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A fan speaks his mind at a public meeting of the Citizens' Stadium Advisory Group. (Photo by Jeremy Ogul)

Mission Valley emerges as preferred stadium site

Jeremy Ogul
Editor

A group of advisers appointed by Mayor Kevin Faulconer announced their conclusion in mid-March that the city's Qualcomm Stadium property is the best place to build a new stadium.

Since January, the Citizens' Stadium Advisory Group has been interviewing experts and key leaders in an effort to come up with a

plan that would keep the Spanos family from moving the Chargers to another city. Faulconer asked the advisory group to resolve two issues: the best location for a new stadium and the best way to finance it.

"Each site has its pros and cons, but for several reasons the Mission Valley location is the best choice for a multi-use stadium," said Adam Day, chair of the Citizens' Stadium Advisory Group. "For starters, building on this site saves the city approximately

See **STADIUM** page 3

Explore a little known tunnel under Friars Road

Tom Leech



rants, coffee shops and other commercial enterprises completing the hyper-active square.

The odds are good that many residents and Mission Valley News readers have spent a few hours at the large commercial shopping center at Friars Road and Fenton Parkway, just west of Qualcomm Stadium. Perhaps they have popped into the fine Mission Valley Library at one corner, the much-visited Costco at the opposite corner, or major stores Ikea and Lowe's. There are also a dozen or so smaller, but lively, restau-

The odds are also good that most shoppers have never noticed nor taken a short jaunt through the pedestrian tunnel under Friars Road. It's simple to go over Friars from one side to the other at either of the two traffic lights, but definitely more fun crossing under that busy road via the tunnel. That lightly visited space enables the connection from the community of Serra Mesa down to the San Diego River. And

See **TUNNEL** page 14



The path through Escala leads pedestrians under a stone bridge. (Photo by Tom Leech)

Films that tell 'every story'

Latino Film Festival celebrates diversity through entertainment



Viggo Mortensen in "Jauja" (Courtesy SDLFF)

Timothy Rawles

The 22nd annual Latino Film Festival (SDLFF) is coming to San Diego and it promises to be more exciting than ever. With a new venue and the addition of a career expo, organizers expect that this year's event will go beyond anything attendees have experienced before.

The festival begins on March 12 and will run through March 22, with films screening at both the AMC Fashion Valley 18 and the Digital Gym Cinema.

Celebrating Latino films and the artists that make them, SDLFF will not only bring cultures together for 10 days of film, food and glamour, but also provide plenty of opportunities for aspiring

See **FILMS** page 13

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MISSION VALLEY News

INSIDE THIS ISSUE

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The land that currently serves as a temporary park for Civita residents could become the site of a public elementary school. (Photo by Jeremy Ogul)

No money, no students, no problem? District eyes new Mission Valley school

Mario Koran

Voice of San Diego

At a time when San Diego Unified is selling off properties to balance the books, it has quietly entered into negotiations to buy a piece of land where it can build a school in Mission Valley – a community surrounded by under-capacity schools.

In late September, the

school board voted to appraise the land, and within the past few weeks the board greenlighted negotiations with developer Sudberry Properties.

They've yet to work out a price, and the deal is far from inked. But a vision for the school has already been sketched out.

The school would serve residents around the Civita development, a 238-acre pocket of land laid on top of an old gravel quar-

ry in Mission Valley.

Marco Sessa, vice president for Sudberry Properties who has helped plan and develop Civita since work began in 2002, said the idea is to build a high-tech elementary school with space for 600 students.

The building would have a contemporary, urban feel to it, he said. It would be two, maybe three stories tall. Classrooms would have movable walls, al-

lowing teachers to open rooms into larger spaces. The land is next to a 17-acre park, "so it will have great synergy with that space," Sessa said.

The building would be constructed with i21 in mind, the district's \$500 million tech rollout that equips classrooms with the latest gadgetry. Instead of laying new technology on top of decades-old classrooms, the school would be built for the 21st century from the ground up.

That's great for Sudberry: A quality local school is good for property values, especially when you're selling single-family homes meant for young families. And all the better if it's a school built around a unique concept that attracts parents.

"I think the district sees a possibility for how schools can be built, and they want to try it out on us. So that's kind of exciting," Sessa said.

Indeed, selling to San Diego Unified would be even better for Sudberry than selling to one of the several charter schools, like High Tech High and Albert Einstein Academy, that have been interested in the spot.

Charter school attendance could mean enrollment is based on a lottery that draws from various ZIP codes across the city. Even if the Civita school proved successful and attracted parents to the surrounding neighborhood, there's no guarantee that a kid living down the street could get in.

"So when you're talking about sustainability and re-

duced miles traveled and all the things that we're hoping to accomplish with Civita, the charter school just didn't seem like it would be the right fit in some ways," Sessa said.

A traditional district school means an attendance boundary is drawn, and kids living within that area are ushered into the neighborhood school.

"Honestly, we believe in the vision of the i21 concept," Sessa said. "It feels like the right fit to try something new with that concept. And of course, if successful, it would give us great PR to say that we're doing something new for the district."

Having a sparkling, innovative district school is a slam-dunk for the developer. Whether it's the best decision for the district, though, is less clear. Out of 10 elementary schools in the Kearny cluster – the area where the new school would be located – nine are under-enrolled, based on numbers the district provided.

Five of them have more than 100 extra seats. That's about three classes. There's even been talk over the years of closing some to conserve resources if enrollment didn't tick up.

A new school in Mission Valley could siphon kids who would have otherwise been funneled into one of the existing schools, said Amy Redding, chair of a district-level advisory committee and parent in the Kearny cluster.

"In the Kearny cluster, every

See **SCHOOL** page 5 →

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► Stadium, from page 1

\$250 million, and it protects the city, the Chargers and the fans from years of uncertainty.”

Unlike the Metropolitan Transit System bus maintenance yard in Downtown San Diego, Day and others suggest the development process in Mission Valley would be more straightforward because the city already controls the land.

“I can’t stress this point enough: The Mission Valley site gives the city its best chance at getting a multi-use stadium up and running before the end of this decade,” said Jim Steeg, a former Chargers vice president and NFL executive.

Advisory group member Mary Lydon, who is also the executive director of the Urban Land Institute San Diego/Tijuana, said the Mission Valley site presents opportunities that would not be possible Downtown.

“From a land-use perspective, the Mission Valley site presents excellent opportunities for smart growth, transit-oriented development and thoughtful density,” Lydon said.

In addition to hosting a new stadium, the 166-acres site could be redeveloped into a spacious riverfront park and a walkable community of homes, shops and restaurants, Lydon said.

Councilmember Scott Sherman, whose district includes Mission Valley, said he was pleased with the group’s decision, calling it “the only reasonable conclusion” in a written statement released after the



A Chargers fan questions Citizens Stadium Advisory Group member Walt Ekard. (Photo by Jeremy Ogul)

announcement. In an op-ed published in U-T San Diego in February, Sherman said redeveloping the equivalent of 66 city blocks at the current stadium site could be “a catalyst for economic growth by creating thousands of local jobs, providing desperately needed housing and expanding the tax base.”

At the advisory group’s public town hall meeting in early March, fan after fan said they wanted the Chargers to stay in Mission Valley because that’s the only place where tailgating is possible.

“Don’t take the tailgate away from us, because it’s part of our game day experience,” one speaker said.

The advisory group has not yet resolved the question of how to pay for a new stadium, but Day, the group’s chair, told reporters at a recent briefing that the group would not propose any financing plan that would require the approval of two-thirds of voters. The overwhelming ma-

jority of analysts and observers following the issue believe that winning two-thirds of the vote would be nearly impossible, especially when one considers that the question may have to share the ballot with several other proposed big-ticket expenditures, such as a possible bond to pay for the city’s multibillion-dollar backlog of repairs and upgrades to roads, sidewalks, sewer and stormwater systems.

Because the group’s meetings are held privately, little else is known about their ideas for how to pay for a new stadium.

Fans at the public forum proposed a variety of funding methods, from a Kickstarter-style escrow accounts to a tax on tickets to paid tours of the facility.

The advisory group plans to announce its final recommendations, including a financing proposal, by mid-May.

—Contact Jeremy Ogul at jeremy@sdcnn.com.

MAR 20 Restoring civility to civic dialogue
March 20

This free conference hosted by the University of San Diego’s Institute for Civil Civic Engagement will be held from 9 a.m. to noon at the Joan B. Kroc Institute for Peace and Justice (5998 Alcala Park, San Diego). It will focus on bringing back civility in political dialogue. The conference will also award scholarships to high school seniors for their work. To guarantee a seat, RSVP at tiny.cc/usdcivil. For more information, visit SanDiego.edu/RestoringRespect.

MAR 24 Free memory screening
March 24

St. Paul’s Senior Homes & Services is providing free memory screenings for seniors from 10 a.m. to noon at St. Paul’s Villa (2340 Fourth Ave.). The screening is designed to identify the earliest stages of memory impairments so families can take the next steps for their relatives. For more information about St. Paul’s Memory Care, call 619-239-6900 or visit stpaulseniors.org.

