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# MISSION VALLEY News

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Local artists teamed up to preserve the visual history of the trees. (Photo by Dave Schwab)

## Old Town pepper trees' days are numbered

Dave Schwab

A last-ditch effort is underway to save a row of 20-plus California pepper canopy trees in Old Town alongside Presidio Golf Course, which are imperiled by the Juan Street Improvement Project.

The \$8 million project seeks to implement Old Town Pedestrian Mas-

ter Plan improvements addressing infrastructure deficiencies on Juan Street, one of San Diego's oldest roads.

In late August 2014, Mayor Kevin Faulconer and city officials held a press conference lauding Juan Street as a model project and "a perfect example of the city's 'One Dig'."

See **TREES** page 2



Buffalo Exchange in Hillcrest buys fashionable used clothing and sells it for cheap. (Courtesy Buffalo Exchange)

## A San Diego guide to recycling and repurposing old clothes

B.J. Coleman

Even in sunny San Diego, the turn of seasons exerts an undeniable pull. The cocooning and cozying that felt just right in winter breaks away as spring arrives, with the warm weather promising lighter, fresher, airier days ahead.

And whether you come from a family tradition of spring cleaning or you must reorganize your clothing storage to simplify daily routines, an excellent place to start preparing for springtime is by emptying the closets, shelves and drawers holding your wardrobe. Moreover, with Earth Day approaching, what better time to find new ways to recycle, repurpose and reuse your clothes?

I Love A Clean San Diego reports the

dismaying fact that Americans throw out an average of 65 pounds of textiles a year. But there are better ways than trashing unwanted clothes and linens.

Clothes and shoes in good condition are accepted for donation by many area charitable organizations. In exchange, you can receive an income-tax deduction form stating the value of your donated goods.

The least fuss, least muss donation process is to give clothing to a group that will schedule a pickup at your home or other specified location. Vietnam Veterans of America, which is dedicated to providing services to all military veterans, will come get your clothes and haul them away for you with easy online scheduling ([www.pickupplease.org](http://www.pickupplease.org)). United Cerebral Palsy's UCP Thrift Stores will set up a pickup within a few days of being contacted ([www.](http://www.)

See **RECYCLING** page 4

## Planning group approves medical marijuana permit

Jeremy Ogul  
Editor

More than a year after the San Diego City Council approved new medical marijuana regulations, neither Mission Valley nor its surrounding neighborhoods have any city-permitted medical marijuana dispensaries.

That may change soon.

The Mission Valley Planning Group in early April voted to recommend that the city approve permits for a medical marijuana consumer coop-

erative building.

With the planning group's recommendation in hand, the application will be forwarded for a decision by a city hearing officer. A date for the hearing has not yet been set. The hearing officer's decision may be appealed to the Planning Commission.

The Healing Center is one of three separate applications that have been filed for medical marijuana cooperatives in Mission Valley. The other two are at 3455 Camino Del Rio South and 2815 Camino Del Rio South, but neither of those have yet emerged from an internal city review.

An additional five applications have been filed in the Grantville area. City rules allow up to seven dispensary permits in City Council District 7, which includes Mission Valley and Grantville.

—Jeremy Ogul can be reached at [jeremy@sdenn.com](mailto:jeremy@sdenn.com).



3703 Camino Del Rio South (Photo by Jeremy Ogul)

erative at 3703 Camino Del Rio South. Known as The Healing Center, the cooperative would occupy 400 square feet in a 26,000-square-foot, two-story medical of-



► Trees, from page 1

philosophy,” a strategy enveloping multiple infrastructure improvements into a single project.

In addition to replacing the existing water main and storm drain, city officials said Juan Street will be repaved and its sidewalks replaced. Construction is taking place one segment of Juan Street at a time to minimize impacts on traffic.

The notion of the trees coming down has some neighbors, community planners and park enthusiasts riled.

“We’re against it,” said Thurston Coe, Old Town Community Planning Group chair. “At first [city officials] said it would be just a few trees — and now it’s almost all of them.”

Coe said the aging trees don’t require much water and are part of historic Old Town’s fabric.

“The city of San Diego is planning to remove more than 20 mature, 65-year-old pepper trees from Juan Street in the heart of Old Town and people are mad,” said neighbor Maris Brancheau. “The city says the storm water drains they are putting in will include heavy equipment that will damage the trees’ roots. The community wants the drain moved or the equipment scaled back, or any effort possible to keep the trees.”

Brancheau added the sidewalk abutting the row of trees is “barely used as it is on the opposite side of Old Town State Historic Park.”

“The trees, they’re beauti-



Trees the city plans to remove on Juan Street have been painted with a pink letter “X.” (Photo by Dave Schwab)

ful,” said park sympathizer Annie Macpherson. “I hope there is a way that we can save some of these trees, or move them to another place.”

A member of a Plein Air painting group, Macpherson and other artists spent a recent afternoon capturing the pepper trees, which have been targeted for elimination, in an effort to popularize their plight.

“We wanted to immortalize — and memorialize — them,” she said. “If they have to come down, we’d like to have at least done something to preserve them through art.”

After a careful examination of the row of pepper trees by experts engaged by the city, it was determined they had to go, said city

spokesperson Mónica Muñoz.

“The pepper trees primarily on Juan between Wallace and Twiggs have lifted and cracked the sidewalks,” Muñoz said. “These trees are no longer used when city projects require street trees because of the damage they do to the infrastructure and because of their classification as ‘invasive.’”

Munoz said are two arborists engaged by the city on the Juan Street project evaluated all the trees along the alignment of the project.

“Both concluded that about 20 pepper trees needed to be removed because they would likely not survive the root pruning, the impact of the construction activities and the in-

stallation of the new improvements,” Muñoz said.

Muñoz said the Juan Street Project team met with local community planners and promised to “consider the option of having each tree evaluated as the sidewalk panels are removed. Once the roots are exposed, the condition of the roots ... and the overall health of the tree will be taken into consideration to determine if the tree can be left in its original spot.”

All city sidewalk projects now include root barriers to prevent root intrusion,” Muñoz said. “The tree roots would have to be pruned in order to install the barrier and when the roots are pruned, the canopy also has to be pruned to balance the tree.”

“If a tree cannot be saved, another tree will be planted in its place,” said Munoz, noting three species — the coast live oak, the evergreen oak and the cork oak — have been approved as part of the site development permit for Juan Street project

“We understand the emotional connection to the pepper trees, but the City has to consider the health and safety of the public and the potential for damage by allowing trees to remain where they are when they may not survive,” Munoz said.

The city’s landscape standards, adopted in 1997, include the pepper tree as an invasive species that should not be used in public rights-of-way.

Councilmember Todd Gloria’s community representative Molly Chase said “Council-

member Gloria understands the important role the pepper trees along Juan Street play in the character of the community and has shared this concern with the project team. The councilmember has asked that city staff make every effort to save the pepper trees and protect them in place. If there are trees that the arborists determined would be irreparably harmed by the project, or would cause a health and safety concern to the public and cannot be saved, they will be replaced with trees that are approved by the city and were designated as appropriate replacements in the site development permit.”

Old Town’s pepper trees are deserving of protection, said Bruce Coons, executive director of Save Our Heritage Organisation (SOHO), the state’s oldest continually operating historic preservation organization.

“The Peruvian (California) Pepper trees first brought here by the Spanish in 1830 are a symbol of early California, and a symbol of Old town,” Coons said. “To remove these trees would be a big problem: Everybody loves them.”

Coons lamented that San Diego used to be known for its tree-lined streets, which have largely disappeared.

“Every time a tree gets specimen-size, the tree people want to remove them,” Coons said. “We’ve taken them all out. It’s terrible.”

—Contact Dave Schwab at dschwabie@journalist.com.■



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# There’s one thing decision-makers agree on: Qualcomm’s beyond saving

Liam Dillon  
Voice of San Diego

The appeal is obvious. With new football stadiums costing more than the annual economic output of small island nations, why don’t cities just fix up their old ones for a fraction of the cost?

That’s a bad idea for San Diego, according to the head of the mayor’s stadium task force, the Chargers and Qualcomm Stadium’s manager. The sum total of their opinions make it clear: Renovating Qualcomm isn’t going to happen.

“We don’t really believe it’s feasible,” task force chairman Adam Day said.

There are lots of different reasons why a renovation won’t work here, they all say:

Qualcomm wasn’t built just for football. When it opened in the late 1960s, the stadium housed both the Padres and Chargers so views for fans aren’t maximized for football. That affects seating and what the team could charge for the best tickets in the house.

“The design is dated,” said stadium manager Mike McSweeney. “In order to come in and renovate it, you’d basically have to take it to the ground.”

This is the same reason that



The last time the city tried to renovate the stadium, it ended up with calls for a new stadium just a few years later.  
(Photo by Jeremy Ogul)

most recent stadium renovation can’t serve as a model for San Diego. Five years ago, Kansas City renovated the Chiefs stadium for \$375 million instead of spending \$1 billion-plus on a new stadium.

“The cost issue dictated the answer,” said Jim Rowland, who manages the Kansas City stadium.

But Kansas City’s stadium was originally built only for

football, meaning it didn’t have the view issues that Qualcomm does. The city was able to keep the stadium’s bowl and just build a new structure around it, Rowland said.

The stadium is broken. Qualcomm needs about \$80 million in repairs, including new plumbing, wiring and a scoreboard. There are also problems that have built up over the years that would be hard to

fix. Workers who upgraded the soda machines in the stadium years ago didn’t entirely rip out the previous system, McSweeney said. On really hot days, syrup from the old tubes will leak out the walls and onto the floor, he said. “We can’t see in the cement,” he said.

Past renovations didn’t work. A previous renovation in 1997 left the stadium with two different foundations that would

make earthquake-proofing difficult, Day said. Beyond that, the 1997 renovation led to a money-losing contract with the Chargers and calls for a brand-new stadium just a few years later.

Still, these renovation hurdles have been known for a while. And they haven’t kept stadium watchers from talking about doing it, even people who are friendly to the Chargers.


