



MISSION VALLEY News

Volume 9, Issue 9 Sept. 11 - Oct. 8, 2015

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
SAN DIEGO, CA
PERMIT NO. 94

LOCAL POSTAL
CUSTOMER

INSIDE THIS ISSUE

LOCAL NEWS

Major makeover



Town and Country Resort & Convention Center plans massive renovation. **Page 2**

NEWS ANALYSIS

Taking a principled stand



Mission Valley Planning Group resists pressure, does the right thing. **Page 6**

GARDENING

Container gardening



A beautiful garden can grow in small spaces. **Page 7**

DINING & DRINKS

Kiko's food truck



Kiko's food truck draws a loyal following in Mission Valley. **Page 9**

ALSO INSIDE

Opinion	6
Monthly Poll	6
Dining Out in San Diego	8
Get Fit!	12
Music Notes	12
Puzzles	14
Library Events	15

Editorial / Letters

(619) 961-1952
ken@sdcdn.com

Advertising

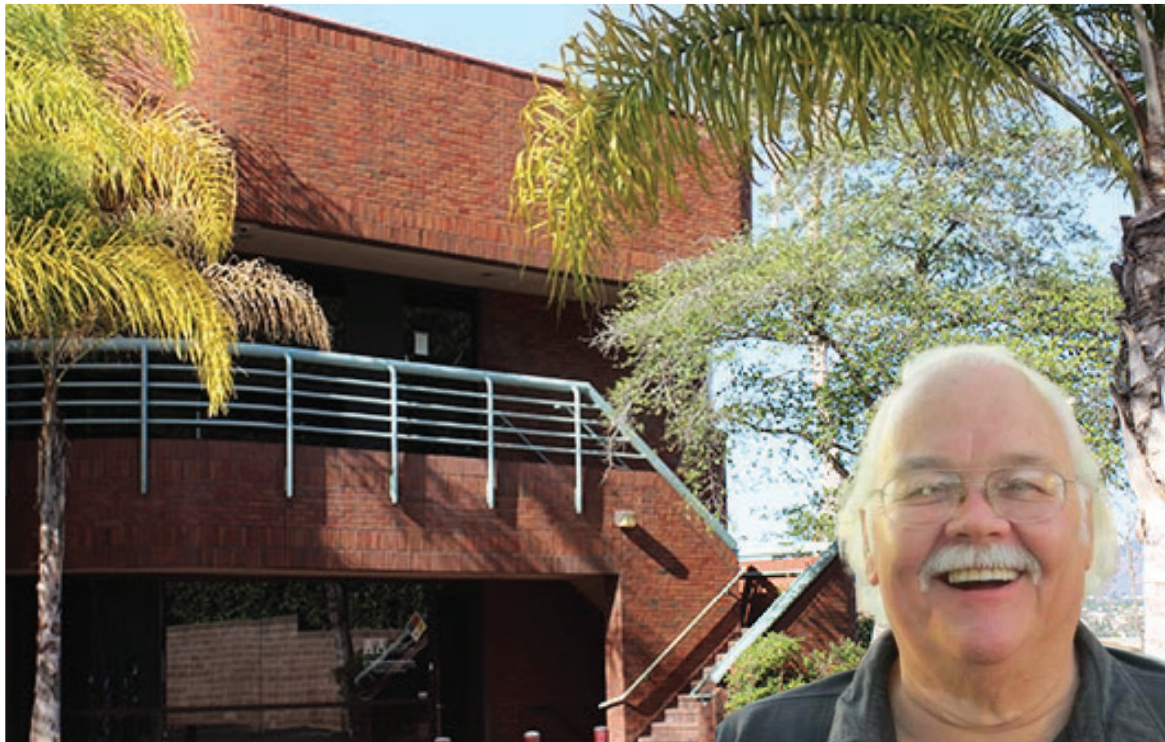
(619) 961-1958
mike@sdcdn.com

www.sdcdn.com

San Diego Community News Network



Follow us on
Facebook & Twitter



Ray Taylor (inset courtesy of Ray Taylor) hopes to open The Healing Center in November. (Photo by Jeremy Ogul)

Medical marijuana co-op targets November opening

Ken Williams

Editor

Mission Valley's first medical marijuana co-op has finally been approved by the city, and its owner is planning to open for business before year's end.

Raymond "Ray" J. Taylor said he expects The Healing Center to have a grand opening on Nov. 1, but is holding out hope for an earlier debut. His brother-in-law, James V. Dickinson, is also involved in the operation as an investor.

When Taylor decided in February 2014 that he wanted to get into the medical marijuana

business to "help people" like his relative who suffers chronic pain, he said the amount of red tape he encountered was "overwhelming."

"I had hoped to open on 4/20" in 2015, Taylor said, laughing, alluding to the universal code word for cannabis. But the wheels don't move that fast in city government.

Taylor's proposal was first brought before the Mission Valley Planning Group, which advises city planners on local matters. Then at the April 1, 2015 meeting, the planning group voted 17-3 to recommend a five-year conditional use and site development permit for the project.

The proposal then bounced up to the city's Planning Commission, which also approved the project after conducting a public hearing on Aug. 13.

"Now I know what it's like to give birth," Taylor quipped.

Taylor is known for producing classic car shows at Qualcomm Stadium, which is directly across Interstate 8 from the location of his Healing Center. The co-op will be located in Suite 215A in a 26,000-square-foot, two-story medical office building at 3703 Camino del Rio South. "I looked at 300 locations before I found this place," he said.

See **HEALING** page 10

Work on Civita Park gets underway

Ken Williams

Editor

Construction has started on Civita Park in Mission Valley, 14.3 acres of public parkland that will feature a manmade waterfall, a dry creek bed cascading down the hillside, an amphitheater and a large plaza for public gatherings.

Civita Park will be the "Central Park" of the massive Civita development, which is on the north side of Friars Road stretching from Mission Center Road on the east to Interstate 805 on the west.

Hazard Construction Co. be-



Aerial photo shows construction going on at Civita Park in Mission Valley. (Courtesy of Sudberry Properties)

gan work on Phases I and IV on Aug. 18. This part of the project is expected to take 12 to 14 months to complete and another couple of additional months will be needed so the landscaping can mature, said Marco A. Sessa, senior vice president of Sudberry Properties, and the principal/partner in charge of all aspects

of the development process for the massive Civita mixed-use community.

"The waterfall is starting to take shape," Sessa said as he emailed an aerial photograph to Mission Valley News. The photo, taken about two weeks

See **CIVITA** page 13

Hazard Center is turning 25

What does the future hold for this Mission Valley mainstay?

Ken Williams

Editor

As Hazard Center in Mission Valley prepares to celebrate its 25th anniversary on Sept. 26, general manager Lisa Gualco gives a glimpse of what might happen in the future.

Representatives of Hazard Center in 2009 appeared before the Mission Valley Planning Group, which has approved a large residential project on the 14.52-acre site.

"The owners of Hazard Center have entitlements for approximately 470 residential units over two phases, but have been focused on other improvements to the center and on upgrading the tenant mix," Gualco said last week. "The entitlements are still planned, but no specific timeline has been established or determined."

That project's completion would add almost 1,000 residents to Mission Valley, based on SANDAG projections of 2.1 people per household in 2020.

A public park totaling .63 acre would be added during the construction phase, scheduled to be dedicated to the city.

Gualco also addressed rumors that the UltraStar Mission Valley Cinemas might be closing. "The original owners of

See **HAZARD** page 14



FYI MARK YOUR CALENDARS

• **Mission Valley Planning Group** meets at noon on the first Wednesday of the month: Community Room, Mission Valley Library, 2123 Fenton Parkway.

• **Mission Valley Community Update Plan Subcommittee** meets at 3 p.m. on the second Friday of the month: Community Room, Mission Valley Library. ■

Major makeover coming to Town and Country Resort

Ken Williams
Editor

The Town and Country Resort & Convention Center in Mission Valley will undergo an \$80 million renovation, with the massive overhaul expected to start in January.

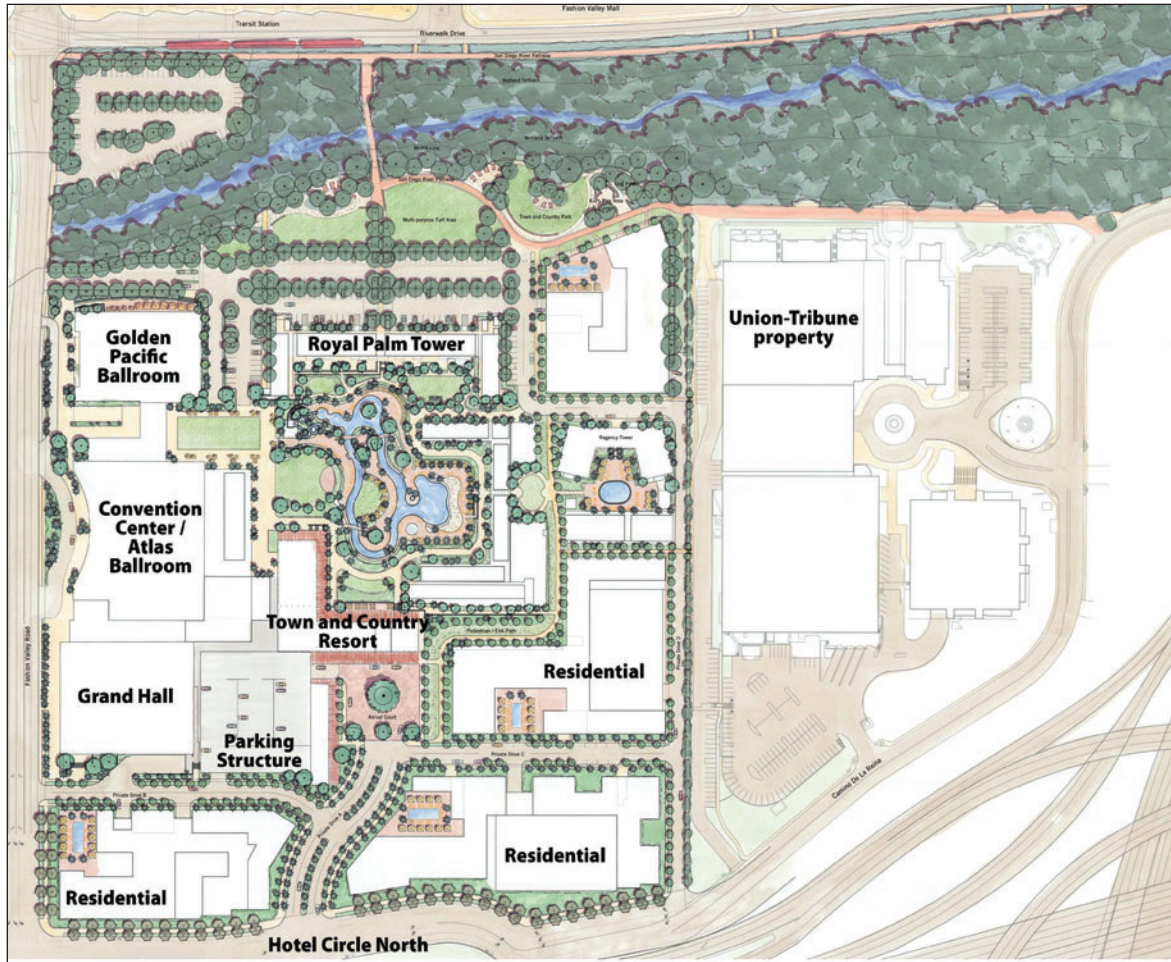
The 62-year-old landmark resort, which at 500 Hotel Circle North, sprawls over 43 acres between Interstate 8 and the San Diego River, comes from humble roots. Charles H. Brown, a pioneering developer of Mission Valley, in 1953 built a 46-room motor inn in the middle of farmland. Over the years, under the Brown family's ownership of the Atlas Hotels, the Town and Country Resort grew in leaps and bounds to become a destination hotel for San Diego visitors.

Margarite Clark, a public relations official, told Mission Valley News more details about which buildings will be demolished during the extensive renovation.

"Most of the older buildings will be demolished including one- and two-story ranch-style/motel rooms, the Meeting House, Regency Ballroom, Garden Ballroom, the existing restaurants, lobby and Bella Tosca Spa," Clark said.