MAR 28 ONEHOPE race
March 28

This race and family festival support military families with children on the autism spectrum. The event starts at 6:30 a.m. at Tecolote Shores Park (1300 E. Mission Bay Drive, San Diego). Participants can choose to walk or run a 5K, 10K or 1-mile. Participants will receive a finisher medal, t-shirt,

refreshments and, for adults, a complimentary wine or beer. There will also be live music, wine and beer garden and a kids’ zone. For more information, visit tiny.cc/onehope.

MAR 28 Schooner Cup returns
March 28

This race, hosted by The Silver Gate Yacht Club, lasts from noon – 3 p.m. on San Diego Bay. The best spots to view the race for free are on Shelter Island or the Embarcadero. The San Diego Maritime Museum’s tall ship Californian will be participating. Tickets to sail on the Californian are \$65 for adults and \$48 for children. All proceeds go toward the Navy-Marine Corps Relief Society. To purchase tickets and for more information, visit sdmaritime.org.

MAR 28 **MAR 29** Architecture tours and history lessons
March 28 – 29

Save Our Heritage Organisation (SOHO) will lead four architecture tours in Balboa Park beginning at 10 a.m. and repeating at 2 p.m. on Saturday and Sunday. Each tour is \$15 and explores the lesser known history of Balboa Park. Additionally, there will be four experts giving lectures at 5 p.m. and 7 p.m. both days. The lectures cost \$15 each or \$50 for all four. Tickets for the tours can be purchased at brownpapertickets.com/event/1332827 and tickets for the lectures at brownpapertickets.com/event/1347866. For more information, call 619-897-9327.■



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New businesses call Mission Valley home

KC Stanfield

What do a frozen yogurt store, a barbershop, luxury apartments and a Medicare insurance broker all have in common? They're all the new businesses recently opened in Mission Valley. Each business is less than four months old and brings its own unique service and style to the neighborhood.

Civita's West Park Apartments

7777 Westside Drive
619-223-7777

West Park, a luxury apartment complex at Civita, has begun to take in tenants. Most of the planned 612-unit project is still under construction, but it still has amenities for those looking for a luxurious lifestyle.

As of now, there are 89 apartments available in the first phase of building. The list of amenities includes a 22-seat theater with stadium seating and lounge chairs, a game room and roof deck lounges with outdoor TVs. West Park will also install Wi-Fi throughout most common areas, a dog washing station, bicycle workshop space, three saltwater pools, a private jogging trail and a 10,000-square-foot fitness club.



Civita's West Park Apartments (Courtesy Civita)

"With West Park, we're setting a new standard of luxury apartment living in San Diego County," Marco A. Sessa, senior vice president of Sudberry Properties, developer of West Park and the surrounding urban community of Civita, said in a press release. "Our apart-

ments, which range from loft-style studios to three-bedroom, two-bath flats, reflect our determination to fuse style, sustainability and comfort."

Menchie's Frozen Yogurt

1620 Camino de la Reina, Suite D
619-450-6294

Baskin Robbins needs to watch its back, because this frozen yogurt shop is another link in Menchie's fast-growing chain. The new location has more than 100 rotating flavors and 70 rotating toppings. In addition to that, the yogurt is made from dairy not treated with artificial growth hormones.

"All of our yogurt has real product in it, so it if says 'Sweet and Tangy Peach-Mango,' there's actually peach and mango inside the prod-



uct," said Scott Turner, owner of the Mission Valley shop. "We're definitely known for customer service, and we refer to all our customers as guests, because we want to treat them like guests."

Menchie's also has non-dairy, no-sugar-added, low-carb flavors. Turner also says Menchie's is launching a frozen yogurt cake program that is still in its trial stage.

Every month at Menchie's brings a special flavor. March is Reese's Peanut Butter Cup and April will be carrot orange and pomegranate acai.

Floyd's 99 Barbershop

5658 Mission Center Road, Suite 306
619-487-1014

This rock 'n' roll barbershop is for everyone who has hair. Stylists are encouraged to show their individual personality through fashion, hairstyles and taste in music. As for the music, customers at Floyd's 99 can hear Frank Sinatra followed by Tool and everything in between.

Rock 'n' roll barbershops are popular because of the fun atmosphere, said Joslan Kamai, manager of the Mission Valley shop.

"You're hearing fun music, you're getting a great conversation, a great haircut. Every-

body needs a great haircut," Kamai said.

"It is a privilege to be a part of the brand's growth in the San Diego market," franchisee Jon Roise said in a press release. "My team and I are excited to provide the local community with another convenient location to experience our old-school client service and one-of-a-kind atmosphere. We are looking forward to becoming the regular spot where Mission Valley residents can stop in for quality haircuts at a value price."

This is the third Floyd's 99 Barbershop in San Diego. The Mission Valley shop is offering half-price haircuts until March 27.

Relion Insurance Solutions

858-999-2858

Relion Insurance Solutions is a new independent brokerage that started up at the beginning of this year for seniors and anyone else eligible for Medicare. Relion provides free advice, refers each person to an insurance company and acts as the point of contact when clients need to get in touch with their insurance company. It gets commission from the insurance companies, so all the services are free for clients.

Owner Diane Waggoner converted her agency, Diane Waggoner Insurance Solutions, because the teaching element that a broker has with a client was missing, she said.

"I became independent because I don't feel you can serve the seniors' needs if your work is a proprietary agent for one company ... not every plan works for every person," said Waggoner. "I've always felt that if you work for a company and you're only selling their products, then you're short-changing your clients."

As an independent brokerage, Waggoner can pick out the best insurance provider depending on each person's circumstances.

Waggoner can be reached by email at diane@relioninsurancesolutions.com.

—KC Stanfield is an editorial intern with SDCNN.■

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Mexican Hash: potato, onions, eggs, and spicy peppers - choice of carnitas, chicken or veggie

Chorizo Eggs Benedict with Jalapeno Hollandaise Sauce

Egg, Potato & Cheese Burrito

French Toast topped with Sweet Agave Cinnamon Apples



Seasonal Roasted Vegetable Omelet topped with salsa ranchera, and cheddar and jack cheese

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Poll of the Month

Last Month's Question

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

- 84.6% Mission Valley
- 15.4% Los Angeles
- 0% Downtown
- 0% Elsewhere in San Diego County

This Month's Question:

How much more housing should we build in Mission Valley?

- ☐ A lot — San Diego needs more housing and this is the best place for it.
- ☐ Some — There's still room to grow, but not dramatically.
- ☐ A little — Replacing old housing with new housing is fine, but don't increase the population.
- ☐ None — Tear everything down and restore the farmland.

To cast your vote, visit missionvalleynews.com.

► **School**, from page 2

kid counts,” she said. “And if the district is going to build a new concept school in Mission Valley, it’s just going to make it that much harder. How are schools going to fight that beast?”

Redding is angry Kearny parents haven’t been involved in the conversation thus far – especially considering the direct impact a new school could have on neighborhood school dynamics.

“On this whole deal, there are so many angles that are bad: not bringing the community into the conversation, questionable use of resources, and the district not following through on its own mandate to support existing neighborhood schools,” Redding said.

When I initially asked district spokesperson Ursula Kroemer about the district’s short- and long-term plans to build new schools, she emailed this response:

“I do not believe there are any short-term plans to build more schools – it’s really more making sure we offer the best programs in our existing schools and take good care of them from a facilities perspective that they are and remain the quality neighborhood schools consistent with our community-based reform plan.”

When I returned to Kroemer about a week later, she said that she hadn’t been aware of Civita when I first asked. That illustrates how incongruent a new addition would be with the dis-



A worker applies some finishing touches on a residential building at Civita's Origen neighborhood. (Photo by Jeremy Ogul)

trict’s previous messages.

The deal would represent a marked shift in another way, too. For the past few years, San Diego Unified has been aggressively selling its land to make up for budget shortfalls – including some highly coveted properties the district will never recoup. That’s still happening. In the midst of the sales, it is now considering buying more real estate even though it hasn’t yet made up for a shortfall. That deficit has remained even after the district raised taxes for bonds and the state sent additional funds.

Trustee Kevin Beiser, whose sub-district the new school would fall into, didn’t return a request for comment. Along with former school board member Scott Barnett, Beiser in September voted against an appraisal of the Civita property. But Sessa said Beiser has been supportive of the proposal in

private conversations.

Superintendent Cindy Marten confirmed that negotiations have begun on the Civita site, but said she couldn’t yet talk publicly in greater detail.

So the big questions are: Why a new school now? And why Mission Valley?

‘Cindy wants to compete with charter schools’

It’s been a slog for Sudberry to get a school in Civita. It’s wanted one since planning began in 2002. Bringing in a school, Sessa said, is less about turning a profit as it about building a sustainable community.

The land is still owned by the Grants, a family that includes two retired teachers who’ve hoped their land would one day include a school.

Sessa said that after the Grants partnered with Sudber-

ry 15 years ago, he went about trying to make that happen. He approached San Diego Unified a number of times over the years, seeking support for a new district school, but said each time he was rebuffed.

“They kept saying they weren’t interested, that the demographics didn’t support it. Around 2006 or 2007, we kind of gave up trying, to be frank,” Sessa said.

So what happened?

