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MISSION VALLEY News



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San Diego Community News Network



Big changes are in store for Mission Valley over the next 10 to 15 years, and the city has ordered an update to the Community Plan. (Photo by Nicole Strickland)

Giving back

How citizens can have a say about Mission Valley's future

Ken Williams
Editor

Within the next 10 to 15 years, Mission Valley's population is estimated to more than double in size. That means more housing, more roads, more traffic congestion and more challenges for planners and residents.

The Mission Valley Planning Group (MVPG) has been tasked by the City Council to update the Mission Valley Community Plan, a major undertaking to modernize the long-range land-use plan for the sprawling neighborhood that is home to numerous hotels, major shopping centers and the aging Qualcomm Stadium. The City Council will eventually have the final say on the updated plan.

In January, Dottie Surdi, chair of the MVPG, appointed the 12 members from the planning group who will serve on the Community Plan Update Committee. John Nugent will be the committee's chair, and Andrew Michajlenko and Elizabeth Leventhal will serve as vice chairs. Other members will be Deborah Bossmeyer, Paul

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Going HOG wild



Bridge player Trish White hitches a ride with San Diego HOG director Coffee Kaufman to promote "The Longest Day." (Photo by Mike Lewis)

Harley owners and bridge players team up to fight Alzheimer's disease

Ken Williams
Editor

Two diverse groups, typically from different social settings, are teaming up to raise money for the fight against Alzheimer's disease.

The San Diego chapter of the Harley Owners Group (HOG) and the Redwood Bridge Club are partnering to benefit the Alzheimer's Asso-

ciation's annual national fundraiser called "The Longest Day" because it is held on June 20 from sunrise to sunset on the summer solstice.

The Longest Day symbolizes the challenging journey for those diagnosed with Alzheimer's and the families and caretakers who will be impacted by the disease that has no treatment or cure. Teams are urged to create their own fun experi-

See **ALZHEIMER'S** page 10

A new hotel designed for millennials

Ken Williams
Editor

Millennials — who came of age around the turn of the 21st century — are said to be the first generation to grow up in the era of computers and smart-phones. And now comes a new eco-friendly hotel that caters to that generation with all the high-



The newly opened Holiday Inn Express at 635 Hotel Circle South was built with millennials in mind. (Photo by Ken Williams)

tech conveniences in its spacious lobby and all its rooms.

Enter the Holiday Inn Express & Suites — Mission Valley, the first newly built Holiday Inn Express in San Diego in more than a decade. Featuring 104 rooms on five floors, the new hotel at 635 Hotel Circle South had a soft opening on May 21 while the final finishing touches were still ongoing.

Built by the Hotel Investment Group, based in Old Town, the new property is an IHG Green Engage hotel designed for sustainable usage of water and energy while making the hotel cost-effective for guests. The hotel boasts two electric car charging stations, plus pay parking (\$18 per day) either in an underground garage or outside the

See **HOTEL** page 14

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'The Big Idea' inspires hope for people with spinal cord injuries

Lucia Viti

The Christopher & Dana Reeve Foundation along with San Diego's Team Reeve Chapter are working together on "The Big Idea," an ambitious effort to raise \$15 million to afford 36 spinal cord injury patients the opportunity to participate in groundbreaking epidural stimulation therapy.

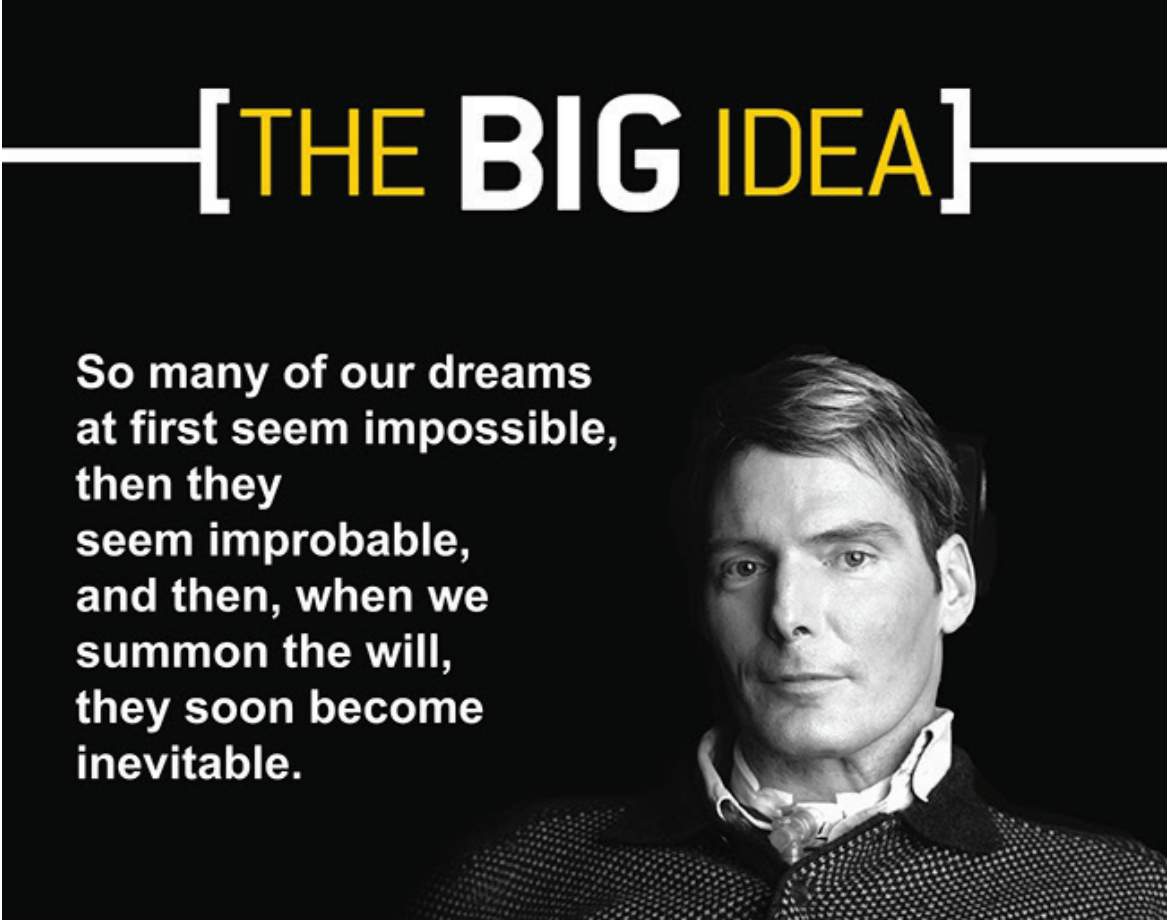
Epidural stimulation of the spinal cord improves cardiovascular, bladder, bowel and sexual function; temperature regulation; the ability to stand; and voluntary control of legs for those suffering from paralysis. Its safety and efficacy have been proven on four patients, so the Big Idea will accommodate a larger and more diverse study group.

"Our mission is to prove the effectiveness of epidural stimulation and challenge the notion that the spinal cord, once damaged, can't be repaired," said Deborah Flynn, the foundation's western regional director. "Funds will recruit 36

new participants to undergo epidural stimulation while collecting data to expedite therapy to the clinic where it could benefit many more; but it all starts with the next 36."

"The Big Idea is more than a chance to support critical research," said Stevie Hutchinson, the foundation's projects and development manager. "It's an opportunity to mobilize and transform lives. Fifteen million dollars will fast-track the most promising paralysis research to date — epidural stimulation — to reverse the damaging and life threatening conditions associated with paralysis."

The Reeve Foundation, established in 1999 as an adjunct of the American Paralysis Association, remains dedicated to curing spinal cord injuries. Team Reeve, the foundation's fundraising arm, hosts athletic events to raise money and awareness to communities and corporations. Most recently, Team Reeve participated in the 5K Team Reeve Run on May 30 at Balboa Park and the Suja Rock 'n' Roll Marathon on May 31 in San Diego.



An inspirational message from Christopher Reeve. The actor and activist died in 2004. (Courtesy of Team Reeve)

United in Christopher Reeve's dream of a world without wheelchairs, volunteer steering committees work to improve the quality of life for those living with paralysis through educational activities and media outreach.

The Reeve Foundation's organizers believe that The Big Idea will redefine what it means to live with spinal cord injury and positively alter the lives of

patients who are dealing with multiple sclerosis, Lou Gehrig's disease (amyotrophic lateral sclerosis, or ALS) or strokes. This five-year study will also work with the FDA and other federal agencies to optimize the translation of its findings to clinical settings.

Olympic champion Amy Van Dyken-Rouen is captain of Team Reeve. The six-time gold medal winner survived an ATV

accident that severed her spinal cord and paralyzed her from the waist down. According to Team Reeve, "In the months that followed her accident, Dyken-Rouen used her injury as a platform to address the realities of living with spinal cord injury and the complexities of navigating the health care system."

"As an Olympian and even more recently with my injury, I've learned that teamwork is paramount to success," Van Dyken-Rouen said. "To truly make a difference — to change the world — we need to unite and charge towards the finish line. If my story inspires even one person to join Team Reeve, we will be one person stronger to advance our collective mission of discovering cures for spinal cord injury."

Although Christopher Reeve may be best known for his movie role as Superman, his life as an activist for the disabled defines his greatest accomplishments. Paralyzed during an equestrian competition in 1995, Reeve became a public and political spotlight for spinal cord trauma. Until his death in 2004, Reeve worked tirelessly to obtain funding to support the recovery and repair of neurological function from spinal cord injuries and complex diseases of the brain and central nervous system.

"This is a philanthropic endeavor that can change the world," Flynn said. "Never stop moving, never stop hoping and together we will find the cures that so many people need."

Visit reevebigidea.org for more information on the Christopher and Dana Reeve Foundation.

—Contact Lucia Viti at lucia-viti@roadrunner.com.



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Union-Tribune luxury apartment project heads to Planning Commission vote

Ken Williams
Editor

The proposed luxury apartment complex at The San Diego Union-Tribune site in Mission Valley is scheduled to go to a vote by the city Planning Commission on June 18, officials say.

The project would erect two residential towers containing 200 high-end apartment units on the back side of the U-T property, facing the San Diego River. The mid-rise towers would be seven stories high; one would be filled entirely with apartment units while the other would have the two lower floors devoted to a parking garage with five upper floors of apartment units. Each unit would have one to three bedrooms, according to plans.

Supporters of the project tout a riverwalk promenade and pocket park as perks that would be shared by the community.