"The Convention Center will remain as is and will be completely refurbished," she added.

In recent years, luxury hotels



An architectural rendering shows the major makeover plans for the Town and Country Resort & Convention Center. (Courtesy of Burton Landscape Architecture Studio)

built in Downtown and Del Mar have eclipsed the glamour that once belonged to the Town and Country.

Last year, Atlas Hotels formed a joint venture with Lowe Enterprises and AECOM

Capital to take over the aging property. Soon after, Destination Hotels — the hospitality management subsidiary of Lowe Enterprises — assumed operation of Town and Country, and Michael Slosser was named vice

president and managing director of the 935-room resort. Slosser also oversees Paradise Point Resort & Spa and L'Auberge Del Mar.

Slosser and well-known chef Paul McCabe were behind

the \$27 million renovation of L'Auberge Del Mar in 2008. Slosser directed the transformation from a dated inn into a contemporary coastal retreat while McCabe launched Kitchen 1540 restaurant, which has earned critical acclaim.

The two men will be charged with transforming the Town and Country property into an "urban oasis" resort and meeting place, according to a news release.

Clark described the architectural theme will be "midcentury modern with a casual, San Diego style."

With a target of early 2018 for the project's completion, the reimagined hotel will have 688 rooms, nearly 200,000 square feet of meeting space, three new restaurants in a 10,000-square-foot food and beverage facility, a 5,000-square-foot spa and an 11,000-square-foot lobby with an arrival bar overlooking a new 2-acre water attraction.

"We plan to create something much different than a typical branded hotel — this will be an urban, campus environment designed to attract sophisticated meeting planners and discerning leisure travelers," Slosser said in a statement.

"This is the biggest venture I have ever taken on," added McCabe, who has reinvented San

See **MAKEOVER** page 3 —————>

October is... CLEAN RIVER MONTH!



Join the movement!

Volunteer for one of these activities to protect the San Diego River:

OCT 3-4 RiverBlitz: Join citizen scientists for field surveys

OCT 24 Clean Sweep: Volunteer at one of five River clean-ups

And all month, share your favorite spots along the River:



#thisisMYriver

Sign up and learn more: www.sandiegoriver.org



PEAK LOCATION

Ridgetop homes now selling



For those looking to spend less time driving and more time playing, Civita provides the perfect blend of urban chic and village charm, right in the heart of town. Award-winning architecture brings the outside in through expansive windows, patios and decks. Visit today and discover your inner urban calling.

APEX
3-5 Bedrooms
3.5 Baths
2,092-2,229 sq ft
from the high \$700,000s

Townhomes | Rowhomes | Single-Family Homes
Single-Level Condos | Luxury Apartments



Civita Boulevard off Mission Center Road civitalife.com

Sudberry Properties

Civita is a master plan development of Quarry Falls, LLC. All information is accurate as of date of publication, but information and pricing is subject to change at any time.





A view of the Town and Country Resort from the Fashion Valley trolley station (photo by Ken Williams) and the masterminds of the makeover plan, Chef Paul McCabe and Michael Slosser (courtesy of Town and Country)

► **Makeover**, from page 2

Diego eateries such as Delicias, Top O’ the Cove and Anthony’s Star of the Sea. “I will be using everything I’ve learned to-date to make this happen.”

In his role as executive chef, McCabe will reconceive the resort’s food and beverage operations — developing menus and concepts for the new restaurants.

McCabe’s kitchen apprenticeship started in 1984 under Michel Banchet at Jean Bertrano’s L’Ermitage, known as the genesis of French fine dining in Los Angeles. His resume includes serving as executive chef at five-star L’Ermitage Hotel in Beverly Hills. Before that, he spent three years at the award-winning Enchantment Resort in Sedona, Arizona, where he worked his way up to executive chef at the fine dining Yavapai Restaurant.

For the past six decades, the Town and Country Resort has anchored Mission Valley’s hotel row and grown into the largest privately owned convention and meeting hotel on the West Coast. But the future will see additional growth.

In January, the Mission Valley Planning Group voted 13-4 to remove the Town and Country site from the Atlas Specific Plan [to read more, see bit.ly/1JAafS5] — which was

approved in 1988 and is grandfathered in — and initiate a new Multi-Use Transit Oriented Development Plan. In addition to the massive renovation of the resort and convention center, the property owners intend to eventually build 840 multi-family residential units close to the Fashion Valley Transit Center, which includes bus transfer and trolley Green Line services. Those plans, which appear to be in limbo,

require the developer to incorporate San Diego River Park Master Plan elements into the housing project.

“A significant amount of resources will be provided to embrace the San Diego Riverpark Master Plan,” Clark said.

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

Get back in the game.



You have one life to live – so don’t miss out on it because of knee or hip pain.

The new, innovative Advanced Joint Institute at Alvarado Hospital offers minimally invasive and robotic-assisted joint reconstruction (full and partial) to get you back on your feet.

We have brought together the best practices of joint replacement programs from around the country—latest advances in anesthesia, comfortable clothes from home instead of hospital gowns, early mobility, healing design, nurse navigators and coaches—all in one family- and patient-centered program.



Learn why we have superior outcomes and high patient satisfaction scores.

For physician referral and more information, visit AlvaradoHospital.com or call (619) 229-4548 or (800) ALVARADO (24/7).

ADVANCED SPINE & JOINT INSTITUTE | **ALVARADO HOSPITAL MEDICAL CENTER**

6655 Alvarado Road, San Diego 92120
AlvaradoHospital.com | (619) 229-4548

Medical Minute

What is a hospitalist?

By Dr. Larry Emdur

I am a board certified internist and pulmonologist practicing at Alvarado Hospital in San Diego since 1984. Starting in the late 1990s, I concentrated my practice in the care of the hospitalized patient. This meant that I spent the majority of my practice full time in the hospital taking care of ill patients that were admitted to an acute care facility. Robert Wachter, M.D. at UCSF, coined the term hospitalist. The Society of Hospital Medicine has adopted the definition of the hospitalist as "Hospitalists are physicians whose primary professional focus is the general medical care of hospitalized patients. Their activities include patient care, research, leadership, and hospital medicine."

This form of medicine has improved the efficiency of care of the hospitalized patient. Pre 2000, many patients were taken care of by a primary physician who also had responsibilities in the office. This meant that they were not totally available to take care of problems that would arise in the hospital when they were required to be in their office. With the new paradigm when the doctor is in the hospital 7/24, the hospitalist is better able to provide care to the patient. This means earlier diagnosis, earlier treatment, follow-up on abnormal labs,



Dr. Larry Emdur

and hopefully shorter periods of time in the hospital. This more efficient system is saving time and money for both the patient and the delivery of care by the hospital.

In the last year, Alvarado Hospital has transitioned to a full-time hospitalist program with soon to be seven hospitalists that are providing around the clock 7/24 care to the patients. This is one of the reasons that Alvarado Hospital is a Health Grade Distinguished Hospital 2014, 2015 (Top 5% in the Nation) for clinical excellence and patient safety.

Dr. Emdur and his hospitalist team are striving to improve on all of these metrics with a hospitalist team approach.

 **ALVARADO PHYSICIANS**
MEDICAL GROUP
(619) 286-8803 | 6719 Alvarado Road, Suite 108, San Diego, 92120
AlvaradoMedicalGroup.com

Celebrating and supporting San Diego and California workers

Toni G. Atkins

Speaker of the Assembly



This past year has seen some big successes for California workers.

We passed a historic water bond that not only addresses water infrastructure needs, but puts people to work in good paying jobs. The water bond also creates the opportunity for apprentices who can work to become journeymen and move ahead on the path to the middle class.

We extended and expanded the film-production tax credit — to keep industry jobs in California and bring back those that have left.

We provided protections for temporary and contract workers who work in agriculture, warehouses, and goods movement, so that large corporations can't walk away from liability when their contractors don't pay their workers or provide meal and rest breaks.

We also passed a law that will shed light on California employers who have workers who earn so little that they qualify for Medi-Cal.

And California became

only the second state in the country to provide millions of workers with the right to paid sick days. No longer will a single parent have to make the choice of caring for a sick child or going without pay or, worse, losing their job.

This year, the Assembly has continued creating policies to fix the future. The budget passed in June reflects core goals we fought for, including the Assembly Democrat-championed state Earned Income Tax Credit, which will benefit 2 million working Californians and their families. We keep college affordable through our Middle Class Scholarship and by directing more funds to community colleges and California State University and University of California campuses, as well as expanding Cal Grants by 15 percent.

The Legislature and the governor must ensure that as the economy continues to grow, it's not at the expense of working people. Economic growth has to flow to working people and to those struggling to make ends meet.

As we celebrate Labor Day, we can celebrate all the progress that's been made to make life better for California's working people. It's important to remember that all the changes

have been made possible by all groups working together to achieve better parity for workers — and that creates a stronger California!

Around the District: The "I Love a Clean San Diego" cleanup takes place from 9 a.m. to noon Sept. 19 and I will be a part of it with our Team Toni. Please join us at one of the 100 sites where thousands of volunteers will clean our beaches, canyons, rivers and creek beds. To be part of Team Toni, email us at speaker.atkins@assembly.ca.gov. We'd love to have you! For more, see cleanupday.org ... Happy 25th anniversary to Mama's Kitchen! The charity has provided meals to those with HIV, AIDS or other serious ailments throughout our communities and I'm proud to join with our entire San Diego state legislative delegation in congratulating their staff and volunteers on this milestone.

—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. ■

 **my party go-to**

We're celebrating our 25th Anniversary!
Join us Saturday, September 26th, 1-3pm.

Great prizes, fun crafts, yummy cake and a whole lot more.

Visit hazardcenter.com for directions and event details.


Download our new app!

 **My Go-To HAZARD CENTER**
FRIARS AT FRAZEE

SINCE 1962

Join Us for LUNCH
Mon-Fri, 11:30am-4pm
Breakfast served until 4pm
Dinner: Mon-Tues 5-10pm
Wed-Sat 5-11pm

No Better Time for Prime
Albie's BEEF INN



Award Winning Prime Rib

Sandwiches • Salads • Fresh Fish
QUALITY • VALUE • VARIETY

Convenient location • Ample free parking
Piano Bar Tues-Sat nights • Happy Hour Mon-Fri 4-7pm
1201 Hotel Circle South • San Diego, California 92108
619-291-1103 • albiesbeefinn.com

Congressional Watch

Andy Cohen

Welcome to the San Diego Congressional Watch, 2015 summer recess edition! Congress has been on vacation for most of August, but San Diego's Congressional delegation has been rather busy.

We begin with the Iran nuclear deal. As you may recall, in July, Juan Vargas (D-51) penned an Op-Ed in the San Diego UT in opposition to the diplomatic agreement with Iran to restrain that country's nuclear weapons ambitions. This month sees two other San Diego area reps come out in favor of the deal. Last month Scott Peters (D-52) and Susan Davis (D-53) both came out in support of the pact between the United States, Great Britain, France, Germany, Russia, China, and Iran.

"After weeks of study, it is clear to me that the JCPOA [joint comprehensive plan of action] is our best tool to prevent Iran from building a nuclear weapon for at least the next 15 years. I will vote to support the agreement," Peters wrote in his own UT opinion piece.

"Congressional disapproval will not realistically force a better deal, as some opponents have asserted," Peters wrote. "The leverage for negotiations was created by the cooperation of other countries that share our goal of preventing a nuclear-armed Iran. Our allies support the JCPOA and want to resume trade with Iran, with or without our blessing. As former Treasury Secretary Henry Paulson stated, it is 'totally unrealistic' to expect multilateral sanctions to stick should the United States reject the JCPOA."

While Peters acknowledged that the pact will not affect Iran's support of recognized terrorist organizations or end its civilian nuclear program, without the support of our allies, U.S. sanctions alone will have little to no effect in curbing the behavior of the Iranian regime. The military option is still squarely on the table, he said.

