where electric vehicle charging stations already exist for lessees in a ratio that is equal to or greater than 10 percent of the designated parking spaces or where parking is not provided as part of the lease agreement. A landlord is not required to provide an additional parking space to accommodate the charging station, and if the charging station installation results in a reserved parking space, a landlord may charge a monthly fee.

The law requires that the

electric vehicle charging station and all modifications and improvements made to the property comply with federal, state and local law as well as all applicable zoning requirements, land use requirements, covenants, conditions and restrictions.

A tenant must make a written request to make a modification to the property in order to install and use an electric vehicle charging station and must comply with the landlord's requirements for the installation, use, maintenance, and removal of the charging station. Additionally, the tenant must maintain a \$1 million lessee's general liability insurance policy.

Insurance rates vary and it should be interesting to see what the average rate is as renters invest in charging stations.

Public charging station costs vary depending on the type of installation, number of stations, and site specifics. Single-port charging station hardware usually costs about \$2,300, but can be as high as \$6,000 for some features and brands, according to the Rocky Mountain Institute.

In response to this new law, SDCAA is creating an addendum specifically to address requests for electric vehicle charging stations. While our position remains neutral on this new legislation, we are hopeful that it helps clear the way for green living in San Diego.

—Alan Pentico is Executive Director of the San Diego County Apartment Association. ■

## City's momentum continues to build

Scott  
Sherman



Earlier this month, I had the pleasure of attending Mayor Kevin Faulconer's annual State of the City speech to hear his plans on moving San Diego forward.

Mayor Faulconer laid out some very exciting plans for 2015 that I feel will benefit the District 7 community. In his speech, the mayor promised to continue reinvesting back into our communities.

Some exciting proposals include dedicating more funds to improving roads and infrastructure in neighborhoods, and improving our libraries.

Regarding roads, the topic I am most concerned about, Faulconer committed to making street repairs the city's top infrastructure priority. In the next five years, over 1,000 miles of streets — roughly one-third of the city's roads — will be repaired.

Also, the city's first ever multi-year plan for neighborhood repairs will be introduced as well as new reforms to speed up repair projects.

Another exciting proposal is to triple the broadband Internet speed in every branch of San Diego's Public Libraries.

High-speed Internet access is a necessity for educational and employment purposes for San Diegans. Increased Internet speeds will help District 7 students learn and finish important school projects. It will also help adults and parents to do

extensive research and possibly learn a new and more lucrative trade.

The mayor laid-out some innovative ideas on how to improve our city and to continue moving San Diego forward. I look forward to working with my colleagues to implement these important goals.

In other exciting news, the San Diego Padres announced that the Major League Baseball All-Star Game will be played at Petco Park in 2016.

The announcement to host the All-Star Game at Petco Park in 2016 is great news for our region. Not only will this event generate nearly \$85 million in economic activity, it will also serve as a worldwide marketing opportunity to showcase the many strength of our beautiful city has to offer.

There is much to look forward to for our great city. As always, please don't hesitate to contact me if my office can ever be of service. Please call my office at 619-236-6677 or email me at ScottSherman@SanDiego.gov.

—Scott Sherman is the City Councilmember for District 7, which includes the communities of Mission Valley, Linda Vista, Serra Mesa, Tierrasanta, Grantville, Allied Gardens, Del Cerro and San Carlos. For additional information on the mayor's proposed budget, visit [sandiego.gov/budget](http://sandiego.gov/budget). ■

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# 'The Chamber and the Cross'

## Grief, passion, and bloodlines weave through Britain, both old and new

Jen  
Van Tieghem  
Book Review



After a fateful tragedy brought them together, authors Lisa Shapiro and Deborah Reed embarked on a writing journey resulting in a novel that blends a contemporary thriller with the story of a medieval romance.

"The Chamber and The Cross" begins with the story of Laura Bram and the sudden death of her mother — sadly something both Shapiro and Reed brought real-life experience to.

Shapiro, now a full time instructor at Mesa College, and Reed, a realtor with an office in Mission Valley, met when Shapiro's mother — also Reed's co-worker — was diagnosed with stage four pancreatic cancer in 2000. Reed, having lost her own mother only 18 months earlier, found herself back in the same hospital where her mother died helping Shapiro's mom, Nicki, write a goodbye letter to her real estate clients.

As Shapiro puts it in an essay the two co-wrote called, "The Five Stages of Co-Writing," the two became best friends as Reed offered every type of support she



The authors visited medieval ruins like this one in England while researching the book. (Photo by Deborah Reed)

could as Shapiro struggled to "hold on and then let go" of her mom during her final days.

While interviewing the two over email it was easy to see

the depths of their bond as they described their experiences researching and writing together. They even wrote their interview answers together saying it re-

mined them of their old routine —writing, tweaking, reading aloud and tweaking again for clarity.

Composing their book together clearly became part of the healing process for these women following the loss of their mothers — who they both describe as avid readers. Each of their moms imparted a love of books onto their daughters and encouraged them to read.

In addition to healing, Shapiro, a local gay author who has previously published a mystery and two romance novels with Naiad Press, said the experience of co-writing allowed her to "write a more complex and longer novel" than she could have done on her own.

That latter part proved to be one of many challenges along the way. The book includes the contemporary plot of Laura Bram along with the story of her ancestors in the 15th century. The two story arcs led to a growing page count as the writers completed several drafts.

"After a writing conference in 2012, we had to make some tough choices," the two described via email. "Were we going to break this into two books based on the same house [one modern, one medieval]? Were we going to cut back and forth between the two time periods? Were we going to limit ourselves to a specific word count? We chose a plan of action, set a course and embarked on another rewrite."

Literary agents asked Shapiro and Reed to shorten their manuscript but in the end the writers proclaimed that with "a big story to tell," they simply weren't happy "slicing and dicing" it.

"There was never a time when we wanted to do only one story," the writers shared. "The question was whether or not we should break this into two books, one modern, and one medieval. The real richness and depth is reflected in juxtaposing two time periods in one house. To us, it feels like two parts to a whole."

Reading the book, it's hard to imagine it any other way.

The modern-day thriller that opens the book comes to a cliffhanger nearly halfway through the 500-page novel. Like binge-watching a riveting TV drama, this spurs the reader forward as the medieval story is then told. The lead characters of each part are strong, passionate women who share a bloodline and a home — Bannock Manor — separated by hundreds of years. As each experiences loss, love and other universal themes, the reader becomes invested in the outcome of each story — and if you're an impatient reader like me — races to find out how the stories will inevitably interweave.

Understandably, the issue of grief is explored throughout the book. As in real life, the char-

acters are faced with moving on and attending to every day matters; but they are repeatedly reminded of their lost loved ones and the writing expresses in earnest the raw emotions brought forth by these memories.



Shapiro and Reed noted that their early drafts had a more "somber tone" with protagonist Laura expressing her despair in angry rants. As the two worked through their own healing they were able to adjust their character's outlook. The result leaves the deep emotions intact without derailing the storyline.

Laura's emotions still include anguish and sadness but readers will also see her hopeful side, thanks in part to a dreamy love interest.

Though it took them a decade, Shapiro and Reed went to every length to craft a detailed story, including the creation of their pivotal settings.

