



MISSION VALLEY News

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Chalk artwork titled "Breaking Thru" by Cecelia Linayao of Mission Valley, done at LA Uncubed (Photo by trippscoff using drone technology)

Mission Valley artist masters non-traditional medium

Margie M. Palmer

Mission Valley chalk artist Cecelia Linayao said she has been drawing and painting for as long as she can remember, but her parents, much like a lot of immigrant families, initially hoped she had pursued a career in law or medicine.

"When your family comes to the U.S. from another country, they always want you grow up to be something that is a little more solid," Linayao said. "They always felt that art was nice,

but it wasn't something that I'd be able to build a career in. I've been very fortunate to choose my passion as my profession. Not only did I choose it as my major when I attended Cal State Long Beach, I'm lucky that I'm able to be working."

Linayao has won multiple awards for her chalk paintings and has traveled all around the world to create them. Most recently, she created a 12-foot chalk mural on canvas of Pope Francis that was presented to him on Sept. 25 when he addressed the United Nations.

Chalk, she is the first to concede, is a non-traditional art medium. When students pursue a degree in fine arts, they are generally trained in drawing and painting. Linayao said it wasn't until she saw

See **CHALK** page 12

'One of the jewels of the Valley'

Scottish Rite Event Center gets a makeover

Gina McGalliard

The San Diego Scottish Rite Event Center in Mission Valley is sporting a new look with recent renovations and upgrades, while staying true to their traditional roots of philanthropic and commercial service to the community.

"The history is interesting, because Masonry and the city of San Diego literally grew up together," General Secretary Randy Brill said.



(l to r) Pamela Shoemaker and her assistant Julie Croft (Photo by Gina McGalliard)

"Early in San Diego's history most, if not almost all, of

the prominent players giving birth to the city of San Diego were Masons. And the lodge I happen to belong to, San Diego Lodge No. 35, is the oldest and largest in San Diego and most of Southern California. And as the city grew and populations grew, the Scottish Rite was constituted alongside of San Diego Lodge No. 35. So the city, my lodge and the Scottish Rite all have this intertwined history," he said.

Scottish Rite is a branch of Freemasonry, the world's oldest and largest fraternal organization, Brill said. When

See **SCOTTISH** page 12

U-T project will change riverfront

Ken Williams

Editor

The San Diego River meanders 52 miles from the Cuyamaca Mountains northwest of Julian to the Pacific Ocean, but remains hidden from public view in parts of Mission Valley. But that will change in the Fashion Valley Mall area within a few years after 200 luxury apartments are built at the Union-Tribune site along the south side of the river.

The apartment complex, which will be accessed via Camino de la Reina, will be oriented to face the San Diego River. The goal is to transform the river into an asset, rather than an afterthought.

Matt Semic, a senior associate with Latitude 33 Planning & Engineering, has been closely associated with the U-T project since development applications were submitted. The City Council gave final approval to the project on Sept. 15.

Latitude 33 worked with the city of San Diego, the Mission Valley Planning Group, community groups, the design team and property owner Doug Man-

See **RIVERFRONT** page 2



MARK YOUR CALENDARS

• Mission Valley Community Update Plan Subcommittee has called a public workshop at 6 p.m. Thursday, Oct. 29, at Mission Valley Library, 2123 Fenton Parkway. This workshop will focus on developing an overall vision and guiding principles, which will provide direction for plan development. There will be a discussion of the neighborhoods and how to better connect people to goods and services they need, which builds a stronger sense of community. More at tiny.cc/7h3gzx. ■

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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.



U-T project will face San Diego River and feature a promenade and small linear park. (Courtesy of Perry Dealy)

► Riverfront, from page 1

chester (who has since sold the land) to make sure the project complied with city planning policy and attained environmental approvals.

Semic said the project is expected to bring new energy to an ongoing civic effort to reclaim the river.

"We will have a direct connection to the river and encourage activity and gathering along the river throughout our entire project," he said.