"As another difficult decision approaches, I am convinced that after an extensive number of discussions and reviewing materials, the Iran nuclear agreement creates a viable path to reducing Iran's nuclear weapons capabili-



Rep. Susan Davis, D-53
2700 Adams Ave. #102
San Diego, CA 92116
Local: 619-280-5353
Washington: 202-225-2040
house.gov/susandavis

Rep. Duncan Hunter, R-50
1611 N. Magnolia Ave. #310
El Cajon, CA 92019
619-448-5201
202-225-5672
hunter.house.gov

Rep. Darrell Issa, R-49
1800 Thibodo Road #310
Vista, CA 92081
760-599-5000
202-225-3906
issa.house.gov

Rep. Scott Peters, D-52
4350 Executive Dr. #105
San Diego, CA 92122
858-455-5550
202-225-0508
scottpeters.house.gov

Rep. Juan Vargas, D-51
333 F St. #A
Chula Vista, CA 91910
619-422-5963
202-225-8045
vargas.house.gov

ty now and for the future," Davis wrote in her opinion.

"The pending vote on the Iran nuclear deal, for me, is like the 2002 vote to invade Iraq, which is still changing the course of history and countless people's lives," she continued, drawing parallels between the 2002 vote to enter into a ground war in Iraq and the decision to support the Iran deal. "I opposed invading Iraq because I was convinced we had not exhausted all diplomatic options and questioned our lack of planning for the aftermath."

Like Peters, Davis recognizes the damage that would be done to the U.S.'s credibility throughout the world and the diminution of its leadership role, particularly in economic matters, creating a distinct advantage for the Iranians. Both members point to the agreement's basis in mistrust, rather than trust in the regime's willingness to fully

honor their responsibilities under the accord, and both agree that any notion that the U.S. maintains enough influence to force a "better deal" is pure folly.

Darrell Issa (R-49) was caught stretching the truth again by CNN's Wolf Blitzer. "It's not an accident to have 300 emails become retroactively, if you will, determined to be classified," he told Blitzer in an August interview, referring to the controversy over Democratic presidential candidate Hillary Clinton's use of a private email server during her time as Secretary of State.

"Well my understanding is, those 300 emails they are looking at now, that they haven't definitively ruled it was classified information," noted Blitzer. "They're going over it right now. There seems to be a dispute going on between the State Department and other agencies of the U.S. government what should have been classified, even if it had not been classified at the time. Is that your understanding as well?"

Issa reluctantly admitted the case while decrying the State Department's determination of what was and what was not considered to be classified material during his term as Chair of the House Oversight and Government Reform committee. In the meantime, he has called for a criminal investigation into Clinton's use of a private email server.

"If any other American had shown the same disregard for securing classified information that Hillary Clinton showed, the United States government would move quickly and decisively to hold them responsible," Issa stated in a press release. "Months after we learned about Clinton's secret email server, the FBI and DOJ have finally mustered the motivation necessary to take it into their custody."

"The only reasonable path forward is a criminal investigation," he said.

Peter Bobby, aide to Duncan Hunter (R-50), was arrested by Capitol Police on Aug. 4 for bringing a loaded, unregistered, unlicensed handgun onto congressional property, according to CNN. Bobby is an active-duty Marine assigned as a fellow to Hunter's congressional office. A spokesman for the Marines insisted that the incident was merely a mistake on Bobby's part, and is no way a reflection of his service in uniform.

Meanwhile, Hunter and Montana Republican Senator

Steve Daines have introduced legislation to arm military recruiters in the wake of the deadly shooting of four Marines and a Navy sailor at two military recruiting centers in Chattanooga, Tennessee, on July 16. Military policy prevents recruiters from carrying firearms in recruitment centers.

"What happened in Tennessee is an absolute tragedy," Hunter said. "All the talk about security upgrades to recruiting offices is fine, but the simple act of arming qualified personnel in these spaces presents the most effective line of defense."

In reality, however, armed

personnel in Chattanooga would have done little, if anything, to prevent the attack.

It is doubtful Congress will act anytime soon to make it more difficult for the wrong people to obtain firearms, even in the aftermath of the June massacre in a black church in Charleston, South Carolina, by a white supremacist, or the Aug. 26 on-air murder of a TV news reporter and her cameraman in Moneta, Virginia, by a disgruntled former colleague.

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

Outdoor Labyrinth available 7/24
Weekly Sunday Worship
8:00 am Contemplative Communion
9:30 am Spirited traditional Communion

Gethsemane Lutheran Church
2696 Melbourne Dr., San Diego, CA
Just up the hill from Qualcomm Stadium

www.gethsemanesd.org
858-277-6572

Your Local Community Newspapers
sdCNN
SAN DIEGO COMMUNITY NEWS NETWORK
www.sdcnn.com

NEWS:
619-961-1953
editor@sdcnn.com

ADVERTISING:
619-961-1958
mike@sdcnn.com

PUZZLE ANSWERS FROM PAGE 14

SUDOKU

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

CROSSWORD

S	E	T	A	L	E	P	E	L	E	T	A	L	O	T
L	T	E	R	I	N	E	R	O	N	A	N	E	L	S
E	I	S	I	N	O	T	I	N	G	E	L	E	S	
S	N	I	N	P	R	O	F	E	R	A	L	O	O	
A	I	V	A	S	V	A	N	E	N	I	E			
L	E	D	E	N	E	S	I	D	E		T	A	D	
H	S	I	D	E	A	T	I	O			T	O	C	
O	E	L	O	E	L	A					O	L	A	
C	O	V	A	K	E									
H	A	N	S											
A	D													
T														
S	E	H	R	S	H	E	R	S	O	N	O	N		
O	R	S	T	A	R									
H	O	S	E	S	C	A	B							

SUPERSAVERS!

menchie's
is now in
mission valley

We Cater!

Grab a cup or freshly made waffle bowl and mix any of our rotating daily flavors. Then top your tasty combo with seasonal fruits, candies, nuts, or any of our 40+ toppings. It's simple as can be, just...
1. mix 2. weigh 3. pay 4. yum!

\$5 Fridays: 9-11pm

20% off!

menchie's

menchie's mission valley
1620 camino de la reina, ste d
san diego, ca 92108

not valid on prepacks or retail items.
valid only at above location thru 12/31/15

buy one get one

1/2 off!

menchie's

menchie's mission valley
1620 camino de la reina, ste d
san diego, ca 92108

1/2 off second yogurt of equal or lesser value.
cannot be combined with any other offer.
not valid on prepacks or retail items.
valid only at above location thru 12/31/15

SATURATION COVERAGE
Over **15,000** direct mail

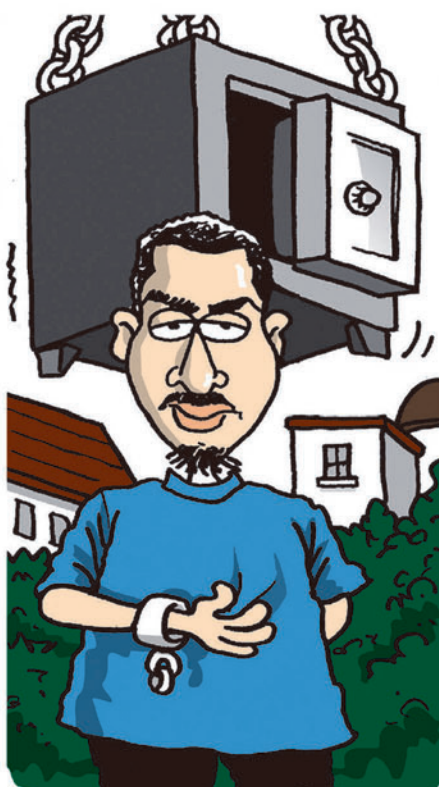
Mission Valley News is now delivered by mail to the entire 92108 zip code, reaching every residence and business in Mission Valley.

For advertising, contact Mike:
(619) 961-1958 • mike@sdcnn.com

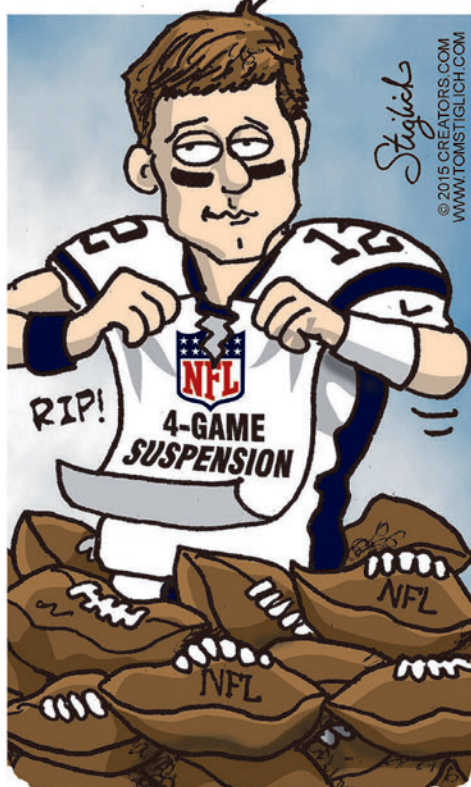
FAMOUS ESCAPE ARTISTS



HARRY HOUDINI



DAVID BLAINE



TOM BRADY

NEWS ANALYSIS

Planning group takes principled stand despite heavy pressure, deadline

Ken Williams
Editor

San Diego city officials, facing a number of time-sensitive deadlines in an attempt to get a stadium proposal on the ballot, came before the Mission Valley Planning Group on Sept. 2 seeking its approval of the 6,000-page stadium draft Environmental Impact Report (EIR).

Despite heavy pressure from city officials and even a plea from Councilmember Scott Sherman, whose District 7 includes the Mission Valley stadium site, the planning group stood firm on principle and declined to issue a conditional-use permit for the projected 30-year life of a new stadium.

Sherman pleaded with the planning group to send a message to the National Football League.

"Does it make a difference?" Sherman asked. "Maybe it does. A vote here sends a strong signal to the NFL ... that we are committed to building a new stadium."

Many planning board members noted that they were in favor of a new stadium to replace the aging Qualcomm Stadium, but also worried that they had only seen conceptual plans rather than the final documents. They pointed out that they have never issued a conditional-use permit without reviewing documents that were finalized.

Randall Dolph, chair of the group's Design Advisory Board (DAG), said the subcommittee only had time to review part of the 6,000-page document but came away with a long list of concerns. He listed things such as the new stadium's proposed location on the northeast corner of the existing Qualcomm site, putting it near the Kinder Morgan fuel storage tanks located between Friars Road and San Diego Mission Road. He cited discrepancies between renderings and documents. He said the document did not address the new fire station, the proposed park along the San Diego River or the wetlands buffer zone.

When it came time to discuss passing the motion to approve a conditional-use permit for a proposed new stadium, planning group member Marco Sessa asked: "What are we supporting?"

Sessa said he sees the issue as "replacing A (Qualcomm Stadium) with B (new stadium)" and that "there is little environmental difference" between either one. "The monster truck jam will be as noisy as last year," he said, illustrating his point. But he could not justify voting to issue a conditional-use permit based solely on concept.

Jim Turner appeared to speak for the planning group members: "We can't lower our standards ... or every developer hereafter will come after us for the same treatment."

Dottie Surdi, chair of the planning group, agreed. "Yes, we all want a new stadium, but we have to be consistent. We have the responsibility to be consistent."

In the end, the planning group voted unanimously to "endorse the concept of replacing the old stadium with a new stadium" providing the final document includes the community park and addresses the other concerns.

During the meeting, city planner Kris Shackelford went over an abbreviated version of the EIR, using a PowerPoint presentation. She noted that Qualcomm Stadium was built in 1967 on the 166-acre site, and the Brutalist-style of architecture designed by Frank L. Hope qualified the old stadium as "historical." Nobody seems inclined to spare the Qualcomm from the wrecking ball.

Shackelford said the proposed stadium would seat 68,000 and could be expanded to 72,000 for special events such as concerts. The stadium would be smaller in footprint than Qualcomm but much taller. She said construction would seek LEED Gold Certification for the 1.75 million-square-foot structure.

The parking lot would be reconfigured to make it more efficient for traffic flow, she said, and there would be a pedestrian-friendly access way from the trolley station to the stadium.

Planning group members did not object to the additional height, but wondered why the stadium was placed so far back on the property and further away from the trolley station.

City planners said they would take under

See **STADIUM** page 13 →

POLL

MISSION VALLEY News



Poll of the Month

Last Month's Question:

If the Chargers leave town, will you stop rooting for the team?