Situated on slightly less than 13 acres, the U-T site is bounded by Camino de la Reina to the south and east, the river to the north, and the Town & Country resort hotel to the west.

In March, the Mission Valley Planning Group voted 17-0-3 to recommend the project's approval to the city's Planning Commission.

Dottie Surdi, chair of the planning group and a resident of Mission Valley, said the project has slimmed down considerably



Rendering of the U-T project looking southwest from the San Diego River (Courtesy of Perry Dealy)

since it was originally proposed in 2012 with a 22-story residential tower and a 10-story office building with retail space.

"The market demand for commercial property just isn't there," she said. "There are lots of vacancies in the retail market in Mission Valley. We have to be very competitive to attract clients."

And Surdi should know: She is also a senior advisor at the Sperry Van Ness Finest City Commercial office in Clairemont Mesa.

Surdi said all the approvals for the U-T project have been given, all the vetting has been completed on environmental and archaeological issues, and now it's up to the Planning Commission to vote. If approved, the project would go to the City

Council for a final decision.

Perry Dealy, president and CEO of Dealy Development and a member of the MVPG, is also involved in the project as a consulting development manager to the Manchester Financial Group. He abstained from voting on the project when it came before the MVPG.

The Manchester Financial Group is headed by developer Doug Manchester, the former publisher of the U-T. Manchester recently sold the U-T to Tribune Publishing — which owns the Los Angeles Times, Chicago Tribune and other media outlets — but he retained ownership of the U-T office building, the printing press building and the valuable land.

The two existing redbrick U-T buildings will not be demolished, according to city documents filed before the paper was sold. Since the U-T will eventually be printed by LA Times presses and the newsroom has only a year's lease on the Mission Valley office, the future usage of both existing buildings is not known. Dealy said the newspaper could extend that lease or move out of the building that is zoned as office space. He said the presses will eventually be removed from the other building, which is zoned industrial. Dealy said Manchester hasn't indicated how he might repurpose those buildings in the future.

The U-T project site is likely to get full entitlement from the city

in July, then face about a year of construction permitting before ground can be broken, according to the planning group. Work is expected to begin in summer 2016 and last about 18 months.

A review of the MVPG meeting minutes reveals the project's lengthy history as well as the concerns of the Design Advisory Board. Dealy made a presentation to the board and noted: "The project is one of the first to implement improvements in accordance with the San Diego River Park Plan, including a river wall promenade and public pocket park. Additionally, both pedestrian and bike circulation paths are proposed."

Surdi said she is pleased that the project would face the San Diego River and create a pocket park along the waterway that would be dedicated to the city when completed. She pointed out the need for more public parks in Mission Valley and the community-wide desire to make the river an asset rather than an afterthought. And Dealy touted the outdoor amenities, noting that the promenade was created for the benefit of pedestrians and bicyclists.

The towers would mimic the look of the U-T office building, a cultural icon since the 1960s in Mission Valley with its modern mix of redbrick and concrete facings.

One of the concerns generated

See **PROJECT** page 16 —————>

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Notes from Toni: small biz wrap-up

Toni G. Atkins
Speaker of the Assembly

Small businesses are the backbone of our economy. There are more than 3.5 million of them in California, and they account for more than half the jobs in our state. It's important to celebrate and recognize the successful stores, restaurants, offices, and family businesses that contribute to the character of our neighborhoods and add so much to our local economy.

That's why I'm happy to honor the Belly Up Tavern in Solana Beach as Assembly District 78's Small Business of the Year. The Belly Up Tavern was selected from a pool of 23 great nominees. I am proud to honor all of these businesses.

The Belly Up is one of our most popular local venues and has been repeatedly named the "Best Live Music Club" in San Diego County. It has featured acts as varied as the Neville Brothers, Jimmy Buffett, and Mumford & Sons, and in its 41-year history has maintained a connection with the community, hosting fundraisers that benefit a variety of causes, from ALS to Toys for Tots.

May was Small Business Month, and we continued the celebration in Sacramento on

June 10 with the California Small Business Association lunch at the Sacramento Convention Center.

I co-hosted the event, where members of the state legislature honored small-business owners from around the state, including the Belly Up and co-owners Phil Berkovitz and Steve Goldberg.

I also will host a reception in San Diego on June 26 to recognize my Small Business of the Year honorees and present an Assembly resolution to each business owner as a thank-you for their vision and dedication.

There are 28 million small businesses in the U.S., according to the Small Business Administration, and the SBA's Region 9, which includes California, has received significant support, attracting more than one-fifth of the agency's loan activity in 2014. The SBA also provides outreach to veterans and women who already are small-business owners or thinking of launching a new venture.

The state works to support small businesses, as well. A quarter of the awards in the California Competes tax-credit program are set aside for small businesses, and San Diego has performed exceptionally well. Thirty companies received more than \$27 million in tax credits in



(l to r) U.S. Rep. Susan Davis, Assembly Speaker Toni G. Atkins and San Diego City Councilmember Todd Gloria. (Courtesy of Office of Toni G. Atkins)

the last year, and much of that went to San Diego County small businesses.

In addition, I am sponsoring AB 437 to enable small businesses in the tech sector to tap into tax credits to reinvest in research-and-development activities, and AB 226, to make it easier for local fishermen to organize and sell their catch directly to the public at community fish markets.

I appreciate all the hard work of the tens of thousands of small-business owners in my commu-

nity and will continue not just to advocate on their behalf, but also to encourage all San Diegans to support their local homegrown businesses.

[Editor's Note: For more info visit asmdc.org/speaker/.]

Around the District:

I've launched "Socks for Stand Down," a sock drive through June 30 to support Stand Down, the annual event to assist struggling or homeless veterans. You may drop socks for our veterans in the box at

my district office, located at 1350 Front St., Room 6054, at local community meetings, or at office hours where my staff appears. For a list of the office hours, please see the "Upcoming Events" on my website, asmdc.org/speaker. Stand Down takes place from July 17-19 this year ... The Balboa Park "Garden Party of the Century" was a great celebration of the 100-year anniversary of the Panama-California Exposition. Here I am with Rep. Susan Davis and Councilmember Todd Gloria. It was great to see the children in the Floral Wagon parade and the U.S. Marine Corps re-enactment of their long-ago march across the Cabrillo Bridge ... I was shocked to learn so many college students struggle with hunger and homelessness. San Diego State has established an Economic Crisis Response Team to help and UC San Diego opened the Triton Food Pantry in February. California State University launched a yearlong study into the problem and I'm eager to see the results. Making sure that students are fed and housed are basic necessities that we as legislators, along with campus administrators, need to ensure.

—Toni G. Atkins is the Speaker of the California State Assembly. For more information, please visit her website, asmdc.org/speaker/ where you can sign up for her e-newsletter or get the latest news on legislation and other activities. You also may follow her on Twitter, @toniatkins.■




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Poll of the Month

Last Month's Question

What water-saving solution would you most like to see?

- 58% Expand the non-potable, recycled water system (purple pipes) for landscape irrigation
- 17% Build more ocean water desalination plants
- 0% Enact strict rationing for existing water supplies
- 8% Require water meters for all water customers
- 17% Limit growth of thirsty crops such as alfalfa or almonds

This Month's Question:

How will you vote on the stadium issue?

- ☐ I will vote in favor of building a new stadium
- ☐ I won't vote for a new stadium
- ☐ I'm undecided

To cast your vote, visit missionvalleynews.com.

Congressional Watch – June

Andy Cohen

We start the June edition with Congress' passage of the National Defense Authorization Act (NDAA), the fiscal year 2016 budget to fund the military. The bill passed the House of Representatives on a 269 – 151 vote. Only eight Republicans voted against the military budget, while only 41 Democrats voted in favor, including two of San Diego's Democratic members of Congress, Scott Peters and Susan Davis, joining Republicans Darrell Issa and Duncan Hunter. Juan Vargas was the lone no vote from the region.

Democrats by and large rejected the bill for its restrictions on closing the Guantanamo Bay detention facility, and for ignoring military spending caps established in 2011 by sequestration. Republicans, Democrats argue, are willing to ignore sequestration for programs they favor, but adhere to it in lock step for programs that are Democratic priorities, such as infrastructure and health care.

"I remain opposed to the across-the-board cuts known as sequester that limit the ability of our military commanders to effectively plan for the future, and will continue pushing Congressional leaders to end this reckless policy," Scott Peters (D-D52) said in a press release. "In the end, I supported this bill because we must give our military the resources it needs to keep our country safe, which continues to be the most important job for Congress."

Peters also noted the importance of the military budget's role for the San Diego region.

Additionally, Peters introduced seven amendments which were included in the defense bill, including one that required California's continued access to military fire-fighting aircraft; reforms in the military's acquisition process that allow smaller com-

panies better opportunities to compete with large firms; and support for Department of Defense-sponsored camps for military children grieving the loss of a loved one.

Both Peters and Davis are again expected to buck their party's leadership when the bill to approve the Trade Promotion Authority, or "fast track" authority — giving the Obama Administration full authority to negotiate the Trans Pacific Partnership (TPP) free trade agreement and allowing Congress only to approve or deny any completed agreement without offering any amendments — comes to a vote.

The actual contents of the TPP will not be made public



until the agreement between the United States and 11 other Pacific Rim nations is finalized. Local proponents of the TPP insist it will be a boon to the San Diego economy by opening up new business opportunities.

Darrell Issa (R-D49), the richest member in all of Congress, came under fire for his insistence to "CNN Money" that America's poor are the "envy of the world," seemingly insisting that poverty and income inequality are not a big problem in the United States.

"If you go to India or you go to any number of Third World countries, you have two problems: You have greater inequality of income and wealth. You also have less opportunity for people to rise from the have not

to the have," Issa told CNN.

Issa, who has a net worth of nearly \$450 million, took umbrage with "CNN Money" reporter Cristina Alesci when she suggested "we don't want to compare ourselves to India, we want to set the bar pretty high."

"You're wrong, we do have to compare ourselves to the rest of the world, we compete with the rest of the world," replied Issa. "We're in a global economy, and it's extremely important that we be able to amass capital, have a trained workforce, and quite frankly, if we want to get paid more we have to be able to produce somehow better than many of those countries, including India."

Issa ignores the fact that the productivity of American workers has risen steadily, making them among the most productive in the world, while wages remained stagnant. According to the International Business Times, the productivity of American workers rose 25 percent between 2000 and 2012, yet they saw no gains in wages.

Duncan Hunter (R-D50) continued to advocate for greater U.S. military involvement in the Middle East, insisting that the only way to drive out the ISIS forces that have taken over the Iraqi city of Ramadi is for the U.S. to take direct action.