"Most importantly, we will be the first project implementing the river trail and bicycle pathway directly along the river. This will have public art, benches, lighting and 'look-out points.' We will be putting in a 0.82-acre park directly along the river, numerous outdoor seating areas with public access, townhomes with direct access to the river trail, and public restrooms."

The project's planned amenities pleased the Mission Valley Planning Group, which is committed to transforming the riverfront. Rob Hutzel, a member of the planning group, is also the executive director of the San Diego River Park Foundation. Hutzel told Mission Valley News that his foundation worked with the project managers and is supportive of their goals. He said the U-T project will provide an important link on the river trail and bicycle pathway, and get rid of the existing "jungle" to create a visually appealing public space.

"All of the brush and weeds would be omitted along the frontage, but an effort would be made to actually keep the mature trees along the river," Semic said. "That was also a goal along Camino de la Reina to preserve the tranquility."

After the luxury apartments are built and the Town and Country Resort & Convention Center makeover is completed, Hutzel said, the river will become an oasis for walkers, hikers and bicyclists from Avenida del Rio — the Fashion Valley Mall

entrance off Camino de la Reina — to Fashion Valley Road.

"Contributing to the activation of the river" made him proud, Semic said. "We are lucky enough to have an amazing natural resource going through the center of Mission Valley. We should be incorporating development within the river and turning this into a dynamic part of the community."

Semic and Hutzel both said they are pleased that the project also embraced being a transit-oriented development (TOD), giving its prime location across the river from the Fashion Valley Transit Center where a num-



Matt Semic

ber of bus lines connect with San Diego Trolley's Green Line (Santee to Downtown).

"This project could not be a better example of TOD," Semic said. "We have significant existing office space [the Union-Tribune building] directly adjacent to the proposed residential. Our hope would be new businesses move into the office space and their employees opt to live in the apartments."

"In addition," he said, "we are putting in a pathway that would connect us to the trolley, with the Fashion Valley station less than 1,000 feet away. We are also the first development to put in the San Diego River Trail to aid in pedestrian and bicycle circulation to connect residences, offices and the major retail centers."

Concerns about parking and traffic were raised during the approval process, and project consultant Perry Dealy, who

also sits on the Planning Group, told Mission Valley News in the June edition that there would be 985 parking spots for the entire property, including the 200 luxury apartments, the U-T office building and the former printing plant building.

"There is sufficient parking," Semic said. "We have a surplus, and we are not degrading Camino de la Reina in any way. In fact, with the transportation demand management program that is part of the design and will be maintained, we will actually have a reduction in vehicle miles travelled overall. This is part of the previously mentioned TOD and a great example of implementing SANDAG's smart growth model."

"In addition, it should be noted that we are paying over \$3 million in traffic mitigation fees and/or improvements toward offsite roadways or intersections, throughout Mission Valley. Some of these areas include other portions of Camino de la Reina as well as both Hotel Circle North and South," he said.

Another goal of the project is to be as "green" as possible.

"We are striving for a LEED Gold project," Semic said. "This would be accomplished through water efficiency, use of sustainable materials and resources, solar panels, indoor environmental quality management, stormwater reuse, reuse of existing building materials during demolition, and management of proposed construction waste."

Construction could start as early as next summer and would likely be complete by the end of 2018. The Casey Brown Co. has purchased the land and begun preliminary work, Semic said.

"It is worth noting the Casey Brown Co. has already started updating exterior portions of the existing buildings," he added.