81% Yes

13% No

6% Undecided

This Month's Question:

What is your opinion of medical marijuana?

☐ Very supportive of legalization

☐ Concerned, but mostly OK with it

☐ Doubtful about its merits

☐ It should be illegal

To cast your vote, visit
missionvalleynews.com.

MISSION VALLEY News

123 Camino de la Reina, Suite 202 East
San Diego, CA 92108
(619) 519-7775
MissionValleyNews.com
Twitter: @MissionVllyNews

EDITOR

Ken Williams
(619) 961-1952
Ken@sdcnn.com

CREATIVE DIRECTOR

Todd Kammer
(619) 961-1965
graphics2@sdcnn.com

CONTRIBUTING EDITORS

Jeff Clemetson, x119
Morgan M. Hurley, x110
Jeremy Ogul, x119

PRODUCTION ARTISTS

Vincent Meehan, x111
Suzanne Dzialo, x111

COPY EDITOR

Dustin Lothspeich

SALES & MARKETING DIRECTOR

Mike Rosensteel
(619) 961-1958
mike@sdcnn.com

WEB & SOCIAL MEDIA

Jen Van Tieghem, x118
jen@sdcnn.com

ADVERTISING CONSULTANTS

Lisa Hamel
(619) 961-1957
lisahamel@sdcnn.com

CONTRIBUTORS

Toni G. Atkins
Andy Cohen
Gary Jones
Vincent Meehan
Erica Moe
Sari Reis
Frank Sabatini Jr.
Jen Van Tieghem

Andrew Bagley, x106
True Flores,
(619) 454-0115
Sloan Gomez, x104

WEB DESIGNER

Kim Espinoza
kim@kespinoza.com

PUBLISHER

David Mannis
(619) 961-1951
david@sdcnn.com

ACCOUNTING

Priscilla Umel-Martinez
(619) 961-1962
accounting@sdcnn.com

PUBLISHER EMERITUS

Jim Madaffer



OPINIONS/LETTERS: Mission Valley News encourages letters to the editor and guest editorials. Please email submissions to editor@sdcnn.com and include your phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

SUBMISSIONS/NEWS TIPS: Send press releases, tips, photos or story ideas to editor@sdcnn.com.

For breaking news and investigative story ideas contact the editor by phone or email.

DISTRIBUTION: Mission Valley News is distributed free the second Friday of every month. COPYRIGHT 2015. All rights reserved.

sdCNN
SAN DIEGO COMMUNITY NEWS NETWORK, INC.

MISSION VALLEY News

SAN DIEGO DOWNTOWN NEWS

GAY SAN DIEGO

La Mesa COURIER

Mission Times COURIER

Uptown News



Container gardening

You can grow a garden anywhere

Gary Jones

Whether one has a yard or not, everyone can garden. Even the humblest, recycled container can hold a garden. And given that California's water supply is so limited right now, gardening in pots may be the coolest thing a gardener can do.

Small-scale gardening — whether in containers or just in a limited space — uses the same principles and good practices that gardening on any scale takes. And while the mistakes are minimized, the rewards and satisfaction are not.

With container gardening, you'll still want to use good quality materials, you'll still have to obey Mother Nature and you'll want to use good design principles. But most everything else becomes simplified.

A few musts

When gardening in pots or containers, there must be drainage holes. Otherwise, roots will not have the oxygen they need to survive and thrive. Your plants will also need more frequent watering and feeding than they would if they were in the ground. The soil is more exposed to heat and wind, causing it to dry out faster. More nutrients are needed because of leaching and limited root space.

What to use

Use high-quality potting soil (not planting mix) and an organic starter or pre-plant fertilizer. This will get your plants off to a healthy, vigorous start. Make sure the soil is well-compacted.

Combining plants

You'll want to combine plants with similar light and water needs, otherwise some will suffer. Check the tag for details before purchasing.

The TFS principle

Whether it's edible or ornamentals, for visually pleasing



Container gardens are perfect for apartments or condos. (Courtesy of Armstrong Garden Centers)

container gardens, use the TFS principle. TFS means: Choose a plant that's tall and vertical (thriller), a plant that's mounding (filler) and a plant that trails (spiller). This combination will provide interest at all levels and will soften the edges of the pot. You may choose to use more than one filler and spiller.

Combining color

As in any garden situation, combining color is simple. Make sure that adjacent plants echo or repeat a color from nearby plants. It may be a color in the center of the flower, a petal's edge, a leaf or even a stem color. If you follow this rule, you'll always have harmony.

Simple statements

Single plants in a pot or container — especially if the container has a lot of interest itself — grouped with other single-plant pots can be visually striking and more effective in a small space. Multiple pots containing unique plants can be very dramatic.

Color from foliage

For the last few years, nurseries have been well-stocked with plants displaying fabulous foliage. You'll find leaves

in gorgeous colors and interesting textures. No need to wait for flowers because you've got instant color. And if plants go out of bloom, no problem.

Care

Watch your plants to understand their water-need rhythm. Plants will wilt when they need water. Generally, with container gardens in sunny spots, you'll need to water every other day. With shade plants, twice a week should be sufficient. Keep in mind that simple terracotta pots dry out faster than plastic or glazed pots due to their porous nature. Never let a pot sit in a saucer or tray full of water.

Feed plants monthly with a granular organic (or timed-release) food according to directions. For heavily-flowering plants such as annuals, you may want to use a granular food and a liquid high-bloom fertilizer at half-strength. This will ensure a spectacular show of color.

—Gary Jones is Chief Horticulturist at Armstrong Garden Centers, which has locations on Friars Road and Morena Boulevard. Email your drought and gardening questions to growingdialogue@armstrong-garden.com. ■

Shawarma!
 Döner!
TKS the kebab shop
Döner kebabs • Shawarma • Pide • Fresh Salads

Buy Any Menu Item, and Get A Second Item **50% off**

Second item must be of equal or lesser value
Valid at All TKS Locations

The Original Döner Kebab!

Limit one per customer per visit. No cash value. Not valid with any other offer. Must present original coupon. Void if copied or photographed.

www.thekebabshop.com

MIRA MESA
RANCHO BERNARDO
ENCINITAS
DOWNTOWN
LITTLE ITALY
MISSION VALLEY

PRESIDIO
VETERINARY HOSPITAL

Free Consultation for New Clients (\$54 value)

You can schedule appointments online via the PetPartner App

5427 Linda Vista Rd.
San Diego, CA 92110

619-297-0219

www.presidioveterinaryhospital.com

RESORT STYLE LIVING IN FASHION VALLEY

OFFERED AT \$386,000

Large 2/2 at 1228 sq. ft. Renovated kitchen, remodeled master bath, 'fire and ice' fireplace, large dual pane windows, smooth 9' ceilings, a/c, stack washer dryer and parking for 2 cars all in a resort style complex with pools, jacuzzi's, sauna, lighted tennis, work-out room and a racquet ball court! Must see this light, bright unit!

Donna Weissaupt
Allison James
Estates and Homes
BRE # 01430256

619-227-9147

DO YOU HAVE DIABETES?
Take Control!
IN SAN DIEGO

A DIABETES CONFERENCE & HEALTH FAIR
That will change your life!

**SATURDAY
SEPTEMBER 26, 2015**
SAN DIEGO CONVENTION CENTER
9:00AM - 5:00PM

MOTIVATION • EDUCATION • EMPOWERMENT

Save \$15.00 off the \$30.00 pre-registration price by mentioning this ad!
(Pre-Registration closes September 23 @ 12pm PT)
Registration fee includes a snack, healthy lunch & conference materials
Day of Registration at the San Diego Convention Center: \$35.00 per person

To Register & Get All The Details! www.tcoyd.org or call 800.998.2693

Sponsored by
TCOYD
TAKING CONTROL OF YOUR DIABETES

In Association with
AADE
JDRF

**EXTRA!
EXTRA!**

Direct mailed to every residence and business in 92108

DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank
Sabatini Jr.



As a teaser to the \$80 million renovation planned at the **Town and Country Resort & Convention Center** in Mission Valley next year, Chef Paul McCabe has returned to San Diego from Arizona to oversee the property's culinary program. Prior to taking a gig at **Royal Palms** in Phoenix, he worked at **Delicias**, **Kitchen 1540** and **Top of the Cove**. Joining him in the effort is acclaimed Pastry Chef Jack Fisher, formerly with **Jsix** and **Cucina Urbana**.

The duo completely revised the menus at the resort's two existing restaurants: **Charlie's Sports Bar** and **Terrace Café**. Both are open to the public and have received interior makeovers, although the property's fine-dining restaurant, **Trellises Garden Grill**, is now closed permanently.

At Charlie's, smoked meats, gourmet burgers and scratch-made sauces have entered into the equation. Breads, buns and pastries are also house-made, some of which supply the all-day menu at Terrace Café.

The restaurants, however, will be demolished when work begins on the 32-acre property in the fall of 2016.



The vintage view from Charlie's Sports Bar at the Town and Country Resort & Convention Center in Mission Valley (Photo by Frank Sabatini Jr.)

"Every building except for the towers and convention center will be bulldozed," says McCabe, adding that "three or four" new restaurants will emerge once the resort is rebuilt. He and Fisher will oversee their concepts.

"We're making these upgrades now to give our customers some really great food in the interim," he says.

The flora and gazebo-filled resort, which was built as a motor lodge in 1953 by Mission Valley developer Charles H. Brown, is managed by **Destination Hotels & Resorts**. McCabe says the sweeping redo will "honor the history of the property, but with a more updated feel." 500 Hotel Circle North, 619-291-7131.

Whiskey master Ed Adams will present some of the latest and greatest whiskey releases from around the globe during a special four-course meal created by Chef Fabrice Hardel of **The Westgate Hotel**. The event takes place Sept. 18 in the hotel's elegant **Le Fontainebleau Room**, starting with a cocktail reception at 6:30 p.m.

Adams is a graduate of the Malt Advocate Course from the Royal Lochnagar Distillery in Scotland, and he also studied the craft in Ireland, Canada and the U.S. Included in his lineup is a rare single-barrel bottling of Crown Royal.

The cost of the dinner with pairings is \$99, plus tax and gratuity. 1055 Second Ave., 619-238-1818.

Not to be confused with the **Broken Yolk Café** in Mission Valley, a chain of greater magnitude known as **Another Broken Egg Café** will roll into San Diego County with 12 locations over the next five years. The first outlet is due to appear "sometime in 2016," said a rep from the Florida-based company, adding that Downtown is one of the prime areas being scouted.

With only one California location in Burbank, the multi-store expansion is being spearheaded by David Lee, a U.S. Army veteran and past franchisee of multiple **Subway** sandwich shops throughout the country. He's also considering locations in Mission Valley, Pacific Beach and La Jolla.

Founded in 1996, the chain is known for its upscale, Southern fare and currently has 50 locations in several states. another-brokenegg.com.



ANOTHER
Broken Egg Cafe

The Patio Restaurant Group, which owns **The Patio on Goldfinch** and **The Front Porch**, both in Mission Hills, as well as **The Patio on Lamont Street** in Pacific Beach and the upcoming **Fire-side by the Patio** in Liberty Station, has acquired the iconic **Saska's Steak & Seafood** in Mission Beach. The family-owned restaurant opened in 1960 after operating for 10 years as a dive bar named **High Tide**. With its original leather booths and cedar paneling still intact, a minor facelift is planned. The acquisition also included the adjoining **Saska's Sushi Bar** and rooftop **SkyBar**, which were added to the operation in the late '90s. 3768 Mission Blvd., 858-488-7311.

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

Vote for us!

Oggi's
SPORTS | BREWHOUSE | PIZZA

See how loved we are!



Gold Winner:

Best of Mission Times Courier
Pizza • Sports Bar
Happy Hour • Micro Brew

Silver Winner:

Beer • Hot Wings
Pet Friendly



We are more than just pizza!