Less than three years ago, developer and U-T San Diego owner Doug Manchester, the boosteriest of Chargers boosters, said he could fix the stadium for \$200 million. In 2009, NFL Commissioner Roger Goodell floated a Qualcomm renovation as well.

For more than a decade, though, the Chargers have smacked down the idea. The last time the city had a stadium task force, the team’s architects said a renovation wouldn’t be much cheaper than a new stadium.


“The only serious studies of renovation that have been done for Qualcomm have concluded that renovation doesn’t make sense for a long list of reasons,” said Mark Fabiani, the Chargers stadium point man.

The local branch of the American Institute of Architects recently came to that answer, even though architects initially thought otherwise. But it wasn’t all for the reasons

See **QUALCOMM** page 5 —————>




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► **Recycling**, from page 1

ucpsdthrift.org), or you may drop items off at store locations in City Heights, Pacific Beach or Chula Vista. These organizations run thrift shops or align with other charitable thrifts, using the income from item sales to fund their community service programs.

The Salvation Army will come get your unwanted clothing, too. You can schedule to have your donated goods picked up by calling 800-728-7825 or online at [satruck.org](http://satruck.org). The Salvation Army eases the donation process by providing a valuation guide for adding up the amount of tax deductions reasonable to claim for your donated goods. And not only do donations in the Salvation Army's various Family Store shops bring in money through sales, the donated items also provide work skills training for those enrolled in the group's Adult Rehabilitation Centers (ARCs).

Blake Swarthout is resident manager at the ARC in Downtown San Diego, located at 13th Street and Broadway. He currently has 100 men in residence at the facility. These program enrollees are housed long term, for a minimum of six months but up to one year for rehabilitation from alcohol and drug abuse problems. Many have been unemployed for several years and need job retraining. Their work therapy assignments are in the on-site warehouse, where donated clothing items are delivered. The ARC workers clean and inspect the

garments, and then hang them on hangers. Swarthout considers his work in this program a ministry assignment of his own. His associate, Corps Ministry Assistant Taneya Garrett, points out as well that the Salvation Army keeps donations local.

"Everything goes back into the community," she said. "Whatever is donated in the community raises money that is used for services to people in that community."

Bins for clothing donation to charities are also scattered throughout San Diego County in various locations. Goodwill Industries requests "clean, gently used" clothing but will only pick up large donations of 50 or more bags. Items for donation may be dropped off at any Goodwill store.

Miramar-based Ripple Textile Recycling partners with community organizations to organize fundraising events that collect gently used clothing, shoes, accessories, belts, purses and other household textiles. Find a list of events and the organizations they support at [RippleTextileRecycling.org/fundraiser-events](http://RippleTextileRecycling.org/fundraiser-events).

If you have the time for treating special garments with special handling, specific donation sites exist. Got an unneeded formal dress? You can make a young lady's formal-dress occasion easier by donating a prom dress or wedding dress to local charities. Get linked up with this program at [www.donationtown.org](http://www.donationtown.org).

Career suits? Dress For Success ([www.dressforsuccess.org](http://www.dressforsuccess.org)) targets clothing and career development assistance to disadvantaged women. The San Diego

affiliate is located at 112 Broadway, Suite 200, in Downtown San Diego. Reach them by phone at 619-533-6014.

Nike will take donated athletic footwear. The Fashion Valley store, at 7007 Friars Road, Suite 770, will accept sports shoes of any brand in any condition, except for those containing metal or cleats or those that are wet. Through Nike's Reuse-A-Shoe program, old sneakers go into a grinder, with the resulting shredded material used to create new sports surfaces, such as basketball courts, tracks and soccer fields. To date, 28 million pairs of shoes have gone into the shredder, producing surfaces covering 632 million square feet, almost enough to turn all of Manhattan into a sporting field.

If, however, your budget for replacement clothing is lean, another clothes recycling option is resale. Items can be resold or traded through resale or consignment shops. (Comparable websites for clothing swaps are available as well.) Some local resale stores specialize in keeping current or classic items in stock to draw shoppers looking for high fashion at low prices. In and along the Mission Valley corridor, Dress To Impress (4242 Camino del Rio North #9) and North Park's Frock You (4121 Park Blvd.) will take specialty and high-fashion items off your hands and put something back into your pocketbook.

Wear It Again Sam was a legendary vintage and costume clothing shop in Hillcrest until closing up its storefront doors.

The business now operates online ([wearitagainsamvintage.com](http://wearitagainsamvintage.com)). The enterprise still deals in clothes from the late 1800s through the 1950s, purchasing, selling and staging trunk shows.

Buffalo Exchange offers a wide choice of currently fashionable clothes for resale or trade. With stores in Hillcrest and Pacific Beach, the convenience is enticing to take your discards and get something that is fresh and new for you. Buyers and store attendants described the kinds of clothes the stores are interested in purchasing. They are selecting seasonally, while also featuring a sampling of best-of-all seasons clothing. You can sell Buffalo Exchange your ugly Christmas sweater or your over-used Halloween costume. Either store will take vintage or one-of-a-kind pieces for resale. Straight leg denim is on the stores' usual purchase list. Right now, the stores are in need of spring and summer clothing in light colors and light fabrics, and especially seeking men's clothing. Footwear in demand includes sandals and open booties.

Additionally, Buffalo Exchange has two offers highlighting the enterprise's environmental efforts in conjunction with Earth Day. From now through April 22, any donated fur items can go into the "Coats For Cubs" program, which provides the unwanted garments as bedding for orphaned baby wildlife. And on April 18, the stores will feature an Earth Day Sale, with selected items going for \$1 apiece.

A house-party clothing swap

among friends is another budget-friendly possibility for restocking your cleaned-out closet — and fun too. A do-it-yourself website (such as [www.ehow.com](http://www.ehow.com)) can help get you started with ideas for planning and hosting this kind of party.

As for those pieces you have doubts about? Very worn but clean clothing may be of use to shelters for homeless persons and abuse victims. Check at local churches with homeless outreach programs, which might accept your well-loved favorites for reuse.

The H&M store at Fashion Valley, 7007 Friars Road, Suite 701, offers a recycling program that will take a bag of old clothes and household textiles in any condition, and in exchange provide a voucher that can be used on a purchase at an H&M store (maximum of two vouchers per day).

Very damaged fabric items can still be reused in creative ways. Know any quilters? Even small, torn pieces of sturdy clothing can be re-sewn into such quilted goods as potholders, coasters and purses. Feeling ambitious enough to learn a new craft? Look for patterns and suggestions for quilting your own leftover fabric swatches into something new and useful at [craftsy.com](http://craftsy.com).

You don't have to let usable old clothing go to waste. Give it a new use or give it away — don't throw it away.

— B.J. Coleman is a freelance writer. You can reach her at [barshajo@aim.com](mailto:barshajo@aim.com). ■

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## ✓ Poll of the Month

### Last Month's Question

**How much more housing should we build in Mission Valley?**

- 38% None** — Tear everything down and restore the farmland
- 23% A little** — Replacing old housing with new housing is fine, but don't increase the population.
- 23% Some** — There's still room to grow, but not dramatically.
- 15% A lot** — San Diego needs more housing and this is the best place for it.

### This Month's Question:

**What should the city do with the Qualcomm Stadium site?**

- ☐ Develop the site with residential, commercial and retail projects to generate funds to build a new stadium there.
- ☐ Repair and renovate the existing stadium and maintain as much existing parking lot area as possible for tailgating.
- ☐ Forget about the stadium and convene a task force to determine the highest and best use of the land, potentially including no stadium.

To cast your vote, visit [missionvalleynews.com](http://missionvalleynews.com).



► Qualcomm, from page 3

you might think.

Last month, Daniel Stewart, the local chapter's vice president, penned an op-ed arguing for a renovation.

"With some imagination and focused design effort, San Diego can capitalize on these great bones and transform it into a state-of-the-art football venue," Stewart wrote.

After the op-ed published, Stewart and an architect colleague of his, Jack Carpenter, met with Doug Barnhardt, who owns a construction company and is a member of the task force. Barnhardt explained some the site's renovation difficulties — facts that gave the architect group pause. Carpenter left the meeting convinced that a renovation wasn't going to happen. He still believes that it's physically possible, but opposition from the Chargers and the task force meant the idea was dead.

"The politics are going to up-stage the economics," Carpenter said.

But Day, the task force chairman, believes the economics make his case. Day told me that his group has done some rough calculations on the cost of a renovation. He figures it would cost \$100 million to fix the stuff that's broken, \$150 million to \$300 million for earthquake-proofing and another \$200 million to \$300 million to give the stadium all the modern restaurants, wide concourses, restrooms and other upgrades the team wants.



Events like the Qualcomm Stadium Swap Meet would no longer be possible if the stadium parking lots were redeveloped to pay for a new stadium. (Photo by Jeremy Ogul)

"Why would you spend \$700 (million) when you can spend a few hundred million more and get a brand new facility?" Day said.

I reminded Day of the task force's recent presentation to a City Council committee, which listed a new stadium price tag as between \$700 million and \$1.5 billion. Isn't a \$700 million renovation a lot less than \$1.5 billion new stadium?

Day said he expects a new stadium will end up in the middle of the cost estimate. Think \$1 billion or so.

"I don't think there's anyone in our committee thinking you need to spend \$1.5 billion to get everything you need for a sta-

dium here," he said.

Still, a roughly \$400 million gap between the cost of a renovation and a new stadium isn't nothing. Back in 2003, when the Chargers pitched a new stadium as part of a redevelopment of the Qualcomm site, the price tag for the whole thing was \$400 million.