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

River dredging project gets approval

Ken Williams
Editor

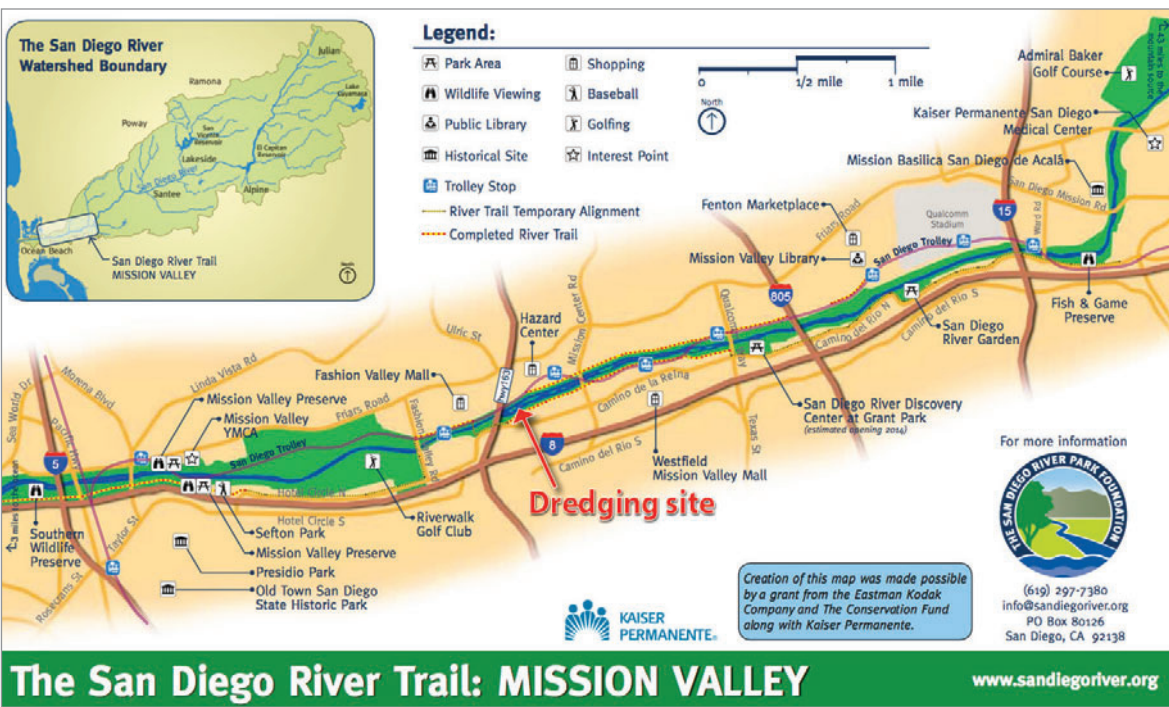
The City Council has approved a new dredging project to remove 3,000 cubic yards of sediment from the San Diego River just east of the state Route 163 overpass in Mission Valley.

“The purpose of the dredging project is to remove sediment discharged into the river from the four drainage culverts on the north side of the river in order to restore capacity,” said Jeff Powell, communications director for Councilmember Scott Sherman.

The council executed a second amendment to a long-standing contract with Dudek & Associates to provide environmental services associated with the First San Diego River Improvement Project (FSDRIP). Dudek will be paid \$95,960 for this portion of the contract.

“We are currently working on mitigation issues and do not have a set start date,” a Public Works official said. “The work will take approximately two months to complete.”

Access to the project site provides a small challenge, as the



The Mission Valley dredging site is marked in red. (Courtesy of San Diego River Park Foundation)

dredge will be craned into the river from the crossing on Mission Center Road. Access will be from Hazard Center Drive, where it dead-ends just before the SR163.

During a recent hike on the concreted north trail near the project site, weeds, thick brush and trees blocked clear views of the river. The elevated trolley track looms overhead. Hal Simons, a senior citizen who lives in Mission Valley, was one of only two people seen hiking along the trail during lunchtime. He said he walks about 5 miles round-trip on the trail almost every day, and welcomes the cleanup project.

According to city officials, no

additional environmental impacts outside of the dredging operations are expected. The sediment will be hauled away and properly disposed of at an approved facility, the Public Works official said.

Rob Hutsel, executive director of the San Diego River Park Foundation, said the nonprofit would monitor the situation.