2245 Fenton Pkwy Ste. 101 • Mission Valley • 619.640.1072

No Better Time for Prime

Albie's
BEEF INN

SINCE 1962

Sandwiches • Salads • Fresh Fish
QUALITY • VALUE • VARIETY

Convenient location • Ample free parking
Piano Bar Tues-Sat nights • Happy Hour Mon-Fri 4-7pm
1201 Hotel Circle South • San Diego, California 92108
619-291-1103 • albiesbeefinn.com

Mr. Peabody's
BURGERS & ALE



VOTE FOR US
Best of **MISSION VALLEY News**

"ALWAYS HAPPY HOUR"

NFL Ticket

6110 Friars Rd. #108 • San Diego, CA 92108
619.542.1786

Bring your own beverages

Frank Sabatini Jr.
Restaurant Review



Through the sound of electric hair clippers, I could hear growls emanating from the stomach of my hair stylist while her midsection pressed against my arm. She excused herself with a chuckle, adding that I was the last appointment before her lunch break.

When I nosily asked where she'd be eating, she replied with maniacal enthusiasm, "That truck selling fish tacos down the street on Friars Road. It's the best Mexican food anywhere!"

For nearly two years, I'd been passing this kitchen on wheels parked daily at Del Mesa Foods and Liquor near my residence, intrigued by the lines that form around it despite the vehicle's lack of aesthetics. Now, with a firm recommendation, I decided to cheat on my go-to joints for cheap Mexican grub.

Sorry La Posta and Roberto's. Known as Kiko's Place, the

menu, landing in tacos, burritos, quesadillas, ceviches and seafood cocktails. Shrimp are served in abundance, too. They're sourced from Ecuador.

As common throughout many Mexican provinces, the proteins cozy up often to medleys of crisp, grilled vegetables, including thick-cut celery folded into Kiko's piquant and well-endowed shrimp burrito, called The Governor. Cheese is kept to a minimum, in fact only visible if you look hard.

In the surf-and-turf taco called "chignon," shrimp and carne asada team up with diced red onions, tomatoes, cucumbers and what seemed like tiny cubes of honeydew melon. The beef was somewhat under-seasoned, but the other ingredients compensated with their garden-fresh flavors.

If you're hankering for chicken or beans or rolled tacos, they don't exist here. Nor do water or sodas, which is advantageous to the stores from which the trucks operate, if not a condition within their partnerships.

Though if you want "Viagra," you're in luck. It's the name of Kiko's heartiest seafood cocktail, a "clamato" to be exact, which contains every species of fish kept in stock, all of it cloaked in mildly tangy tomato sauce laced with clam juice.

I preferred the shrimp cocktail because it was more manageable in terms of volume. Plus, I fell instantly in love with the sweet, firm quality of the shrimp here, and I wanted as much of it as possible.

Served in clear, plastic cups and available in four sizes, the cocktails are capped with impressive slabs of avocado.

The fish tacos were heavenly. Fillets of battered sea bass were hidden beneath mantles of unadulterated guacamole, crisp cabbage, raw onions, tomatoes, fresh cilantro, and white sauce that's a little thicker than most. You can order the fish grilled as well, but when I'm leaning against an old-school food truck with genuine ties to Mexico, the extra calories don't scare me.

Neither do the house-made hot sauces kept on ice from the built-in condiment bar. The thick, red salsa made from dried chili peppers is the bomb. I dabbed it on every-



(above) Kiko's surf and turf tacos; (right) a shrimp cocktail; (top right) Kiko's food truck in Mission Valley and fish tacos (Photos by Frank Sabatini Jr.)

truck is a descendant of a former family-owned taco stand dating back to 1983 in San Felipe, Mexico.

"My father started that business in Mexico, but our family closed it some years ago," said Javier Escamilla, who also owns a second Kiko's truck that operates everyday from the parking lot of Texas Food and Liquor in North Park. Both feature the same seafood-heavy menus.

Since making a couple visits to the Mission Valley site, I feel that any fish taco or seafood burrito that enters my mouth will henceforth taste blatantly north-of-the-border in comparison. The heart and soul that goes in to Kiko's cooking becomes evident upon taking your first sip of seafood broth dispensed for free while waiting for your order.

Scallops, clams, oysters, octopus, sea bass and marlin trawled from Baja waters dominate the



Kiko's Place
6090 Friars Road (Mission Valley) and 4404 Texas St. (North Park)
619-341-7397
Prices: Ceviches and seafood cocktails, \$5 to \$20; tacos, burritos and quesadillas, \$1.75 to \$8.75

can stand and eat. There's also creamy chipotle and a thin habanero sauce, both of them hot, but offering notable depths of flavor.

I can't speak for the truck on Texas Street, but the one on Friars Road features a side ledge along the driver's side, where customers

Less reachable is the small order window perched about seven feet from the ground. Some neck cranking and arm stretching is required when paying and receiving your food. But it's worth the strain.

The trucks open at each location at 10 a.m. daily and continue

serving until 7 p.m. on most days.

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

WOOD RANCH
—BBQ & GRILL—

WE BELIEVE IN AMERICAN VALUES
LIFE, LIBERTY AND THE PURSUIT OF BBQ!

DINE-IN

TAKE-OUT

CATERING

Off Friars Road, in the Hazard Center
next to the DoubleTree Hotel.

WOODRANCH.COM 619.764.4411

► Healing, from page 1

Taylor talked to the landlord, Dr. David J. Smith, who operates Pacific Surgical Institute of Pain Management. He said the doctor didn't bat an eyelash when he was told him about his plans to open a medical marijuana consumer cooperative.

"He's in pain management, so am I," Taylor said. "I've got to take care of people who need me."

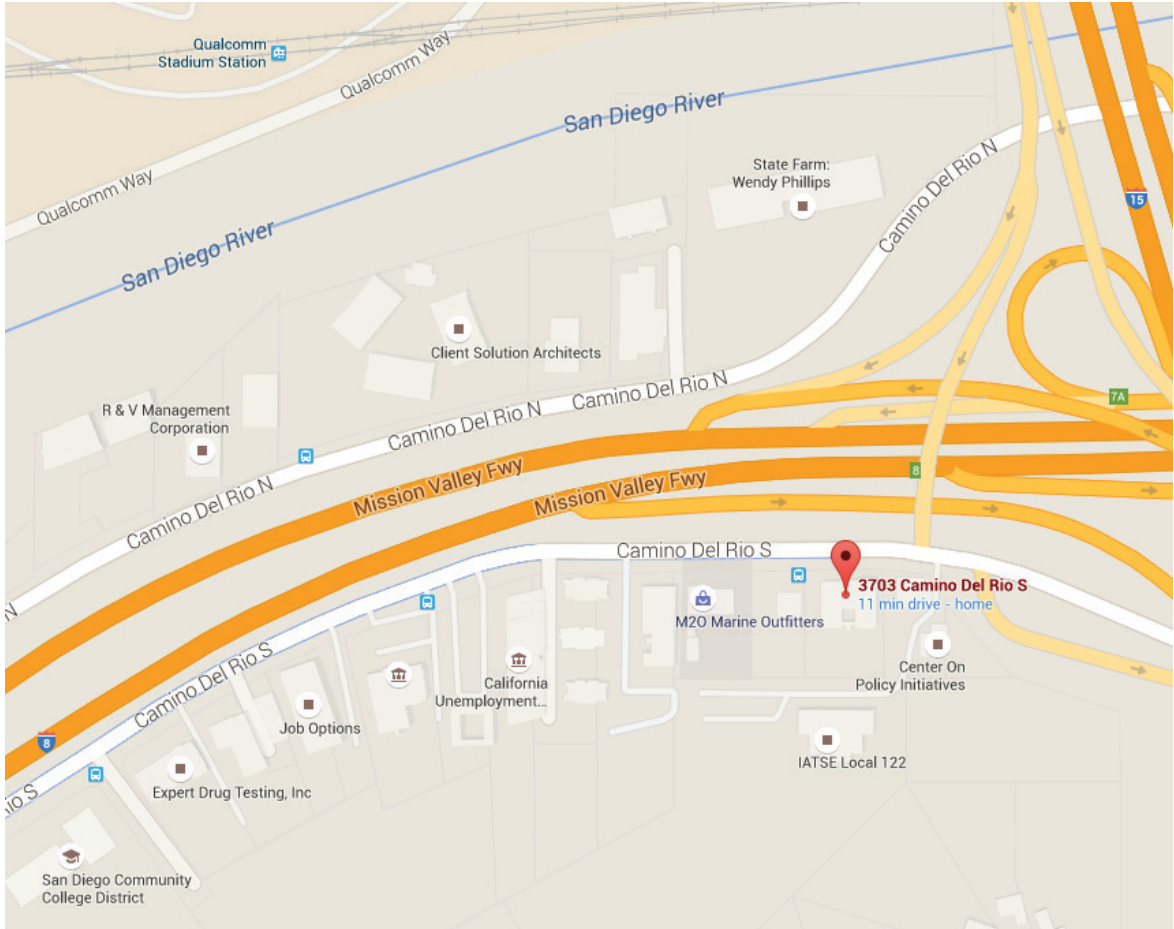
Taylor traces his motivation to open a medical marijuana co-op to a close relative who sought his help.

"A family member who has epilepsy wanted a ride to get her medicine," he recalled. "Of course I said yes. But she directed me to this bad part of town, and the place looked like a dump! I didn't want my relative to have to go through this ever again."

He was also inspired by a television infomercial that touted the medicinal benefits of cannabis oil. "I saw sick little kids who were helped by the oil," Taylor said. "I saw there was a way to help a lot of people. It has become something of a quest for me. It makes me feel good when I wake up every morning."

Taylor, with his jovial personality and his snow-white hair and mustache, defies most stereotypes associated with his new profession.

"I'm an old guy," he said. "I'm 69 years old. I was in a band in the 1960s, so you can imagine that I've seen it all."



This map shows the location of The Healing Center, located on the east end of Camino Del Rio South, on the south side of Interstate 8 and west of state Route 15. (Courtesy of Google Maps)

He touts marijuana as "something that God gave you in a plant, and it makes you laugh, makes you hungry and make you feel good." He then points to pharmaceutical drugs that are advertised on television with dire warnings. "Do you want to take a drug that might cause you psychological harm or suicidal thoughts? Do you really want anal leakage? At my age, I

sure don't!" To reassure any critics who might be out there, Taylor vows that he will be building the Rolls-Royce of medical marijuana co-ops. He will be required by the city to upgrade the rental suite, sidewalk and parking lot to meet the standards of the Americans with Disability Act (ADA). That means providing access for customers who use

wheelchairs. The 400-square-foot suite will contain an office, a waiting room and a display area for products and services. He said he has hired an interior designer who specializes in creating "inviting décor" for dispensaries, or "a place to make people comfy." "This will not look like a pot shop," Taylor said. "This will be professionally done, and it's in a

nice part of town." The co-op will require a no-fee membership that will be granted after applicants get a doctor's recommendation for medical marijuana treatment. He said the city requires him to have two security guards on duty during operating hours. "This will be one of the safest places in San Diego," Taylor said.

He expects to sell as many edibles as smoking products. "In Colorado [which has legalized medical marijuana products] about 40 percent of sales are edibles," he said. "I expect we will see the same response here, because most people don't want to smoke."

Taylor doesn't expect he will see any stoners at the Healing Center. "My target audience is middle age people to senior citizens," he said.

Customers, Taylor said, will likely suffer from glaucoma, cancer, multiple sclerosis, epilepsy and spinal injuries. People who are chronically or terminally ill would also benefit, he said.

Taylor likens the growing acceptance of medical marijuana to the gay marriage debate: People are evolving on the issue. "Since the Colorado vote, the sky hasn't fallen," he said. "It seems like a switch has clicked in people's heads."

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

DELIGHT IN THE UNEXPECTED.

THE COSMOPOLITAN

HOTEL AND RESTAURANT

2660 Calhoun St.
619-297-1874
Old Town San Diego
State Historic Park
OldTownCosmopolitan.com

Live Music

Old World Charm

Terrace Dining

Boutique Hotel

PAN-SEARED CHIPOTLE SALMON

ESPRESSO BRAISED KOBE SHORT RIBS

PARMESAN-CRUSTED SHRIMP SCAMPI

FRIED CHICKEN & CHURROS

ARTISAN FLATBREAD PIZZAS

KIDS EAT FREE - EVERY DAY!

HOMES FOR HEROES!
Military, Vets,
Law Enforcement,
Fire Department,
Medical Pros and Teachers.