"Bannock Manor [is] a composite of places we've visited in England," the two explained. "The house itself is based on dozens of manor houses. Most Americans are familiar with the Cotswolds. It's a beautiful area ... known for quaint, picturesque villages, and it has numerous manor houses."

Shapiro and Reed have each travelled across the pond several times, and with Reed a self-proclaimed Anglophile knowledgeable about England's geography, history and architecture, she was able to help weave all of them into their book.

"We took two trips together (with our posse of girlfriends) to focus specifically on research for the book," Shapiro said. "We were able to concentrate exclusively on the region, and then we really studied manors and castles. Deborah also took a trip in which she stayed in several manor houses, toured behind the scenes and interviewed the owners."

With that attention to detail the scenery described in the book jumps to life. Like another main character, Bannock Manor's striking features are as important to the plot as any other piece; its history and secrets, like the protagonists, become integral parts of the story.

Between engaging dialogue, interesting characters and vivid settings, "The Chamber and The Cross" is simply the type of book you can't put down.

Fans of the novel will be happy to know that Reed and Shapiro are currently outlining a sequel. Reed is also working on a novel set in 1349 Yorkshire during the Black Plague and Shapiro has a non-fiction project in the works based on letters written by students at San Diego State University during World War II.

For more on the book, its authors and some beautiful travel photography visit [thechamberandthecross.com](http://thechamberandthecross.com).

—Jen Van Tieghem can be reached at [Jen@sdcnn.com](mailto:Jen@sdcnn.com).■

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# Big Easy classics from a hidden swamp shack

Frank  
Sabatini Jr.  
Restaurant Review



New Orleans Creole Café is one of San Diego's most diminutive and tucked-away restaurants. Despite its address on San Diego Avenue in the heart of Old Town, tourists and locals alike can easily pass it by unless they wander through the grassy garden alongside the historic and supposedly haunted Whaley House.

Launched nearly 11 years ago by Mark W. Bihm and Humberto Villegas, the now-married couple has managed to attract a steady percentage of neighborhood taco crawlers with Louisiana favorites such as Crawfish Etouffee, shrimp Creole and hearty gumbo made with traditional dark roux.

The structure, which is known as a false-front house or swamp shack, dates back to the late 1800s. It was moved here from Fifth Avenue at a time when more than 200 of them lined the streets of Downtown. According to Villegas, the kitchen was once a gun shop and the



New Orleans Creole Café in Old Town (Photos by Frank Sabatini Jr.)

## NEW ORLEANS CREOLE CAFE

2476 San Diego Ave. (Old Town) 619-542-1698

Prices: Salads and starters, \$6 to \$15.75;  
Sandwiches and entrees, \$11.50 to \$23.00

### Crawfish Etouffee.

The dish was lush and creamy both times I tried it, and stocked generously with the tiny critters imported from his home state.

Gumbo with chicken and sausage uses a thinner, darker roux achieved from mixing oil into the flour instead of butter. Experienced Cajun cooks like Bihm know exactly when to yank it off the heat at the very moment before it would burn.

In a recent visit, the consistency was smooth and the flavor sported accurate pungency. Plenty of soft French bread baked by Sprouts is served alongside to soak up the precious liquid.

The bread is served also with a starter of BBQ shrimp and Savoie's hot beef sausage. We substituted the latter for alligator-pork sausage, which tasted basically like Kielbasa with kicked-up seasonings.

When blended into pork, the reptile meat isn't nearly as dense in texture as compared to when I've consumed it in pure form.

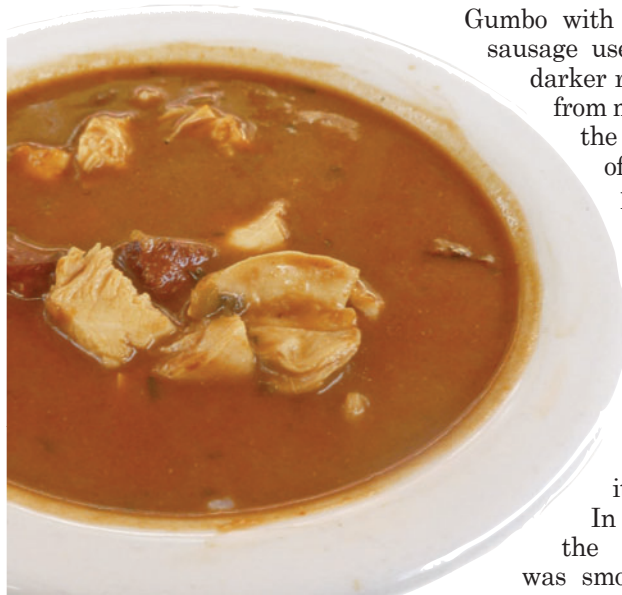
The shrimp were butterflied and ultra tender, although Bihm's glistening-red sauce became the high point of the dish. It clung lovingly to the proteins and offered a fruity and oniony flavor that complimented the robust finish of Andygator doppelbock beer sold in 22-ounce bottles. Or if you prefer bloody Marys, the café slings a snappy, gulpable version made with wine-based vodka and secret spices.

Judicious measures of cayenne pepper were evident in every dish we tried, although with less of it poking through shrimp Creole. The large crustaceans are dressed in stewed tomato sauce containing the "holy trinity" — onions, celery and bell peppers. I've seen it prepared both milder and spicier in other places. Bihm's recipe falls safely in the middle.

Conversely, he uses liberal doses of whiskey in the sauce poured over decadent bread pudding. It's one of the booziest versions I recall having, and one of the best.

The café maintains a low profile leading up to Fat Tuesday, scheduled this year for February 17. Expect the regular menu, but with beads, masks and wreaths in place to chase away any forlorn spirits lingering within the property.

—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. ■

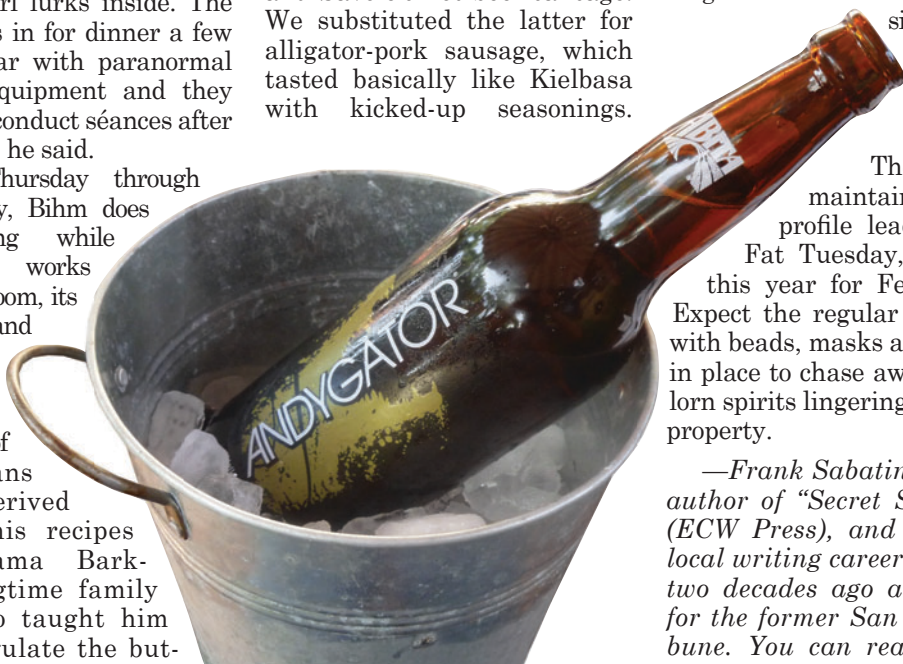


Gumbo with chicken and sausage

small, homey dining room was a storage space.