“We will follow this project and look for any impacts from a watchdog role,” he said. “That is, if something doesn’t look right, we will ask questions. Our river monitoring program — River-Watch — is available to conduct water quality monitoring to further investigate any concerns that might arise.”

Hutsel said the foundation is not expecting the project to set off any alarms, though.

“My understanding is that when doing some analysis of the depth of the river in FSDRIP, they found a shallow spot,” he said. “Therefore, its removal will increase the capacity of that portion of the river to carry higher flow.”

“We don’t expect any problems with the removal. Of course, if there is significant rain and associated river flow during the dredging, it could lead to issues. However, any are likely to be short in duration. Dredging could improve water quality by removing decomposed matter in the dredging area, it could also

stir this up, which could impact water quality,” Hutsel said.

Dudek and the city entered into an agreement on May 19, 2006 to provide environmental services involving the FSDRIP. The original contract was for \$70,450 and the first amendment approved on May 5, 2010 was for \$39,305.

The FSDRIP covers a 7,000-foot section of the San Diego River from Qualcomm Way west to SR 163. This is the mitigation site for a 100-year flood control project in 1988 and funding through an agreement with property owners who stand to benefit from flood control.

“The mitigation required by the U.S. Army Corps of Engineers, under the Federal Clean Water Act, included replanting and permanently preserving natural riparian and upland habitat values impacted during construction of flood control improvements. Specifically, 26.8 acres of riparian woodland, 9.7 acres of freshwater marsh, and 8.7 acres of open water are required to be maintained in perpetuity with the limits of the FSDRIP,” according to a city document.

To learn more about the FSDRIP online, visit bit.ly/1PNRQmP.

—Ken Williams is editor of Mission Valley News and San Diego Uptown News and can be reached at ken@sdcdn.com or at 619-961-1952. Follow him on Twitter at @KenSanDiego, Instagram at @KenSD or Facebook at KenWilliamsSanDiego. ■



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Congressional Watch

Andy Cohen

Congress avoids another government shutdown ... for now

The federal government will not close for business this week, with Congress approving a bill on a largely party line vote of 277-151 — with 151 Republicans voting to shut the government down — to keep the lights on ... for now.

The catch: We'll be going through this whole debacle again in a couple of months, when the current funding bill expires on Dec. 11.

Every one of California's Congressional delegation from the Democratic side of the aisle — in fact, all Democrats in Congress — voted in favor of keeping the government funded at current levels. While Congressional Republicans have waged a crusade to shut

down the government unless funding for Planned Parenthood is dropped — the health care provider that caters to the poor, and yes, provides some abortion services (three percent of all services offered) — due to a series of heavily edited and deliberately misleading videos that purported to depict Planned Parenthood officials bartering for aborted fetal tissue, California's Republican delegation displayed a degree of level headedness that has been sorely lacking from their colleagues; for the most part.

Twelve of California's 14 Republican representatives in Congress voted to keep the federal government running, including Bakersfield's Kevin McCarthy, the frontrunner to replace the retiring John Boehner as Speaker of the House and third in line to the presidency.

The two California members who voted to shut the government down were Tom McClintock, and San Diego's **Duncan Hunter (R-50)**.

Hunter tends to be an ideologue, but normally tends to reserve his ire for military related issues. Although he does tout himself as staunchly pro-life, believing that life begins at conception, he has stated that "the Supreme Court has determined that abortion is legal and only a Constitutional amendment [which I would support] or new court ruling can change that, [but] we can still work to end the practice and to give mothers faced with

unwanted pregnancies choices other than abortion."

This would seem like an odd time for Hunter to depart from his initial, more practical stance. It was a tactic that was doomed to fail from the start, just like the last time Republicans shut down the government in 2013 over funding for the Affordable Care Act. That shutdown cost the U.S. economy \$23 billion in economic output according to Moody's, one of the nation's leading credit rating and economic research agencies, and more than \$2 billion in direct costs to taxpayers according to the Office of Management and Budget. The impending shutdown will likely cost Americans more this time around.