Sessa can’t say for sure. It may be simply, as Sessa said, “Cindy isn’t the previous administration.” He guessed Marten could have also been impressed by research from Julie Cramer, a USD senior researcher whom Sudberry enlisted to look at population projections. Her numbers show that between 2010 and 2020, the number of school-aged children in Mission Valley will increase five-fold.

Sessa gave me those numbers, which are based on 2010 census data. The district hasn’t yet provided demographic information that shows a new Mission Valley school is justified.

In any case, when Sessa spoke with Marten last summer, Albert Einstein Academy was interested in the land. Einstein Academy operates two sought-after charter schools, one in Grant Hill and another in South Park. At the time, they were eyeing Civita as the spot for a new elementary school.

When he told Marten about the vision for the school and about Einstein’s interest, she said, “Gosh, you know, I’d kind

of like a district school there,” Sessa recalled.

So Marten had a talk with David Sciarretta, Einstein Academy’s executive director. After that, it was settled: The district would move forward on the property. Einstein Academy would not.

I asked Sciarretta if he felt Marten muscled him out of the deal. He said it wasn’t like that. It was cordial. “These things happen all the time. Deals fall through,” he said.

“Remember, Sudberry has a big a role in this,” he said. “They get to decide who they want to go with. I don’t think there’s a conspiracy story here. I think it’s a story about a partnership with a great community. The district saw that this was a great opportunity and they wanted to get in on the ground floor.”

If nothing else, Einstein could have given Marten an incentive to act quickly. A charter school was looking to move into Mission Valley and establish a new school built around a new concept. Instead, Marten and the district want to do something very similar. After all, if charter schools can innovate and think outside the box, why can’t the district?

“I think Cindy wants to compete with charter schools,” he said.

—Mario Koran asks questions and writes stories about San Diego schools. Reach him directly at 619-325-0531 or by email: mario@vosd.org. ■

Lose Weight. Lose Big. — March 25

Join us on **Wednesday, March 25**, as we discuss what research shows is the most effective method of losing weight loss and the diabetes connection. The doctors will discuss gastric bypass, sleeve and Lap-Band options and which procedure may be right for you! Financing and insurance options will be discussed along with a Q&A. Make March 25 a life-changing day.

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GUEST EDITORIAL

Health or safety concerns? Renters have options

Alan
Pentico



Recent news coverage of the local landlord who has had numerous code compliance complaints filed against him by tenants concerned about health and safety violations is unsettling.

Many of those renters had to wait months or years for the violations to be corrected. But there is clearly no legitimate reason why anyone should be forced to live in substandard conditions. All renters, when faced with an intractable repair issue that affects health or safety, should be aware of their options — because the law is on their side.

California law states that rental units must be “habitable.” That basically means that the unit must be fit for people to live in. To be habitable, an apartment must meet state and local building and health codes related to health and safety.

Some repairs take longer than others, while some necessitate a higher priority. Property owners and renters each have responsibilities for certain kinds of repairs. Cleanliness of a unit, for example, is the responsibility of the tenant. It is the responsibility of the property owner or manager, however, to ensure the property is habitable.

When faced with a habitability issue, renters generally have seven options. You can:

1. Notify your landlord or property manager of needed

repairs. Make a call and send a letter. If you send an email, be sure to follow up with a written letter. Make sure to clearly identify yourself and the specific problem, and include the date of the communication.

2. Make the repairs yourself (or hire a professional to do it) and deduct the cost from your rent. Exercise this option if you don’t get a response from your landlord within a reasonable amount of time. Legally, you can deduct no more than the amount of one month’s rent. This remedy covers serious conditions that impact health and safety, such as no hot running water or a gas leak.

3. Abandon the unit if the problem is severe or life-threatening. You might consider this remedy if fixing the problem would cost more than one month’s rent. Before you do this, you want to be sure you’ve given the landlord a reasonable amount of time to fix the problem.

4. Withhold rent until the repairs are made. To use this method, the defects or cost to repair them must be more serious than would justify use of the above options.

5. Seek arbitration or mediation. Some landlord-tenant disputes can be resolved through dispute resolution centers or mediation services. The goal here is to settle disputes without having to resort to the courts.

6. File a lawsuit. Depending on the amount of money involved, this would happen in small claims court or Superior

Court. Keep in mind that you can sue without first trying any of the above options, but there are issues to consider, including costs and delays.

7. Contact your city’s Code Enforcement Division. The city of San Diego suggests you utilize the complex manager, homeowner association, mediation services, or the civil courts to resolve disputes before you go to them. San Diego’s code compliance complaint form can be found online at sandiego.gov.

If you find yourself exercising options 2, 3 or 4, remember that you must give the landlord notice in writing. The letter should clearly explain the problem. Don’t forget to sign and date the letter and keep a copy.

The California Department of Consumer Affairs has more information on these options on its website. For more information on habitability, visit the DCA website.

Remember, no one should ever be forced to live in an uninhabitable rental property. There are several steps you can take. Read your lease and see if repair requests are specifically addressed and what the process entails. If corrective steps are taken, make sure you document everything. In other words, take the time to make copies of letters, save emails, make copies of checks, etc.

Everyone deserves to live in a safe and clean home. Anything short of that is unacceptable.

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

LETTER

Dear editor,

In the article “Mission Valley keeps getting more roads — and more traffic,” (published Jan. 9), the three quoted expert sources are out of touch and misguided as to the problems of residents in the area of Friars Road and the 163 interchange. My wife and I have lived at the Union Square condos — approximately a quarter of a mile from the interchange — for more than 15 years and have seen nothing but more problems from the added traffic and lack of direction in the area. The worst was this past holiday season, when hundreds of thousands of vehicles were pumped into the area for shopping at the nearby centers. On one car trip, it took 20 minutes to get from our condo to the interchange. And now these “experts” are saying that no new roads are needed or planned? What about the five thousand new condos across Friars Road at Civita that will add thousands of new vehicles daily? Where is the expert planning for this mess? Removing the pedestrian overpass at Friars and Frazee is a huge mistake as it would help alleviate a huge traffic congestion problem and also provide better access to the highly touted mass transit access just a block away at the Hazard Center station near Union Square. It seems to me that these “experts” need to spend a little time in the area and actual see the problems instead of relying on unreliable studies.

—Mr. and Mrs. Bob Lam-pert ■

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Care for your pet's dental health



Sari Reis

Because cats and dogs are very skilled at covering up illness, oral disease is often not discovered until it is quite advanced and requires major treatment. But many pets suffer from it. By age 3, approximately 80 percent of dogs and 70 percent of cats display some form of dental disease.

For Veterinary Pet Insurance, “periodontal disease, a con-

dition that is caused by bacteria and tartar that build up around the teeth and gums, accounted for the most dental claims they received in 2014,” a whopping 26,800. Just as in humans, periodontal disease can be very serious. Besides causing pain, bad breath, loose teeth, loss of teeth and an inability to eat properly, the bacteria living in the oral cavity can easily travel through the bloodstream, causing complications with the heart, liver and kidneys.

Unlike humans, cats experience a type of cavity known as

tooth resorption, where the cells inside the tooth start eating it from the inside out. Up to 72 percent of cats suffer from this ailment. No one is quite sure what causes it but usually by the time it is diagnosed, the only option is to extract the affected tooth. One of my cats lost a tooth due to resorption so I am personally familiar with the problem.

As research in dental treatment continues to advance, providing more options than ever before, orthodontics has found its way into the companion animal field. Dogs who suffer from displacement of their upper canine teeth, where the fangs are too close to the tongue and actually poke the roof of their mouth, can now have an orthodontic treatment

to correct the condition. There is even an appliance called Pet-Align, a version of Invisalign that can be used for dogs to correct their bite. Dogs can also have endodontic treatment to remove an infected nerve while saving the tooth, commonly known as a root canal.

So how do you know if your dog or cat has an oral disease? If they are experiencing any of the following symptoms, have them checked out: red, swollen gums; visible yellow tartar buildup; bad breath; bleeding from the mouth; frequent pawing at the mouth or rubbing at the face; or a reluctance to eat.

Of course, the best solution is prevention. And for those of you who think that giving your dog or cat dry food or treats designed

to clean their teeth, or any of the other products sold to “prevent” oral disease, think again. Those products have very limited effectiveness. Instead, brush your dog or cat’s teeth every day or at least a few times a week. There are special finger brushes and toothbrushes designed for pets as well as toothpastes. Ask your veterinarian for help or watch a “how-to” video online. Also, be sure that your “furry kids” have an oral examination at least once a year with their wellness checkup. Early detection and treatment are critical and can add years to your pet’s life.

—Sari Reis is a certified humane education specialist and the owner of Mission Valley Pet Sitting Services.■

SPONSORED CONTENT

Let your pets take a vacation with The Golden Paw Pet Resort!

The Golden Paw Pet Resort opened in 2001 as a luxury lodging facility in San Diego that offered great pet accommodations at affordable prices. They didn’t stop there; over the next few years The Golden Paw sought to offer more for their clients as well as their pets. Their tight-knit group of staff treats all their furry friends like family! This is a prize motto that CEO Ben Vosberg wants all clients and their pets to experience. Mr. Vosberg is a native San Diegan, who graduated from San Diego State where he majored in business. Mr. Vosberg has been with the company for several years and has been at the forefront in opening more stores, as well as enhancing the pets’ luxurious lodging experience.