25% COMMISSION
given back at the close of escrow,
whether buying or selling a home!

JOSEPH B. WARNER | REALTOR
U.S. ARMY 11BRAVO VETERAN
CalBRE # 01334652

Keller Williams San Diego Metro
3965 Fifth Ave, Ste 300
San Diego, CA 92103
619.405.4623
www.SDHomesForHeroes.com

**Call Mike Today
to Advertise!**

Mike Rosensteel
(619) 961-1958
mike@sdenn.com

sdenn

DoubleTree luau

The DoubleTree by Hilton Hotel San Diego - Hotel Circle, located at 1515 Hotel Circle South, hosted a luau Aug. 29 by the pool as a “thank you” for its guests and vendors, and served as a meet-and-greet for new and established staff. “We wanted to come up with



(l to r) Doubletree Director of Sales Michael G. de Jesus, Doubletree General Manager Victor H. Ravago and Portfolio Hotels & Resorts Chief Operating Officer Graham Hershman (Photos by Vincent Meehan)

something fun that our guests would enjoy that also matched the landscape of our hotel,” said Michael G. de Jesus, director of sales. Portfolio Hotel & Resorts bought the DoubleTree in late March and Chief Operating Officer Graham Hershman flew in from Chicago for the luau. “This party is a way of assuring our clients and vendors that it will still be business as usual here at DoubleTree,” Hershman said, adding that the DoubleTree will undergo a six-month remodeling in September to create a “boutique hotel” atmosphere.



A mermaid visits the luau.



(l to r) Anheuser-Busch sales reps Heather Goodnough, Tracy Goodnough and Elaine Cassel



A whole pig was served at the luau.



(l to r) Paul Fournier and Ted Gourvitz of Fallbrook Winery

Great Value, Proven Results!

1 20,000 Distribution • Monthly
Zip Codes: 92101, 92102

2 23,000 Distribution • Bi-Weekly
Zip Codes: 92103, 92104, 92105, 92116

3 17,000 Distribution • Monthly
Zip Code: 92108

4 27,000 Distribution • Monthly
Zip Codes: 92115, 92119, 92120

5 20,000 Distribution • Monthly
Zip Codes: 91941, 91942

15,000 Distribution • Bi-Weekly
Serving San Diego's LGBT Community
Distributed Countywide

Community News

- Number one source of community information
- Hyper-local news and features
- In print and online; updated daily

Market Saturation

- Combined distribution of door-to-door delivery, high traffic locations and news racks
- Over 200,000 readers

Award Winning Journalism

- Proud recipient of numerous “Excellence in Journalism Awards”
- Regular recipient of local and national press awards

Audited Distribution

- Audited by one of the nation's largest newspaper auditing firms, Circulation Verification Council (CVC)
- Guaranteed distribution

For advertising call:
(619) 961-1958
mike@sdCNN.com

San Diego Community News Network
www.sdCNN.com

P: 619.519.7775 • F: 619.519.7840
123 Camino de la Reina, Suite 202 East
San Diego, CA 92108

A Favorite Since 1971

Check Out these SPECIALS

September thru Super Bowl Sunday

SATURDAY, SUNDAY, AND MONDAY

Pork Belly Sliders \$8
Red onion compote, cilantro-chipotle slaw, lettuce, tomato on brioche bun

Steak n' Potato Tower \$11
House made potato chips, jack cheese, grilled onions, seasoned grilled steak and merlot demi glace

Beer Battered Bread and Butter Pickles \$6
With house made sweet mustard

(8) Chicken Wings \$6.95
Frank's Red Hot or BBQ sauce

Bacon Wrapped Hot Dog \$3
With mayo, tapatio ketchup, salsa fresca and jalapeno

MONDAY NIGHT FOOTBALL

Bully Burger, Steak Fries and Draft Beer \$10
All Margaritas and Mules \$6

Saturday & Sunday Brunch Served 9 am
Dinner Served Daily
2401 CAMINO DEL RIO SOUTH (MISSION VALLEY)
RESERVATIONS @ **BULLYSEASTSD.COM**
619.291.2665
WWW.BULLYSEASTSD.COM

MUSIC NOTES

JAZZ

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

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

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

Sept. 16: Cellist Alex Greenbaum at SDSU's Smith Recital Hall. Free. Noon to 1 p.m. 5500 Campanile Drive, College Area. Music.SDSU.edu.

Oct 9 & 11: The Symphony's opening weekend with Jahja Ling (conductor) and Yuja Wang (piano) at Copley Symphony Hall. \$20+. Friday at 8 p.m., Sunday at 2 p.m. 750 B St., Downtown. SanDiegoSymphony.org.

Oct 10: 'Opus Gala 2015: P Yuja Wang plays Tchaikovsky' with Jahja Ling (conductor) at Copley Symphony Hall. \$30+. 8 p.m. 750 B St., Downtown. SanDiegoSymphony.org.

ALTERNATIVE / ROCK

Sept. 19: Clapton Hook at Tio Leo's Lounge. Price TBD. 9 p.m. 5302 Napa St., Linda Vista. TioLeos.com.

Sept. 25: Pandora at Pal Joey's. Free. 9 p.m. 5147 Waring Road, Allied Gardens. PalJoeyOnline.com.

Oct. 2: Barbwire at Navajo Live Bar. Free. 9 p.m. 8515 Navajo Road, San Carlos. NavajoLive.com.

POP

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

Fridays: Nathan Welden at Bistro Sixty. Free. 6:30 p.m. 5987 El Cajon Blvd., College Area. BistroSixtySD.com.

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.

Sept. 20: Carol Pelkner and Jim George (marimba, vibes, clarinet and flute) at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

Sept. 17: "World Peace Through Music" benefit concert at Vision Center for Spiritual Living. \$20 donation. 7 – 10 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. VisionCSL.org.

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



Technology and fitness go hand in hand

Erica Moe

Many people know what they need to do to start or maintain a healthy lifestyle. The big question is HOW to make it happen.

One answer is technology. Technology can help you enjoy workouts more, track new healthy behaviors and improve consistency and adherence. Technology helps us parallel park and sends vehicles into outer space. Your health can benefit from it, too!

Music and motivation

Music is the most important factor in exercise enjoyment. Research shows that music can reduce the perception of effort and increase endurance up to 15 percent. Scientists report that synching your movements to the beat helps exercise seem easier.

Download an app that has remixed music playlists like RockMyRun or FIT Radio. RockMyRun was scientifically proven to increase motivation and enjoyment during running by up to 35 percent, when compared to no music or a traditional playlist. And, it's free.

There's an app for that

Use several different apps or keep all your data in one. Track calories, activity, water consumption and weight in an app like MyFitnessPal. Measure distance, trace your steps, find a local route and get coaching to maintain your pace with MapMyRun.

Take A Break! is an app that offers guided meditation for stress relief. BellyBio is an interactive breathing tool to reduce stress and anxiety. All are free.

Wearable devices increase adherence

Even a pedometer, which just counts steps, is proven to increase physical activity. Set your goal, realizing that 10,000 steps per day is recommended.

A heart-rate monitor tracks your exercise intensity. As you work harder, your heart rate increases. Accelerometers track how much and how fast you move. The Dash headphones play music, track activity, heart rate, oxygen saturation and energy spent.

Keep it simple or analyze all the data. Find what fits your lifestyle.

Features

What do you want to track? Measure intensity by heart rate or estimate calories burned with your distance. Select a gadget that can differentiate between different types of activity or choose a sport-specific option. Sleep tracking is an added benefit, as well.

Other items to consider are: alarms, waterproof, smart-phone compatibility, social interaction and battery life. Lastly, is it free or is there a fee? If you have to pay, is it one time or monthly? Decide what will work best for you.

What else is there?

Your gym may offer a workout-tracking program to provide feedback, motivation and guidance.

Mission Valley Y's Precor cardio machines have Preva Networked Fitness consoles that provide entertainment, tracking and goal setting. SmartMat, a smart yoga mat, can help analyze and improve your technique and links to an app to log and track your workouts. FITGuard, a mouth guard that measures impact, aims to reduce concussions and syncs to a smart device. FitLinxx AmpStrip, similar to a water-proof band aid, is worn 24/7 to gather data like temperature, heart rate and movement.

No matter what your goals are, there is something for you. Set your goals and use technology to help you meet them.

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

Creating environmental enrichment for your indoor cat

Sari Reis



Many cat owners don't realize that our domestic felines are actually wild animals living in captivity; however, permitting them outdoor access could shorten their lives.

Statistically, indoor cats live an average of five years longer than those allowed to roam outdoors. They are safe from traffic, predators, toxins, diseases and other potentially life-threatening events.

However, a safe life can possibly lead to other problems. Since cats are sensory-driven and natural hunters, they need to use these instincts on a regular basis. When indoor cats do not receive the stimulation and enrichment they need, they can become stressed, bored and unhappy, leading to behaviors such as over-grooming, aggressiveness to other cats, over-eating and self-mutilation.

Dr. Karen Becker defines environmental enrichment as "enhancing the living situation of a captive animal to improve health and well-being." So how do we create the stimulation they need while keeping

them safely indoors? One way is through creative feeding. Instead of putting all their food in a bowl, try hiding some food around your home and let them "hunt" for it. You can also try treat balls they can roll around on the floor that release food. Working for food is a natural instinct for these hunter cats and they will enjoy the challenge.

Since cats like to be in high places, place a cat tree or two near windows so they can watch the birds and other stimuli outside their viewing space. You can also place shelving on walls for them to climb and sleep on.

Playtime is crucial for cats and enhances your relationship with them. Try to set aside at least 10 minutes twice a day to play with your kitty. Laser toys for them to chase and wand toys are great for interactive play. They should also have toys they can play with independently. Fake mice, balls, feather toys and even an empty cardboard box or paper bag can provide fun and stimulation. I switch out my cats' toys regularly so that they don't get bored with the same ones all the time.

Scratch posts are a must for indoor cats as scratching is a

natural instinct that needs to be met. If you don't have scratch posts, they will probably use your furniture.

Even well-socialized cats need a safe place to go when they need quiet time. Providing a safe "hiding" place for them will keep them happy and avoid stress. If you work outside of the home or travel regularly, cat TV can provide entertainment for kitties or leaving some quiet music on the radio while you are away can create a calming yet sensory experience.

If you still want your furry feline to be able to experience the outdoors, you can try walking him outside on a leash or building a fully enclosed cat house on your porch or patio. There are several companies online that offer unique enclosures for this purpose.

Understanding and providing for your kitty's need for enrichment will make for a happy and relaxed cat and create a more powerful bond between you.

—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 missionvalley-petsitting.com. ■

► Civita, from page 1

ago [it's published in this edition], shows the waterfall and a meandering bioswale that will eventually become part of the dry creek bed that will form the western boundary of Civita Park.

Bioswales are landscape elements designed to remove silt and pollution from surface runoff water, and filled with vegetation, compost and/or riprap, according to Wikipedia.

"The natural-looking streambed will function as a biofiltration system that will clean stormwater runoff from parts of Civita and Serra Mesa before it is fed into the San Diego River and out to sea," Mark K. Radelow, vice president/senior project manager at Sudberry Properties, said in a statement.

A trail will follow the creek from the waterfall to the foot of the park.

The first two phases will complete 10 acres of the 14.3-acre park, and will provide

some of its most eagerly awaited amenities. The work on remaining acreage will begin about a year from now, Sessa estimated, and add children's play areas, a plaza to showcase equipment from the site's mining past, a picnic grove, interpretive gardens crisscrossed with trails, scenic lookouts and restrooms.

Phase IV, which is north of the waterfall near the summit of Via Alta, will create a dog park along with passive parkland, Sessa said. This park area will be enjoyed by Civita residents as well as pedestrians coming down from Serra Mesa, the community on the ridge overlooking Mission Valley. A pathway will lead south to the main portions of Civita Park.

"Phase I is planned to include a large central plaza that accommodates a variety of active and passive activities. It is also designed with rose gardens, a military tribute with a 100-foot-tall flagpole, an outdoor grassy amphitheater with a dramatic stage design, a recirculating interactive water feature and a game area with chess, ping pong and other activities. The plaza is accented by a number of vine-covered shaded trellis areas," Radelow said.