Villegas has also been told by members of San Diego Ghost Hunters that the spirit of a crying little girl lurks inside. The group drops in for dinner a few times a year with paranormal detection equipment and they sometimes conduct séances after their meals, he said.

Open Thursday through Sunday only, Bihm does the cooking while Humberto works the dining room, its front porch and an adjacent outdoor patio. Bihm is a native of New Orleans and derived some of his recipes from "Mama Barker," a longtime family friend who taught him how to regulate the butter, roux and cayenne for



Andygator doppelbock beer

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# Late-night howls

By **Dr. Ink**

Rarely does this drink “doctor” gravitate to chain restaurants to imbibe. The crowds, the rug rats and the cramped bar lounges filled oftentimes with standing consumers waiting to dine are a buzzkill.

But I take exception to Lazy Dog Restaurant & Bar, located in the hectic Westfield Mission Valley shopping plaza.

The Orange County-based chain has only one location in San Diego, which offers a bar area that is spacious and comfortably separated from the main dining room. Granted, the place attracts hordes of fans for lunch and dinner. Although if you get there for its second happy hour of the day (9 p.m. to midnight), Lazy Dog’s ski-lodge atmosphere feels highly conducive for throwing down a few libations. The shoppers have all gone home by then. And the kiddie birthday parties have come to a halt.

The food and drink deals are neatly organized and available when sitting on any of the red-leather stools or chairs throughout the bar area. In both categories, a number of options are available for \$3, \$4, \$5 and \$6.

Drinks at the top rung cater to the cocktail set. They include decent concoctions like cucumber-mint martinis, strawberry margaritas and Stoli Vodka on



(l to r) The “late-night burger” and Lazy Dog’s house blonde ale (Photos by Dr. Ink)

the rocks. In a past visit, I tried the pomegranate martini, which to my liking tasted tart and boozy rather than candy-sweet.

At the low end are 16-ounce commercial drafts featuring your usual Coors and Bud lights. Yet for only a buck more, the \$4 house beers served in the same quantity, such as blonde ale, stout, Hefeweizen and IPA, are inarguably the way to go.

Lazy Dog’s craft beer recipes are executed by Golden Road Brewing, an eco-conscious company considered one of the largest craft breweries in Los Angeles. The blonde ale I tried recently offered a judicial hint of fruitiness with a tinge of dryness and fresh malt extracts. It’s an engaging choice even if you’re partial to darker beers.

Imported drafts, lemon drops and rum and Cokes occupy the

**Lazy Dog Restaurant & Bar**  
1202 Camino Del Rio North  
(Mission Valley)  
619-481-6192  
Happy hour: 3 to 6 p.m.,  
Monday through Friday; and  
9 p.m. to midnight, Sunday  
through Thursday

\$5 category.

From the happy-hour food menu, I combined my blonde ale with the \$5 “late night burger” — and without any up-charge for melted jack cheese on it. I’ve also tried the Buffalo chicken nuggets (\$4) served over a bed of blue cheese coleslaw. Both dishes were commendable, and I came away each time shortly before the clock struck midnight with a bellyful of booze and sustenance for under \$10.■



## RATINGS:

**Drinks: 5** ★★★★★

Lazy Dog’s house beers, crafted in Los Angeles, are as flavorful as any made by our local, leading brewers. Their blonde ale offers a fuller flavor than most. A variety of discounted cocktails are also available, including an above-board pomegranate martini.

**Food: 4** ★★★★★

The portions aren’t huge, but nor are they miniscule. Quarter-pound burgers are char-grilled and the Buffalo chicken nuggets served over blue cheese slaw didn’t taste like they came from a box.

**Value: 4** ★★★★★

You’ll save about \$1 on most drinks, and a few dollars more on certain food items such as ahi poke, chicken lettuce wraps and the “late-night burger.”

**Service: 4** ★★★★★

The staff is young and perky, if not a bit ingratiating, but hard-working and efficient nonetheless.

**Duration: 5** ★★★★★

Two happy hours are offered on most days of the week, allowing you to dodge the daytime crowds when visiting between 9 p.m. and midnight.



<b>MONDAY:</b> \$5 Mules \$6 Specialty Margaritas	<b>TUESDAY:</b> \$3 Carnitas, Fish & Carne Asada Tacos	<b>WEDNESDAY:</b> \$19 Prime Rib Special (Includes Chef's Choice Dessert)
<b>THURSDAY:</b> 1/2 Price Wine Bottles	<b>SATURDAY:</b> \$1 Champagne & Mimosas Starting at 9 am	<b>MONDAY - FRIDAY:</b> Lunch Served at 11 am

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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.

**March 1:** Danny Green Trio at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 - 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

### CLASSICAL

**Feb. 15:** Navy Band Southwest Woodwind Quintet at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 - 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

**Feb. 17:** A Camera Lucida Concert: Mendelssohn, Brahms and Schubert at Copley Symphony Hall. \$25. 7:30 p.m. 750 B St., Downtown. SanDiegoSymphony.org.

**Feb. 22:** Bert Turetzky at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 - 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

**Feb. 28 - March 1:** Goode Plays Mozart at Copley Symphony Hall. \$20+. Saturday at 8 p.m., Sunday at 2 p.m. 750 B St., Downtown. SanDiegoSymphony.org.

### ALTERNATIVE / ROCK

**Feb. 14:** "Rockin' Valentine's Day" with Wildside at Pal Joey's. Free. 9 p.m. 5147 Waring Road, Allied Gardens. PalJoeyOnline.com.

**Feb. 19:** Grizzly Business EP release with Inspired and the Sleep and Buddy Banter at Soda Bar. \$8. 8:30 p.m. 3615 El Cajon Blvd., Normal Heights. SodaBarMusic.com.

**Feb. 21:** Smarter Than Robots, It All Starts Here, Always the Understudy, Blackcast, Undercurrent and more at Soma. \$10. 6:30 p.m. 3350 Sports Arena Blvd., Midway. SomaSanDiego.com.

**March 6:** Sprung Monkey, Eyes Set to Kill, Short Stories and Roar Like Me at Brick by Brick. \$10. 8:30 p.m. 1130 Buenos Ave., Morena. BrickByBrick.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.

**Feb. 14:** "Love Through the Ages" with The Benedetti Trio at 98 Bottles. \$12+. 8 p.m. 2400 Kettner Blvd., Little Italy. 98BottlesSD.com.

### OTHER

**Feb. 20:** Rock in the Park featuring Venice with Michael Tiernan at Reuben H. Fleet Science Center. \$24+. 7 p.m. 1875 El Prado, Balboa Park. rhfleet.org/events.

**Feb. 21:** Velvet Café Band at Trisler's Wine Bar. Free. 7 p.m. 8555 Station Village Lane, Mission Valley. Trislars.com.