—Liam Dillon is senior reporter and assistant editor for Voice of San Diego. He leads VOSD's investigations and writes about how regular people interact with local government. What should he write about next? Please contact him directly at [liam.dillon@voiceofsandiego.org](mailto:liam.dillon@voiceofsandiego.org) or 619-550-5663. ■



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## GUEST EDITORIAL

## Chargers stadium drama injures team

KC Stanfield

The whole issue with the Chargers and the city of San Diego over a new stadium is nothing but drama. It is completely unnecessary and only ends up harming the relationship between the fan base and the team. This drama is so tired and monotonous, it perfectly mirrors the plot of a stereotypical romantic comedy.

The Chargers and San Diego had a good thing going for a while, but the city screwed up by neglecting the team's need of a new stadium. They had a bit of a fight and San Diego is currently trying to win the Chargers back, while the Bolts are thinking about getting back together with their attractive ex who is also a jerk (just saying, Los Angeles). For the most part, we know how this will end; they kiss and make up, and everything goes back to normal.

The audience — who are the fans in this analogy — leaves slightly annoyed with the forced conflict, but content overall with the happy ending. Of course, it is more complicated than that. With three teams and two potential new stadiums in the running for the LA market, anything can happen, and the NFL in general is rather unpredictable. There's a chance everything doesn't work out, but now that the city is actually making an effort to build a stadium that isn't in a worse state than the Oakland Colosseum, things are looking better than the last decade.

The new stadium might cost more than \$1 billion, so it is a relief that the NFL might pitch in \$200 million. Deciding how to actually pay for the rest is another issue. Unless Mayor Kevin Faulconer wins a few lotteries or owner Dean Spanos becomes really generous all of sudden, it means the people will have to pitch in. Admittedly, not everyone in San Diego is a Chargers fan, so they'll be paying more for a team they don't care about. Getting that majority won't be a cakewalk, which is just some-

thing else to worry about.

Adding to the drama, Spanos is aggressively pursuing a stadium in LA. San Diego fans will see this as a sign of disrespect and bad faith. Even if it is justified, it appears as if Spanos is holding one of the teams linked to San Diego's identity for ransom. He needs to follow the Clash and decide — should they or should they go? Just make a decision and get it over with, because stringing fans along is nothing but stressful (and watching the Chargers play is stressful enough).

The same can be said for the city, which still needs to find a way to fund the new stadium. A lot of fans are sympathetic with the Chargers and understand that the city neglected building a new home for our boys in blue for years. If the team is leaving, at least make the process quick and painless, because all this drama and media attention will do nothing but irritate the average person and harm the fan base in San Diego, regardless of whether they stay or not.

It feels like a slap in the face that Spanos has gone this far about moving to another city. The fans in San Diego have been supporting the team the most, but the team's popularity definitely will not improve if it is two hours away. San Diego fans are not exactly the warmest bunch when a team is losing, so imagine how supportive they'd be if a team left. Forget about the 25 percent of fans in LA and Orange County, because that's probably at least as much as they'd lose in San Diego if the move actually happened.

If the phrase "Los Angeles Chargers" makes you as sick to your stomach as it does for me, then there's not much else fans can do than sit back, watch the story unfold and anxiously hope the Chargers and San Diego make up. If it doesn't have a happy ending, at least the Padres are trying to appeal to San Diego sports fans.

—KC Stanfield is an editorial intern with SDCNN. ■

## LETTER

## Californians 'need death with dignity' law

Judy Waterman

I am writing in strong support of the "End-of-Life Option Act" (state Senate Bill 128). This legislation would allow a mentally competent, terminally ill person in the final stages of their disease to request medication from a physician to bring about a peaceful death. The availability of this option can also provide peace of mind to those who are dying and for their families.

Aid in dying is a very important issue to me and I'd like to tell you why. At the end of my mother's life, she was in excruciating pain from cancer. Her life had become unbearable. One night, alone, she went to her garage and took her life with a gun — a very violent act that is hard to erase from my mind. She would not have had to do it if the "end of life option" had been in place in California.

SB 128 is modeled after Oregon's 1997 "Death with Dignity Act." The extensive — and important — safeguards in SB-128 will ensure that the choice made by a terminally ill person to access aid in dying is informed, deliberate and voluntary.

Oregon's experience demonstrates that this law, with safeguards to protect against any abuse, can improve end-of-life pain management and health care for all terminally ill people whether choosing to access aid in dying or not.

We should always provide quality end-of-life care for people who are suffering from an incurable and irreversible terminal illness. Yet if a person has only months, weeks or even days to live, when there is nothing else that medicine can treat and it becomes impossible to provide relief from pain, we should allow that person the option to end their pain and suffering by shortening their dying process.

I urge you to support this important bill. For more information, contact compassionandchoices.org.

—Judy Waterman is a local retired freelance artist and photographer who is now dedicating her time to the passage of California's SB-128, the End-of-Life Option Act. She can be reached at [jwkeywest@gmail.com](mailto:jwkeywest@gmail.com). ■

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Healthy baked chicken parmesan served with marinara and tomatoes atop zucchini noodles. (Photo by Katy Kaufman)

## For healthier weekday meals, prep in advance

Katy Kaufman

Food prep is a great way to make some healthy lifestyle changes. Preparing meals and snacks ahead of time on the weekend allows you have fast, nutrient-dense options during the week. Here are some healthy foods that I like to prepare ahead of time so that I can add them wraps, sandwiches or salads:

Brown rice  
Lentils  
Sliced vegetables and fruit  
Grilled Chicken  
Hardboiled eggs  
Baked sweet potatoes  
Granola bars  
Almonds — ¼ cup portions into bags  
Salads with vegetables in Tupperware

Another option is to create an entire meal ahead of time that can be refrigerated or frozen until you are ready to serve.

Chicken Parmesan is one of my favorite Italian dishes, but it can be complicated to make

during the week. I frequently prepare this meal ahead of time, freeze in small baking dish and reheat when I'm ready to eat. It tastes just as good!

**Healthy Baked Chicken Parmesan**  
Adapted from Skinnytaste  
Serves 6

**Ingredients:**

6 boneless, skinless, thin-sliced chicken breasts  
½ cup whole-wheat bread-crumbs  
1 teaspoon sea salt  
4 tablespoons grated Parmesan cheese  
2 cups marinara sauce (+ 1 cup for serving)  
2 teaspoons Italian seasoning  
2 tablespoons olive oil  
2/3 cup part-skim mozzarella cheese  
Cooking spray

Preheat the oven to 450 degrees. Season the chicken breasts with salt.

Spray a baking sheet with cooking spray. In a bowl, mix together the Italian seasoning, breadcrumbs, and Parmesan cheese. Brush the olive oil over

the chicken breasts and lightly toss the chicken into the bread crumbs.

Bake the chicken for 20 minutes and then flip and cook for an additional seven minutes until fully cooked.

Spoon one to two tablespoons of marinara sauce on top of the chicken and sprinkle with mozzarella cheese. Bake for an additional 5 minutes.

The chicken can be served on its own or on top of whole wheat spaghetti with fresh tomatoes and extra marinara sauce. To add even more nutrients to your meal, you can use a spiralizer to make your own zucchini noodles or long strands of other vegetables.

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

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# DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.

San Diego's barbecue scene is about to expand when **Wood Ranch BBQ & Grill** finishes remodeling the space previously occupied by **Randy Jones All American Sports Grill** at the Hazard Center in Mission Valley. The Moorpark, California, chain makes its local debut in May with ribs, steaks, brisket, burgers, poultry and fish cooked over oak fire. A full bar using freshly squeezed fruit juices will also be in place, along with "tailgate service" that allows customers to pick up their orders from the restaurant's parking lot before heading to the ball parks. *7150 Hazard Center Drive, Suite 215, woodranch.com.*

La Jolla has a new rooftop restaurant in the redesigned La Plaza Center at Wall and Girard streets. Launched by Whisknadle Hospitality, the 3,700-square-foot **Catania** gives diners a taste of coastal Italian cuisine, based on a two-week culinary road trip through Italy taken by owner Arturo Kassel and company chef Ryan Johnston plus subsequent visits they've made. Helming the kitchen is Executive Chef Vince Schofield, a San Francisco transplant who brings to the table quail with sage and prosciutto, clam pies, house-made pastas and Neapolitan-style pizzas. *7863 Girard Ave., 858-551-5105.*

In honor of Mexico's long-celebrated National Children Day (El Dia Del Niño), kids and teens 18 years or younger can land a free ice cream sundae from 11 a.m. to midnight, April 30 at **Don Chido** in the Gaslamp District. *527 Fifth Ave., 619-232-8226.*



Heart and Trotter proprietors Trey Nichols (left) and James Holtslag. (Courtesy Heart and Trotter)



Cannonball restaurant offers sweeping views of the Pacific Ocean at Belmont Park. (Courtesy Cannonball)

What's being touted as "the largest oceanfront sushi rooftop in San Diego" is **Cannonball** at Belmont Park in south Mission Beach, due to open April 1. Overlooking the boardwalk, the 9,400-square-foot space will be marked by aquatic-themed design elements and a glass-enclosed "sushi cube" for diners wishing to partake in traditional Japanese rolls. The restaurant will also feature an array of share plates capturing Pacific Rim specialties along with craft cocktails tailored to oceanfront lounging. *3105 Oceanfront Walk, 858-228-9304.*



Chillax roll from Sabuku Sushi (Courtesy Sabuku)

In an effort to gauge customer satisfaction on its food, **Sabuku Sushi** in Normal Heights has launched a monthly series of "sushi smackdowns" that allow guests to sample and rate 17 menu items for \$35. The tasting includes things like "no-so-miso soup," bite-size rolls, sashimi, desserts and more. Since starting the promotion a couple months ago, the restaurant's bacon rolls have netted the highest points. The next smackdown is scheduled for 6 p.m., April 20. Also in the pipeline: Guest brewers are coming in once a month to match their suds to sushi rolls crafted specifically for those events. The lineup includes **Stone Brewing Company** on April 27 and **Mother Earth Brew Company** on May 18. Prices for the pairings range from \$16 to \$20. *3027 Adams Ave., 619-281-9700.*

After many delays, the long-awaited **Heart and Trotter** has opened in North Park with a meat case stocked with various cuts of chicken, beef, lamb and pork. The whole-animal butchery launched a couple years ago as an online meat supplier by college pals Trey Nichols and James Holtslag. It has since relied partly on funds raised through Kickstarter before it could move into a retail space. In addition to raw meats, customers can also purchase pates and head cheese prepared in-house. A beer and wine license is in the works as well as butchering classes that will begin in a couple months. *2855 El Cajon Blvd., 619-564-8976.*

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



# Flavors from the subcontinent

Frank Sabatini Jr.  
Restaurant Review



Diners with a penchant for international cuisine have grown familiar with curry dishes from the Punjab provinces of India and Pakistan, where they are often laced with butter or cream in their American incarnations. In many cases they taste the same, and the restaurants that serve them are everywhere.