Other features will be a community garden, two basketball half courts and a large field for casual sports.

The multi-level park was designed by Schmidt Design Group, which is known for creating sustainable public spaces and parks. Sessa said the idea was to create active and passive uses for the park, such as a space to meditate or a place to play ball.

Planning for Civita Park has taken years. Sudberry worked with the city of San Diego's Parks & Recreation, Public Works and Engineering departments to iron out the details. Public meetings provided hundreds of comments on what Mission Valley residents wanted in their park.

"Our design for Civita Park was inspired by the feedback we received from the community, the rich history of the site [as a former quarry], the watershed, as well as the dramatic and unique attributes of the site," Glen Schmidt, president of Schmidt Design Group, said in a statement.

The public park, which will be operated by the Civita Maintenance Assessment District, is located at the intersection of Civita Boulevard and Russell Parkway. Trails throughout the Civita development, which is only partially developed, will all lead to the large park.

"Civita Park is the unifying element of Civita," Radelow said. "It will serve as the heart of the community and the main gathering spot."

—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. ■

► Stadium, from page 6

advisement the comments made by the Mission Valley Planning Group, which acts as an advisory body to the city's Planning Department. Planning group members wondered whether a final document would be ready by the next meeting on Oct. 7 at noon at the Mission Valley Library's Community Room and whether their input was even necessary, since the Planning Department can act as it wishes.

John Nugent, the group's vice chair, noted that the mayor has issued a Sept. 11 deadline for the Chargers to come back to the table. The Chargers, though, appear bent on moving out of town to play in a stadium proposed in the L.A. suburb of Carson that would be shared by the Oakland Raiders.

—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. Follow him on Twitter at KenSanDiego, Instagram account at KenSD or Facebook at KenWilliamsSanDiego. ■

VOTE TODAY
FOR YOUR FAVORITE
BUSINESSES IN
MISSION VALLEY

ENTER FOR
A CHANCE TO WIN A
\$100 GIFT CERTIFICATE
FROM OGGI'S or ALBIE'S BEEF INN



Vote using the ballot or vote online!

MAIL YOUR BALLOT TO: Mission Valley News Best of Mission Valley
123 Camino de la Reina, Suite 202 East, San Diego, CA 92108.
OR VOTE ONLINE AT: missionvalleynews.com. One ballot per person.
Ballots must be postmarked, submitted online, or hand-delivered by 5 p.m. Sept. 25.
CONTACT INFO (Must be filled out for your vote to be counted):

NAME: _____
ADDRESS: _____
DAYTIME PHONE: _____
EMAIL: _____

Dining & Entertainment

- American Cuisine
- Bakery
- Barbeque
- Beer
- Billiards
- Breakfast
- Brunch
- Burger
- Burrito
- Business Lunch
- Casino
- Casino Buffet
- Casual Dining
- Chinese Cuisine
- Cocktail
- Coffee Shop
- Comedy Club
- Comfort Food
- Dance Club
- Deli
- Dessert
- Dinner
- Donut Shop
- Family Restaurant
- Farmers Market
- Fast Food
- Fine Dining
- French Cuisine
- Greek Cuisine

Happy Hour

- Health Food Store
- Hot Wings
- Indian Cuisine
- Irish Pub
- Italian Cuisine
- Japanese Cuisine
- Jazz Bar
- Late Night Dining
- Live Music Venue
- Lunch
- Margarita
- Martini
- Mexican Cuisine
- Micro Brewery
- New Restaurant
- Nightclub
- Outdoor Dining
- Pet Friendly Dining
- Pizza
- Romantic Dining
- Rooftop Lounge
- Salad
- Sandwich
- SD County Winery
- Seafood
- Sports Bar
- Steakhouse
- Sushi
- Thai Cuisine

Vegetarian/Vegan
Wine Bar

Business & Retail

- Accountant
- Acupuncture
- Antiques
- Art Gallery
- Attorney
- Auto Dealer
- Auto Repair Shop
- Bank
- Barber
- Bicycle Shop
- Bookstore
- Boutique
- Bridal Shop
- Car Wash
- Chiropractor
- College/University
- Consignment/Resale
- Cosmetic Surgeon
- Credit Union
- Day Spa
- Dentist
- Discount Store
- Doctor
- Dry Cleaners
- Financial Planner
- Florist

Furniture Store

- Gym/Health Club
- Hair Salon
- Home Improvement
- Hospital
- Hotel
- Insurance Broker
- Jeweler
- Massage
- Men's Apparel
- Museum
- New Business
- Optometrist
- Pawn Shop
- Personal Trainer
- Pet Boarding
- Pet Grooming
- Plumber
- Preschool
- Property Management Company
- Real Estate Agent
- Real Estate Office
- Retirement Living
- Tanning Salon
- Tattoo/Piercing
- Tuxedo Shop
- Veterinarian
- Wedding Venue
- Women's Apparel
- Yoga Studio

► Hazard, from page 1

UltraStar have returned to operating the theater and are doing very well," she said. "They have recently made numerous improvements, including new seating, new finishes and an expanded concession stand with a larger menu."

The UltraStar Cinema plays host to the annual San Diego Asian Film Festival, the city's most profitable film festival and a huge draw to Hazard Center.

Hazard Center will be impacted when transportation agencies begin re-doing the Friars Road interchange with state Route 163, and Gualco explained how.

"Hazard Center will lose a few parking spaces along the north side of the property, but ultimately the new intersection will be a big improvement for traffic circulation around the property and for Mission Valley," she said. "We are working closely with the city to ensure that access to the property is not impacted during construction."

Gualco has been working at Hazard Center for more than a decade, and has noticed how Mission Valley has changed.

"I have been the general manager at Hazard Center for almost 14 years. In that time, I've seen Mission Valley really become an area where San Diegans can live, work and play. The top shopping in San Diego is located in Mission Valley and the San Diego River Park Foundation's dedicated efforts are really making the river the center of the city," she said.



Night falls over Hazard Center in Mission Valley. (Courtesy of Hazard Center)

Gualco discussed the demographics for Hazard Center, but is unclear how many visitors come from out of town.

"We have a pretty equal mix of men and women who live and work within about a 10-mile radius of Hazard Center. We offer something for every age, which is reflected in our customer base that ranges from students up to seniors. We don't have specific information regarding how many of our customers are tourists," she said.

Hazard Center is within easy driving distance of interstates 5, 8 and 805 as well as state routes 15

and 163. Some customers arrive by the trolley, which conveniently stops outside the complex.

"Hazard Center visitors do take the trolley to get here. While the majority of guests take their cars or walk over from neighboring businesses, quite a few utilize the trolley," Gualco said. "And, since we also offer free trolley parking on our lower level for visitors headed to the Padres and Chargers games and during Comic-Con, we see a lot of guests taking advantage of this convenience and visiting our restaurants and other

tenants while they're here. These visitors most likely live within a 10-mile radius of Hazard Center.

"The DoubleTree Hotel Mission Valley also has numerous guests who take the trolley from the train station and to and from the airport and the convention center," Gualco added.

This month, Gualco is focused on the 25th anniversary celebration on Sept. 26. The party will be from 1 to 3 p.m. around the "Pappy" Hazard statue at Hazard Center, located at 7510-7610 Hazard Center Drive. Prizes, giveaways, crafts,

refreshments and entertainment will be on tap. Roscoe E. "Pappy" Hazard is known as "Mr. San Diego" to many people, who remember him for building many of the highways we drive on today, such as Friars Road and Cabrillo Freeway.

AJ from Energy 103.7 will emcee the festivities. Winners of the selfie contest will get free tickets to the San Diego Zoo, Padres and other activities. The first 25 guests to arrive will get a tote bag containing a pair of tickets to the UltraStar theater and a free selfie stick.

Hazard Center is also partnering with the San Diego River Park Foundation to provide goodie bags with gift certificates and giveaways to the first 25 people who donate \$20 to the foundation's "Give a Tree" program. A donation will provide for one native tree to be planted at a park or open space along the San Diego River. Hazard Center has worked with the foundation since 2008, Gualco said.

"This anniversary marks a major milestone for Hazard Center's 25-year journey," she added. "We're excited to celebrate with customers who have helped make Hazard Center a success, and look forward to what the next 25 years will bring."

To read more about the Hazard Center housing project, go to tinyurl.com/ojak2pd.

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

BUSINESS & SERVICES

PLUMBING

ideal

PLUMBING • HEATING • AIR • ELECTRICAL
SINCE 1960

Water Heaters/Tankless • Drain Stoppages
Toilets • Faucets • Garbage Disposals
Camera Inspections of Drains
Water Softeners & Filtration
Heating & Air Conditioning
Indoor Air Quality
Electrical Repairs & Upgrades
Kitchen & Bath Remodeling

619.583.7963
idealsvc.com
Lic#348810
Serving San Diego Since 1960!

COMPUTER SERVICES

the

COMPUTER ADMIN

Call Us Anytime!
We're Here To Help You!

TIM FRONCZEK
619.713.7422
TheComputerAdmin.com
Follow us on Facebook at:
[Facebook.com/TheComputerAdmin](https://www.facebook.com/TheComputerAdmin)

LAWYER

The law offices of KANE HANDEL

AUTOMOBILE ACCIDENTS & INJURIES

- Auto & Motorcycle Accidents
- Whiplash Cases
- Bicycle Accidents
- Pedestrian Accidents
- Child Injuries & Other Accidents

No recovery = No fee
Home or hospital visits
Atendidos cordialmente en Espanol
No cobramos si no ganamos

FREE CONSULTATION!
(858) 756-5195

ATTORNEY

Law Office of William C. Mathews

Bankruptcy • Living Trusts
Personal Injury:
automobile, motorcycle,
bicycle, slip and fall, dog bite

30+ years' experience
Free consultation • Personal attention
No Recovery No Fee
Medical referrals • Se habla español

2801 Camino Del Rio So., Ste 307
San Diego 92108 • **619-298-7220**
williamcmathews@msn.com

HOMES FOR SALE

FIRST TIME BUYERS

Why rent when you can own?
Free list with pictures of homes
starting at \$1800/month*

www.FirstTimeBuyerHomeListSD.com

OR

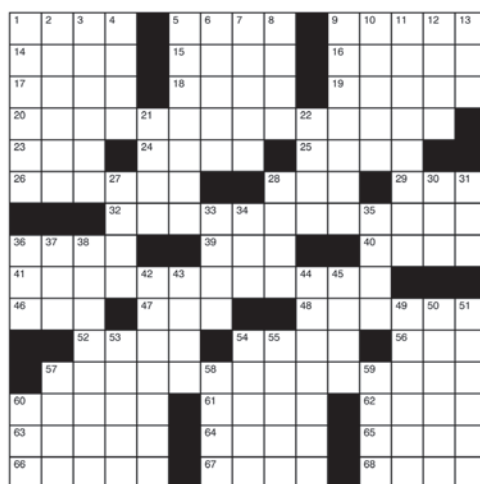
Free recorded message
1-800-273-8613, ID #2051
*some conditions apply

Jeff Kim, Quality First Real Estate, CalBRE Lic #01959539

MVN Puzzles

MISSION VALLEY NEWS

Crossword Solutions on page 5



CREATORS NEWS SERVICE

ACROSS

- 1 Thomas Waller
- 5 Beginning of a wound healing
- 9 Firemen's equipment
- 14 River or range
- 15 Poi source
- 16 Houston athlete
- 17 Forbidden behavior
- 18 Makes a mistake
- 19 Big birds
- 20 Pillbox
- 23 Employ
- 24 Nautical shout
- 25 Highway
- 26 Placid
- 28 Break a commandment
- 29 Actor Holbrook
- 32 Derby
- 36 Lotion ingredient
- 39 Guido's highest note
- 40 Toast topper
- 41 Pork pie
- 46 Youngster
- 47 Psyche parts
- 48 Heckle
- 52 Speeder's penalty
- 54 Houston-based org.
- 56 Help

- 57 Cloche
- 60 Pomp and Circumstance composer
- 61 Actress Anderson
- 62 Location
- 63 Italian city
- 64 Lulu
- 65 Spill the beans
- 66 True
- 67 Soccer star
- 68 Pub pints

DOWN

- 1 Mushroom or mildew
- 2 Waken
- 3 Leather worker
- 4 Wild plum
- 5 Novelist King
- 6 Sophia's husband
- 7 Order
- 8 Autumn pear
- 9 Concord
- 10 Actor Milo
- 11 Marie-Henri Beyle
- 12 Part of Q.E.D.
- 13 Distress call
- 21 Full head of hair
- 22 Composer Satie
- 27 out: used frugally
- 28 Food fish

- 30 Movie detective Ventura
- 31 Sign of summer
- 33 Pekoe and oolong
- 34 Final, for short
- 35 Architect Ludwig I van der
- 36 Play part
- 37 Mauna
- 38 Stick-in-the-mud
- 42 Word before oil or water
- 43 German river
- 44 Encourage
- 45 Circus performer
- 49 O.T. book
- 50 Rich impressionist
- 51 Ford fascos
- 53 Donald's ex
- 54 Peter of Herman's Hermits
- 55 Synthetic fiber
- 57 Muse or award
- 58 Ishtar, e.g.
- 59 Movie canine
- 60 Lessons for immigrants: abbr.