"Somehow we need to get involved in this fight. No one else can get involved in this fight the way we can," Hunter told "Fox News." Hunter, himself an Iraq war veteran, continues to be one of the most hawkish members of Congress. In December 2013, Hunter suggested during an interview on CSPAN that American forces should attack Iran with nuclear weapons.

Juan Vargas (D-D51) introduced the Stop Blood Tomatoes Act of 2015 in the House of Representatives. The bill calls for increased transparency on the part of corporations with revenues over \$1 billion by requiring independent audits of their supply chains to ensure that they are not selling products made by child or forced labor. The bill would also mandate that com-

panies publish the results of the audits on their websites and be reported to the Securities and Exchange Commission.

Vargas also lamented the Republican led challenge to DAPA — the Deferred Action for Parents of Americans — an executive order issued by President Obama that would allow undocumented parents of citizens or legal residents who have been in the country for five years or more to remain in the country without fear of deportation.

"These parents care for their children and relatives, serving as vital providers in their communities," Vargas said in a statement. "The Executive Action would have offered relief to immigrants who currently live

in the shadows, in constant fear of being separated from their families."

Susan Davis (D-D53) defended women's access to abortion services in response to the passage of the Pain Capable Unborn Child Protection Act along partisan lines in Congress. "I'm dismayed to see the majority bringing up yet another attack on women's health," Davis said in a statement.

"It is not for the government to infringe on a deeply personal decision that belongs between women and their doctors."

—Andy Cohen is a local freelance writer. Reach him at ac76@sbcglobal.net.■

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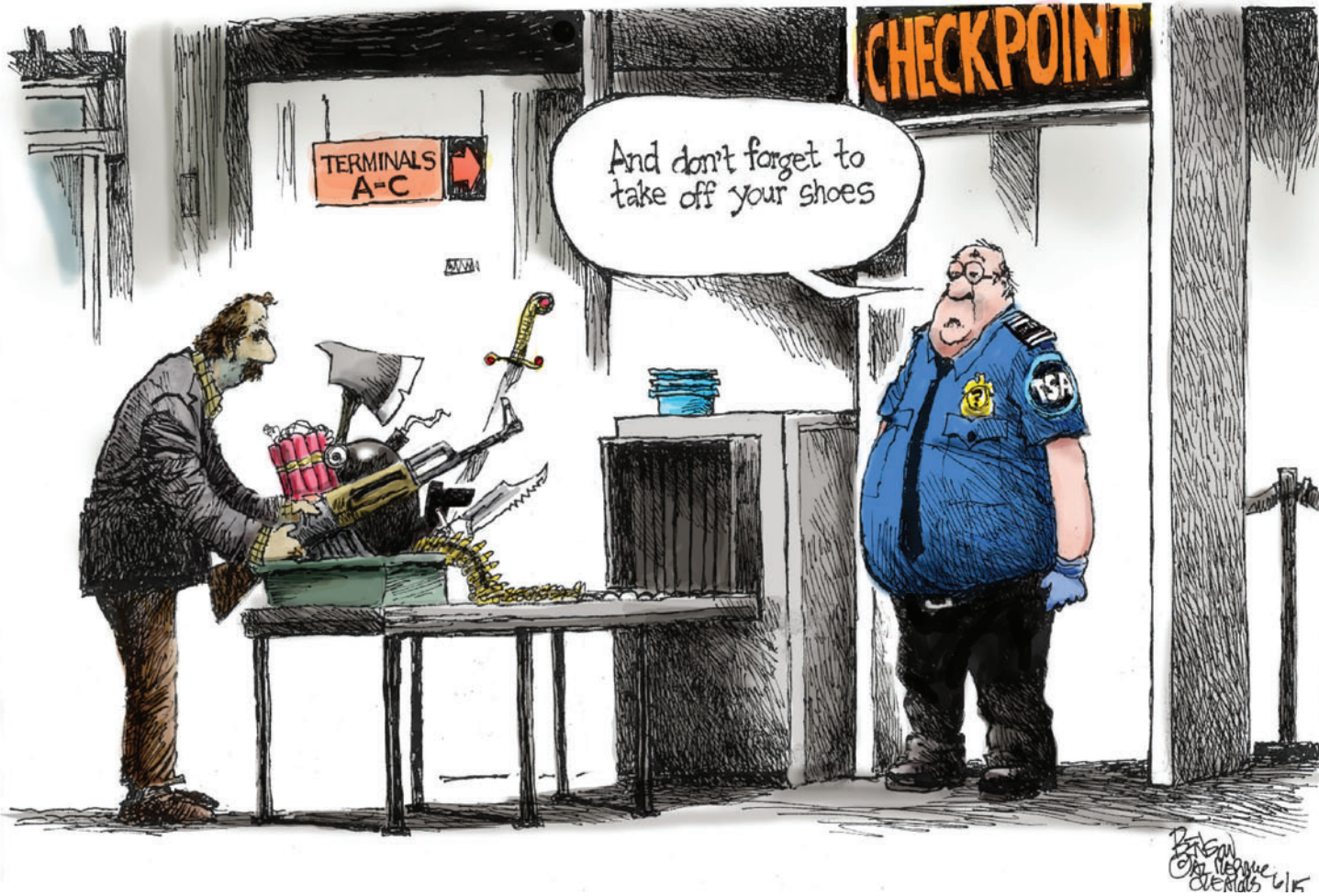
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GUEST EDITORIAL

A letter from the new editor, Ken Williams

Ken Williams

"Wherever there is a pervasive sense of community, a paper that serves the special informational needs of that community will remain indispensable to a significant portion of its residents."

Warren Buffett penned those words a while back as his Berkshire Hathaway holding company began gobbling up newspapers large and small, at a time when the U.S. economy was still on the rebound and some papers were struggling to continue printing. Many journalists thought Buffett made a shrewd business decision because local newspapers have always been the lifeblood of a community.

Buffett's words also ring true for the San Diego Community Newspaper Network, a collection of six popular papers that serve diverse communities from Downtown to Uptown to Mission Valley to La Mesa, and even our local LGBT community.

Community newspapers comprise the very foundation of journalism, serving readers with the local news they want to know and the local advertising on which they rely. Hyper-local news keeps readers informed on matters that concern them the most, frequently pocketbook issues that are often overlooked by reporters at bigger papers or television stations.

In two recent surveys by the Newspaper Association of America Readership Study and the American Opinion

Research Study, readers described community newspapers as educational, helpful, engaging, enjoyable, addictive, enlightening, compelling and desirable. As the new editor of Uptown News and Mission Valley News and contributing editor to the other four SDCNN papers, I hope to live up to those standards and expectations of readers.

For some of you, I'm a familiar face after spending more than five years as editor-in-chief of San Diego Gay and Lesbian News, a media partner of SDCNN. My byline has appeared on these pages during the time I spent at the online media source.

From 2005 to 2009, I worked as a senior copy editor at the San Diego Union-Tribune, before the ax fell on many of us as one of the biggest daily newspapers in the country fell victim to a depressed economy and the sale of the media corporation by David Copley. Before that, from 1994 to 2005, I worked as deputy copy desk chief at the Fort Worth Star-Telegram in Texas. I've also had stops in Wilkes-Barre, Pennsylvania, Hollywood, Florida, and Hamilton, Ohio, so I'm now into my fourth decade as a journalist.

Please feel free to drop me a line at ken@sdcnn.com or call me at 619-961-1952. News tips and story ideas are always welcome. And by all means, send a letter to the editor if you want to share your views with other readers. ■

Keeping kids safe around the water this summer

Michael Murphy

Kids love pools. But a swimming pool can be a dangerous place for children and tragedy can strike in an instant. With summer on the way, now's the perfect time to remember some basic guidelines for keeping your loved ones safe around the water.

First, make a habit of doing the following:

- Learn how to swim and teach your children how to swim. It's not just a skill you can use to have fun and stay fit, it will help keep you and your children safe.

- Never take your eyes off a child around a pool, not even for an instant. And if a child is missing, check the pool first. Every second you save could be the difference between life and death.

- Make sure someone is assigned the task of watching the children during poolside gatherings. Don't assume you will hear a child in trouble in the pool. Rarely does a child splash around before drowning — he or she simply sinks silently under water.

- If you're leaving a babysitter in charge of the kids, make sure the babysitter understands the critical importance of constant supervision around the pool.

- If you're taking the kids to a public pool or spa, make sure it complies with all local, state and federal safety regulations.

You can also take a number of proactive steps to make sure your loved ones stay safe:

- You should install a 5-foot-high fence around your pool,

one with a self-closing and self-latching gate. And never prop open the gate. Make a point of installing alarms on any doors or windows that open to a pool area. And avoid keeping any furniture next to the fence that a child might use to climb over the fence.

- You should make sure your pool has an anti-entrapment drain cover that complies with all regulations. Each year dozens of children are injured or killed when an outdated pool drain sucks them down.

- Last but not least, everyone in the family should learn CPR, especially if you have a pool in your backyard. Kids should learn it, too. Not long ago, two 13-year-old boys in National City used CPR to save the life of a 6-year-old boy who was spotted at the bottom of a pool at an apartment complex. The boy would not have survived had the two teens not been trained in CPR.

By following these basic guidelines, you and your family can enjoy a fun, safe and relaxing summer by the pool or at the beach.

—Michael Murphy is general manager of American Medical Response in San Diego. ■



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How to garden wisely during a severe drought

Gary Jones

Reducing water use in California is more important now than ever. State and local water restrictions are firmly in place as winter precipitation was below normal, providing no relief to our ongoing drought.

Instead of worrying, now is the time to take action. Mission Valley News readers will be able to ask questions and get answers via this column. Think of it as a community resource providing helpful tips and advice for your landscape, lawn and garden.

While state-mandated cut-backs are new, solutions to help homeowners and gardeners (green thumbs and novices alike) keep their lawns and gardens alive, use less water and stay looking beautiful are time-tested.

We can all meet watering guidelines by adjusting outdoor spaces to conserve water, providing a long-term water-efficient landscape and still maintain the beauty of our community. Research shows that Californians use up to 25 percent more water than they need, so watering less but more effectively is very important. Simple fixes such as repairing broken sprinklers, covering plant bases with mulch or adding compost to soil will help consumers save on water consumption.

For permanent solutions, California Certified Nursery Professionals (CCNP) and other certified landscape professionals can assist in water-wise landscape design and installation, including partial or full lawn replacements.