**Feb. 26:** Gregory Page performing an acoustic set with the theme: "Love" at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

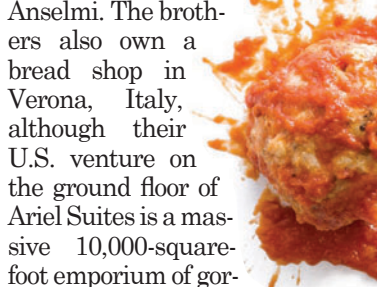
*Bands, venues, and music-lovers: Please submit listings for this calendar by emailing jen@sdenn.com.■*



## DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Little Italy's culinary explosion continues with the recent opening of **Pan Bon** ("good bread") by sibling bakers Luciano and Giancarlo Anselmi. The brothers also own a bread shop in Verona, Italy, although their U.S. venture on the ground floor of Ariel Suites is a massive 10,000-square-foot emporium of gorgeous confections, deli specialties and prepared foods reminiscent of the displays you'd find at indoor markets throughout Europe.



**Pan Bon** (Photos by Frank Sabatini Jr.)



**Pan Bon** (Photos by Frank Sabatini Jr.)

The space doubles as a stylish restaurant, with ample seating to enjoy salads, pizzas, sandwiches, artisan cheeses and charcuterie. Pastries and breads are made daily, with the latter using wild yeast imported from Italy. There's also lasagna and other pasta classics created onsite. 1450 Kettner Blvd., 619-373-5780.

Another newcomer in Little Italy is **The Cheese Store**, a bistro launched by farmers-market vendors Aaron Flores and his wife Marci. In addition to car-



**The Cheese Store** (Photos by Frank Sabatini Jr.)

rying more than 65 different artisan curds from California and Europe, the couple sells a variety of small-batch pantry goods produced by local vendors such as jams, honey and condiments. They also carry

high-end charcuterie, including chili-fennel sausage crafted by **Tender Greens** Chef Pete Balistreri. 1980 Kettner Blvd., 619-544-0500.

\*\*\*\*\*

The long-vacated **Palm** restaurant at Sixth and J streets Downtown will spring back to life with the March 16 opening of **Water Grill San Diego**, a 300-seat seafood restaurant from **King's Seafood Company**, which also operates **Lou & Mickey's** in the Gaslamp District. Like its flagship "grill" in Los Angeles, the menu will spotlight Pacific and Atlantic catches such as Santa Barbara prawns, wild Eastern scallops and an extensive selection of fresh oysters and fish. Leather booths and nautical décor will fill in the two-level space. 615 J St., watergrill.com.

\*\*\*\*\*

A taste of The Emerald Isle arrives to Hillcrest via **Oscar Wilde's Irish Pub**, which had its soft opening in January and plans a grand opening celebration soon. The establishment moves into the space of the original **Gossip Grill** and features traditional pub décor, a full bar and a menu of "all the good stuff," according to co-owner and Irish native Kevin Gallagher.

"But the food comes with a little bit of twist," he adds, referring to items like Shepherd's pie, fish 'n chips and bread-and-butter pudding. Irish breakfasts, imported beer and house-made Guinness ice cream also fill the menu. This is Gallagher's second San Diego venture since opening **The Harp** in Ocean Beach nearly a decade ago. 1440 University Ave., 619-567-8249.

\*\*\*\*\*

**Crazee Burger** in Old Town has closed. Coming into its place is **El Charko**, a family-owned restaurant specializing in Mexico City-style tacos. Born from a catering company, the menu will feature such fillings as traditional Campechano steak, chorizo and pastor. Hearty soups, grilled hot peppers and pecan pudding are also in the offing. 2415 San Diego Ave., 619-795-0908.

\*\*\*\*\*

Create your own bento box at **Artisan Bento** in Bankers Hill, which held its grand opening in January. Customers get to pair

multi-grain rice and miso soup to a choice of ginger pork, chicken, salmon or sashimi. A variety of create-your-own bowls are also available. The restaurant



Customized bento boxes are the focus at **Artisan Bento**. (Courtesy Shihomi Borillo)

was launched by Shihomi Borillo, who also owns **Azuki Sushi**, and the chefs use "humanely raised livestock" and produce from local farmers. 2505 Fifth Ave., 619-231-0700.

\*\*\*\*\*

Chef-owner Mike Almos of **Circa Restaurant** in University Heights recently introduced "meatball Mondays" from 5 p.m. to closing every week. He created the deal "to make something warm and comforting for industry folk on Monday nights" while also opening it to the public. For \$15, you get three hearty meatballs made with Duroc pork and King Ranch beef, a dish of pasta with marinara and warm focaccia bread, all made in-house. 2121 Adams Ave., 619-269-9152.

\*\*\*\*\*

The Chinese "Year of the Sheep" will be celebrated with flair during a free public event at 6 p.m., Feb. 20, at **Wang's North Park**. Guests will walk a red carpet into the restaurant to partake in sake samples and good-luck hors d'oeuvres such as fish, noodles and dumplings. At 9 p.m., traditional lion dancers will perform to drums and cymbals to further ring in the new year. 3029 University Ave., 619-291-7500.

\*\*\*\*\*

Tickets are reportedly selling fast for the upcoming **San Diego Winter Brew Fest**, scheduled from 7 to 10 p.m., Feb. 20 and 21, at the Hall of Champions in Balboa Park. The event features more than 40 craft brewers from throughout California and beyond as well as food and live music. Tickets are \$40 in advance and \$50 at the door. 2131 Pan American Plaza, sandiego-brewfest.com.■

## 7 things you must know before putting your home up for sale

La Mesa- A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of home sellers don't get what they want for their homes and become disillusioned and -worse- financially disadvantaged when they put their homes on the market.

As this report uncovers, most home sellers make 7 dead-

ly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. IN answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to get your home sold fast and for top dollar".

To order a FREE special report, visit [www.sandiego-housearea.com](http://www.sandiego-housearea.com) or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-871-7346 and enter 1000.

You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.



# Power is weakening local businesses

Lisa Halverstadt  
Voice of San Diego



We've zeroed in on four issues that frustrate a broad spectrum of San Diego businesses, and have dubbed them *The Four Horsemen*.

Here's the fourth one. San Diego businesses were already paying much higher energy rates than their counterparts in most other metros.

That was even before San Diego Gas & Electric bills went way up last year. As we wrap up our effort to understand what is really holding back business investment in San Diego, costs like our very high electricity bills are at the forefront.

Indeed, many states like Arizona and Texas offer the promise of lower energy rates, a point boosters from those states often use to sell California companies on moving. In many cases, San Diego businesses, especially industrial ones, are also paying higher rates than companies elsewhere in California.

The state's energy rates have long exceeded the national average, a reality that energy wonks attribute to multiple factors, including its more expensive mix of power sources and less flexibility to spread out electricity costs given the state's lower use overall.



Robb Anderson, director of SDG&E's resource planning, stands in front of an SDG&E facility in Miramar. (Courtesy Ted Walton Photography)

Federal Energy Information Administration data shows the average San Diego commercial customer paid 41 percent more per kilowatt hour of energy than the U.S. average in 2012. Industrial companies in San Diego paid 46 percent more per kilowatt hour.

Here's how San Diego compares with some other major metros on this front.