It's going to be an interesting Christmas season.

Darrell Issa (R-49) continued his push for more government transparency, particularly on spending issues.

"Imagine if all the spending in government to all the vendors was made open and available for non-classified work," he said at a conference sponsored by the Data Transparency Coalition, and open data advocacy group. "Imagine how quickly we could find out that the government, through no fault of its own, paid 10 different prices for the same product, and in fact, may buy once from the company who manufactures it, once from the distributor and several times from retailers, and not even be aware when they went

out with contracts that they did that. Imagine how much savings we could have."

Issa has been a leading voice in Congress on data transparency and has helped draft and introduce a number of bills requiring government agencies to make their spending data available on the Internet for all to see.

Susan Davis (D-53) joined in introducing legislation strengthening protections for workers looking to unionize or improve working conditions and wages.

"The ability for workers to band together to support better working conditions, wages, and benefits is a bedrock for the strength and size of our middle class," Davis said in a press release. "A strong middle class means a strong economy. Our focus should be on growing the middle class to grow our economy and strengthening the hand of workers in the workplace will help achieve this."

Scott Peters (D-52) supported four bills in the final week of September that provide additional support for veterans benefits, including one bill that will bring \$206 million to San Diego for the construction of a spinal cord injury research and treatment facility as a part of the Department of Veterans Affairs.

"Bringing \$206 million to San Diego for spinal cord research will combine the ground-breaking, innovative work that is already being done in our region with the ongoing needs that our warfighters have after their service. This will help San Diego continue pairing our scientific research leadership with veterans and their families who are suffering from debilitating injuries," Peters said in a press release.

The other bills included support for homeless veterans, funding to expand benefits to fathers of permanently disabled or deceased service members that were previously only available to mothers of service members, and a bill to expedite the hiring of veterans into the U.S. Customs and Border Patrol agency.

Juan Vargas (D-51) penned an op-ed in the Washington Examiner imploring the U.S. to do more to protect the rights of Christians in the Middle East, pointing to atrocities commit-

ted by Islamic State terrorists against religious minorities.

"Before the fall of Saddam Hussein, the number of Christians in Iraq had been estimated to be between 800,000 and 1.4 million," he wrote. "In 2013, the Christian population was estimated at 500,000, around half the size of the pre-2003 level. Today, with ongoing violence and forced displacement, the Christian population continues to decline. Pope Francis recently declared that 'in this third world war, waged piecemeal, which we are now experiencing, a form of genocide — and I stress the word genocide — is taking place and it must end.'"

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



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Notes from Toni

Toni G. Atkins
Speaker of the Assembly



As I embarked on this year's legislative session, one of my primary motivators was a 2014 Public Policy Institute of California (PPIC) report showing half of California's children live in poverty or near poverty. This spurred my colleagues and I to work harder to seek solutions for Californians who are facing economic hardship.

The result was the \$380 million that the Assembly pushed to include in this year's budget for California's first-ever state Earned Income Tax Credit (EITC).

Thankfully, Gov. Jerry Brown agreed that it was the right thing to do. Our EITC will help 2 million hard-working, low-income Californians. It will inject money into local economies up and down the state, lift 50,000 working people out of poverty, lift another 50,000 people out of deep poverty and help 150,000 struggling San Diego County residents.

Another step we took was to provide \$263 million for a comprehensive package of child-care services that will make it easier for struggling Californians to look for work or keep their jobs while taking care of their families' needs.

Obviously, California's high cost of living is a huge barrier to escaping poverty. Hard-working Californians are finding it more and more difficult to afford housing, and family budgets are increasingly burdened by high housing costs and that's why the Assembly Democrats passed legislation to ease the state's housing crisis.

Affordable housing has always been an issue close to me, because I remember what it was like to grow up in sub-standard housing.