Day stays and weekly lodging are available for those that need someone to watch their pet during a long work day or for those going out of town. When asked what were some of Mr. Vosberg’s favorite aspects of The Golden Paw Pet Resort, the luxury accommodations were first on his list. This pet resort offers luxury rooms that include a large, plush, soft, and cozy dog bed, T.V. (which features such great dog-friendly movies as Oliver and Company and Lady and The Tramp), as well as a private web camera. This pet resort also has a basic lodging option that offers ample space and comfort for your canine friend. When asked about tours to see these different lodging options, Mr. Vosberg smiles and confirms that tours of any of their locations are available at anytime during open business hours. Mr. Vosberg believes in open communication with his clients and wants them to feel safe and secure when choos-



The Golden Paw is the industry leader and premier pet resort in San Diego.

ing a room for their pet.

With so many different pet daycare facilities throughout San Diego County, why should pet parents choose The Golden Paw Pet Resort? Mr. Vosberg responds quickly by saying they are one of the safest, cleanest, and most affordable daycares around. Dogs must pass a thirty-minute evaluation, where knowledge staff determines if they are a good fit. This pet resort also upholds a strict policy that all daycare attendees must be up to date on certain vaccines. Another factor is that the Bay Park location has an all in-door daycare, while the one in Hillcrest is out-doors. Many pet parents fluctuate where they take their pups. The daycare yards at all locations also have live action web cameras installed so pet parents can watch their pups play. These web cameras can be accessed from their website and even on a smart phone!

When asked what was special about The Golden Paw Pet Resort’s grooming, Mr. Vosberg boasts about the expertise of their groomers. Their

groomers have several years of professional grooming experience and take great pride in their work. From simply puppy cuts to custom haircuts, their groomers know how to style and trim dogs as well as cats. Their groomers also provide such extras as: blueberry facial, hot oil treatment, fur-minator bath, teeth brushing, de-matting, and nail trims. Mr. Vosberg firmly believes that these special extras enhance the pets’ experience, enabling them to have a truly royal spa experience. Mr. Vosberg himself owns two Australian Shepherds and says he only trusts his beloved pets with the groomers at The Golden Paw Pet Resort.

The Golden Paw Pet Resort has many different training options and packages that are tailored to fit your pets’, as well as their owners,

needs. They offer basic obedience, puppy training, as well as private in-home sessions. Mr. Vosberg asserts that while these training options are popular his clients really love the Train and Lodge and Doggie Daycare Training options. These two options allow pet parents to leave for work or a trip and come back to a well-behaved dog. Mr. Vosberg is also a certified trainer and has even stepped in and hosted training classes on occasion. He is very dedicated to the company and does not hesitate to get involved with any aspect of the job. He even admits to watching the daycare groups every now and then when it is needed.

With so many new stores

opening time management becomes harder. One way Mr. Vosberg keeps on track with all the stores is with information from both his managers as well as from the rest of the staff. He believes one of the biggest keys to success for a growing business is to keep an open dialogue with staff. When his staff needs help, whether its just a busy day or a trip to the store for more cleaning products or office supplies is needed, he makes himself readily available to help out in the store or run important errands. Mr. Vosberg also travels regularly to and from each store to ensure clients are happy and policies are being followed. While currently the brand has not been franchised, Mr. Vosberg has confirmed that they are currently looking into multiple ideas that have to do with expansion of the business. Their current open locations include Bay Park, near Sea World, and Hillcrest, near the San Diego Zoo. The next store, planned to open in late 2015, will be in the very popular shopping center off El Camino in Encinitas.

The Golden Paw Pet Resort seems to slowly be becoming a household name for those with pets. With the great staff and a constantly involved CEO, it’s not surprising to see how this once small company continues to grow. Do not be surprised to find Mr. Vosberg out of floor mingling with clients, training, giving tours, and even helping out in the daycare rooms. From the managers to the pet care associates to the groomers; Mr. Vosberg even helps handpick all of the employees. It defiantly seems to reassure pet parents that the CEO of this company is so involved. If you’re curious for more information about The Golden Paw Pet Resort, check out their website at <http://www.thegoldenpaw.net>. Or call them at: (619) 299-2730.



The Golden Paw Locations:	BAY PARK 5305 Metro Street San Diego, CA 92110	HILLCREST 3915 9th Ave San Diego, CA 92103	ENCINITAS Coming Soon!	Reservations 619.299.2730
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DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

The powerhouse culinary team at **Juniper & Ivy**, which includes celebrity chef Richard Blais of Top Chef All-Stars, has introduced a multi-course “Left Coast” tasting menu available to eight guests only at 6 p.m. every Thursday. The intimate meals feature locally sourced ingredients, with each weekly menu created on the whims of the chefs. The cost is \$95 per person or \$155 if opting for various alcohol pairings. 2228 Kettner Blvd., 619-269-9036. —Frank Sabatini Jr.



Chef Richard Blais leads the kitchen at Juniper & Ivy. (Photo by Tim King)



Mess Royale will import its bagels from Montreal-based St. Viateur. (Courtesy Flickr user bokchoi-snowpea via Creative Commons)

San Diegans can soon add “Canadian” to their list of ethnic dining options when **Mess Royale Poutine & Bagels** opens in Hillcrest in late March (and hopefully no later). The much-anticipated eatery, conceived by an entrepreneur from northeast Canada, will offer poutine made in classic French-Canadian style, which translates to cheese curds and light-brown gravy lopped onto a pile of French fries. Fancier versions using lobster and grilled chicken will be available as well, along with sandwiches made with bagels shipped in from the **St. Viateur** bakery of Montreal. 142 University Ave. —F.S.



The Singapore sling at Fairweather (Courtesy H2 Public Relations)

While two-thirds of the country recovers from a brutal winter, cocktail wizard Anthony Schmidt has rolled out a new menu of “drinks-from-sunny-places” at **Fairweather**, the rooftop bar overlooking the gates of Petco Park. Among the newcomers Schmidt resurrected and revised from old cocktail journals is the “tropical itch,” a Hawaiian bourbon-rum concoction with fresh pineapple that reportedly became the first cocktail served with a paper umbrella. Others include classic Caribbean piña coladas, Trader Vic mai tais and pre-World War I Singapore slings. 795 J St., 619-255-6507. —F.S.

Mission Valley’s brewery-restaurant, **Gordon Biersch**, has refreshed its menu with a renewed focus on creative chef-driven items that appeal to modern tastes. Among the new additions: a frisée salad dressed in a warm bacon vinaigrette and topped with tomatoes, bacon, Brie, sautéed crimini mushrooms and a fried egg; a series of entrees made with a Woodford Reserve bourbon glaze and served with brown rice pilaf, quinoa and kale; and a pizza smothered in white herb sauce and topped with Gruyere cheese, crispy pancetta, caramelized onions, roma tomatoes and chives. 5010 Mission Center Road, 619-688-1120. —Jeremy Ogul



Jumbo shrimp in a Woodford Reserve bourbon glaze (Courtesy Gordon Biersch)

The recently opened tasting room in North Park by **Rip Current Brewing** now offers salads, sandwiches, pizzas and small plates from **Sublime**, a local vendor that operates the property’s kitchen. In addition, the San Marcos-based brewer has just re-introduced its lauded double IPA, Red Flag. The tasting room will officially hold its grand opening sometime in March and plans to add five more handles to the dozen-plus lineup. 4101 30th St., 619-793-4777. —F.S.

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Selina Khan says of her new Pakistani-Indian restaurant in Hillcrest: “It’s a campaign for real curry, the way we make it at home in Pakistan.” Since opening **House of Khan** in early February in the space formerly occupied by **Mama Testa**, the full-service restaurant has been serving lunch and dinner Tuesday through Sunday. The big sellers so far are kabob rolls and chicken curry plates. “Everything’s made in-house,” assures Khan, who started the business several years ago as a pop-up eatery in the College Area. In her new space, she’s installed industrial lighting and artwork from the subcontinent. 1417 University Ave., 760-580-9024. —F.S.■

Food extravaganza from Las Vegas to make local debut at stadium

Frank Sabatini Jr.



After gaining considerable steam at venues along the Las Vegas strip, The Great American Foodie Fest is launching its first tour outside of Nevada as it rolls into the northwest parking lot of Qualcomm Stadium on March 27-29.

The event brings together a mix of restaurants, specialty food vendors and dozens of “celebrity” food trucks spotlighted in recent years on The Food Network, The Cooking Channel and The Travel Channel. Among those taking part are several local favorites such as Devilicious, Currywurst and Crepes Bonaparte.

They will be joined by nearly 50 other vendors of local and national origins amid a focal presence by White Castle Systems Inc., which plans on trucking in from Cleveland the ingredients for making and selling 100,000 of its iconic mini burgers during the three-day event.

The festival has been running twice annually in Las Vegas since 2012, attracting more than 50,000 attendees in October. It also features carnival rides, live entertainment and an area for beer, wine and cocktails.