But there's a new kitchen in town challenging the status quo with curries, stews and even sandwiches common to Pakistan's Northwest Frontier Province, thus exposing us to recipes that are strikingly novel.

Pakistan native Selina Khan opened House of Khan a few months ago after operating a pop-up restaurant in the College Area. Prior to that, she earned a master's degree in global politics from The London School of Economics, where she developed a knack for cooking within the confines of her dorm. Owning a restaurant has been on her bucket list ever since.

"This is a campaign for real curry, the way we make it at



Beef nihari stew (Photo by Frank Sabatini Jr.)

tasted best. The eggplant aubergine was beautifully sweet and spicy, revealing sturdy flavors from a sauce of tenderly reduced tomatoes and cumin-heavy seasonings that undoubtedly included chilies.

The chickpea curry dish appeared to have a similar sauce but it tasted different just as Khan had assured that "no two curry sauces are alike." Here, the flavors of mustard seed and perhaps fennel rang through, seeping effectively into the softly cooked beans. Both meals were accompanied by fluffy basmati rice.

I ordered nihari, a brown stew made normally with lamb in India but containing beef shank in Kahn's hometown version.

"We love our beef," said Khan, referring also to such menu items as aloo keema (spiced ground beef with potatoes) and a seasoned burger topped with cilantro chutney.

The slow-cooked stew was served with a glossy film of vegetable oil on the surface, which wasn't an accident but rather a necessary, authentic ingredient for achieving silkiness.

"In Pakistan, you know the food is cooked with the oil comes to the top," she added.

The dish looked similar to American beef stew but tasted a far cry from how our mothers made it. Slightly spicy, it revealed intriguing hints of curry and with the benefit of beef marrow melted throughout from extra bones that Khan tosses in during the cooking process. It was love at first bite.

K a h n ' s  
succinct



Chickpea curry (Photo by Frank Sabatini Jr.)

## House of Khan

1417 University Ave.  
(Hillcrest)  
760-580-9024

Prices:  
Appetizers, \$5; entrees,  
\$8.99 to \$11.99



Wall niche in House of Khan (Photo by Frank Sabatini Jr.)

menu concludes with a few homemade desserts such as fruity snow cones and ice cream floats drizzled with rose syrup.

We chose the fruit trifle, a chilled, super-refreshing mesh of pineapple, jelly and sponge cake that we washed down with pink Kashmiri tea spiked with cardamom and cinnamon. Like liquid coffee cake, the tea is served traditionally at Pakistani weddings and takes about a half-hour to brew, but it's worth the wait.

House of Khan brings to Hillcrest a type of cuisine we haven't seen before, proving that where basmati rice and curry is served doesn't necessarily mean you'll end up with tikki masala.

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

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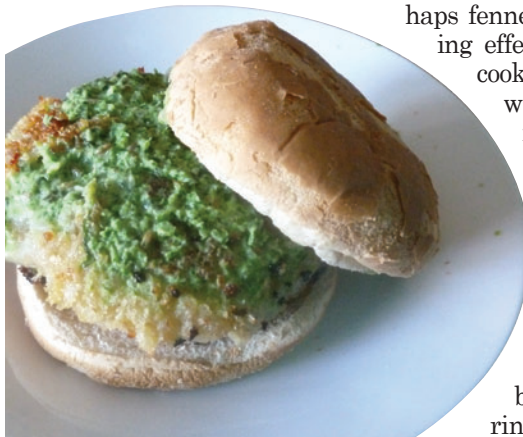
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Bun-kebab (Photo by Frank Sabatini Jr.)

home," she says, referring to her moderate use of chilies and prolific reliance on cumin and tomatoes. Dairy is absent from her dishes with the exception of a terrific cilantro-yogurt sauce accompanying pastry-encased samosas and veggie fritters (pakoras) battered decadently in chickpea flour.

A similar, feistier sauce the menu calls "cilantro chutney" appeared on a crazy-good "bun kebab" involving an egg-washed potato cake tucked into a burger roll with onions. Khan says it's common street food in Pakistan. For me, it was one of the best appetizers to pass my lips in months.

Meals at House of Khan come with a side of Ludo, an English adaptation of Pachisi that's popular throughout India and Pakistan, especially among children. There's a boxed game of Ludo on every table amid sea-green walls and illuminated niches showing off copper pots. This used to be Mama Testa. The layout is the same, but the motif is exotically more soothing except for the lack of soundproofing.

My vegetarian companion had no problem finding dishes that appealed to his love of curry. He ordered two entrees that left us undecided over which

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**MISSION VALLEY News**  
INSIDE THIS ISSUE: Mission Valley keeps getting more roads — and more traffic

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# Young actors venture 'Into the Woods' at the Lyceum

Leigh Scarritt stars alongside students

Jeremy Ogul  
Editor

Just a few months after a film adaptation of "Into the Woods" debuted to smashing success on movie screens around the world, the young actors of the California Youth Conservatory Theatre bring the Broadway hit musical to Downtown's Lyceum Theater April 10-18.

The average age of the CYC Theatre cast is 17, with ages ranging from 5 to 20-something, but this isn't your typical youth theater production, said producer and director Shaun Evans.

"[Audiences] can expect to see every bit as good a production of 'Into the Woods' as they would see anywhere, on any stage, in San Diego," Evans said.

That's because CYC puts its young participants through a rigorous program of auditions, rehearsals and performances with standards that reflect the experience the actors would have if they were working union professionals, Evans explained.

"The environment is anything but childish," he said.

Unlike most youth theater companies, CYC Theatre hires professional actors to play top roles in the show and work alongside the student actors. In this presentation of "Into the Woods," Leigh Scarritt, famous for her prolific work on San Diego stages, stars as the witch. Award-winning pros Tom Andrew and Bryan Stanton also have leading roles.

Scarritt said that just as students learn from watching and working with her, she learns from watching and working with them.

"Most of our learning is in the demonstration of the arts," Scarritt said. "When someone else presents their art, whether that's a child or a professional ac-



A scene from CYC Theatre's recent production of "The Secret Garden" (Courtesy Shaun Evans)

tor, there's always something to glean from that."

Evans said his goal is that the audience won't be able to tell the difference between the professionals and the students.

"The leads and principals who are students, they are damn near every bit as good as these professionals," he said.

As a result of CYC Theatre's approach, many students end up going on to have professional careers on stage. Three alumni of the CYC Theatre program over the past 11 years have even made it to Broadway, while another three have appeared on "American Idol."

"Into the Woods" actually got its start in San Diego, premiering at The Old Globe in 1986 and then moving to Broadway in 1987 for a nearly two-year run. The 2014 film adaptation has grossed more than \$204 million worldwide, according to figures posted by the website Box Office Mojo.

Mission Hills resident Alice Rickless, 14, is part of the ensemble in this production, her first with CYC Theatre. Though she has experience on stage in school plays, her experience so far with CYC Theatre has been an "eye-opener," she said.

"Because I've never really done a show before — like a big show — I got myself out there, and I realized that I could do so many more things than I thought I could do," Rickless said.

The rehearsal schedule is

demanding: three to five hours a day, up to four days a week for two and a half months. That kind of commitment leaves time for little else, but Rickless is not complaining.

"It's worth it to be a little stressed out, because what you get out of it is so much more than what you lose," she said.

Alana Austin, a 15-year-old Coronado resident who plays Sleeping Beauty in this production, said the long hours are a valuable use of time.

"They're doing this so that you can become better and grow as a person," Austin said. "It's not just a waste of time. You're getting your money's worth."

Nick Lux, 15, who plays Jack, said he has been acting since 10 years old and knew from the beginning that he wanted to pursue a career in the field. "Into the Woods" is his second show with CYC.

What makes CYC special, he said, is the director's high expectations combined with his coaching ability, which really helps bring the characters out of the actors.

"With other theater companies it's just what you already have to bring to the table," Lux said. "With CYC they can help you build and grow."

Tickets range from \$22 to \$28 for adults. Visit [cyc theatre.com](http://cyc theatre.com) for tickets, showtimes and more information.

—Jeremy Ogul can be reached at [Jeremy@sdenn.com](mailto:Jeremy@sdenn.com).

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The rotunda of the San Diego Museum of Art Alive is transformed for the annual Art Alive event. (Courtesy SDMA)

# Floral art extravaganza returns with revamped ‘Bloom Bash’

Margie M. Palmer

Imagine walking into a room that’s been completely transformed into one of the most breathtaking floral displays you could ever begin to imagine; everything is white and you can’t help but feel as if you’ve stepped into a space that is one part Downton Abbey and one part high-society English wedding.

That’s what you get if you attend this year’s 24th annual Art Alive exhibit at the San Diego Museum of Art in Balboa Park.

The first thing you will notice as you step into the museum’s rotunda is the sweet aroma that comes from the nearly 100,000 individually placed, California-grown stems. As your eyes wander to the center of the room and the centerpiece of the design, you will notice two, 14-foot peacocks that are made entirely out of white flowers.

René van Rems, the internationally known floral artist who designed this year’s rotunda display, said he estimates approximately 1,500 hours have been spent among volunteers and professionals to bring the exhibition to life.

What attendees can expect, he said, is to experience a genre of floral design that was seen in yesteryear but that you don’t see too much of today.