To create more affordable housing for low-income residents, the Legislature passed AB 35, which expands the Low Income Housing Tax Credit by \$100 million, a fiscally responsible increase that would build on a proven program and generate badly needed investment in affordable housing. This tax credit is one of the best tools we've had to help with this crisis, as it is an effective method to spur public-private partnerships that lead to construction of af-

fordable new rental housing. We await the Governor's decision on this critical piece of legislation.

The Legislature and the governor also increased funding to the CalWORKS Housing Support Program to \$35 million, a bump from last year's initial \$20 million. The program was in high demand from counties statewide when it began in 2014. The enhanced funding will help us rescue even more families from homelessness.

I also want to acknowledge the \$1.1 billion in drought relief we provided this session. It helps secure our future water supply and supports a number of communities that right now need a potable water supply, while keeping a promise we made to voters last year with the water bond.

I particularly want to thank all my colleagues in the Assembly and the Senate, as well as Gov. Brown and Senate President Pro Tem Kevin De León for their partnership in helping Californians who are hardest hit by poverty.

While we've done a lot this year to fight poverty in California, there is still more work to do and I look forward to a productive session next year.

Around the District: Pleased to spend time last month with our "Navy Mayor," Rear Admiral Markham Rich and to hear from the San Diego Military Advisory Council. The council, in a new study, documented the military's remarkable impact on San Diego — it pumps almost \$25 billion into our regional economy, leading to 328,000 jobs. Another interesting fact: The number of Navy ships here is set to jump 63 percent in the next eight years, from 49 to 80 ... Hope you can drop by for our regional Small Business Resources Fair and Information Forum at 10:30 a.m. Oct. 15 at Qualcomm Hall, 5775 Morehouse Drive. I'll join Assemblymember Brian Maienschein in welcoming experts to give you advice on tapping into state programs to boost your business, including the Governor's Office of Business and Economic Development ... I was happy to return home after the Legislature's session ended Sept. 11. It's been great to take part in events like AIDS Walk San Diego and the Adams Avenue Street Fair and to be able to spend more time with my constituents in their communities again!

—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. ■

Editorial

Help is on the way for low-income workers

Toni G. Atkins
Speaker of the Assembly

The state Legislature just wrapped up the 2015 legislative session. And working together, the Assembly, Senate and Gov. Brown have achieved some real successes for the people of California.

One of the highlights of the year was our balanced, on-time budget that invested heavily in public schools and higher education while also strengthening our rainy-day reserves and paying down debt.

But the achievement that fills me with the most pride is the establishment of a new state-level Earned Income Tax Credit (EITC).

The state EITC will provide desperately needed relief for roughly 2 million workers. It will lift 50,000 people out of poverty and another 50,000 out of deep poverty. It could help as many as 150,000 San Diegans with very low incomes.

Before this year, there had been at least seven attempts to create a state EITC since 2002. In 2015, we finally did it, joining 25 other states (plus the District of Columbia) that supplement the federal EITC with an additional state-level benefit for low-income working families and individuals.

Families that earn incomes up to \$13,870 will qualify for the tax credit. Depending on the level of income, families can qualify for credits worth up to \$2,653. Workers with no dependents who make up to \$6,580 will qualify for credits worth up to \$214.

A refundable credit — meaning it helps people who have an income from work but no tax liability — the EITC is money placed directly in the pockets of very low-income working people, and it will immediately be pumped back into the economy as recipients spend it on groceries and other essential goods and services.

Statewide, the EITC gives individuals and fami-

See **WORKERS** page 14 —————→

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EDITORIAL

A future for all of us

Jack Dale and Ron Roberts

We all want to keep this region a wonderful place to live. We want to protect our environment. We want our local economy to thrive. We want everyone to have the chance to live in healthy, vibrant communities.

How do we achieve these goals for the future in the face of inevitable change? Because big change is coming. There are 3.2 million people in the region now – we expect another million in the next 35 years, mostly from the children of people who already live here now. With those new people will come another half a million jobs and 300,000 homes.