“Our numbers keep growing,” says Noel Casimiro, president of Red Dragon LLC, a Las Vegas-based events group known also for organizing the Las Vegas Asian Food Festival as well as golf tournaments and family fun runs in that city.

“We love seeing on national TV all of the restaurants, specialty vendors and food trucks featured around the country. So we began bringing the best of them into one local destination, and we thought that San Diego would be a great fit for our first expansion outside of Las Vegas.”

Admission into the festival is \$8 a day or \$13 for a weekend pass if purchased in advance at www.greatamericanfoodiefest.com. Gate prices are \$10 and \$15, respectively. Once inside, attendees purchase their meals and beverages a la carte from the vendors. Food items will average between \$5 and \$10, Casimiro said.

The bill of fare runs a wide gamut, including Taiwanese cuisine by Taipei Street Food and surf-n-turf burgers from Chubby’s, both of San Diego, along with seafood from The Lobster Shack in Las Vegas and potatoes many ways from Tornado of Irvine.

In addition, Devilicious from Temecula will motor in with its specialty grilled cheese sandwiches featured on popular cooking shows while the Currywurst truck gives attendees a taste of its spicy German pork sausages seen also on national television.

White Castle will make a



The White Castle burger chain’s food truck will lead the charge of nearly 50 culinary vendors at the Great American Foodie Fest at Qualcomm Stadium in late March. (Courtesy Red Dragon LLC)

dramatic showing with a 20-by-80-foot tent housing five grills and 20 employees in addition to a food truck parked alongside.

The company’s famous two-bite burgers, slung from established grills throughout the Northeast and Midwest since 1921, are expected to draw a frenzy since they are only available to West Coast consumers in grocery-store freezer sections.

“We’ll have separate lines for people ordering 10 or less, 30 or less and another for customers buying however many they want,” says Steve Foreman, a district supervisor for White Castle. “At the events in Las Vegas, we’ve seen purchases of 300 sliders per person.”

The burgers, garnished with grilled onions and a pickle, will

be sold in pairs for \$2 (or \$3 with cheese). For San Diegans who have never tried the sliders or moved here with a longing for them, the festival presents a rare opportunity to buy them fresh because “there are no plans to open a White Castle anywhere in Southern California,” Foreman said.

The festival will be open from 4 p.m. to midnight on March 27; noon to midnight on March 28; and noon to 8 p.m. on March 29. It will feature a main stage with non-stop entertainment that includes live DJs in between band performances. For more information, visit www.greatamericanfoodiefest.com.

—Contact Frank Sabatini Jr. at fsabatini@san.rr.com. ■

Business Spotlight

Kensington Commons Apartments

Located at the corner of Adams and Marlborough avenues in the village of Kensington, Kensington Commons features distinguished urban living.



The three-story project returns classic architecture and village identity to one of San Diego’s classic neighborhoods. Featuring Santa Barbara-style architecture and reflecting the prevailing style of the surrounding community, Kensington Commons features 34 apartment units over ground floor retail including Stehly Farms Market. Apartments include one bedroom, one bedroom + den and two-bedroom flats with open floor plans, upscale amenities and generous outdoor spaces. The flats were designed to appeal to those who value the gracious style of Kensington, but want modern kitchens, energy efficiency, security and parking.

Apartment floorplans also feature nine-foot ceilings and unique “great room” designs for flexible living and entertaining. The pet-friendly flats offer classic hardwood style floors and plush carpeting, modern kitchens with stainless steel appliances and gas ranges, washer and gas dryer, quartz countertops, large storage closets, private patios or balconies.

Kensington Commons reflects the City of Villages design strategy, which focuses growth into mixed-use activity centers that are pedestrian friendly, become centers of community, and are linked to regional transit systems.

For more information: kensingtoncommons.com | 619-280-5888

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**A tandoori oven
in an unlikely place**

(l to r) Rogan josh, basmati rice and lamb
curry (Photos by Frank Sabatini Jr.)

Frank
Sabatini Jr.
Restaurant Review



Restaurateur and aircraft engineer Mayur Vadhwa brings Indian cuisine to areas where people least expect it.

In the late '90s he introduced to the citizens of Duluth, Minnesota, that city's first Indian restaurant, which endures today under different ownership. More recently, he opened Indian Grill on Old Town's main drag, where nut-stuffed naan bread and vindaloo curry are a first in a neighborhood flocked by tacos and burritos.

Yet from the look of things, nobody's proclaiming culinary

as a protein option, the menu features familiar dishes seen at most Indian restaurants around town. The house-made samosas, however, rank among the best. They're available in veggie or chicken and boast crispy casings with onion seeds embedded into them.

The raita scores high points, too. As a condiment for naan bread or a dipping sauce for meat, this yogurt-cucumber-mint admixture typically takes on overloads of salt. Here, the sodium is eliminated and shredded carrots are added, resulting in a sweet-sour flavor that had us spooning every last speck from the bowl.

A clay tandoori oven imported from India serves as the cooking source for most dishes, including lamb or chicken shish kabobs. We chose the latter, which featured a few necklaces of succulent thigh meat brushed with tamarind, garlic, mint and cilantro. It's a recipe that Vadhwa proudly calls his own — and certainly a cut above most others.

Heat levels for the curry-based dishes are available in mild, medium or hot rather than a 10-scale number system.

"We don't use that kind of razzmatazz," Vadhwa quipped. "It's too difficult to calibrate all those levels."

For madras curry with lamb that my companion chose, it came mild as requested and was a tad oily. The sauce is among the thickest since it embodies coconut milk and dense measures of turmeric, coriander, cumin and cloves. Though in Indian restaurants that don't cater as much to American palates, the recipe unleashes a good dose of chili peppers.

I ordered rogan josh with shrimp at medium heat level, which fell slightly below the spiciness I expected. The tomato-yogurt sauce was nonetheless tangy and brightly spiced with turmeric,

Indian Grill

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(Old Town)

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Prices:

Appetizers, \$4.99 to \$8.99;
entrees, \$4.99 to \$14.99

though without obliterating the flavor of several large shrimp contained within. The sauce was abundant, with plenty leftover to juice up the fluffy long-grain basmati rice served alongside.

Other categories on the menu featuring a choice of proteins include daal saag (spinach and lentils), korma (creamy sauce with nuts), kadai (onions and bell peppers) and vindaloo (vinegar-based curry sauce). Minced lamb or chicken, known as keema, and what Vadhwa calls "a short-cut version" of spiced biryani rice, are also available along with a dozen vegetarian entrees.

Dishes are made to order, including excellent naan bread topped or stuffed with various ingredients such as meat, onions, nuts or garlic. In other words, the food takes several minutes longer to arrive at your table compared to other Indian restaurants that keep pots of cooked meats simmering all day on the stove. But as we found when savoring the exotic flavors lingering on our tongues between courses, it's worth the wait.

—Contact Frank Sabatini Jr.
at fsabatini@san.rr.com.



Samosas

sacrilege.

The bright, colorful space with its spacious outdoor patio has attracted a steady patronage by locals and tourists since opening a few months ago. A growing number of Brits have also come knocking for curry dishes they've grown accustomed to in their homeland, such as yogurt-laced rogan josh and classic tikka masala cooked as such by Indian immigrants across England.

As a result, Vadhwa plans on adding more English-upheld Indian fare to the menu, focusing perhaps on jal-frezi-style dishes in which vegetables and marinated meats are cut into long strips and stir-fried in a riot of spices.

Vadhwa is a native of Gujarat, India, and works by day at his engineering job before warmly greeting dinnertime visitors at the restaurant. His menu is co-authored by New Jersey-based chef Arvind Panchal, who helps open Indian kitchens around the country.

Aside from goat appearing



Shish Kabob

nutrition matters



Give frozen vegetables a chance

Katy Kaufman

As residents of Southern California, we are fortunate enough to have access to beautiful, fresh produce year round, but what many people don't realize is that frozen fruits and vegetables can be a great, healthy alternative.

Surprisingly, frozen foods are just as nutritious, and often even more nutrient-dense, than their fresh counterparts. Frozen fruits and vegetables are generally picked at the peak of ripeness and flash frozen, which preserves the nutrients but doesn't add any sodium or other preservatives. I always like to have a few bags of frozen green beans, broccoli or corn to toss into quick mid-week meals to add some color, fiber, vitamins and minerals.

Another benefit is that frozen fruits and vegetables are always cut and peeled, which saves on preparation time. Additionally, you can portion out what you need and save the rest in the freezer for later. When cooking, I recommend steaming or sautéing instead of boiling, which leaches out nutrients that are usually discarded with the cooking water.

Here are some simple ways to use frozen fruits or vegetables:

- Top hot oatmeal with frozen blueberries to cool down quickly.
- Use frozen broccoli, corn and carrots to make a hearty soup.
- Mix frozen spinach into a pot of cooked hot pasta, add to a stir-fry or use in lasagna.
- When making a smoothie, blend bananas, frozen strawberries, frozen spinach, almond milk and non-fat Greek yogurt for a creamy drink. You won't even taste the spinach!