Here are 10 simple water-saving tips to follow so you can reduce your outdoor water use:

Mulch — Placing a layer of organic mulch on the soil surface around plants can save hundreds of gallons of water each year. Mulch prevents water evaporation and stops weeds from growing.

Repair and adjust sprinklers — Observe your sprinklers as they run. Adjust them as necessary to reduce overspray on sidewalks, roads and patios. Repair damaged sprinklers immediately. Check pipes for leaks as quick repairs and adjustments can save as much as 500 gallons each year.

Install a smart sprinkler controller — The latest technology can help reduce your water use and water bill dramatically. Wireless smart controllers activate sprinklers via com-



(l to r) Mulching is a great way to preserve moisture in the dirt. Also, use a trigger sprayer when hand-watering. (Courtesy of Armstrong Garden Centers)

puter based on current weather data and information about the specifics of your garden. Simply replace your automatic timer with a smart controller.

Add lots of compost to your soil — Adding store-bought or homemade compost to all of your planting beds and pots will decrease the amount of water needed. Clay soils that are amended with organic matter will accept and retain water better. Sandy soils improved with compost will

have significantly better water absorption and retention.

Use trigger sprayers when hand-watering — Every hose should be equipped with a trigger sprayer so that no water is wasted when watering containers and the rest of your garden. Make sure to use a broom instead of a hose to clean driveways and sidewalks.

Minimize water loss in pots — Use water-retentive Danish Potting Soil in containers for all

plants needing regular or ample water. For plants requiring moderate to low water, use Edna's Best Potting soil along with Soil Moist in containers. Soil Moist is a polymer that stores water for plants' use as the soil dries.

Use organic fertilizers — Organic fertilizers slowly release nutrients into the soil at a natural rate that matches plants' needs. With a slow, even feeding, there is no overabundance of soft green growth that chemical

fertilizers produce. Thus, your plants need less water when fed organically.

Water deeper, but less often — Most gardens on automatic sprinkling systems in California are overwatered. Change your system to match local water district guidelines. You'll have less evaporation and water will be deeper where roots can continue to access the water.

Change watering times with the seasons — Adjust your automatic system at least three times a year: July-October (highest frequency), November-March (lowest frequency) and April-June (somewhere in between). During periods of rain, turn automatic systems completely off.

Water early in the morning — Set your automatic sprinklers to run in the early morning and finish before 8 a.m. This will reduce evaporation and lessen the likelihood of water waste due to interference from winds. You'll also find that it reduces plant disease and water damage.

Feel free to share any tips or questions you may have. We might just include them in an upcoming issue of Mission Valley News.

—Gary Jones is Chief Horticulturist at Armstrong Garden Centers. Email your drought and gardening questions to growingdialogue@armstrong-garden.com.

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

Frank Sabatini Jr.

With the recent arrival of El Charko Grill & Bar's progressive street tacos to Old Town, the long-established El Agave Restaurant & Tequileria located a block away is matching the competition with its own gourmet creations. New to the menu are duck tacos with cactus and fig jelly; crispy ahi tuna tacos served over Mexican rice; and salmon burritos wrapped in tomato tortillas. 2304 San Diego Ave., 619-220-0692.

Restaurateur Johan Engman purchased Western Steakburger in North Park nearly a year ago to eventually bring an "Instagram-worthy" eatery to the neighborhood. His vision for Breakfast Republic will finally materialize in late June, now that the original owner of Western has ceased operations and entered into retirement.



El Agave in Old Town has introduced gourmet tacos. (Courtesy of El Agave Restaurant & Tequileria)

"We're doing a thorough remodel," Engman said, revealing that the restaurant will serve both classic and uncommon breakfast fare from 7 a.m. to 3 p.m. daily. The redesign will feature front and back patios, an entrance wrapped in galvanized metal, and restrooms rigged with recordings of jokes and quotes that break randomly into

tagram and other social media," Engman said, referring also to an exterior painting that will depict roosters escaping from a henhouse. Engman's portfolio consists of Fig Tree Cafes in three locations, including Hillcrest, plus Café Cantata in Del Mar. He said a lease has already been secured for a second Breakfast Republic in metro San Diego, but can't reveal the details just yet. 2730 University Ave.

Nearly 30 restaurants located largely along India and Kettner streets will swing open their doors and offer samples of their latest and greatest dishes at this year's Taste of Little Italy, which runs from 5 to 9 p.m., July 17. Foodies can choose from full or partial routes, with the north and south ends each priced at \$30. Or for hearty grazers, the full shebang costs \$45. Among the restaurants taking part are Davanti Enoteca, Ironside Fish & Oyster, Kettner Exchange, M Winehouse, NaPizza, Queenstown Public House, the new Pan Bon and more. littleitalysd.com.

Construction is underway to the space that formerly gave reign to R Gang Eatery in Hillcrest. Its new tenants, beer



(l to r) Mike Sill and Beau Schmitt begin work on their new brewery venture in Hillcrest. (Courtesy of The Brew Project House)

consultant Beau Schmitt of The Brew Project and Mike Sill, who previously managed Quality Social, will open The Brew Project House in July.

"We're pushing to be open before Pride, which is July 18," said Schmitt, adding that he's aiming for the style of "an old Victorian country house."

The establishment will feature 28 handles devoted exclusively to San Diego craft beers. A cocktail program is also in the works along with a food menu flaunting salads, tortas and shareable plates. 3683 Fifth Ave., thebrewproject.com.

The new Burnside in Normal Heights is a quaint sandwich shop with a big imagination. Launched recently by the owners of Sycamore Den two doors away, the menu takes on cosmopolitan flair with sandwiches such as Korean rib eye with kimchi; a Cubano made with pork belly; and the French-inspired "stinky grilled cheese" accented with braised leeks. Of the American-style offerings, there is buttermilk chicken or braised pot roast tucked into bread as well. The sandwiches can be consumed inside the eatery or while imbibing at Sycamore. 3373 Adams Ave.

Soon to replace the long-running Royal Thai Cuisine in the Gaslamp District is the highly

anticipated Sovereign Kitchen & Bar, a modern Vietnamese restaurant headed by Michelin-starred chef Michael Bao Huynh and San Diego-based restaurateur Alex Thao, who also owns Rama and Lucky Liu's.

Huynh, a native of Saigon, previously opened a series of restaurants in New York City that earned him glowing accolades by New York's top food critics and celebrity chefs.

Sovereign is due to launch in early June with a menu focusing on pho and other signature dishes. Until then, the restaurant has been giving consumers a casual primer via the adjacent Food Shop, which the team opened recently with a selection of banh mi sandwiches, noodle bowls and Vietnamese coffees. 467 Fifth Ave., 619-888-4829.

After a few postponements, Bracero Cocina de Raiz in Little Italy is now due to open in late June by whiz-chef Javier Plascencia, who owns the lauded Romesco's in Bonita along with several restaurants in Tijuana. His latest venture in a two-level 4,500-square-foot structure promises authentic south-of-the-border food involving spit-roasted meats, house-made tortillas and Baja-inspired ceviches. The restaurant was originally slated to open in March. 1490 Kettner Blvd.

—Frank Sabatini Jr can be reached at fsabatini@san.rr.com.■



Martha Stewart with acclaimed Chef Michael Bao Huynh, who is opening a new restaurant in San Diego. (Courtesy of Level One)

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Happy-hour cocktails at Albie's Beef Inn are fortified with two shots each. (Photo by Dr. Ink)

A happy hour to remember

Dr. Ink

The days when bars often dished out free noshes during happy hour are not completely gone. Why so many of them don't anymore is beyond me, considering that by all accounts customers shell out more bucks on extra drinks when complimentary peanuts, pretzels, potato chips or any salty morsel sits beneath their chins. Leave it to the fiercely retro

and dimly lit Albie's Beef Inn on Hotel Circle to get it right. Aside from free chips and salsa, happy-hour customers are also afforded ham sandwiches on white bread, which is kind of strange but acceptable, as well as some type of hot nourishment from a chafing dish — all at no extra cost. Add to the equation double shots of liquor poured into basic well drinks at the regular price of \$5.75, and it begins to feel like you're tumbling back in time to when Albie's was established in 1962.

The bar lounge, which sits between two spacious dining rooms, features dark wood-paneled walls festooned with old, faded paintings of topless women. Arched portals lead from one room to another amid black leather booths and antiquated light globes. From the street you'd never guess such a marvelous, quirky time capsule awaits inside. Despite its location on Travel Lodge property, Albie's is family-owned. And according to our attentive short-skirted wait-

Albie's Beef Inn
1201 Hotel Circle South
(Mission Valley)
619-291-1103
Happy hour: 3 to 7 p.m.
Monday through Friday

ress, the place attracts more locals than hotel guests, a mix of young, old and in between. In the evenings, on Wednesdays through Saturdays, musicians take to the electric keyboard stationed a few feet away from the bar to engage drinkers in rousing sing-alongs, some of them already primed from the heavy-duty drinks of happy hour. While grazing on the free ham sandwiches as well as soy-sauced chicken strips from the chafing dish, our cocktails served in rocks glasses quickly took effect. My cohort's vodka and ice tea was high-octane, with the tea barely revealing its flavor — an observation rather than a complaint, he noted. The gin and tonic I ordered was also strong, reminding me of how they used to be made before bars implemented shot-measure devices on their liquor bottles. Back then, a loose shot often equated to two. Walking out of Albie's is no less shocking than walking in. After imbibing a while within its Old World, low-lit environment, the sunshine washing over the parking lot was painfully blinding. But much like the free food, it was also the sobering jolt we needed for getting home.■

RATINGS:

Drinks: 5 ★★★★★
Choose any standard well drink and the world becomes a warmer and fuzzier place, thanks to the extra shot of liquor it contains.

Food: 4 ★★★★★★
The grilled strips of chicken breast in the chafing dish were tender and flavored nicely with some type of teriyaki-soy sauce. Parked alongside were tortilla chips, zesty salsa and salty ham sandwiches sans any condiments.

Value: 5 ★★★★★★
The double-shot drinks for the regular price of \$5.75 are a steal. And the noshes on a small buffet table are all free.

Service: 5 ★★★★★★
A touch of old-school service pervades, with men dressed in white shirts and black ties and folksy waitresses donning short black skirts. Also, when ordering food off the regular menu, it arrives to your table on metal push carts.

Atmosphere: 5 ★★★★★★
The interior is old and preserved enough to become a museum to 1960s-style fine dining.

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► Alzheimer's, from page 1

ence as they raise money and awareness about Alzheimer's.