That gulf's likely increased since SDG&E raised rates by 21

to 24 percent last year, leaving companies with sticker shock. (Disclosure: Voice of San Diego's board of directors includes a vice president for SDG&E.)

One of them was the Ace Hardware in the Gaslamp, which took advantage of a green business program last year. As part of it, SDG&E audited owner Harry Schwartz's store and outfitted it with more energy efficient gear free of charge.

Ace Hardware's energy bills

went up anyway.

"We didn't expect a 25 percent increase after being more efficient," Schwartz said. "That hurt."

Schwartz said the increased charges forced him to cut his marketing budget. Planned newspaper ads and mail pieces were history.

SDG&E isn't denying those rate hikes exist—or that they're problematic.

"I'm very concerned about

our business rates for customers," said Caroline Winn, the utility's vice president of customer services. "This is a huge concern for us as a company."

Winn said those rates motivated SDG&E to work on a proposal for a discount program for companies that plan to flee the state to reap lesser costs. The utility's pitch to the state Public Utilities Commission is still in the works.

She attributed the recent increases to a handful of causes.

Roughly two-thirds of the rate spike came because it's costing more to buy energy in the first place, especially from renewable sources crucial to meeting the state's 33 percent mandate, she said. "Renewables are simply more expensive than the traditional power."

A year and a half delay in the California Public Utility Commission's approval of an SDG&E rate hike proposal from 2012 also hit customers harder starting in late 2013.

SDG&E's had to collect more from all customers since then to recoup the revenue it didn't collect starting in 2012, Winn said.

Businesses also got hit with a new increase last May. They are now helping subsidize low-income residents' bills. This is not a new program but unlike other major state utilities, SDG&E was originally using

See **ENERGY** page 15 —————>

## ► Festival, from page 5

tions of the park are rented. To rent all of the lawns and plazas west of the County Administration Center building, for example, event organizers would be charged approximately \$9,500 per day. They also have to cover the costs of the added police and emergency medical personnel that will be on call over the weekend.

Those fees help the county keep the 12-acre park beautiful and open to the public, Lafontant said.

Even those who do not attend the event will benefit. Events on this scale contribute to the economic vitality of the region by creating demand for hotel rooms, taxis, restaurants and other local goods and services, Lafontant said.

Though large, multi-day electronic music festivals in are not new in the U.S. or even in Southern California, Frieser described CRSSD Fest as "a first of its kind festival in America."

That's because of its focus on underground tech house deep house artists rather than the "big room" headliners such as deadmau5, Avicii and Tiësto that are typically featured at electronic dance music festivals.

"There are very few festivals that are curating lineups for this kind of audience," Frieser said.

In terms of genre and style, the most closely comparable event would be Detroit's Movement festival, but Detroit has nothing on San Diego's climate or the one-of-a-kind aesthetic of

Waterfront Park, Frieser said.

Indeed, fans are traveling from all over for this show. While many are coming from San Diego, many more have said they are traveling from Phoenix, Seattle, Salt Lake City, Chicago, Boston and various other cities in the U.S., Mexico and Canada.

Those visitors will also get a taste of San Diego's specialty food and beverage vendors.

While vendor lists have not yet been finalized, Frieser said the festival will feature local restaurants, bartenders and breweries, which is often not the case at music festivals.

For more information about the CRSSD Festival or to purchase tickets, visit crssdfest.com.

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

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## New FDA Cleared Device Treats Arthritis Pain with Heat and Vacuum

The AVACEN 100, is the world's first noninvasive medical device that is designed to allow patients to treat their own widespread pain from a single convenient treatment point... the palm of the hand.

Users put their hand inside the device and rest it on a pad heated to about 106 degrees Fahrenheit for 20 minutes.

"It worked very well for me," says Gabrielle Farrell, a 67-year old resident of Santa Barbara, California who has suffered from arthritis for over a decade. "It is such a gentle, easy treatment. It's just incredible."

The mechanism of action theory behind the AVACEN device is that warming the hand improves circulation throughout the body, reducing pain and inflammation non-invasively and without the use of drugs.

Farrell says AVACEN improves her sense of well-being and helps her sleep. She uses it for 30 minutes, twice a day, usually in the evening. "When I do the machine in the evening, my sleep comes faster and it is definitely, definitely more restful."

Farrell says she was skeptical about AVACEN when she started using it a year and a half ago. As a test, she stopped using it for a month and her pain returned. "I stopped for awhile and the proof was that everything came back. A sharp pain in my fingers or stiffness. When I don't use the machine, my fingers become very stiff. And I don't play the piano well because I don't have mobility in my fingers," she said.

AVACEN Medical is dedicated to the innovation and development of drug free alternatives to treat pain associated with diseases such as arthritis, fibromyalgia and migraines. For more information and video testimonials go to [AVACEN.com](http://AVACEN.com).



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# nutrition matters



Katy  
Kaufman

It is easier than you might think to add more whole grains to your diet.

Public health officials recommend that you make at least half of your grains whole grains. Whole grains are different from refined grains in that they contain the entire grain seed, including the germ, bran and endosperm. When eaten regularly, the high amount of fiber found in whole grains can reduce your risk of developing heart disease, high blood pressure, colon cancer and even diabetes.

A quick tip: when shopping for items such as sliced bread, always look for the words "whole wheat flour" listed as the first ingredient to be sure you are purchasing a whole grain product. Examples of whole grains include oats, barley, rye, buckwheat, millet, wheat, rice and quinoa.

This heart-healthy recipe features quinoa (pronounced "keen-wah"), a pseudo-whole grain that is rich in fiber, B vitamins, iron, zinc, folate and potassium. Quinoa is often referred to as a complete protein, which means it contains all nine of the essential amino acids. The nine essential amino acids must come from the foods we consume because our body cannot produce them, which makes quinoa a great option if you are vegan or vegetarian. This is also a great alternative to brown rice, as it cooks in only about 15-20 minutes.



(Courtesy Katy Kaufman)

## Quinoa, Black Bean and Avocado Salad

Start to finish: 40 minutes

### Salad:

Two 15-ounce cans low-sodium black beans, drained and rinsed  
1 cup uncooked quinoa\*  
3 ears of corn, kernels scraped off (or substitute with 2 ½ cups frozen corn)  
2 avocados, diced  
½ cup red onion, diced  
1 large orange/yellow bell pepper, diced  
1 cup of cherry tomatoes, sliced in quarters  
¼ cup feta cheese  
1 lime, zested

### Dressing:

½ cup lime juice  
¼ cup olive oil  
2 tablespoons honey  
1 teaspoon black pepper  
1 teaspoon salt  
1 teaspoon garlic, minced

\*Rinse the quinoa with water prior to cooking to remove the natural outer coating called saponins, which can produce a bitter flavor.

Place 1 cup uncooked quinoa in a pot with 2 ½ cups water. Bring to a boil, cover with lid and reduce heat to a simmer for 15-20 minutes. Once all water is absorbed, lightly fluff with a fork. Set aside and allow to cool.

Mix together black beans, corn kernels, avocado, red onion, bell pepper, cherry tomatoes, feta cheese and lime zest. Add cooled quinoa.

In a small bowl, whisk together lime juice, olive oil, honey, black pepper, salt and garlic.

Pour dressing onto salad and toss together. Let cool in the refrigerator for 30 minutes before serving.