Whole Wheat Garlic Pasta with Vegetables
Start to finish: 25 minutes
Serves: Four

- 12-ounce package whole wheat penne pasta
- 1 tablespoon olive oil (+ 1 teaspoon)
- 3 cloves garlic, minced
- ½ teaspoon salt, or to taste
- 1 ½ cups frozen green beans, diced
- 1 ½ cups frozen multicolor bell peppers, diced
- 1 cup frozen pre-chopped spinach
- ½ cup sun-dried tomatoes in oil, diced
- 1/3 cup grated Parmesan cheese

Cook penne pasta according to directions in boiling water for about 10-12 minutes

While pasta is boiling, place 1 tablespoon olive oil in a skillet and bring to medium heat. Add green beans, bell peppers and garlic. Sauté for five minutes until tender. Add sun-dried tomatoes and salt. Sauté for another five minutes.

Once pasta is cooked, drain and return to original pot. Add the vegetable and sun-dried tomato mixture. Sprinkle Parmesan cheese onto pasta and vegetable mixture and toss to fully coat. If pasta seems dry, drizzle 1 teaspoon olive oil over mixture and toss.

—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. ■



Get creative with veggies for kids

Kelly Ostrem



March is National Nutrition Month! It's the perfect time to refresh the whole family's diet with some healthy alternatives. While getting kids to eat their fruits and veggies isn't always an easy task, here are a few ideas to get kids a little more excited about eating healthy.

Take your pick:

Give your kids some ownership over the food they eat. Take them to the store with you and let them pick out a new fruit or vegetable. Then, work together to make a recipe or create a dish with that new food and try it together. Discuss what you like and don't like about it. If you found a winner, make it again.

Snacks on the go:

Our busy lives keep us away from the go. Pack snacks that travel well, like dried fruit or trail mix with whole grain

cereal and nuts. Aim to have a couple of options in a baggie or disposable container so you can be ready when hunger strikes. It's easier to say no to an unhealthy temptation when you're prepared with something better.

Take a dip:

Get creative with dips. Use spices, not sugar, to jazz up your dip. Herbs and garlic mixed into yogurt is great with veggies. Put cinnamon in vanilla yogurt for a delicious fruit dip.

Play with your food:

Make meals and snacks interactive and fun! This will help make eating healthy a positive experience. How can you do this? Cut food into fun shapes. Have your child build their own pizza, making a design out of vegetable toppings. Make a baked potato face with healthy toppings. Make kabobs with fruit or veggies. Freeze fruits on a stick for a healthy treat. Have your children invent a snack with healthy ingredients and let them name it too.

G-I-Y (grow it yourself):

Start a garden with your child. Whether you have space in the back yard or just in a pot or two, plant the seeds and watch your own vegetables grow. This is a great way to show kids that our food doesn't just come from a grocery store, but seeds and dirt in the earth. Then they can literally eat the fruits of their labor. Mission Valley Y offers a "Learn & Grow" class that's free for family members. The class spends time in the Y's organic garden, plants seeds, picks ripe veggies and learns about nature.

And remember, one of the best ways to encourage kids to eat well is eating well yourself! Your actions speak volumes to your kids, so if you let your child notice that you snack on fresh, healthy foods, he or she will take notice.

— 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
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 N.	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.	Double Tree 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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Troy's	10450 Friars Rd.	Circle K	1460 Morena Blvd.
Petco	10410 Friars Rd.	Fresh Mx Food	1975 Morena Blvd.
Jamba Juice	10406 Friars Rd.	Off-Shore Tavern & Grill	2253 Morena Blvd.
Starbucks	10406 Friars Rd.	Linda Vista Library	2160 Ulric St.
Black Angus	10370 Friars Rd.	Rady Children's Hospital	3020 Children's Way
Summer Nail And Spa	10330 Friars Rd.	Sharp Hospital	7850 Vista Hill Ave.
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.		

MUSIC NOTES

JAZZ

Thursday and Fridays: Antonio Fe at the Cosmo at The Cosmopolitan Restaurant and Hotel. Free. 6:30 p.m. 2660 Calhoun St., Old Town. OldTownCosmopolitan.com.

Fridays: Jazz Happy Hour at the Handlery Hotel's 950 Lounge. Free. 5:30 p.m. 950 Hotel Circle North, Mission Valley.

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.

CLASSICAL

March 14: "King of Instruments" orchestral performance at First United Methodist Church of San Diego. Suggested donation. 7 p.m. 2111 Camino Del Rio South, Mission Valley. Visit Grossmont.edu.

March 15: "King of Instruments" orchestral performance at Paradise Valley Seventh-day Adventist Church. Suggested donation. 7 p.m. 2701 East Eighth St., National City. Visit Grossmont.edu.

March 27 - 29: "Zukerman Plays and Conducts" at Copley Symphony Hall. \$20+. Friday and Saturday at 8 p.m., Sunday at 2 p.m. 750 B St., Downtown. SanDiegoSymphony.org.

ALTERNATIVE / ROCK

March 20: Blink-182 with Matt Skiba. \$50. 7:30 p.m. 3350 Sports Arena Blvd., Midway. SomaSanDiego.com.

March 20: 22 Kings at Hooley's. Free. 9 p.m. 5500 Grossmont Center Drive, La Mesa. Hooleys.com.

April 4: Silvermine at Pal Joey's. Free. 9 p.m. 5147 Waring Road, Allied Gardens. PalJoeysOnline.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.

March 21: Nina Francis at Kensington Café. Free. 8 p.m. 4141 Adams Ave., Kensington. KensingtonCafeSD.com.

March 21: Tolan Shaw at the El Cajon Library. Free. 2 p.m. 201 East Douglas Ave., El Cajon. SDCL.org/locations_EC.html.

OTHER

March 15: Sule Greg C. Wilson at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 - 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

March 21: Jinnah Williams at Trisler's Wine Bar. Free. 7 p.m. 8555 Station Village Lane, Mission Valley. Trislars.com.

March 26: Peter Bolland performing the theme "The Boss" at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

March 27: Rock in the Park featuring Earl Thomas with Michael Tiernan at Reuben H. Fleet Science Center. \$24+. 7 p.m. 1875 El Prado, Balboa Park. rhfleet.org/events.

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



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'Tricky Dick' in baritone

A unique opera comes to San Diego

David Dixon

An opera about a former president of the United States visiting communist China in 1972 might seem like an unusual idea.

In fact, when "Nixon in China" first premiered in 1987 at the Houston Grand Opera, many critics had mixed reactions. Some were not sure what to make of John Adams' minimalist music or Alice Goodman's libretto.

But time has been kind to the operatic piece, and it has since been reproduced all over the world the last few decades.

A new interpretation from Director James Robinson, starring acclaimed baritone Franco Pomponi, will have a limited engagement with the San Diego Opera March 14, 17, 20, and 22. This is the first time the piece has been performed in San Diego.

Robinson has his own theory about why reviewers have warmed up to the story over the years.

"There are always new pieces, whether they're plays or operas, that come out and people don't know what to think of them," he said. "They might be a little too close to the subject matter before people have a chance to step back and reassess it. I think with this one, it was just a very original subject and nobody had really heard anything like this. Now that it's been produced so many times, a newer generation of people have come to appreciate it."

Although Robinson and Pomponi have never worked together on "Nixon In China," neither of them are strangers to the opus. Robinson has directed renditions for numerous companies including Vancouver Opera, Chicago Opera Theatre, and Opera Colorado.

Pomponi's introduction was a televised version staged by the Houston Grand Opera and shown on PBS.

"At the time, I had never seen or heard anything like it before," Pomponi said.

The day after seeing "Nixon



(above) Franco Pomponi as Nixon listens to Chairman Mao; (below) Nixon on "stage" in China (Photos by Ken Howard/Opera Theatre of St. Louis)

in China" live at the New York Metropolitan Opera, Pomponi got a call asking if he would play Nixon in Paris, at the Theatre du Chatelet.

"At first I didn't think it was possible, so I looked at the score and I had a lot of talks with my agent who thought it would be great to do the title role in Paris," he said. "It turned out to be a fantastic experience."

To get prepared for the part in Paris, Pomponi conducted a lot of research in order to channel the spirit of Nixon.

"I must have watched between 40-50 documentaries about the time period," Pomponi said. "I watched documentaries on Mao Zedong's March as well as the Trial of Jiang Qing [known to many as Madame Mao]."

Pomponi said he didn't want to do a direct imitation of the infamous Head of State.

"I'm more interested in the man that he was," he said. "He

was a very iconic president. He was egomaniacal and completely frail at the same time. He had a lot of paradoxes ... there is a lot of information to grab onto. The psychology is really important to me."

Robinson feels that Nixon comes across as somewhat empathetic throughout the evening.

"There are times where he does have his meltdowns, but it's a very fair depiction of him," he said. "The opera is a fictionalized account, but I think that is what the creators intended to do."

The director believes that people who are intrigued by Nixon's life and have never seen an opera before will enjoy "Nixon in China."

"People who remember Nixon in that time will find it fascinating," he said.

Robinson also feels that it will hold equal appeal for music lovers.

"Because it does require a lot of really great singing, I think an opera audience is going to like the piece," he said.

"Nixon in China," presented by the San Diego Opera, will see a limited engagement March 14 - 22 at the San Diego Civic Theatre, located at 1100 Third Ave., Downtown. For more information, specific show dates and times, and tickets, visit sdopera.com.