“With this year being the Balboa Park Centennial, we wanted to take things back to the floral culture that was seen during the early stages of California,” van Rems said. “This is the old craftsman days of large English floral arrangements, and the vases we’re using are scaled to the size of the museum entryway. We’re using these huge urns from the Pasadena Rose Parade that have been completely decoupaged with leaves; it’s pretty spectacular.”

Everything will be reflective of 1915, he said, and the flowers and greenery will include everything from roses to gladiolas, to trumpet lilies and flowering herbs. Designers certified by the American Institute of Floral Designers and more than 40

students from the René Floral Training Center worked side by side to make the display a reality.

## Years in the making

San Diego Museum of Art Special Events Manager Sarah Grossman said that each Art Alive is a multi-year process; planning for 2016 will start as soon as this year’s exhibit comes to a close.

Those who grew up on the

portunity for philanthropy. Art Alive is the museum’s largest annual fundraiser, Grossman said, noting that this year’s event is expected to raise upward of \$1 million. Funds raised will be used to help provide education, outreach programs and especial exhibitions throughout the year.

The official kick-off to the event, otherwise known as Bloom Bash, will begin on April 24 at 7 p.m.

“It’s a little flashy and a lot of fun. It’s really one big community party,” Grossman said. “Last year, to make the opening celebration more about art we introduced a contemporary artist to inspire the core. This year we’re working with graffiti artist Chor Boogie.”

Boogie, who will mingle art, flowers and graffiti into his display, said his inspiration for the piece came from the Bloom Bash itself.

“I’m definitely incorporating some of those floral arrangements within the composition of the artwork that will help create the ambience of Bloom Bash, to give people the foundation of the style, which are based on modern hieroglyphics and love.”

He will also be doing a sculpture, he said, which will be one of the highlights of the event.

“This will be my first time doing something like that because I’m not really a sculpture artist,” he said, noting the piece will be made entirely out of spray cans, as spray paint is his medium. “It’s all nature and it is all love, and hopefully it brings some loving inspiration to people.”

This year’s Art Alive floral exhibition will be open from 9 a.m. to 5 p.m. on April 24 – 26. General admission is free for museum members, \$20 for non-members and free for children ages 6 and under. Bloom Bash tickets are \$200 for museum members and \$250 for nonmembers. Visit [sdmart.org](http://sdmart.org) for additional information.

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



Brock Saucier’s floral interpretation of Salvador Dali’s “Specter of the evening” (Courtesy SDMA)

East Coast can think of it as a miniature Philadelphia Flower Show; in San Diego, though, designers are not creating their own uniquely inspired displays. They instead chose one of the museum’s permanent pieces of artwork and are tasked with interpreting that through floral design. Some of the artists are longstanding, well-respected local designers that have been involved with the event from the beginning.

Newcomers are selected through an extensive vetting process.

“There are several rounds of instructions and we ask each potential artist to submit a sketch,” Grossman said. “From there we have our own internal art processes to make sure the display will be appropriate for the space.”

## Signature fundraiser

And while many will attend to enjoy the sights and scents of the show, others see it as an op-

# MISSION VALLEY News

## WHERE TO FIND US

### WE’RE EVERYWHERE!

VCA Emergency Animal Hospital	2317 Hotel Circle S.	Playa Grill & Bar	2401 Fenton Pkwy.
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Marriott	1865 Hotel Circle S.	Milano Coffee Co.	8685 Rio San Diego Dr.
Howard Johnsons B & B	1631 Hotel Circle S.	Resident Services	2185 Station Village Way
Kings Inn Hotel	1333 Hotel Circle S.	Marriott	8757 Rio San Diego Dr.
Travelodge	1201 Hotel Circle S.	Hera Hub	8885 Rio San Diego
Albie’s Beef Inn	1201 Hotel Circle S.	VA Building	8810 Rancho San Diego Rd.
Mission Valley Resort	875 Hotel Circle S.	Circa 37 Apartments	7800 Westside Dr.
Vagabond Inn	651 Hotel Circle S.	Art Institute	7650 Mission Valley Rd.
Courtyard San Diego	595 Hotel Circle S.	Extended Stay	7444 Mission Valley Rd.
Days Inn	543 Hotel Circle S.	UPS Store	5694 Mission Center Rd.
Bunz	475 Hotel Circle S.	Ralphs Store	5696 Mission Center Rd.
Seven Seas Lodge	411 Hotel Circle S.	Paradise Yogurt	5664 Mission Center Rd.
Town & Country Hotel	500 Hotel Circle N.	CVS	5644 Mission Center Rd.
Handlery Hotel Resort	950 Hotel Circle N.	Tandoor Food	5698 Mission Center Rd.
Crown Plaza	2270 Hotel Circle N.	Jamba Juice	5638 Mission Center Rd.
AAA Travel Agent	2440 Hotel Circle N.	Coco de Leon	1450 Frazee
World Mark	425 Camino del Rio S.	Hazard Center Office Building	7676 Hazard Center
La Quinta Inn Suites	641 Camino del Rio S.	New Image Dental	7510 Hazard Center
Midway Dodge	777 Camino del Rio S.	Ultra Star Theaters	7510 Hazard Center
Hilton Hotel	901 Camino del Rio S.	Wich Wich	7510 Hazard Center
Mission Valley Café	967 Camino del Rio S.	YMCA Ground Floor	7610 Hazard Center
Sheraton Hotel	1433 Camino del Rio S.	Smashburger	7610 Hazard Center
Marvin K Brown	1441 Camino del Rio S.	Starbucks	7610 Hazard Center
Hine Chrysler	1545 Camino del Rio S.	Intermezzo Cafe	7610 Hazard Center
First United Methodist Church	2111 Camino del Rio S.	Double Tree Hotel	7450 Hazard Center
Bully’s East Restaurant	2401 Camino del Rio S.	Food 4 Less	7730 Hazard Center
San Diego Labor Union	3737 Camino del Rio S.	Mobile Gas Station	5494 Mission Center Rd.
Body Beautiful Car Wash,	4282 Camino del Rio N.	Mimi’s Café	5180 Mission Center Rd.
Enhancery Jewelers	4242 Camino del Rio N.	On The Border Restaurant	1770 Camino de la Reina
Beauty Nails And Hair	4242 Camino del Rio N.	Hooters	1400 Camino de la Reina
Togo’s	4242 Camino del Rio N.	Gordon Biersch	5010 Mission Center Rd.
Royal Touch Cleaners	4242 Camino del Rio N.	River Front Condos	750 Camino de la Reina
Starbucks	4262 Camino del Rio N.	Lincoln Mercury	720 Camino del Rio N.
JT’s Pub	5821 Mission Gorge Rd.	Ruby’s Diner	Mission Valley Mall
Szechuan Mandarin	5855 Mission Gorge Rd.	Tilted Kilt	Mission Valley Mall
Performing Arts Center	4579 Mission Gorge Pl.	Broken Yolk Café	1760 Camino del Rio N.
Junior Achievement	4756 Mission Gorge Pl.	Mission Credit Union	2020 Camino del Rio N.
Adventure 16	4610-4620 Alvarado Canyon Rd.	Pooch Hotel	2120 Camino del Rio N.
Motel 6	4380 Alvarado Canyon Rd.	Gina’s Apartment	6855 Friars Rd. Unit 26
Discount Tire	6131 Mission Gorge Rd.	Mr. Peabody’s	6110 Friars Rd.
California Bank And Trust	6313 Mission Gorge Rd.	Del Mesa Liquor	6090 Friars Rd.
Tio Leo’s Mexican Restaurant	6333 Mission Gorge Rd.	YMCA	5505 Friars Rd.
Longhorn Café	6519 Mission Gorge Rd.	San Diego Humane Society	5500 Gaines St.
Berick Joel Dentist	6529 Mission Gorge Rd.	Video To DVD	5390 Napa St.
Postal Annex	6549 Mission Gorge Rd.	US Bank	5330 Napa St.
Kaiser Permanente ER	4647 Zion Ave.	Tio Leo’s Mexican Restaurant	5302 Napa St.
Diva Salon	6690 Mission Gorge Rd.	Marketing Deli	814 Morena Blvd. #309
Emillanos	6690 Mission Gorge Rd.	Morena Market	1045 Morena Blvd.
Mathnasium	10330 Friars Rd.	Armstrong	1350 Morena Blvd.
Mission Gorge Animal	6690 Mission Gorge Rd.	Waters Fine Catering	1105 W Morena Blvd.
Chamorro Grill	6628 Mission Gorge Rd.	JV’s Mexican Food	1112 Morena Blvd.
Liquor And Kegs	6614 Mission Gorge Rd.	Wok-In Express	1118 Morena Blvd.
Contemporary Healthcare	6612-b Mission Gorge Rd.	Jamba Juice	5175 Linda Vista Rd. #101
Einstein Bros Bagels	10460 Friars Rd.	Frankie The Bull Bbq Restaurant	1127 W Morena Blvd.
San Diego Brewing Company	10450 Friars Rd.	Sardina’s Italian Restaurant	1129 Morena Blvd.
Rakadeka Thai	10450 Friars Rd.	Sidcar	1310 Morena Blvd.
Coco’s Restaurant	10450 Friars Rd.	Roberto’s Taco Shop	1462 Morena Blvd.
Troy’s	10450 Friars Rd.	Circle K	1460 Morena Blvd.
Petco	10410 Friars Rd.	Fresh Mxn Food	1975 Morena Blvd.
Jamba Juice	10406 Friars Rd.	Off-Shore Tavern & Grill	2253 Morena Blvd.
Starbucks	10406 Friars Rd.	Linda Vista Library	2160 Ulric St.
Black Angus	10370 Friars Rd.	Rady Children’s Hospital	3020 Children’s Way
Summer Nail And Spa	10330 Friars Rd.	Sharp Hospital	7850 Vista Hill Ave.
Camels Breath	10330 Friars Rd.	4 Points Sheraton	8110 Aero Dr.
Regency Travel	10330 Friars Rd.	SDPD Eastern Division	9225 Aero Dr.
Edward Jones	10330 Friars Rd.	VONS	3550 Murphy Canyon Rd.
Armstrong	10320 Friars Rd.	Smashburger	3737 Murphy Canyon Rd.
Toyota SD	5910 Mission Gorge Rd.	AM & PM Gas Station	3770 Murphy Canyon Rd.
Wolf Head	5981 Fairmont Ave.	Submarina	3755 Murphy Canyon Rd.
S.D. Habitat For Humanity	10222 San Diego Mission Rd.	Chinese House	3755 Murphy Canyon Rd.
Village Coffee	10415 San Diego Mission Rd.	Roberto’s Tacos	3755 Murphy Canyon Rd.
Chicago Bros Pizza	10423 San Diego Mission Rd.	Holiday Inn	3805 Murphy Canyon Rd.
La Fiesta Deli	10497 San Diego Mission Rd.	Extended Stay America	3860 Murphy Canyon Rd.
7-11	10505 San Diego Mission Rd.	Rosner, Brown, Touchstone & Kelly	4909 Murphy Canyon Rd.
Centrum Deli & Café	9040 Friars Rd.	Starbucks	6701 El Cajon Blvd.
Comerica Bank	2503 Fenton Pkwy.	Guitar Center	5500 Grossmont Center Dr.
Escala Condos	2840 Clubhouse Ln.	Court House	220 W. Broadway
Mission Valley Library	2123 Fenton Pkwy.	Hall of Justice	330 W. Broadway
Oggi’s Pizza	2245 Fenton Pkwy.	County Admins. Bldg.	1600 Pacific Hwy.
IHOP	2169 Fenton Pkwy.	City Admins. Bldg.	202 C. St.
Hangers Cleaners	2169 Fenton Pkwy.		