—Katy Kaufman is a candidate for a master's degree in nutritional sciences at San Diego State University. She also works as a diet technician at Sharp Memorial Hospital in Kearny Mesa and teaches nutrition education courses at the Catholic Charities Diocese of San Diego. Visit her website at [katykaufman.weebly.com](http://katykaufman.weebly.com).

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A scene from last year's Run for Funds 5K (Courtesy Mission Valley YMCA)

# Five reasons to try a 5K

Kelly  
Ostrem



## GET MOTIVATED

It can be tough to find the motivation to exercise, so find a goal that works for you. Signing up for a race gives you a deadline and forces you to get up and get moving. It's also a pretty realistic distance for all people of all ages — even beginners. You can easily train for a 5K in just three workouts a week, so it won't take over your life like other longer races tend to do. It's a short enough distance that you can train in just a few weeks, or spread out your training and work up to the distance to improve your speed!

## FIND YOUR STRIDE

Participating in a race doesn't mean it will be an all-out sprint to the finish line. While you can challenge yourself to finish the distance in a certain amount of time, you can go at your own pace. Many races have walking groups, or you can alternate running and walking. Find the way to do it your own way, and make it enjoyable.

## HAVE FUN WITH FRIENDS & FAMILY

So often our social activities revolve around sitting at a table full of food and drinks, and while that's not a bad thing all the time, wouldn't it be great to find an activity to do with friends that gets you up and moving? Training and running a race with a friend is a great way to stay accountable and make working out fun. A 5K is a great distance for your child to join you, as well. Many races allow you to run with a stroller or even Fido! It can become a family affair! Encouraging your children to be active and then modeling that behavior can help make exercise fun for everyone and keep your family close and active together. Getting young kids active sets



5K events can be a great way for families to connect. (Courtesy Mission Valley YMCA)

them up to make healthy choices for the rest of their lives.

## MEETING YOUR GOAL IS A RUSH

The pay-off of crossing the finish line and knowing you accomplished your 3.1-mile goal is pretty great! All of your work to get ready for the race — whether it was just a couple weeks or a couple months of training — paid off! You might even get a T-shirt, a medal or, at the very least, a celebratory banana or bagel!

## HELP OTHERS

Most races help raise money for important causes. You can find a 5K to support almost any organization or cause that you are passionate about, from breast cancer research to helping pets find forever homes. On Feb. 22, Road Runner

Sports is hosting a family-friendly 5K and 1-mile fun run to support Mission Valley YMCA's annual Community Outreach Campaign. Funds raised through this race will go directly into the local community to provide programs like PE in our local schools, literacy help in after-school programs and swim lessons to keep kids safe in and around water. You can sign up in advance at [missionvalley.ymca.org](http://missionvalley.ymca.org) or at the race. The YMCA team will be onsite for all the family fun including a gymnastics demo and obstacle course, face painting, opportunity drawings for great prizes and more!

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

# MISSION VALLEY News

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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.
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(ThinkStock)

# Welcome home, kitty

Sari Reis



Just like human babies, kittens need special care. If you brought one home for Christmas, here are a few essentials to get him off to a good start.

**Good nutrition** is a necessity. Talk to your veterinarian and get him started on a complete and balanced diet. As a proponent of wet food for cats, I suggest you get him started on wet food right from the get-go.

**Vaccinations are crucial** for kittens. If he wasn't already vaccinated when you adopted him, get it done as soon as possible. Even if your kitty is going to be indoor only (and I hope he will be), immunization is critical.

"Curiosity killed the cat" is not just an expression. Kittens are extremely curious

and will get into everything. For that reason it is imperative that you kitten-proof your home. Keep all wires, strings and dangling objects safely tucked away, as well as any breakables that could be knocked over during play.

**There are several plants that are toxic** to cats. Be sure you don't have any in your home. For a complete list you can check the Internet.

**Kittens are exceptionally playful** and need lots of exercise, so have some appropriate toys for him to play

with. A scratching post is indispensable to keep him from ruining furniture and draperies. Most kittens love balls, feathers and wand toys that dangle. Since some of these things can be dangerous, supervision is necessary. Put them away when you're not around. Empty cardboard boxes and large paper bags without handles make great toys for kitties, and they are safe.

**Kittens often like to hide**, and for a kitten that can be almost anywhere. Watch to see where he goes and close off any areas that could be dangerous. Keep the lid down on washers and dryers or close the laundry room door. Baby locks are good to put on cupboards and cabinets he may be able to open.

**Since toilet water is not an appropriate drinking source**, ensure the lids are closed on all toilets or keep bathroom doors shut. Always have a bowl of clean water readily available for drinking.

**Your new kitty will probably follow you everywhere**, especially at the beginning, so be careful when you leave your home that he is not hot on your trail. Also, be vigilant when you are entering the house and when visitors come to the door.

**Cats are very clean animals.** It's important to keep the litter box scooped. I suggest one litter box for each cat. It should be scooped at least twice a day and completely cleaned and refilled every week or two.

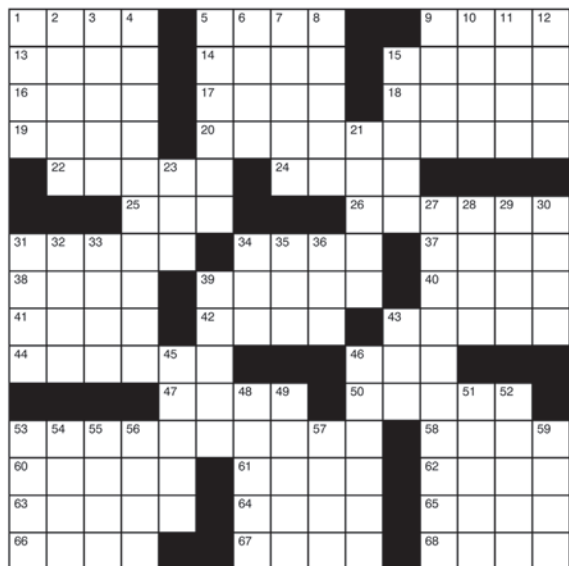
**It is never too early to start him on good habits**, I recommend you start cleaning his teeth and clipping his nails early. Make it as positive an experience as possible by using praise and treats.

**Last, but not certainly not least, kittens need plenty of loving.** By giving your kitten lots of cuddling and affection and following all of these essentials, you will create a wonderful bond that will last a lifetime.