Sudoku Solutions on page 5

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.

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

© 2014 Janric Enterprises Dist. by creators.com

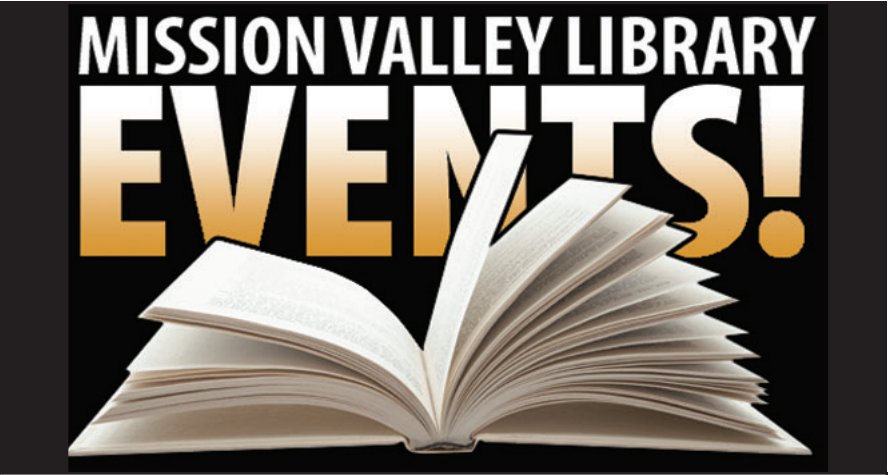
FEAR OF PUBLIC SPEAKING?

Transform speaking anxiety into ease and natural self expression. In a small non-competitive group establish a warm connection with any audience.

Sandy Trybus, LCSW
Certified Speaking Circle Facilitator
www.speakingcircles.com
sandytrybus@cox.net
619-253-6342

Visit us online at MissionValleyNews.com

Like us on Facebook: [Facebook/MissionValleyNews](https://www.facebook.com/MissionValleyNews)
Follow us on Twitter: [@MissionVlyNews](https://twitter.com/MissionVlyNews)



Assemblymember Weber’s mobile office

Monday, Sept. 21, 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

Second and fourth Mondays, 11:30 a.m. – 12:30 p.m.

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

Film forum

Wednesday, Sept. 23, 6 p.m.

Shown as part of One Book On San Diego celebration. Banned in Spain and denounced by the Vatican, Luis Bunuel’s scathing allegory features Silvia Pinal as a novice nun who tries to maintain her Catholic principles, but her lecherous uncle (Fernando Rey) and a motley assemblage of paupers constantly test her faith. Spanish with English subtitles. 90 minutes, discussion to follow.

Friends of the Library meeting

Third Wednesday, 6 p.m.

Monthly meeting of the group.

Knit-a-Bit

Second and fourth Wednesdays, 12:30 – 2 p.m.

Bring your own knit or crochet project to work on while spending time with others who share your talent.

Library Book Club

Third Tuesday of the month, 6:30 – 8 p.m.

Monthly meeting to discuss the latest book selection. September: “Play Dead” by Harlan Coben; October: “The Stone Diaries” by Carol Shields; November: “Shantaram” by Gregory David Roberts.

OASIS presents: ‘Plagues and Pandemics’ with Dr. Phillip J. Goscinski, M.D.

Tuesday, Oct. 6, 1 – 3 p.m.

Infectious diseases have always been a part of human existence, but man has manipulated his environment to allow new patterns of disease to emerge. We no longer fear the Black Death or smallpox, but terrorism has brought them to our attention. Can these terrible plagues return? Should we worry about Ebola and anthrax? Learn the real story of influenza, how to ensure safe travel to exotic places and how to avoid the nastiest germs.

Paws for Reading

Second and fourth Mondays, 2:30 – 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 story time and craft

Thursdays, 10:30 a.m. – noon

Preschoolers are invited to a story time followed by a fun craft.

Sumi-E art class

Wednesdays, 2:30 – 5 p.m.

Learn the classical Japanese style of ink and brush.

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

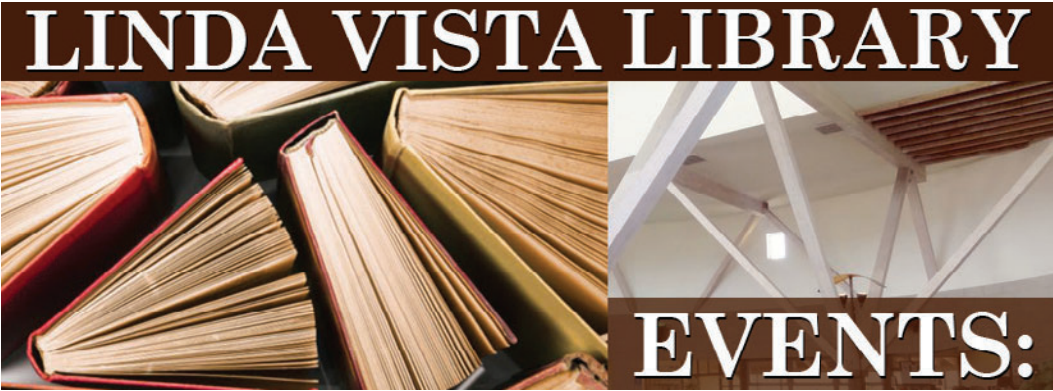
Fridays, 10:30 – 11:30 a.m.

Storytime designed for toddlers, featuring songs, rhymes, and finger plays.

Yoga for adults and teens

Tuesdays, 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. ■



Linda Vista Planning Group general meeting

Monday, Sept. 27, 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.

Crafts for kids

Mondays, 4 – 5 p.m.

Stretch your imagination and create fabulous crafts. The craft is different every week. Do your homework at the library Mondays and Thursdays, 3 – 6 p.m.; Tuesdays and Wednesdays 3 – 7 p.m.

You’ve got homework?

Linda Vista Branch Library has help. Students in grades kindergarten through eighth grade can receive free personalized assistance.

Fight Club

Wednesdays, 5 – 6 p.m.

Discussion of mixed martial arts; use of video and literature to enhance analysis. For adults.

Hatha yoga for adults

Thursdays, 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.

Lego Time

Friday, Sept. 18, 4 – 5 p.m.

Kids: build, build, BUILD to your heart’s content! Our Legos can’t wait to meet you! Skyscrapers, automobiles, airplanes, spaceships: create these and more! Learn basic building science while having loads of fun!

Morning storytime with Kathie

Mondays, 10:30 – 11 a.m.

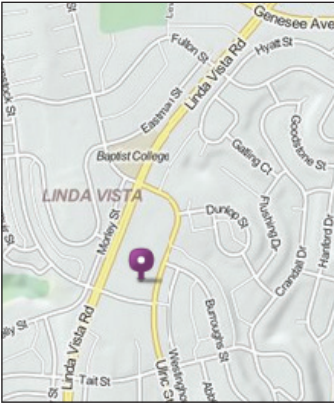
Children and their families are invited to join us for stories, rhymes and songs. Storytime with Ms. Andie Saturdays, 11 a.m. – noon Stretch your imagination and enjoy a story told energetically.

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.

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

SEPT 15 Carnival of Services Expo

Tuesday, Sept. 15

The San Diego Building Owners and Managers Association and the San Diego Chapter of the International Facilities Management Association have organized the first-ever joint Carnival of Service Expo. Building owners, asset managers, property managers and facility managers are invited to attend for networking, professional learning, games and prizes, lunch and more. The event will be held at the Doubletree Mission Valley Hotel (7450 Hazard Center Drive) from 11 a.m. – 3 p.m. Visit bomasd.org for more information and to register.

SEPT 18 16th annual Taste of the Mission

Friday, Sept. 18

This event will take place from 6:30 – 8:30 p.m. in the courtyard of the Mission San Diego de Alcalá (10818 San Diego Mission Road, Mission Valley/Grantville). It will include wine and beer tasting, food samples, live music, raffle and silent auction. Tickets are \$35 in advance and \$40 at the door. Money raised will benefit parish religious education and students attending Catholic schools. Visit MissionSanDiego.org for more information.

SEPT 18 – SEPT 20 Bazaar del Mundo’s Santa Fe Market

Friday, Sept. 18 – Sunday, Sept. 20

This annual event in Old Town brings together artists featuring Native American jewelry, colorful collectibles, creative fashions and unique home décor. Pawn trader Art Quintana will be on hand to provide free appraisals of attendees’ fine Indian jewelry and heirlooms. The festival will showcase creations from Navajo, Cherokee, Hopi,

Pima, Isleta Pueblo and Santo Domingo Pueblo tribe members along with work of Southwest- ern artists. There will also be live musical entertainment and food from Casa Guadalajara for purchase. The event runs 10 a.m. – 8 p.m. on Friday and Saturday; and 10 a.m. – 5 p.m. on Sunday. The Bazaar del Mundo Shops are located at the north entrance to Old Town on the corner of Juan and Taylor streets. Visit BazaarDelMundo.com for more information.

SEPT 19 Clean and Green River Cleanup

Saturday, Sept. 19

GADS (Grantville, Allied Gardens, Del Cerro and San Carlos) networking group will be participating in the California Coastal Cleanup Day organized by I Love a Clean San Diego. Tools will be provided at the Adobe Falls site in Del Cerro (10981 San Diego Mission Road). Family friendly. RSVP to 619-297-7380. Cleanup from 9 a.m. – noon. Learn more about GADS on Facebook at [facebook.com/GADSB2B](https://www.facebook.com/GADSB2B) and visit CleanupDay.org for more information.

SEPT 19 ‘LOOKBOOK Live’

Saturday, Sept. 19

Fashion Valley Mall has teamed with Glamour and GQ magazines for a fall fashion event to be held in the Center Court of the mall from 1 – 5 p.m. The event will showcase men and women’s fashions and feature interactive aspects include one-on-one consultations with style experts. Other highlights include a photo booth, a shopping spree giveaway and style challenges with prizes. Fashion Valley Mall is located at 7007 Friars Road in Mission Valley. Visit simon.com/fall-lookbook-live for more information. ■

An Exclusive Resort For the Perfect Pet!



DAYCARE GROOMING BOARDING TRAINING

We have TWO locations!

Bay Park Area Hillcrest Area
5305 Metro St., SD 92110 3915 9TH Ave., SD 92103

T: 619.299.2730

HOURS: M-F: 7AM-7PM, SAT & SUN: 9AM-4PM

<http://www.thegoldenpaw.net/>



\$25 OFF ANY TRAINING PACKAGE

New clients only. Must mention coupon. Limit one per customer. No cash value. Cannot be combined with any other offer.
Expires 12/31/15

\$20 OFF ANY DAYCARE PACKAGE

New clients only. Must mention coupon. Limit one per customer. No cash value. Cannot be combined with any other offer.
Expires 12/31/15

\$10 OFF ANY FULL SERVICE GROOM

New clients only. Must mention coupon. Limit one per customer. No cash value. Cannot be combined with any other offer.
Expires 12/31/15

FIRST NIGHT FREE!

New clients only. Must mention coupon. Limit one per customer. No cash value. Cannot be combined with any other offer. Not valid on holiday weekends.
Expires 12/31/15