## MUSIC NOTES

### JAZZ

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

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

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

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

**April 12:** Justin Grinnell Jazz Quartet at Grossmont College. \$10 general admission, \$8 seniors/faculty, \$5 students. 6:30 p.m. 8800 Grossmont College Drive, El Cajon. Visit Grossmont.edu.

### CLASSICAL

**April 16:** "Art of Music" series with Takae Ohnishi at the San Diego Museum of Art. \$15+. 7 p.m. 1450 El Prado, Balboa Park. SDMArt.org.

**April 19:** San Diego Spring Flute Festival at San Diego State University School of Music and Dance. \$20 - \$30. 11 a.m. SanDiegoFluteGuild.org.

**April 19:** San Diego Harp Society at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 - 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

**May 2 & 3:** La Jolla Symphony and Chorus performs Bernstein, Ives and more at Mandeville Auditorium at UC San Diego. \$15+. 7:30 p.m. on Saturday, 2 p.m. on Sunday. LaJollaSymphony.com.

### ALTERNATIVE / ROCK

**April 17:** Broken Stems at Tio Leo's Lounge. Price TBD. 9 p.m. 5302 Napa St., Linda Vista. TioLeos.com.

**April 25 & 26:** Adams Avenue Unplugged featuring 170 performers including Anais Mitchell, Hot Buttered Rum, David J, Cody Lovaas and more. Free. Various locations and show times. AdamsAvenueBusiness.com.

**May 2:** The Rockhounds at Pal Joey's. Free. 9 p.m. 5147 Waring Road, Allied Gardens. PalJoeyOnline.com.

### POP

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

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

**April 23:** Teagan Taylor performing song by Norah Jones at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

**April 25:** The Baja Bugs at Pal Joey's. Free. 9 p.m. 5147 Waring Road, Allied Gardens. PalJoeyOnline.com.

### OTHER

**April 17:** Rock in the Park featuring Berkley Hart Selis Twang with Michael Tiernan at Reuben H. Fleet Science Center. \$24+. 7 p.m. 1875 El Prado, Balboa Park. rhfleet.org/events.

**April 27:** Steve Wolff at Trisler's Wine Bar. Free. 7 p.m. 8555 Station Village Lane, Mission Valley. Trislars.com.

**May 4:** The Sherpas and Joe Rathburn at Vision Center for Spiritual Living. \$20. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

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

### APR 18 Parkinson's 5K walk/run April 18

Fighting Parkinson's Step by Step is an annual event by the Parkinson's Association, an organization that provides services to the community of people affected by Parkinson's disease and is dedicated to finding a cure. In addition to the race there will be a medical expo with speakers from universities, hospitals, clinics and research institutes; topics may include DBS surgery, treatments and breakthroughs, quality of life for Parkinson's families and brain circuitry. A health and fitness village highlight organizations promoting physical and mental wellbeing. There will also be live music, a beer garden, a kids' zone and much more. Participation fees are \$45 for adults, \$20 for children (ages 12 and under) and \$10 for dogs. Registration starts at 7 a.m., the run starts at 8:30 a.m. and the walk starts at 9:15 a.m. The walk/run will start and end at the festival site in NTC Park (2455 Cushing Road, Liberty Station). Visit ParkinsonsAssociation.org for more information.

### APR 18 Mission Hills walking tour April 18

These walking tours will leave every 10 - 15 minutes from 1 - 4 p.m. starting at Espresso Mio (1920 Fort Stockton Drive, Mission Hills). Docents leading the 60 - 90 minute tour will help attendees explore Prairie style homes, which came to the area about 100 years ago. The tour will detail the early occupants and history as well as the architects and builders of the homes built mostly from 1910 - 1920. Tickets are \$10 for members of Mission Hills Heritage and \$15 for non-members. Tickets include beverages and cookies following the tour. Visit MissionHillsHeritage.org for tickets and more information.

### APR 18 Taste of Hillcrest April 18

More than 30 restaurants across 12 city blocks in Hillcrest will offer special samples of the food, beverages and ambiance that make this neighborhood one of San Diego's most popular destinations. Participating restaurants include Bread and Cie, Crest Café, Lotus Thai, Luna Grill, Tajima Ramen Bar, Wine Steals, D

Bar, Bombay Exotic Cuisine of India and more. Tickets are \$30 in advance and \$35 on the day of the event. Visit FabulousHillcrest.com or call 619-299-3330 for more information.

### APR 19 Holocaust commemoration program April 19

The Jewish Federation of San Diego County presents this annual commemoration on the holiday of Yom HaShoah. This year's theme is "From Auschwitz to Activism - 70 Years on From the Holocaust." All are welcome at this event to remember Holocaust victims, honor survivors and teach children about anti-Semitism and learning from the past. The event will include a military color guard, musical presentation and candle lighting, with candles lit by survivors and their descendants in memory of those who died. The commemoration will begin at 1:30 p.m. in the Garfield Theater at the Lawrence Family Jewish Community Center (4126 Executive Drive, La Jolla). The event is free. Contact Linda Feldman by email: lindaf@jewishfederationsandiego.org or phone: 858-737-7138 for more information, or visit JewishInSanDiego.org.

### APR 25 Linda Vista multi-cultural fair and parade April 25

Back for its 30th year, this free community street fair will be held on the 6900 block of Linda Vista Road promoting cultural awareness and understanding. This year's theme is "Celebrating and Honoring our United States Armed Forces." The parade will be held from 11 a.m. to noon followed by an opening ceremony with San Diego elected officials and VIPs. The fair will be open from 10 a.m. - 5 p.m. with entertainment, kids' zone, carnival rides, cultural dances, ethnic food booths and cultural exhibits. This family friendly event is drug-, cigarette- and alcohol-free. For more information visit LindaVistaFair.org.

### APR 25 Creek to Bay Cleanup April 25

From 9 a.m. to noon, thousands of volunteers will gather to clean and beautify more than 100 coastal and inland sites around the county, including sites within Mission Valley at the San Diego River

and Mission Valley Reserve. The San Diego River Park Foundation and Cleanups for Change are organizing the Mission Valley cleanup sites. Last year, more than 5,000 volunteers removed 100 tons of debris throughout the region during this event, which is led by I Love a Clean San Diego. But this event is not just about picking up trash. Volunteers also maintain parks, remove graffiti and use stencils to mark storm drains. Volunteers of all ages are encouraged to learn more about the event and register online at CreekToBay.org.

### MAY 2-3 Cinco de Mayo in Old Town May 2 & 3

For two days the streets of Old Town will be filled with festivities in honor of Cinco de Mayo. There will be three stages with live music, a "cantina garden," a low-rider car show, historical demonstrations and more. Over 10 area restaurants and bars will be participating by offering food and drink specials. Various vendors will be on hand with wares from leather pieces to jewelry. A kids' area and stage will invite young visitors to participate in interactive activities. For the adult attendees there will be a high-end tequila sampling area in addition to the beer garden. The festival starts at 11 a.m. both days, ending at 10 p.m. on Saturday and 5 p.m. on Sunday. For a list of youth activities, entertainment lineup and more visit oldtownsandiegoguide.com.

### MAY 7 Throwback Thursday happy hour May 7

With the help of San Diego Magazine, the San Diego History Center at Balboa Park hosts this casual social event from 6 to 8 p.m., featuring food, drinks, games, a DJ set and a lecture by Dr. Iris Engstrand, curator of the History Center's current exhibit on the 1915 Panama-California Exposition. At \$25, admission to the event includes appetizers by Eco Cater and Coast Catering, cocktails by Snake Oil Cocktail Company, and admission to the center's two exhibitions, "Masterworks: Art of the Exposition Era" and "San Diego Invites the World." For tickets and more information, visit sandiegohistory.org/tbthappyhour.■

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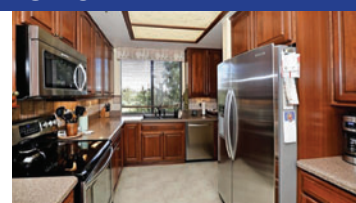


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## When it comes to weight management, let's get real

Erica Moe



line, walking in the grocery store and carrying your kids. We live in a seated society — sitting to drive, eat, work and play. Technology has made tasks as easy as pushing a button. But making life easier could also make it shorter. Breaking up with your chair can be the first step.