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

# MVN Puzzles

## Crossword Solutions on page 16



CREATORS NEWS SERVICE

By Charles Preston

### ACROSS

- 1 Eggshell
- 5 Computes
- 9 Clip's partner
- 13 Weighty
- 14 Collins, CO
- 15 Take off
- 16 MOMA favorite
- 17 Unbounded joy
- 18 Honeysuckle tree
- 19 Mighty oak
- 20 Fortuitous
- 22 Spare
- 24 Exec's note
- 25 Brooder
- 26 Sort of soup
- 31 Fax's kin
- 34 Spill the beans
- 37 Aniseed liqueur
- 38 Lakme highlight
- 39 State a price
- 40 Mouth, slangily
- 41 Do- moolah
- 42 Importune
- 43 Be generous
- 44 Madre
- 46 Java
- 47 Laid off
- 50 Montaigne opus
- 53 Really expensive

- 58 Suzie Wong actress
- 60 Gum up
- 61 City on the Oka
- 62 Shakespearean role
- 63 Wrest
- 64 Tiber feeder
- 65 Just makes do
- 66 Frogner Park city
- 67 Kind of party
- 68 Like the leaves of Uralume

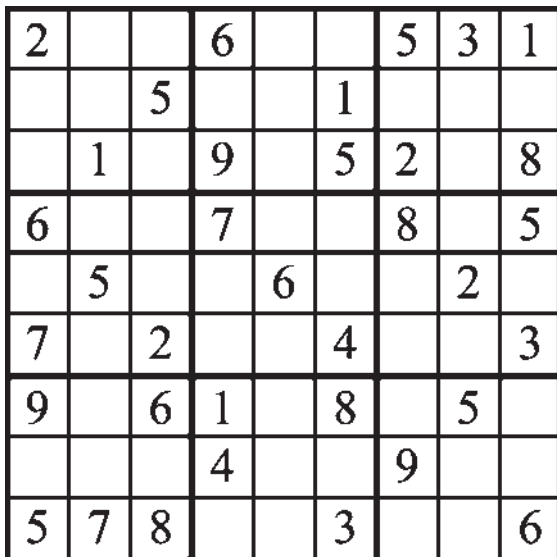
### DOWN

- 1 Norse writings
- 2 Knock off
- 3 Ease up
- 4 Unsettled
- 5 Throw
- 6 Big name in politics
- 7 Imagine
- 8 McQueen or Martin
- 9 Animation frames
- 10 Fill the hold
- 11 Hot spot
- 12 Perky
- 15 Town near Tanglewood
- 21 Gush
- 23 King's title
- 27 With no holds barred
- 28 Atmosphere

## 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.



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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@sdCNN.com.**

**sdCNN**  
SAN DIEGO COMMUNITY NEWS NETWORK  
**www.sdcnn.com**

## HELP WANTED

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

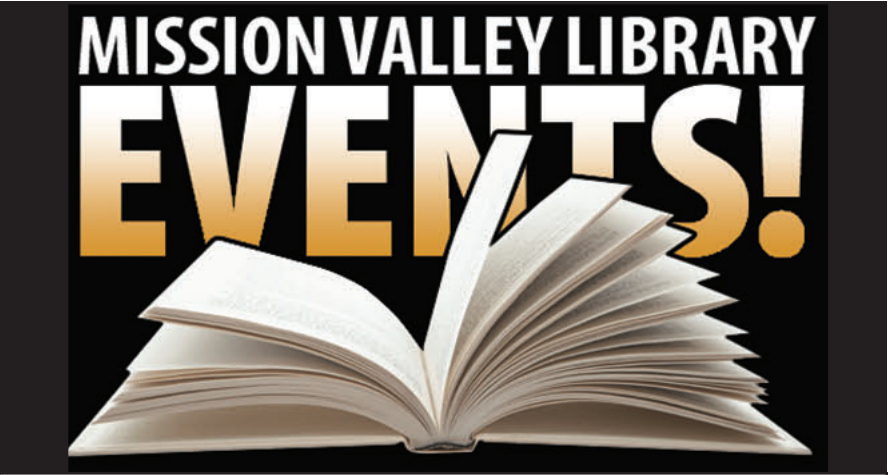
Must be knowledgeable of these areas and have a minimum of one year advertising sales experience. The ideal candidate is energetic, bright, positive, creative, personable and relates to small business owners and can assess their advertising needs. Fulltime, base plus commission. Our office is located 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).



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





**Assemblymember Weber’s mobile office**  
Tuesday, March 10, 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.

**“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.

**Film forum: “The Two Faces of January”**  
Wednesday, Feb. 25, 6 p.m.  
Free screening of the thriller starring Viggo Mortensen, Kirsten Dunst and Oscar Isaac followed by discussion.

**Friends of the Library meeting**  
Feb. 18, 6 p.m.  
Monthly meeting of the group.

**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.

**Stay Strange presents: “I Eat People – Children’s Monster Art”**  
Through March 31  
The art show is on display through the end of March and features paintings, drawings, video, music and more.

**Sumi-E art class**  
Wednesdays, 2:30 to 5 p.m.  
Learn the classical Japanese style of ink and brush.

**Tax help**  
Tuesdays through April 14, 1 – 7 p.m.  
The library in conjunction with SAY San Diego presents weekly clinics for low-income residents. Reservations are required. Call SAY San Diego at 858-565-4148 ext. 280.

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

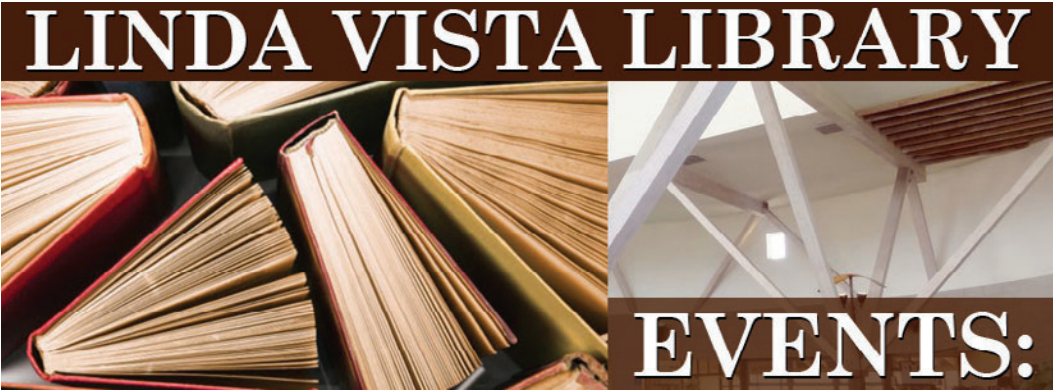
**Yoga for adults and teens**  
Tuesdays, 6 to 7 p.m.  
Are you looking for a workout program that’s easy to learn, requires little or no equipment and soothes your soul while toning your body? If strengthening your cardiovascular system, toning and stretching your muscles and improving your mental fitness 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 Feb. 16]  
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. [Note: No class on Feb. 16]  
Join the Zumba craze. Find out what makes this fun workout such a hit. A towel and bottled water are recommended for Zumba sessions.

**Zumba Gold**  
Fridays, 1:30 to 2:30 p.m.  
Zumba Gold is a lower impact version of our Zumba Basic class on Mondays, but just as fun. The moves have been carefully designed to be easy to follow by participants of any size or age.

**Note:** The library is closed for President’s Day on Monday, Feb. 16



**Linda Vista Planning Group General Meeting**  
Monday, Feb. 23, 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.

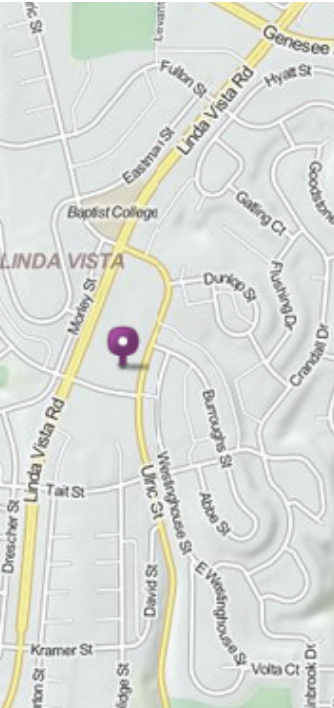
**Spanish Storytime with Alitzel**  
Tuesdays, 4 to 4:30 p.m.  
Come enjoy exciting stories told in Spanish! Venga a disfrutar de emocionantes historias contadas en español!