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

► Films, from page 1

artists to learn more about the entertainment industry.

Festival founder and Executive Director Ethan Van Thillo said this year's event includes a new "Creative Careers Expo" that will not only showcase opportunities within the film industry but also many other industries. The expo is free for all ages and will take place on March 14 from 10 a.m. — 4 p.m. at the Jacobs Center for Neighborhood Innovation, located at 404 Euclid Ave., in City Heights.

Van Thillo said the new partnership with the Jacobs Center will allow people to take part in the festival in a unique way.

"We need more young Latinos, African-Americans and immigrant youth to get involved in careers in technology, software, visual arts, journalism, film and video, music, fashion and more," he said. "Additionally, we need young people who will help our country grow by being creative and innovative, no matter what industry they choose."

Exhibitions Director Phil Lorenzo thinks the new venue at Fashion Valley will give loyal attendees a new appreciation for the festival. He is excited to bring an element of fashion into the works — through both the expo and the new venue — something he said has been a big part of both the Tribeca and Sundance Film festivals.

The SDLFF will also include a showcase of films for the LGBTQ community. Cine Gay be-



Hector Jimenez stars in "Fachon Models" (top); Kate del Castillo in "Visitantes" (Courtesy San Diego Latino Film Festival)

gan nine years ago and consists of films from Venezuela, Mexico, Chile and Brazil. Van Thillo explained why this aspect of the festival is important, not only to the LGBTQ community, but the Latino community as well.

"The annual San Diego Latino Film Festival has for years been working on breaking down

borders and barriers," Van Thillo said. "Not only have we strived to create a better understanding between the Latino and Anglo-American communities through film, we've also strived to celebrate the diversity within the Latino community itself. It's important to fight for the rights of the LGBTQ

community. It's important to fight against machismo and make sure women's voices are heard. Diversity is what makes our country great and is what makes our communities and neighborhoods even stronger."

Though this is a Latin film festival, one might think that speaking Spanish is necessary to fully appreciate all it has to offer. However, Lorenzo said that is not the case, adding that attendees merely need to keep their minds open.

"The stories that Latino filmmakers tell are the stories of you and me; they are every story," he said. "Humanity is the key in filmmaking, it is tapping into the vein of what makes us, well, us."

Organizers assure that all films will be screened with subtitles and many of them are already in English.

If you plan on attending the festival this year, expect everything a Hollywood-type experience would include: stars, directors and Latin filmmakers, because Van Thillo said he wants attendees to be immersed in the Latin entertainment culture.

While listing off some of the more well known Latin celebrities that will be joining the festivities — including Kate del Castillo, Adal Ramones, Edward James Olmos, Maria Rojo, Sandra Echeverria, Cassandra Ciangherotti, Hector Jimenez, and Julio Bracho — Van Thillo said getting the chance to meet the films' makers and stars and participate in Q&As is what make all the an-

nual festivals so special.

"The recent wins at the Oscars were a wonderful victory for both the filmmakers, producers and Latino cinema in general," Van Thillo said. "It shows the world what we've known for 22 years now; that Latino filmmakers and storytellers are some of the best artists in the world."

With Alejandro González Iñárritu's best director and best picture awards for "Birdman" being a first for the Latin community, Van Thillo said he hopes the SDLFF will continue to foster Hollywood's — and the public's — appreciation for Latino filmmakers and their talents for years to come.

And who knows? Maybe this year's SDLFF will be the place where Hollywood finds its next Oscar winner.

The 22nd annual San Diego Latino Film Festival will run March 12 — 22, at the AMC Fashion Valley 18, located at 7037 Friars Road in Mission Valley, and the Digital Gym Cinema, located at 2921 El Cajon Blvd., in North Park.

For tickets and more information about the festival or the Creative Careers Expo, visit sdlatino.com.

—Timothy Rawles is a local freelance writer. He and his husband live in Mission Hills with their two children. He can be reached at reporter66@msn.com.

—Contributing Editor Morgan M. Hurley contributed to this report. ■

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"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."

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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.

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Tunnel, from page 1

it makes for an interesting activity, very different from the usual business pursuits that usually occupy people's time in the area. It also is a neat way to walk off some of those edible delights that are so readily obtained (and consumed) at the nearby eateries, large and small.

So on a future visit, take along some good walking shoes, maybe serious ones depending on how far you'll be trekking. Head over just northwest from Costco, east of the Islands Restaurant, park your vehicle and look for that tunnel entry right there below Friars Road. You might be surprised at how pleasant the area in front of the tunnel entry is, with a grassy section, some shade and benches built for relaxation — an environment rare in most major shopping complexes. As one person observed: "Looks like even if you didn't enter the tunnel, the little landscaped area would be a nice place to read a book while your significant other does the shopping at Costco!"

Walking guide:

Start your stroll by walking past the metal gates (closed at night), through the tunnel and onto the sidewalk on the north side of Friars. The walkway zig-zags uphill past a large solar panel array. Cross under a stone footbridge linking sections of the large Escala complexes of Courtyards and Portofino. You'll notice it's much quieter as you move away from Friars. In official documents, this walking route is designated as an urban pathway easement.

The walkway meets a wall, heads left, left again, then right. Continue a short ways to a long, slightly uphill walkway heading to the right over to Northside Drive. Walk left through a door-sized gate (beside it is the locked vehicle gate for resident use) and up the hill via Northside Drive. At the end, take a left onto Pompeii Lane. (Off to the right and uphill is an obvious grassy park area, for the use of residents and their dogs only.) A short walk along Pompeii leads to a short paved segment to the right, which ends after about 50 feet. From here on you're in scrub brush on foot trails, rough in sections, heading north. This is where you'll quickly realize you need tough walking



The entrance to the tunnel under Friars Road (Photo by Tom Leech)

boots and a good walking stick for stability, as the pathway is heavily rocky.

If you stay with it, after about 15 minutes you'll be walking in the Ruffin Canyon water run-off creek bed. Plans have been discussed to create a typical dirt-type trail along here, under the auspices of the San Diego River Conservancy, but for now it's a challenging walk. The reward is the scenery with canyon walls heading up both sides and lots of trees, cacti and rich foliage, with many flowers appearing in spring. Stay with it for a quarter mile or so and this Ruffin Canyon Trail becomes easier hiking as the stone sections fade. You'll see from the right a trail coming in from Shawn Canyon, making for a fun hike up to Serra Mesa's Mission Village Road.

Continue on straight and you'll find this a pleasant hike all the way up to Ruffin Road where it meets Gramercy Drive by Taft Middle School. Head back on down or try a couple fun options: you could walk left, past Taft, to find a trail entry that heads down along the east side of Taft, eventually rejoining Ruffin trail; or, you can walk a few blocks to the south (right) to Shawn Canyon and head back down that trail and turn left where it meets the Ruffin Canyon Trail. Whichever your choice, head back down the hill toward Friars and through that enticing tunnel. Find a good spot for a coffee, cold brew, maybe a sandwich and reflect on what an unusual jaunt you just had.

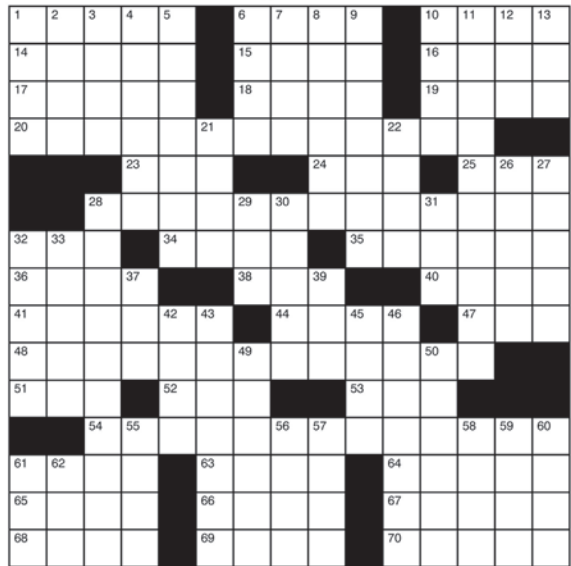
Note: These Serra Mesa canyon trails have been significantly upgraded over the years under the diligent care of the Friends of Ruffin Canyon. For information about this group, visit [serramesa.org/friends-of-ruffin-canyon](#).

Disclaimer: When you hike into publicly-accessible nature areas, it's not the same as walking down the street. Exercise proper caution and respect for the rights of others; the author and this publication assume no responsibility for problems that might occur.