Alzheimer's is considered a skyrocketing epidemic, as baby boomers head into their retirement years. In San Diego, more than 60,000 people live with the disease and that number is expected to double in the next 15 years. Alzheimer's is now the third leading cause of death in San Diego, according to the association.

Robin Parker, assistant director of the local HOG group, explains why she got involved in The Longest Day.

"It is very simple," she said. "Alzheimer's scares the hell out of me, and I ride a Harley!"

"Steve aka 'Bear' (my husband) and I, along with our son, live in Clairemont, very close to the houses we grew up in. Bear and our son were both born here in San Diego, I was born in California and moved to San Diego at the age of 6 months old. Bear and I bought our first Harley in 2009, and now we own three of them. We love our San Diego HOG family for reasons just like what we are talking about today: We are a family who rides Harleys and when we hear about something [like The Longest Day], we want to help anyway that we can," she said.

The fundraiser is also about connecting people to the cause.

"A wonderful gal named Trish White from the Redwood Bridge Club reached out to us at San Diego HOG and challenged us to raise funds and awareness on The Longest Day," Parker said. "In talking to Trish, I learned that the Alzheimer's Association does fundraising on the longest day of the year by having individuals or teams do something they like from sunrise to sunset. The Redwood Bridge Club plays bridge and we ride Harleys, so on The Longest Day we will ride the bridges of San Diego and meet up with our friends, the bridge players at the Redwood Bridge Club in the afternoon."

The connection has inspired the HOG group to do more to help.

"We started a team page with the Alzheimer's Association for San Diego HOG. We have been collecting funds at our general meetings and will be collecting



(top) Trish White (left) and other bridge club members will play bridge all day on The Longest Day while Robin Parker (right) and San Diego HOG members ride their Harleys. (bottom) The first HOG event for The Longest Day occurred last year in Louisiana. (Photos by Mike Lewis)

donations the day of our 'Ride the Bridges' ride. This is our first year so we are hoping to raise a lot of money," Parker said.

For Trish White, co-captain of the Redwood Bridge Club's The Longest Day team and one of the club's directors, the cause is deeply personal. About five years ago, White was diagnosed with plaque on her brain, and the news was delivered to her rather bluntly.

"It was absolutely devastating," White said. "It floored me. But I decided to go to battle against Alzheimer's — to go down fighting! And to play bridge more."

There is growing anecdotal and scientific evidence that playing bridge is good for stimulating the brain, especially with older folks who are challenged by health issues involving memory, dementia, Alzheimer's and more. When White heard about that, she vowed to play more often.

"I found bridge really works for me," she said. "I play on average three times a week."

White calls bridge "acrobatics for the mind." She says her club, which has 157 members, includes some people with Alzheimer's and a gentleman who

has turned 100 years old.

"Some members have Alzheimer's and can barely get out of the house," she said. "But they can play bridge."

Playing bridge requires a keen mind to memorize the cards that have been played in a hand and the cards that are still in play. "Perhaps playing bridge slows down Alzheimer's and sharpens the mind," White wonders.

The Hillcrest resident, who lives in a high-rise dedicated to seniors, said she heard about a HOG event in Louisiana that was a successful fundraiser for the Alzheimer's Association. Why not here? she wondered.

"We've worked on it for the past year," White said, noting that she has never ridden on a motorcycle before. That all changed last month when the local HOG group took her for a ride on a Harley.

"I rode a hog! The music was blasting! I had so much fun!"

—Ken Williams is editor of Mission Valley News and Up-town News and can be reached at ken@sdccn.com or at 619-961-1952.■

Alzheimer's Association facts sheet

- Alzheimer's is a skyrocketing epidemic. In San Diego, there are more than 60,000 San Diegans living with the disease and that number is expected to double in the next 15 years.

- Alzheimer's is the third leading cause of death in San Diego and the only disease in the top 10 killers that has no treatment or cure.

- In addition to the human toll, Alzheimer's is the most expensive condition in the nation, costing the country \$214 billion a year.

- Nearly one in every five dollars spent by Medicare is on people with Alzheimer's or another dementia.

- Because age is the greatest risk factor for Alzheimer's disease, these costs will grow exponentially as baby boomers age.

- Eighty percent of individuals living with Alzheimer's are cared for at home by a family member

- The Alzheimer's Association is committed to providing families battling Alzheimer's and related de-

mentias with free programs and services, including:

24/7 Helpline
Education classes
+30 Family & Friend Support Groups
Social activities & programs

- Personal family care and support planning meetings with an Alzheimer's Association expert Alz Companion Respite Program

- The Alzheimer's Association relies solely on the support and generosity from individuals, corporations and foundations to provide comfort, support and resources to families in our community as well as advance research for a cure.

Mission: To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Source: Alzheimer's Association

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Brew's Up National conference returns to Mission Valley

Cody Thompson

With more than 100 breweries in operation and countless more in the planning stages, San Diego has solidified itself as the craft beer capital of America. That being said, it's no surprise that craft beer fans and brewers alike from all over the world look forward to visiting our sudsoaked landscape any time the opportunity presents itself.

The latest occasion is Brew's Up San Diego — the 2015 National Homebrewers Conference, running through June 13. The conference is an educational gathering that gives homebrewers the chance to learn new skills and techniques, or expand their knowledge of brewing while increasing camaraderie.

"This will be our second time hosting the National Homebrewers Conference at the Town & Country Resort in Mission Valley," said Gary Glass, director of the American Homebrewers Association. "Their space works very well for our event and the Town & Country staff is great to work with."

"There is really nothing else like the National Homebrewers Conference. Anyone who knows a homebrewer knows just how passionate they are about great tasting beer. The friendships made and knowledge gained from attending this event with 3,000 fellow homebrewers and beer lovers will last a lifetime."

While the conference is taking place in Mission Valley, the North Park hipster neighborhood was graced with many



Brew's Up San Diego — the 2015 National Homebrewers Conference concludes June 13 at the Town & Country. Revelers enjoyed the 2014 conference. (Courtesy of National Homebrewers Conference)



Whether smelling the hops or just enjoying a pour, fans of the National Homebrewers Conference love their brews. (Courtesy of National Homebrewers Conference)



events leading up to the big event, inviting visitors to sample some of the best San Diego has to offer in craft beer and food.

Angela Landsberg, execu-

tive director of North Park Main Street, filled in the details.

"The neighborhood of North Park is pleased to play host to beer enthusiasts from all over

the nation. North Park has worked hard to put itself on the map as a destination for locals and travelers and these pre-conference events are the perfect chance for North Park to shine," Landsberg said.

"San Diego, and especially North Park, is a hub for craft beer. By bringing enthusiasts together, it gives people from many different regions a chance to see what this community is doing to support the economically successful craft beer industry."

Visitors on June 9 were invited to sample food and taste special craft beer offerings during a special edition of Taste of North Park. The event was a self-guided walking tour through the popular

30th Street craft beer corridor, where guests could sample food from 10 of the area's most popular restaurants and sip on special pours from five breweries in the area.

On June 10, Waypoint Public hosted a Ballast Point Progression Dinner, a three-course meal prepared by Waypoint's partner Brian Jenser and Ballast Point's Executive Director and Specialty Brewer Colby Chandler. The dinner will highlight Ballast Point's progression from homebrewer to San Diego fan favorite.

Also happening June 10 was the North Park Mobile Brew Hop, a free shuttle from the Town and Country Hotel to some of the greatest beer destinations in North Park. They include Mike Hess Brewing, Rip Current Brewing, Ritual Tavern, Toronado and Fall Brewing Co.

Glass talked about the impact the conference will have on North Park and its surrounding neighborhoods.

"It means great exposure for the incredible beer scene you have in North Park and San Diego. The area's breweries and beer bars are going to experience a wave of the most knowledgeable and enthusiastic beer geeks (a term of endearment for us) from all over the U.S.," he said.

Landsberg echoed that theme. "San Diego has a wide variety of brewers and styles, large to small and everything in between. Along with its great weather, diverse communities, good food and friendly people, San Diego is the perfect place an event like this." ■

Hopping the Ale Trail

For many locals, this time of year means drop everything and get outside. With our beaches, the flawless weather and countless attractions around town, it's no wonder our city is a beacon of hope for travelers from all over the world.

If you are like me, this is the time of year to get outside and hit the trail. No, not the kind up in the hills somewhere, covered in dust and poison oak. I am talking about the Summer Solstice Ale Trail — for beer lovers.

The Summer Solstice Ale Trail is a monthlong collaborative event brought to you by the folks at Societe Brewing Co. in Clairemont Mesa and Benchmark Brewing Co. in Grantville, who started the Ale Trail last year in an effort to celebrate both of their anniversaries. Joining them this year to create the hat trick of awesomeness is local favorite Fall Brewing Co. in North Park.

"We wanted to do something that was completely different than any other collaborative promotion, as far as beer goes, in San Diego. We are working together to share each other's breweries and beers, but we are each bringing what we do best when it comes to the beer," said Mike Sardina, assistant execu-

tive officer at Societe.

"We hope that the Ale Trail will bring people together for a unique experience, for a trip to all three breweries. Whether that trip happens in a day, a weekend, or simply in the month of June. Hopefully we reach some new people who get to taste a beer that they would not have tried otherwise," he said.

When thirsty locals join the Ale Trail, they will be presented with a passport for travel and tastings. At each brewery visit in the month of June, travelers will get their passport stamped. Once they complete the trail, beer fans will be able to redeem their passport for a commemorative pair of San Diego drinking socks. Passports can be redeemed at any location while supplies last.

"Societe was part of the group with us last year, and this year rather than focus on when we opened, we decided to focus on what we are proud of. We are excited to celebrate these three breweries that are owned and operated by professionally trained brewmasters," said Rachel Akin, co-founder of Benchmark Brewing Co.

"We feel it's important to highlight this idea because it is unique and often not understood



Win your drinking socks. (Courtesy of Summer Solstice Ale Trail)

by the average craft beer drinker. Matt, Travis, Doug and Ray have spent years working under some of the great breweries in the country and we are proud of what that has translated to in these new ventures," she said.

"We are celebrating the way we got here, and the history of our brewers, we also wanted to give folks a reason to visit breweries outside their normal circle. But we always love an excuse to have a beer with friends," Akin said.

If socks are not enough to get you excited about the Ale Trail, be advised that some special

beers will be tapping throughout the month of June, thanks to the event overlapping with both Benchmark and Societe's anniversaries.