### Nutrition

Find healthy food you like, and follow the 80/20 principle. Prepare meals at home 80 percent of the time, and enjoy special occasions and celebrations for the other 20 percent. No need to swear off any particular type of food — everything in moderation.

### Stress management

What triggers an increase in food intake or a hiatus in physical activity? Usually the answer is stress. Stress plays a role in derailing many of our best-laid plans. Be proactive by setting aside a few minutes for meditation. Things happen, so be prepared for setbacks. For instance, you can have the power of 10. Stop, close your eyes, and count slowly to 10. If still feeling overwhelmed, count backward from 10 to one.

### Your community

You can reach and maintain a healthy weight by focusing on self-image and empowerment, physical activity, nutrition and stress management. No pills. No potions. No programs.

The Mission Valley Y has its own Get Real course led by a personal trainer, nutritionist and behaviorist to help you create your own plan of action and support you in meeting your goals in a realistic way for good. For more information, visit missionvalley.ymca.org.

—YMCA Fitness Director Erica Moe is a certified exercise physiologist with a master's degree in organizational management and leadership. ■

### Self-empowerment

Remember how you felt about your body as a child? Most likely, you thought you had superhero attributes like X-ray vision or wings. You envisioned that you could jump over mountains and scale skyscrapers. Feeling comfortable with your body may not be easy, but try looking beyond skin deep to see yourself a bit differently. What's your super power?

### Physical activity

Physical activity is not limited to the day's exercise session. Look for all those non-exercise activities you do, like standing in

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# BUSINESS & SERVICES



## How cute is that?

Sari Reis

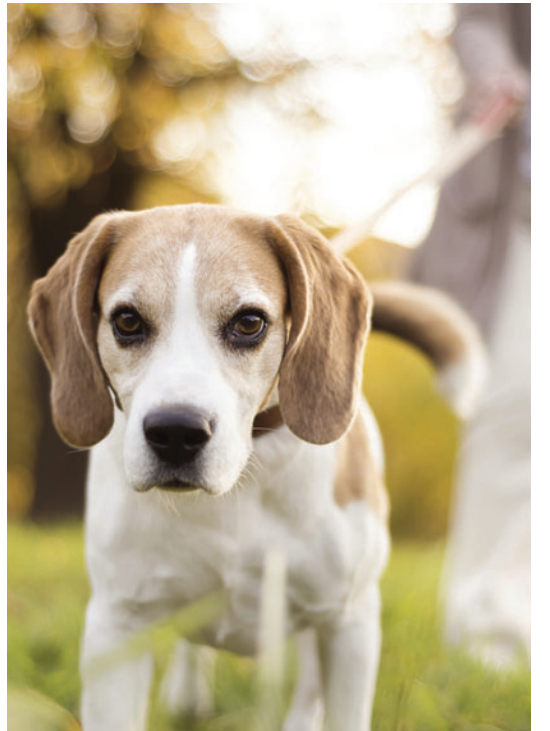


As a professional dog walker and pet sitter, I have cared for hundreds of dogs over the years, and one thing I have noticed is that although they are all different and have their own personalities, there are a lot of things they have in common. Some of their very endearing and not so endearing behaviors, for instance, have always stood out. If you have a dog or are a dog observer, I am sure you can relate to some of these.

One of these cute behaviors is lifting a front paw when they smell something interesting while on a walk. Whether it's the left paw or the right, they all seem to do it. Another common action is to roll around gleefully on their backs with all four legs flailing in different directions when they have discovered something that smells so incredibly good to them, they want to rub the smell all over their bodies. I have seen tiny Chihuahuas to large Labrador retrievers wallowing around on the grass looking absolutely euphoric. As long as they are not rolling in something dirty or disgusting, I love to watch them enjoy themselves.

Another common habit is to scratch the grass or dirt vigorously after they have done their business. Some people believe this is to cover up what they have just done; others believe it is to spread their scent. Whatever the reason, they seem to delight in doing it, as they are usually smiling with their tongues hanging out while engaged in the process.

Not all dogs, but many of them, will



(ThinkStock)

walk back and forth around an area before deciding it is the right place to do their business. Others walk in continuous circles around the spot, and then settle down to do it. I am sure there is a scientific reason for this, but I don't know what it is. I have also noticed, particu-

larly with Mini Schnauzers, that they have to examine the spot they want to use from various angles to discern the best approach. Although it is cute to observe, it can be very trying on one's patience when in a hurry. Almost all dogs, regardless of how well socialized they are, exhibit a hesitation when they come across something they have never seen before. It could be a detour sign on the road, an orange pylon on the sidewalk or something they have just never encountered before. They back off, but their curiosity gets the best of them and they stretch out their necks to try to smell the intruder. Some of them are actually on their back toes with bodies fully stretched, sniffing away without getting too close. It is so cute.

Needless to say, there are dozens of adorable behaviors our dogs exhibit, but one of my very favorites is when a treat is offered, a command is given and the dog goes through its entire repertoire of sit, lay down, shake and roll-over in the hope it has hit the right one. Now how cute is that?

—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.■

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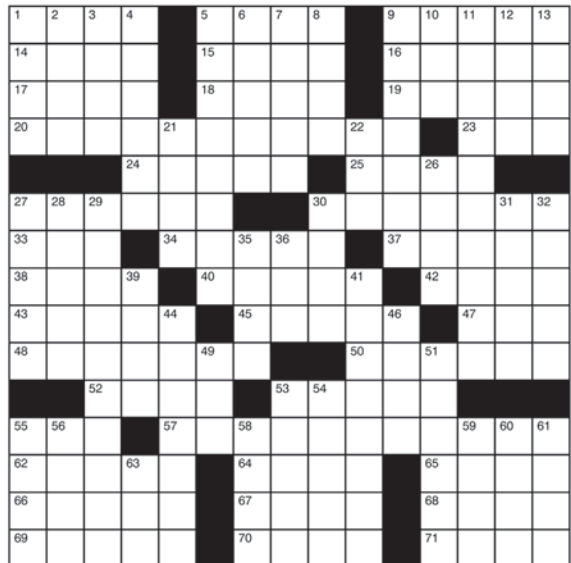
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## MVN Puzzles

### Crossword Solutions on page 15

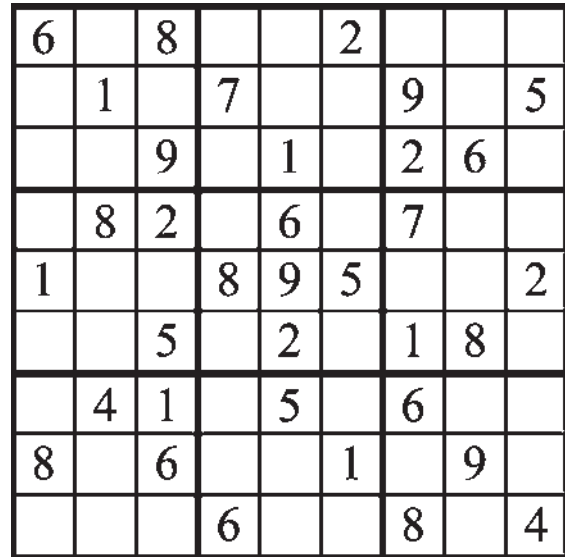


- CREATORS NEWS SERVICE
- ACROSS**
- 1 River, NJ
  - 5 Memory musical
  - 9 Partner of Crofts
  - 14 Purlieu
  - 15 Hautboy
  - 16 Admiral Byrd's fox terrier
  - 17 Tragic king
  - 18 Encore!
  - 19 Butchery request
  - 20 Alice Walker's Pulitzer novel, with The
  - 23 Corporate VIP
  - 24 Down and Out in Beverly Hills star
  - 25 Chip in a chip
  - 27 Darwin's ship
  - 30 Fruit farm
  - 33 Bruins great
  - 34 Singers James and Jones
  - 37 Downy duck
  - 38 Sculls
  - 40 Golf score
  - 42 Pudding thickener
  - 43 Fur piece
  - 45 Nest
  - 47 Ont.'s neighbor
- DOWN**
- 1 Soft mineral
  - 2 Chocolate cookie
  - 3 Brunch, e.g.
  - 4 Lamour's attire
  - 5 Plenary
  - 6 face!
  - 7 Joe, of the diamond
  - 8 Trickle
  - 9 Hush
  - 10 Super ending
  - 11 Booth Tarkington's Pulitzer novel
  - 12 Solitary
  - 13 Middling
  - 21 Macbeth, e.g.
  - 22 Malayan gibbon
  - 26 Field's All and Heaven Too
  - 27 Encourage
  - 28 Sappho's Muse
  - 29 Sinclair Lewis's Pulitzer novel
  - 30 Sonja Henie's birth-place
  - 31 Buick model
  - 32 He bee
  - 35 Sailors
  - 36 Gone by
  - 39 Venetian strip
  - 41 Repair report
  - 44 Set
  - 46 Shearer's skirt
  - 49 Kind of testing
  - 51 Couch
  - 53 Siesta sound
  - 54 Bicycle part
  - 55 Pearl Mosque site
  - 56 Cleopatra's hand-maiden
  - 58 Like some tea
  - 59 Kashan's country
  - 60 Dweeb
  - 61 Nopes' opposites
  - 63 Wind dir.

### Sudoku Solutions on page 15

#### Rules

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



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## INTERN WITH SDCNN

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

**sdcnn**

SAN DIEGO COMMUNITY NEWS NETWORK

[www.sdcnn.com](http://www.sdcnn.com)

## BUSINESS SPOTLIGHT

### First United Methodist Church of San Diego

2111 Camino del Rio South  
619-297-4366 | [fumcsd.org](http://fumcsd.org)

#### 20th Annual Spring Fling for Women

Ladies! The "Spring Fling" is turning 20, and you're invited to the party — a high-octane program filled with fun, food, fellowship, music and inspiration — May 9, at First United Methodist Church of San Diego in Mission Valley.