—Tom Leech is a long-time contributor to Mission Valley News. He's the lead author, with Jack Farnan, of *Outdoors San Diego: Hiking, Biking & Camping*. For information about many ways to enjoy our natural areas visit [www.outdoorssandiego.com](#). For info about all his books, visit [www.presentationpress.com](#). ■

MVN Puzzles

Crossword Solutions on page 15



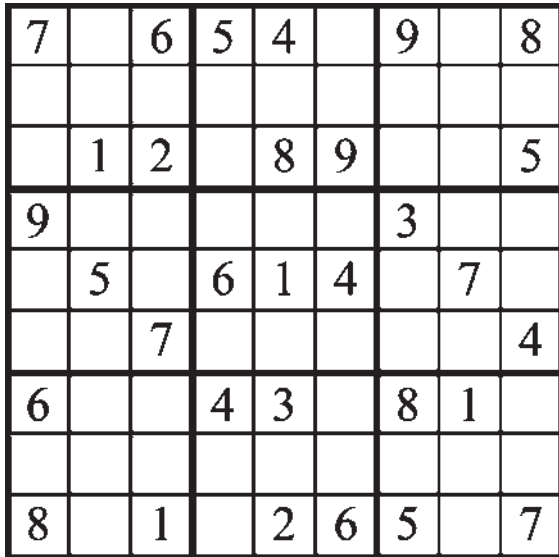
CREATORS NEWS SERVICE By Charles Preston

- ACROSS**
- Hits
 - Lhasa
 - Hat part
 - Puckish creature
 - Schism
 - A Chaplin
 - Irregularly: bot.
 - Solicit
 - Pueblo-dwelling tribe
 - Pizza topping
 - Zip
 - Leatherworking tool
 - Boot
 - Kielbasa
 - Ernesto Guevara, familiarly
 - Ivy League school
 - Ocean floor
 - Carry on
 - Word with hat or hand
 - Pine
 - Cezanne or Chagall
 - Bart Simpson's sister
 - Shoshonean
 - Breakfast item
 - Sweltering
 - Teachers' gp.
 - See 14 Across
- DOWN**
- Danish alternative
 - Grimace
 - Dies
 - Diplomat Silas
 - With the bow, musically
 - Son of Bor and Bestla
 - Small cases
 - Director Waters
 - Ivy clumps
 - Fender flaws
 - Detail, briefly
 - 100 centesimi
 - Nerve fiber
 - Name of two Italian sculptors
 - In an unkempt manner
 - Nick Charles' dog
 - Drudge
 - Diving apparatuses
 - Algonquians
 - Clown
 - Circuitous
 - Roadside stopover
 - tai
 - Pelvic bones
 - Detective's delight
- 26 Orange, e.g.**
- 27 Papyrus, for one**
- 28 First five Old Testament books**
- 29 Road sign**
- 30 Greeting**
- 31 Mineo**
- 32 Go down, as a computer**
- 33 A Marx**
- 37 Sort of smith**
- 39 Hazy**
- 42 Trill**
- 43 Gerontion poet**
- 45 Appear**
- 46 Referred**
- 49 Coif**
- 50 Worn-out**
- 55 One of the noble gases**
- 56 Voiced**
- 57 Layers**
- 58 Goat-man of myth**
- 59 What's for me?**
- 60 Headland**
- 61 Capt.'s superior**
- 62 Rio de**

Sudoku Solutions on page 15

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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2 BR 2 BA \$497,000

Light, bright top floor unit in Fashion Valley! Largest 2 BR model at 1228 sq. ft. Eat in kitchen w/double oven, gas fireplace, new a/c, 2 assigned parking spaces in a resort style complex with all the amenities! Great central location!



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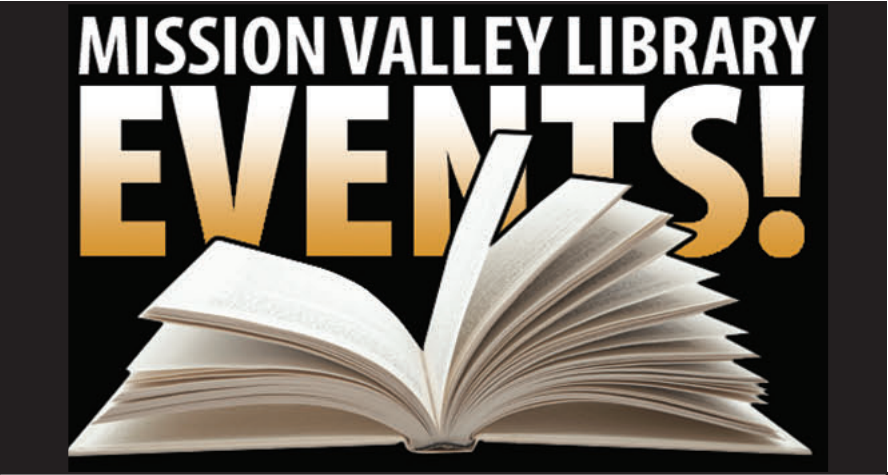


SPACIOUS LUXURY!

3 BR 2 BA \$625,000

Must see this 3/2, 1969 sq. ft. condo! Remodeled kitchen, formal dining, eat-in kitchen, large master suite with sitting area and a fireplace! Smooth ceilings, A/C, 3 balconies, 2 assigned parking space, gate guarded resort like complex with all amenities! Two pets welcome! (35 lbs max.)

619-227-9147



Alzheimer’s caregiver seminar and discussion group
Saturday, March 21, 1 – 2:30 p.m.
KUSI News reporter and contributor to “Chicken Soup for the Soul: Living with Alzheimer’s & Other Dementias,” Kristen Cusato will lead this roundtable discussion of tips, advice and more for caregivers.

Assemblymember Weber’s mobile office
Tuesday, March 16, 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: “Calvary”
Wednesday, March 25, 6 p.m.
Free screening of this 2004 part-comedy, part-drama, starring Chris O’Dowd and Kelly Reilly, followed by discussion.

Friends of the Library meeting
March 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.

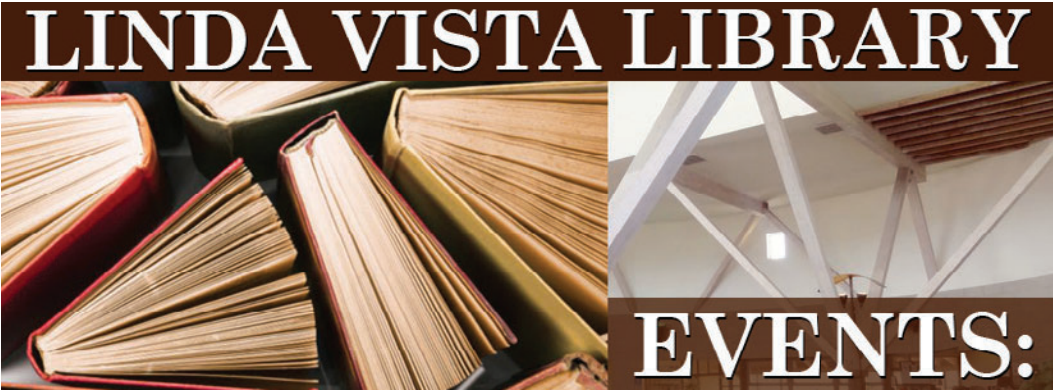
Sumi-E art class
Wednesdays, 2:30 to 5 p.m.
Learn the classical Japanese style of ink and brush.

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.

“What is a Book?” art exhibit
Through Tuesday, March 31
Work by several local book artists will be on display at the library. The exhibit is curated by Rene Gehr, an art history professor at City College and employee of the San Diego Public Library.

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 will be closed on March 31 in observance of the Cesar Chavez Holiday.■



Linda Vista Planning Group General Meeting
Monday, March 23, 5:30 p.m.
This is an open meeting of the Linda Vista Planning Group. The public is encouraged to attend. The general elections for the group will be held at this meeting. There are 11 current seats up for election/re-election. Visit lindavista.org/lvpg.

Anime/Manga Club
Wednesdays, 5 – 6 p.m.
Discuss fantastic anime and manga new and old: their history, storylines, possible storyline revisions and the latest news. Club members have a say in what anime and manga titles should be added to the library collection. For teens only.

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.

Hatha Yoga for Adults
First Thursday of the month, 11 a.m. to noon
Aryn Rannazzisi leads a gently paced class combining breath work and postures to promote strength, flexibility and balance. This all-levels class will include inversions, backbends and sun salutations. Please bring a mat or large towel and a hand towel or strap to class.

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.

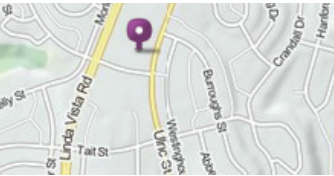
Storytime with Andie
Saturdays, 11 to 11:40 a.m.
Stretch your imagination and enjoy a story told energetically.

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 on March 31 in observance of the Cesar Chavez Holiday

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 or [facebook.com/lvlibrary](https://www.facebook.com/lvlibrary).■



We welcome your input on the community!
Submissions can be sent by e-mail to jeremy@sdcdn.com.
Thank you for your interest in the Mission Valley News.

PUZZLE ANSWERS

SUDOKU ANSWERS FROM P. 14

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

CROSSWORD ANSWERS FROM P. 14

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



Home

where your life happens

It's so much more than just a roof over your head.

Home is where family bonds are formed, goals are shared, dreams are realized, and memories are made.

We understand the importance of your home being the center of your life. Because we also dream big, and create unforgettable moments with family, friends and the local community.

When it's time to buy or sell, reach out to one of our local agents at bhhsocalifornia.com. It's the first step in finding the perfect home for your life to happen.

For career opportunities, visit bhhsocalifornia.com/about/careers

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