"The Ale Trail coincides with a portion of our third anniversary celebration, and we will be pouring this year's batch of The Gleaner, our saison with California Sagebrush. We will also be releasing a new Out West, hoppy beer that we have never poured before," Sardina said.

"We will have a new batch of The Bachelorette, our single-hop lager. On June 27, we will be

tapping a keg of our new Feralblend, The Thief. And finally, on one random day during the Anniversary, we will tap another keg of The Thief unannounced — some lucky Ale Trail travelers might have the good fortune of catching that beer on tap at any given day here at Societe," he added.

As for Benchmark, Akin said, "We will be releasing our anniversary beer San Diego 71 mid-month and our table beer, brown and IPA will be released in cans toward the end of the month."

So grab those passports and hit the trail.

"Go to Benchmark and sip a mug of oatmeal stout or a glass of table beer," Sardina said. "Go to Fall Brewing and drink a nice pint of Plenty For All, an awesome pilsner. Come here and enjoy a glass of The Harlot or a full pour of one of our Out West, hoppy beers. Get a beer in our tasting room, and talk to the people around you. You'll love it. Trust me."

The Summer Solstice Ale Trail will go through the month of June, and drinking socks will be available while supplies last.

For more information, visit societebrewing.com, benchmarkbrewing.com, fallbrewing.com.

—Contact Cody Thompson at cody@threebzone.com. ■

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.

CLASSICAL

June 30: Organist Christopher Houlihan at First United Methodist Church. Free-will offerings accepted. 7 p.m. 2111 Camino del Rio South, Mission Valley. FUMSCD.org.

July 5: Many Strings at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 - 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

ALTERNATIVE / ROCK

June 13: The Farmers at Navajo Live Bar. Free. 9 p.m. 8515 Navajo Road, San Carlos. NavajoLive.com.

June 19: The Burning of Rome, Get Back Loretta, Neighbors to the North and Madly at Casbah. \$12. 9 p.m. 2501 Kettner Blvd., Little Italy. CasbahMusic.com.

June 25: Peter Bolland performing Bob Dylan songs at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

July 3: Allied Gardens First Friday featuring The Ballad Mongers at Allied Gardens Recreation Center. Free. 6 - 8 p.m. 5155 Greenbrier Ave., Allied Gardens. Facebook.com/AGFirstFridays.

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.

June 28: Smash Mouth, Toad the Wet Sprocket and Tonic at Humphreys Concerts by the Bay. \$53+. 7 p.m. 2241 Shelter Island Drive, Shelter Island. HumphreysConcerts.com.

OTHER

Wednesdays: Blues Jam at Proud Mary's Southern Bar and Grill in the Ramada Conference Center. Free. 6:30 p.m. 5550 Kearny Mesa Road, Kearny Mesa. ProudMarysSD.com.

Sundays: Jazz 88.3 Blues Brunch at Proud Mary's Southern Bar and Grill in the Ramada Conference Center. Free. 11:30 a.m. - 3 p.m. 5550 Kearny Mesa Road, Kearny Mesa. ProudMarysSD.com.

June 23: Bayou Brothers at Tio Leo's Lounge. Price TBD. 9 p.m. 5302 Napa St., Linda Vista. TioLeos.com.

—Compiled by Jen Van Tieghem. Bands, venues and music lovers: please send music calendar listings to jen@sd cnn.com.■

Public vote planned on proposed Chargers stadium in Mission Valley

Ken Williams
Editor

San Diego's mayor has called for a special election at year's end so that residents can vote on whether to approve building a new stadium in Mission Valley for the Chargers and other sports tenants.

For years, the Chargers have threatened to bolt to the Los Angeles region because their home at Qualcomm Stadium is one of the oldest facilities in the National Football League.

The L.A. suburb of Carson is trying to woo the Chargers and their rival the Oakland Raiders into relocating to a proposed new stadium there. Each January, teams must declare to the NFL if they wish to relocate in the following year.

After years of largely empty talk about building a new stadium — which would be home to the Chargers, San Diego State University Aztecs and two college football bowl games — city and county officials united earlier this year in an effort to keep the Chargers from fleeing.

"San Diegans deserve a vote on the stadium, and we can have a special election this year," Mayor Kevin L. Faulconer said in a statement. "We have all the



An artist's rendering of the proposed sports stadium in Mission Valley. (Courtesy of MEIS and Citizens' Stadium Advisory Group)

ingredients for success in San Diego if the Chargers work with us. We have the city and county working together, a publicly released financial framework, and world-class experts to negotiate a fair stadium agreement. We can get this done this year if the Chargers want to get it done."

The mayor said a special citywide election could be held by Dec. 15 and it would be by mail-in ballot, which is cheaper than setting up polling sites. The City Council has until Sept. 18 to approve ballot measures for a special election and send them to the Registrar of Voters, according to the city.

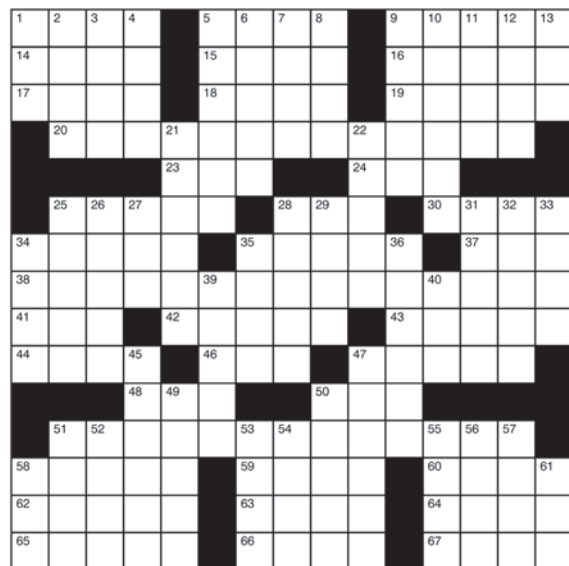
In May, the Citizens' Stadium Advisory Group released its recommendations for a \$1.1 billion stadium project in Mission Valley and identified funding sources of \$1.4 billion as a financing framework.

Since then, the city and county negotiating team has met twice with the Chargers to discuss the stadium financing plan proposed by the advisory group.

—Ken Williams is editor of Mission Valley News and San Diego Uptown News and can be reached at ken@sd cnn.com or at 619-961-1952.■

MVN-Puzzles

Crossword Solutions on page 16



CREATORS NEWS SERVICE

ACROSS

- 1 Kind of rain
- 5 Girl's encouragement
- 9 Code for cons
- 14 Foe of 007
- 15 Negotiation
- 16 Smell
- 17 Act foolish
- 18 To be, to Bardot
- 19 Curly cabbage
- 20 Hardware
- 23 JFK sign
- 24 Enter the Dragon star
- 25 Closes
- 28 Passing fancy
- 30 Witt maneuver
- 34 TV camera shot
- 35 Legendary clay figure
- 37 Brian, of rock
- 38 Software
- 41 Mighty Joe Young, e.g.
- 42 Gymnastic apparatus
- 43 Down East
- 44 Unpopular student
- 46 Dobbin turner
- 47 Starr, of the West

DOWN

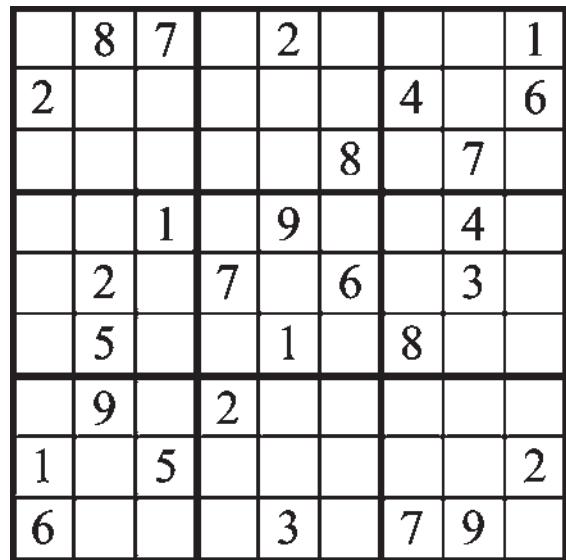
- 1 Increase
- 2 I've Gotta ____: Peter Pan song
- 3 Dividing word
- 4 Active soul
- 5 Skilled individuals
- 6 Tropical fish
- 7 Poi root
- 8 A Baldwin
- 9 Unstylish
- 10 Obliterates
- 11 New, to Lepidus
- 12 Cupid
- 13 Melody
- 21 Road sign
- 22 Sort of statesman

- 25 Cant
- 26 Classical reading
- 27 Strike caller, for short
- 28 Create
- 29 Heidi's home
- 31 Pauline's problem
- 32 Simple
- 33 Alaska city
- 34 Use radar
- 35 Code carrier
- 36 Brief time
- 39 Princetonian
- 40 Unit of acceleration
- 45 Southfork setting
- 47 Memorable Archie
- 49 Lanate
- 50 Jag
- 51 Malacca, for one
- 52 Pyrite and bauxite
- 53 More
- 54 Diner's request
- 55 Supermodel
- MacPherson
- 56 Occasion at Minsky's
- 57 Junior or jumbo
- 58 Popular tattoo
- 61 Competed at Belmont

Sudoku Solutions on page 16

Rules

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



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What's hot for summer



Erica Moe

How long have you been performing your current exercise routine or taking the same class? If it has been more than four months, consider looking for something new.

When your body becomes accustomed to a workout, you can hit a plateau. So what's new out there? The 2015 Worldwide Fitness Trend survey from the Amer-

ican College of Sports Medicine reports that, while interest in indoor cycling and Zumba is waning, other trends are off and running.

Body-weight training

Don't have a lot of equipment? Try moving around the weight that you carry each day—your body! Think pushups, squats and planks. There are tons of ways to get creative, have fun and even modify. Modify a push up by pushing up from your knees instead of toes, or try leaning against the wall. In

addition, strength training has been steadily moving up on the list of top 20 trends over the last few years. Instead of using your body for resistance, add equipment, including pin-select machines, dumbbells, tubing, kettlebells and more.

Use fitness professionals

If you feel overwhelmed or are trying to sort through too many options, reach out to a local resource. Be safe by ensuring that the professional is educated, certified and experienced. An expert should be degreed and/or certified through an agency that is accredited by the National Commission for Certifying Agencies (NCCA). Some well-regarded certifications are from ACSM, ACE, NASM and NSCA, among many others.

Personal training

At a loss for where to start? Already on your way, but not seeing any results? Need accountability, motivation or help setting goals? Don't go at it alone. Find a personal trainer at ideafit.com/fitnessconnect. Consider group personal training; it's a great way to get personalized workouts at a more affordable rate.