Pat Brown, San Diego's favorite weathercaster, gets it started at 11 a.m. in the sanctuary for the best darn door prize drawing in town! Vocalist Marla Reid lets out all the stops with a power-packed performance of Gospel music. Internationally known inspirational speaker Jane Rubietta has you laughing (and crying!) with her timely tips on how to "Worry Less and Live More!"

Then, don't worry — be happy! A luscious luncheon buffet awaits you in Linder Hall. Tickets are \$25, online at [fumcsd.org/springfling](http://fumcsd.org/springfling). First Church is located at west of Texas Street in Mission Valley.

**SAVE \$10**

Roundtrip to Catalina with this ad!

**Call 949.673.5245**

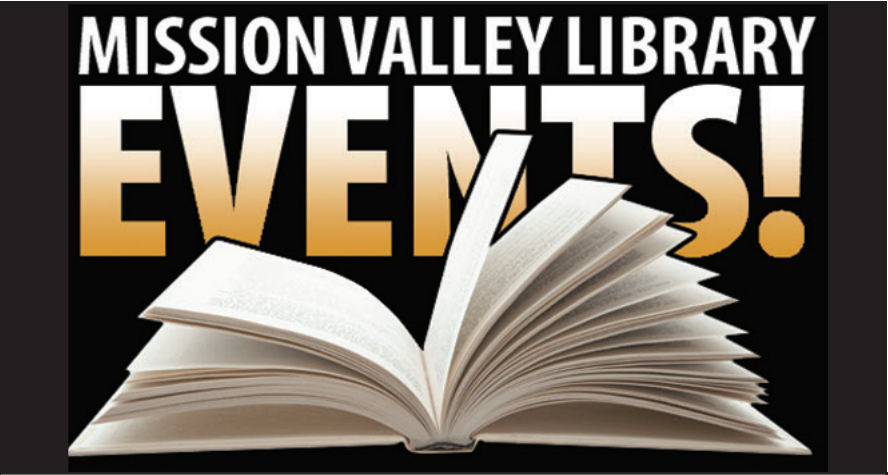
**CATALINA FLYER**

NEWPORT BEACH TO CATALINA



Thank you for your interest in the Mission Valley News!





**Assemblymember Weber’s mobile office**  
Tuesday, April 14, 6 – 8 p.m.  
Connect with Assemblymember Shirley Weber’s staff here in your community, get help with any problems you are having with public agencies, ask questions about legislation and learn about state and local services. Issues that staff can assist with include renter’s and homeowner’s assistance programs, property tax issues, consumer complaints, unemployment and disability insurance. No need to make an appointment; just stop in.

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

**Baby signs storytime**  
Second and fourth Mondays, 11:30 a.m. to 12:00 p.m.  
Parents often wonder, “What is my baby thinking?” There is a way to find out: Teaching your baby some basic signs using American Sign Language will fill the gap. Communication is said to be the foundation of a solid relationship; learning to sign with your baby will build that bond early and provide you a bridge from infancy to childhood.

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

**Film forum: “I Origins”**  
Wednesday, April 22, 6 p.m.  
Free screening of this 2014 film starring Michael Pitt as a molecular biologist, followed by discussion.

**Friends of the Library meeting**  
April 15, 6 p.m.  
Monthly meeting of the group.

**KPBS Film Screening**  
April 11, 1 p.m.  
This special event features the film “Cancer: The Emperor of All Maladies” — a film examining the disease from multiple perspectives.

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

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

**Preschool storytime and craft**  
Thursdays, 10:30 to 11:30 a.m.  
Preschoolers are invited to a storytime, then a fun craft.

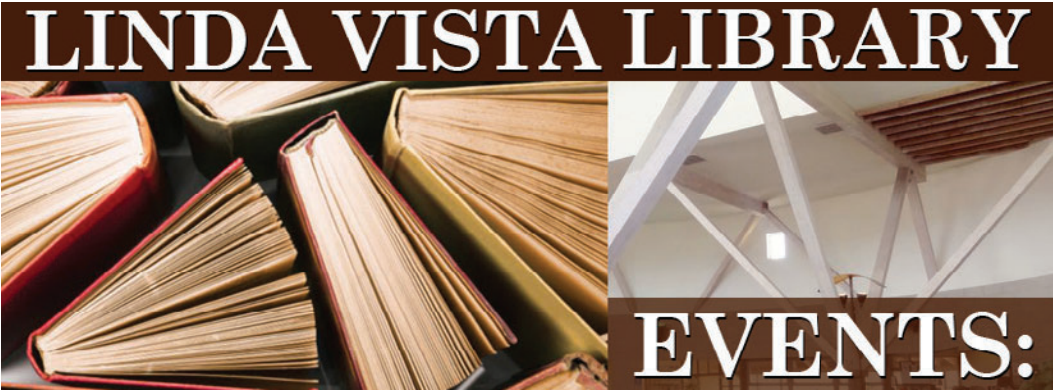
**Sumi-E art class**  
Wednesdays, 2:30 to 5 p.m.  
Learn the classical Japanese style of ink and brush.

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

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

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

**Yoga for Kids**  
First and third Mondays, 1 to 2 p.m.  
Kids will learn how to calm and quiet themselves, develop strong and healthy bodies and set a foundation for lifelong well-being in a relaxed and fun environment.■



**Linda Vista Planning Group General Meeting**  
Monday, April 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/lvpq](http://lindavista.org/lvpq).

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

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

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

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

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

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

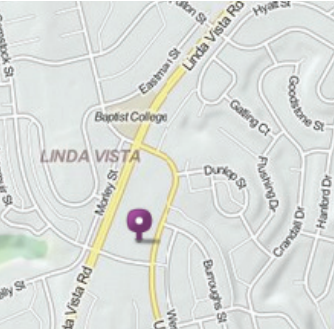
**Storytime with Andie**  
Saturdays, 11 to 11:40 a.m.  
Stretch your imagination and enjoy a story told energetically.

**Storytime with Mr. Luan**  
Fridays, 10:30 to 11:10 a.m.

Energetic storytime that is fun, interactive and educational. The session will include singing and maybe a little dancing.

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

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



**MISSION VALLEY News**  
Have an article or a photo that would be of interest to the community?  
Weddings • Anniversaries • Births • Sports  
School News • Church Events • Business  
Obituaries • Politics  
Crime

We welcome your input on the community!  
Submissions can be sent by e-mail to [jeremy@sdcnn.com](mailto:jeremy@sdcnn.com).  
Thank you for your interest in the Mission Valley News.

PUZZLE ANSWERS

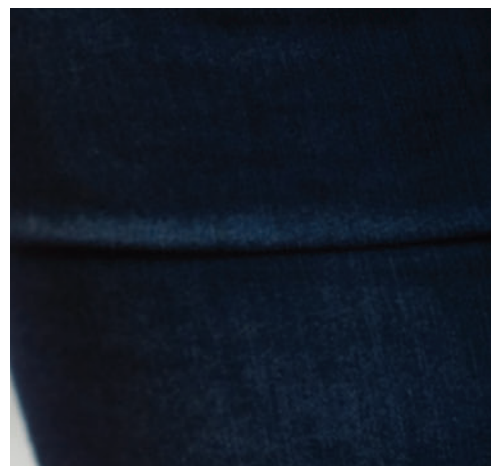
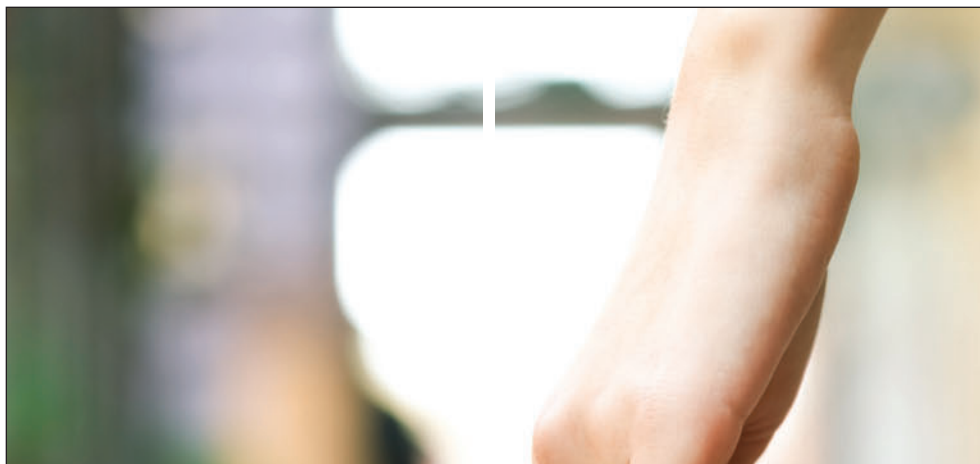
SUDOKU ANSWERS FROM P. 14

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

CROSSWORD ANSWERS FROM P. 14

T	O	M	S		C	A	T	S		S	E	A	L	S
A	R	E	A		O	B	O	E		I	G	L	O	O
L	E	A	R		M	O	R	E		L	O	I	N	S
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				N	O	L	T	E		A	N	T	E	
B	E	A	G	L	E		O	R	C	H	A	R	D	
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O	A	R	S		E	A	G	L	E		S	A	G	O
S	T	O	L	E		R	O	O	S	T		M	A	N
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A	I	M		C	A	I	N	E	M	U	T	I	N	Y
G	R	I	S	T		C	O	D	A		T	R	E	E
R	A	T	S	O		E	R	A	T		E	A	R	P
A	S	H	E	R		D	E	L	E		E	N	D	S





# Home

where your life happens

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

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

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

When it's time to buy or sell, reach out to one of our local agents at [bhhscalifornia.com](http://bhhscalifornia.com). It's the first step in finding the perfect home for your life to happen.

For career opportunities, visit [bhhscalifornia.com/about/careers](http://bhhscalifornia.com/about/careers)



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