**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, Feb. 16 for President’s Day.



Wind turbines spin at SDG&E's Ocotillo Wind Energy Facility. (Photo by Ted Walton Photography)

► Energy, from page 11

only residential customers, not businesses, to cover the costs of a program that lessens low-income residents’ bills.

Despite the utility’s protests, the CPUC ordered SDG&E to start forcing businesses to help subsidize the California Alternate Rates for Electricity program too.

Winn said that has meant businesses are subsidizing residential customers and programs to the tune of \$100 million.

One important caveat to all this, though, is that business energy bills here are often smaller than they are in other states. That’s because they might use less energy than companies in places where heating and air conditioning are more crucial.

As of 2012, California’s total energy use per capita ranked 49th in the nation.

But San Diego’s moderate climate and more energy-efficient buildings, both of which can lead to lower overall costs, don’t mean smaller bills for everyone.

Manufacturers, for example, often build their fortunes around energy use. Without lots of electricity, they couldn’t make products. For them, higher energy rates can be devastating.

Rising energy rates statewide helped galvanize business groups to found Californians for Affordable & Reliable Energy about two years ago. They’ve since demanded the state more carefully approach energy mandates and consider costs in the process.

“Rates matter. It matters for the economy,” Alison MacLeod, a spokeswoman for the group, said. “It matters for businesses making decisions about where to locate, where to expand. We don’t just want to become a research state based on Silicon Valley. We want to have manufacturing jobs.”

This is part of our quest digging into the difficulties — real or perceived — of doing business in San Diego. Check out the previous story in our series, “SD Manufacturers Get One Powerful Pitch from Other States: Lower Taxes,” and the next, “The First Rule of SD Business Is You Do Not Talk About SD Business.”

—Lisa Halverstadt is a reporter at Voice of San Diego. Know of something she should check out? You can contact her directly at [lisa@vosd.org](mailto:lisa@vosd.org) or 619-325-0528.■





(l to r) Kikau Alvaro plays "Bernardo," and Jacob Narcy, "Chino" in "West Side Story." (Courtesy San Diego Musical Theatre)

# 'West Side Story'

## A timeless tale still very relevant today

Catherine Spearnak

Art as activism is the way James Vasquez sees the upcoming production of "West Side Story" by the San Diego Musical Theater, slated to open Feb. 14 at the Spreckels Theatre Downtown.

"Our goal is to make a statement," said Vasquez, the show's director. "I hope the audiences leave moved and angry and with a desire to change."

The musical, based on Shakespeare's "Romeo and Juliet," pits rival gangs, the Sharks and the Jets, for dominance over a blue-

collar neighborhood in the Upper West Side of New York City.

Racism marches in front and center as the Sharks, Puerto Ricans, and the Jets, Americans, vie for the blue-collar neighborhood. When Maria, sister of the leader of the Puerto Rican gang, falls in love with Tony, a member of the white Jets, the results are violent and catastrophic.

The young protagonist, Tony, a former member of the Jets and best friend of the gang leader, Riff, falls in love with Maria, the sister of Bernardo, the leader of the Sharks. The dark theme, sophisticated music, extended dance scenes, and focus on social problems marked a turning point

in American musical theatre.

West Side Story premiered on Broadway in 1957 and in 1961, won 10 Academy Awards, including Best Picture. Music is by Leonard Bernstein, lyrics by Stephen Sondheim, and book by Arthur Laurents. Jerome Robbins directed.

"The brilliant thing is that it is 67 years old, yet it is still relevant today," Velasquez said about the musical. "It's a classic, so it's a real honor to work with this music and these dancers and this story."

One of the dancers, and also a supporting actor, is Jacob Narcy, 24, of Chula Vista. Narcy plays Chino, "the little buddy" of Bernardo, leader of the Sharks. Narcy, who is a trained dancer accomplished in every aspect of dance including ballet, hip hop, modern, tumbling and musical theater, said he is thrilled that there is so much movement in the piece. In one scene, 28 of the 31 cast members dance together on stage.

"West Side Story' is one of the iconic pieces that you dream about doing one day," he said. "I am just excited that I am getting the opportunity."

This is only Narcy's second musical. He performed previously

in "Oklahoma!" at the Lawrence Welk Theatre in Escondido.

Kikau Alvaro, who plays Bernardo, leader of the Sharks, is certainly familiar with this musical. He has appeared in it twice, once in Olney, Maryland, and once in San Jose, California, his home, but as different characters in each.

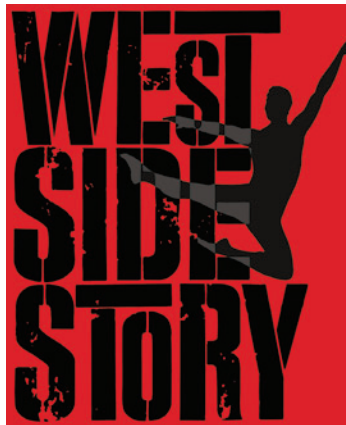
"I have matured and grown into myself," said Alvaro, who is 34 playing a 20-something. "I wasn't necessarily ready to play the part before."

Alvaro agrees with director Vasquez that race relations are still relevant today. He praised the genius of Bernstein and Sondheim.

"I'm hoping that people who have not seen the show are able to see it," he said. "It's in the canon of Shakespeare. There is something about it that is very important."

"West Side Story" runs through March 1 at the Spreckels Theatre, 121 Broadway, Downtown. Tickets can be purchased through the Spreckels box office or through Ticketmaster. Visit sdmt.org for tickets and showtimes.

—Catherine Spearnak is a San Diego-based freelance writer. She can be reached at [catherine.spearnak1@gmail.com](mailto:catherine.spearnak1@gmail.com).



## PUZZLE ANSWERS

SUDOKU  
ANSWERS FROM P. 14

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

CROSSWORD  
ANSWERS FROM P. 14

E	C	R	U	A	D	D	S	C	L	O	P
D	E	E	P	F	O	R	T	L	E	A	V
D	A	L	I	G	L	E	E	E	L	D	E
A	S	A	N	H	E	A	V	E	N	S	E
E	X	T	R	A	M	E	M	O			
	H	E	N		O	X	T	A	I	L	
T	E	L	E	X	B	L	A	T	O	U	Z
A	R	I	A		Q	U	O	T	E	T	R
R	E	M	I		U	R	G	E	S	H	A
S	I	E	R	R		J	O	E			
					I	D	L	E	E	S	S
O	U	T	O	F	S	I	G	H	T	K	W
S	N	A	R	L	O	R	E	L	I	A	G
S	E	I	Z	E		N	E	R	A	E	K
O	S	L	O		S	T	A	G	S	E	R



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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**SPRING CAMP**  
March 30 - April 3  
**INTERSESSION CAMP**  
April 6 - 10  
April 13 - 17  
April 20 - 24

**SUMMER CAMP**  
Priority Registration  
February 23  
Early Registration  
March 7 - 8

# DIVE INTO CAMP

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