Yoga

If you tried yoga, but decided it was not your cup of tea, try a different type. Yoga comes in many forms including Hatha, Vinyasa, Iyengar, Kundalini, Heated, Power, Meditative, Prenatal and Restorative, to name just a few. Connect your mind and body through breathing and meditation. Classes can vary from gentle (Meditative) to high energy (Power). If you are looking for a unique experience, try Aerial yoga. There is something for everybody.

Outcome measurements

How do you measure your progress? You'll feel better, for sure, but new technology like the InBody body composition analyzer allows you to measure your muscle gain and fat loss in less than a minute. It can be a great affirmation to support your hard work. Get your data, know your stats, set goals, work hard and remeasure to hold yourself accountable.

Try something new

If you feel "stuck" or are no longer seeing results, it may be time to change your routine. Consider taking up something different to create progression in your current fitness regimen.

There are plenty of local opportunities to experience these activities. Whether it be at the Mission Valley YMCA, your home gym or even the local playground with your kids.

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



"Catstalkprey" by Jennifer Barnard was originally posted to Flickr as Prey. (Licensed under CC BY 2.0 via Wikimedia Commons)

Feline fatty liver disease

Sari Reis



Feline hepatic lipidosis, also known as feline fatty liver disease, is one of the most common and life-threatening liver conditions a cat can develop. It begins when a cat stops eating and, if left untreated, can result in complete liver failure and death. Although any cat can develop this syndrome, it is more frequently diagnosed in obese cats.

Reasons a cat may stop eating include: 1) a change in their diet; 2) environmental stress such as moving or being boarded; 3) a new pet or baby introduced; 4) house guests; 5) separation anxiety and other types of emotional stress.

As a cat owner, it is essential to observe the eating habits of your cat, monitoring both intake and output on a daily basis. It only takes 48 hours of not eating for the disease process to begin.

In multi-cat households, where cats share bowls or a feeder, it becomes a challenge determining if all the kitties are eating sufficiently.

Familiarizing yourself with the signs of fatty liver disease is one way to catch it and begin treatment before it advances and becomes dangerous. Symptoms include diminished appetite; hiding in unusual places; lethargy; jaundice (yellowing in the eyes and ears); dehydration, vomiting, rapid weight loss, constipation; insufficient fecal material in the litter box; and drooling.

Diagnosing fatty liver disease involves getting a complete medical history, observing clinical indications, extensive blood work and an abdominal ultrasound. X-rays

and an aspirate might also be included to rule out other possible causes for the symptoms.

Because the liver is such a complex organ with numerous functions, there is no way to compensate for it when it fails. Cats' bodies are not intended to convert large storages of fat, so when it goes into starvation mode, the fat released into the liver is ineffectively processed causing a fatty and poorly functioning liver. The accumulated fat in the liver causes it to swell and turn yellow. Through various changes in the bloodstream, the yellow pigment in the blood cells can cause the eyes and ears to turn yellow, giving the jaundiced appearance.

Once diagnosed, treatment needs to be aggressive and involves IV fluids, anti-vomiting medication, appetite stimulants, antibiotics, vitamin supplements, and the possibility of a feeding tube and/or forced feeding.

Following the instructions of the veterinarian religiously and ensuring the cat is eating and drinking is absolutely essential to the kitty's recovery.

The good news is, with the rapid introduction of aggressive veterinary care and supportive assistance by the pet guardian, the prognosis is excellent. It can, however, take up to 12 weeks for a kitty to fully recover depending on the severity of the symptoms and how well it responds to treatment. Close observation of your cat's eating habits and a quick response if they change, is the key to avoiding this dangerous condition.

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

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► Hotel, from page 1

complex it shares with the shuttered Vagabond Hotel, which is undergoing a thorough renovation and will be rebranded by the Hotel Investment Group as Hotel Iris.

This Holiday Inn Express is 100 percent smoke free, from the individual rooms to the public spaces on the ground floor, including the outdoor swimming pool area visible from the lobby through glass “garage doors” that roll up when the weather is nice.

Like other Holiday Inn Express locations, the Hotel Circle hotel serves up the complimentary Express Start breakfast in the lobby area, hidden behind a colorful “barn door” covered in a mosaic. Breakfast items include cinnamon rolls, pancakes, biscuits, bacon, sausage, turkey sausage, scrambled eggs, breads, fresh fruit, hard-boiled eggs, yogurt, juices and water. The coffee station is just outside the breakfast nook, available around the clock.

The lobby dominates the hotel’s first floor, designed as an open-air bistro complete with high-tops containing USB ports and charging stations for electronic gear. Even the couches offer the same connections for that iPhone or iPad. And the same amenities are offered in each room. Wi-Fi is free and available throughout the hotel.

“It’s extremely important to have these features in this day and age,” said Pooja Patel, director of asset development with the Hotel Investment Group, who provided San Diego Uptown



(l to r) From the spacious lobby at the new Holiday Inn Express, guests can see the swimming pool and Jacuzzi through a covered outdoor lounging area. A room with a king-size bed features soft and hard pillows, recessed lighting, and free Wi-Fi. (Photos by Ken Williams)



News with a private tour of the hotel. The firm is owned and operated by her father, Bhavesh “Bobby” Patel, a seasoned hotelier in California who was born in London.

Pooja Patel described the hotel as “modern and minimalistic, made for millennials,” as the designers eliminated unnecessary items found in a traditional motel. Vanity mirrors are back-lit to enhance the ambience, recessed lighting under the beds provide a comfortable environment for watching television or reading email on your smartphone or tablet. USB plugs near the bed let you charge your electronics or connect to the Internet.

The rooms are spacious, and so are the bathrooms. A large vanity can contain lots of items, and the glass-enclosed showers can easily accommodate more than one guest at a time.

The paint scheme is clean and modern, with the carpeting showing flashes of grays and blues.

“We were going for the beachy feel of San Diego,” Patel said. “We were going for the look of cleanliness and comfortability.”

Each bed has both soft and firm pillows to appeal to the most finicky guests. Each room has a 48-inch HDTV, a mini fridge, a microwave, a one-cup coffeepot and an ironing board with an iron.

Prices start at \$109 for a standard room with a king-size bed. There are standard rooms with two queen-size beds, double queen suites with a sleeper sofa, king suites with a Jacuzzi tub, and rooms for the hearing impaired. Some rooms on each floor have a connecting door that are designed for families needing to share multiple rooms.

“We believe our hotel captures the perfect balance between franchise recognition and boutique hotel experience,” she said.

“There is nothing along Hotel Circle that caters to the millennials — except us,” she added. “We’re definitely the top dog on Hotel Circle.”

For her father, the opening of the hotel is a dream come true, despite long odds.

“It’s been a challenge,” Bobby Patel said, citing issues with the city over site planning and the hotel community’s initial negativity. But in the end, it is he who is jubilant for persevering over the past 6.5 years.

“The site was difficult, working behind an existing hotel (the Vagabond),” he said. “My dream was to give Hotel Circle a modern, tech-friendly hotel, a hotel they could be proud of. After all, Hotel Circle is the ‘window to San Diego.’”

He says his creed is “hard work, integrity and delivering the

goods. ... Profits will find a way to follow.”

He credits his business philosophy to his parents for his upbringing, the merging of his Eastern and Western cultures, and to being a parent who wants to pass his family values to his children.

Bobby Patel operates franchise hotels in some of the most competitive markets in the country, including San Diego and the Bay Area. Some are affiliated with InterContinental and Wyndham Hotel Groups. More recently, he formed Hotel Investment Group with the idea of creating a “lifestyle brand” —which the company describes as a unique concept aimed to provide a more personal experience inspired by the natural beauty and eclectic living of the property’s location. In addition to the Holiday Inn Express catering to millennials, his newly opened Hotel Aqua Mar in Point Loma and soon to be opened Hotel Iris on Hotel Circle are among the first boutique hotels opened under this concept. Hotel Iris is expected to open the first of July.

According to the Patels, Holiday Inn Express and Hotel Iris are in the perfect location. It’s easy to go shopping at the nearby malls, cruise up the hill to Hillcrest and North Park, enjoy quick trips to the beach or the Gaslamp, or do the touristy thing.

Bobby Patel, 46, says he has been working in the hotel industry for 28 years. He beams as he talks about his new projects, a huge smile crossing his face.

“It means a lot to me to hear from my peers, like the officials at the Marriott, that they like what we have achieved with the Holiday Inn Express,” he said, standing between the new hotel and the nearly gutted Vagabond. Construction workers are in the process of doing a major facelift to transform the outdated Vagabond into a modern Hotel Iris.

As a veteran hotelier, Patel knows what he wants and is a hands-on boss who came up with the design scheme at the Holiday Inn Express. He wanted to take advantage of San Diego’s famous weather by creating a hotel that “embraces the indoors and outdoors.” That’s why the glass garage doors in the lobby will often be raised, creating an enormous

gathering space that’s both indoors and outdoors.

“Why was the hotel turned this way?” he asked rhetorically. “We wanted to take advantage of the hillside and the quietness away from the freeway (Interstate 8).”

The pool is 5 feet deep and heated to 80 degrees for year-round use. Nearby is a Jacuzzi. During our visit, the hillside behind the hotel was still awaiting drought-resistant landscaping to brighten up the view and to complete the eco-friendly environment.

Between the pool area and the lobby is a covered patio with a 90-inch HDTV and four smaller monitors to show five sporting events at the same time. A large, “see-through” gas fireplace acts as a dividing wall between the patio and the pool.

Pooja Patel envisions this space as yet another gathering place for guests, where dad can watch his favorite team and mom can keep an eye on the kids in the pool while utilizing the Wi-Fi to check her email. The kids also command a corner of the lobby, where a Nintendo Wii interactive game station is set up.

The hotel has a gym in the basement, featuring a treadmill, stationary bike, elliptical bike, bench press, free weights and more.

“Our focus on public areas is to create a sense of community, and millennials like that,” Pooja Patel said. “We want people hanging out in the lobby and at the pool, enjoying the public spaces.”

She called out other hotels in Hotel Circle as old and outdated, and emphasized that Holiday Inn Express will be blazing new trails.

“We want our guests to have an experience when they stay with us,” she said. “We want them to have a good time.”

It’s clear the acorn has fallen from the same tree, as her father echoes the same themes.

“This hotel gives us an advantage” over the competition, Bobby Patel said. “We have a great name, a brand that people know and trust. But we are giving people an experience.”

—Ken Williams is editor of Uptown News and Mission Valley News and can be reached at ken@sdcnn.com or at 619-961-1952. ■

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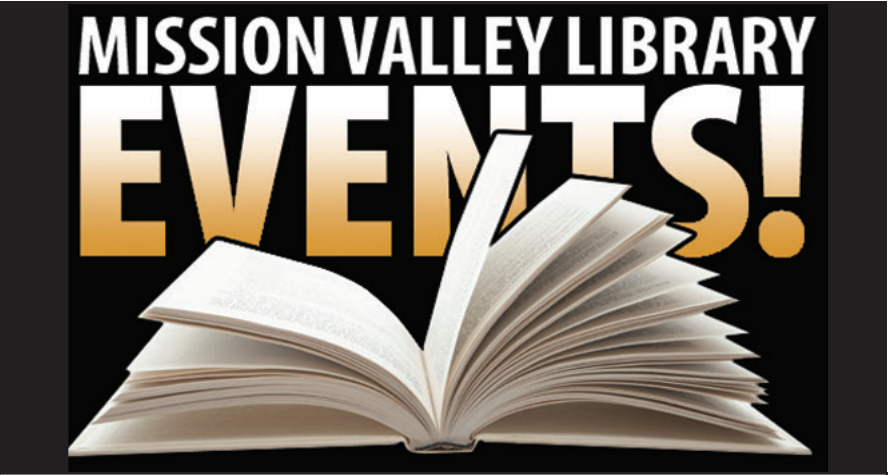
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Mission Valley Library Events – June 12 – July 9, 2015

Assemblymember Weber’s mobile office
Monday, June 15, 10 a.m. – noon
Connect with Assemblymember Shirley Weber’s staff 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 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
First and third Tuesdays, 3:30 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.

Film forum: ‘The Lady from Shanghai’
Wednesday, June 24, 6 p.m.
Free screening of this 1948 film starring Orson Welles, Everett Sloane and Rita Hayworth. Discussion after film.

Friends of the Library meeting
Third Wednesday, 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 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 – 11:30 a.m.
Preschoolers are invited to a storytime, then a fun craft.

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

Summer reading program events
Tuesdays, 10:30 a.m.
Weekly music, magic, science and animal performances for all ages.

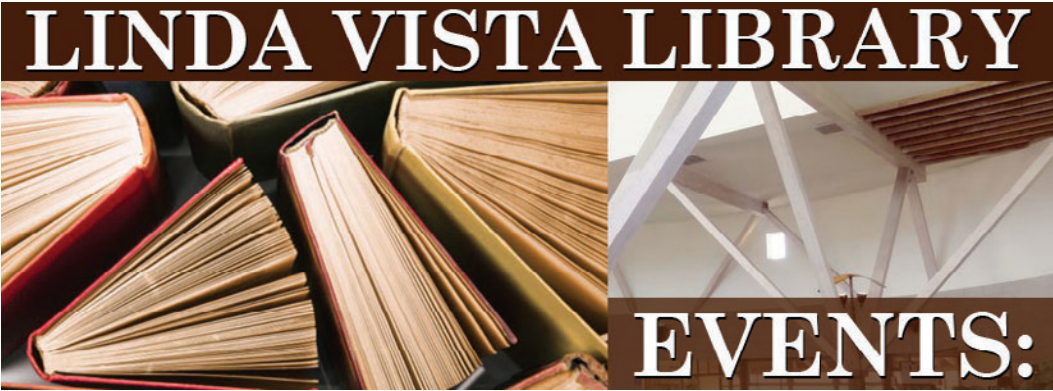
Tai Chi class
Thursdays, 2 – 4 p.m.
Designed for adults over 55 teaching strategies for exercise and relaxation in addition to Tai Chi.

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

Yoga for kids
First and third Mondays, 1 – 2 p.m.
Yoga for toddlers starts at 1 p.m. and yoga for preschoolers starts at 1:30 p.m. – both teaching kids how to calm themselves, develop strong bodies and build a foundation for well-being.

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

Zumba Basic
Mondays, 4 – 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. ■



Linda Vista Library Events June 12 – July 9, 2015

Linda Vista Planning Group general meeting
Monday, June 22, 5:30 p.m.
This is an open meeting of the Linda Vista Planning Group. The public is encouraged to attend. Visit lindavista.org/lvpg.

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 – 5 p.m.
Stretch your imagination and create fabulous crafts. The craft is different every week.

Hatha yoga for adults
First Thursday of the month, 11 a.m. – 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 – 6:30 p.m.
Join Miss Kim for a fantastically fun program containing crafts, music and stories for babies and toddlers.

‘Just Kickin’ It Karaoke’
Monday, June 15, 4 – 5 p.m.
A special summer karaoke hour for kids with a collection of contemporary songs available.

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

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

Storytime with Mr. Luan
Fridays, 10:30 – 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 – 11 a.m.
Improve your balance and

mobility with slow, controlled movement.

Vietnamese Storytime with Thuy
Saturdays, noon – 12:40 p.m.
Join Thuy as she reads stories in the Vietnamese language.

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). ■



Community Calendar

JUNE 15 Portfolio show Monday, June 15
Graduates of the Art Institute of California – San Diego will showcase their portfolios at this unique event. Graduates in the areas of design, media arts, fashion and culinary fields of study may be on hand. The event starts at 4 p.m. first opening for employers and industry professionals to meet and view the work of the graduates; it will then be open to the general public starting at 6 p.m. The school invites prospective students to attend the event as well to see where a program could take them. The portfolio show will be held on the school’s campus (7650 Mission Valley Road, Mission Valley) in the North Building on the first and second floors. For more information visit AI-PortfolioShow.com/SanDiego.

“Attracting hummingbirds and butterflies” gardening class
JUNE 20 Saturday, June 20 and Sunday, June 21
For this gardening class,

Armstrong Garden Centers presents tips and techniques for planting flowering plants to attract these creatures to your garden. The Mission Valley store is located at 10320 Friars Road; there are several other San Diego Armstrong locations. These sessions will start at 9 a.m. on Saturday and 10 a.m. on Sunday. Visit ArmstrongGarden.com for more information.

Animal Adventure Camp
JUNE 22 – AUG 7 Monday, June 22 through Friday, Aug. 7
These weeklong educational summer camps will be held throughout the summer at the San Diego Humane Society’s San Diego Campus (5500 Gaines St., Linda Vista/Morena). Children will enjoy an interactive camp teaching compassion and respect for all living creatures. There will be games, crafts and hands-on animal activities with dogs, cats, guinea pigs and more. Camp is held weekdays from 9 a.m. – 3 p.m. for children ages 5 – 13. Children 14 years

of age and over can apply as volunteers for a week of camp. For more information and to register your child, visit SD-Humane.org/Camp.

JUNE 26 – JUNE 28 Gem Faire Friday, June 26 through Sunday, June 28
The Gem Fair returns to the Scottish Rite Event Center (1895 Camino Del Rio South, Mission Valley) for this week-end-long event. There will be over 100 exhibitors showcasing gems, jewelry, jewelry-making supplies, beads, crystals, minerals, gold, silver and other related products. There will also be classes and demonstrations offered including bead classes on Saturday and Sunday for additional fees (reserve in advance). The Gem Faire will be open from noon – 6 p.m. on Saturday, 10 a.m. – 6 p.m. on Saturday and 10 a.m. – 5 p.m. on Sunday. General admission is \$7 for a weekend pass, children under 12 are free. Free parking and hourly door prizes. Visit GemFaire.com for more information and a full list of dealers. ■



The iconic office building for The San Diego Union-Tribune will not be demolished for the apartment complex. (Photo by Ken Williams)

► Project, from page 3

by the project had to do with traffic. But the developer touted the nearness of the Fashion Valley Transit Center, where buses and the trolley connect, and which would be accessible via a pedestrian bridge over the river behind the Town and Country Hotel. The project was dubbed a “transit oriented development project,” according to the minutes. Traffic studies clearly project an increase in the number of vehicles using Camino de la Reina and nearby streets accessing Interstate 8 and State Route 163, but not just because of the Union-Tribune project. Western neighbor Town & Country is seeking city approval to add 840 residential

units, and down the street to the east the Millennium Mission Valley project will create 305 more residential units on the site of a former auto and boat dealership. The final plan calls for 985 total parking spaces for the entire U-T site, including 319 to be located in one of the residential towers, Dealy said. The public will be able to make comments on the U-T project at the June 18 Planning Commission meeting, prior to the vote. —Ken Williams is editor of Mission Valley News and San Diego Uptown News and can be reached at ken@sdCNN.com or at 619-961-1952. For the record, he is a former employee of The San Diego Union-Tribune when it was own by Copley Press, but he has never worked for Doug Manchester.■

► Update, from page 1

Brown, Perry Dealy, Alan Grant, Rob Hunt-sel, Karen Ruggels, Marco Sessa, Surdi and Josh Wiselberg. Now it is time to pick the remaining 11 members from the Mission Valley community who wish to give input about the long-term goals of the Community Plan. To qualify, Sur-di says, members must either be a resident of Mission Valley or own a business there. The Mission Valley Community Plan kickoff meeting has been scheduled from 6 – 8 p.m. June 30 at a location to be determined. Nancy Graham, a senior planner in the city’s Planning Department, told the Mis-sion Valley News that the subcommittee would have an initial meeting on July 10 at 3 p.m. in the Community Room at the Mis-sion Valley Public Library on Fenton Park-way. The full panel will not be seated by the

time, however. Applications to serve on the subcommit-tee will be available at the June 30 and July 10 meetings, or candidates can sign up on the “interest list” at tiny.cc/w0d8yx. Deadline to submit an application is July 24. The remaining 11 members of the sub-committee will be selected by lottery on Aug. 5 at the MVPG monthly meeting at the li-brary’s Community Room. The first official meeting of the subcom-mittee will be at 3 p.m. Aug. 14 at the library. Graham estimated that work on the up-date plan probably won’t be finished until 2018, so candidates should be prepared for the long haul. —Ken Williams is editor of Mission Val-ley News and San Diego Uptown News and can be reached at ken@sdCNN.com or at 619-961-1952.■

PUZZLE ANSWERS FROM PAGE 12

SUDOKU

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

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- Dance Club
- Deli
- Dessert
- Dinner
- Donut Shop
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- Fast Food
- Fine Dining
- French Cuisine

- Greek Cuisine
- Happy Hour
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- Rooftop Lounge
- Salad
- Sandwich
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- Sports Bar
- Steakhouse

- Sushi
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 - Acupuncture
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