Accommodating that growth while still maintaining our quality of life is going to take careful planning. That is what the San Diego Association of Governments (SANDAG) has been doing over the last three years. The result is San Diego Forward: The Regional Plan.

San Diego Forward – a vision created with the help of more than two years of public and stakeholder input – envisions a future where we will accommodate growth in our existing communities, preserve our open space, and create active, vibrant communities connected by a variety of transportation choices. More public transit, more managed lanes to create free flow for transit and carpools, and a regionwide network of biking and walking facilities. All told, San Diego Forward calls for a \$204 billion investment in our transportation system between now and 2050.

In Mission Valley, that means operational improvements on Interstate 8, increased frequency of the San Diego Trolley Green Line, separated bikeways stretching through the Valley and connecting to neighboring communities, Rapid bus services, and connections with new trolley lines, including one from South Bay to Kearny Mesa and another from El Cajon to Pacific Beach.

In the wider area of central San Diego, the plan will mean a multitude of new transit routes and active transportation improvements, as well as additional roadway infrastructure to ensure faster and more convenient trips via transit, bike, carpool and auto. Fourteen Rapid services are planned to serve the central region, and streetcars are planned in the urban core near Downtown

and in the beach communities.

Additionally, local bus and trolley frequencies will be improved to provide better service that is well connected to regional transit. Just around the corner is the Mid-Coast Trolley project that will extend the Blue Line Trolley from Downtown to UCSD and University City.

Other future trolley services will include the Pacific Beach Line, an extension of the Mid-Coast line to Sorrento Mesa to connect with the COASTER, trolley from University City and Kearny Mesa to San Ysidro, and finally the conversion of the Mid-City Rapid line to trolley, connecting Downtown and SDSU. An intermodal transit center also is planned to provide seamless transit access to the airport.

Highway improvements in the central core include operational improvements on I-5 and I-8, as well as managed lanes on I-805 from state Route 54 to its connection with I-5 in Sorrento Mesa. Managed-lanes projects are also planned on I-5 between I-8 and Sorrento Mesa, as well as on state Route 94 between I-5 and SR 125, and on I-15 to connect SR 94 to the existing managed lanes north of SR 52.

Adding transportation choice has its benefits. Economic analysis of San Diego Forward shows that for every dollar invested in the Plan, we will realize almost \$2 in economic benefit. An efficient system will support an average of 53,000 more jobs a year, and it will result in an average annual increase of \$13 billion in gross regional product.

Creating choice also allows for more trips to occur outside of a solo vehicle, benefiting the environment. The transportation network in the Regional Plan will cut greenhouse gas emission even farther than targets set for our region by the California Air Resources Board – reducing per capita greenhouse gas emissions by 15 percent by 2020 and 21 percent by 2035.

In the end, we all have the same goals for the region's future – a strong economy, healthy communities, and environmental protection. And we all have a role to play in getting us there, including finding ways to reduce driving, embracing more efficient technology, and just living a healthy lifestyle. Let's work together to keep San Diego moving forward.

—Jack Dale is SANDAG chair and Santee councilmember and Ron Roberts is SANDAG vice chair and county supervisor. ■

POLL

MISSION VALLEY News



Poll of the Month

Last Month's Question:

What is your opinion of medical marijuana?

- 94% Very supportive of legalization
- 6% It should be illegal
- 0% Concerned, but mostly OK with it
- 0% Doubtful about its merits

This Month's Question:

Do you think the coming El Niño will produce:

- ☐ Biblical floods
- ☐ A pleasant rain and snow season
- ☐ Barely a drizzle

To cast your vote, visit missionvalleynews.com.

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Colorful plants can create a haunting effect for Halloween

Gary Jones

Not that you need an excuse to use black plants in your garden, but the Halloween season is the perfect time to add dark and rich colors. Fall is California's best planting time and whose garden doesn't need a bit of a pick-me-up after an unusually hot and dry San Diego summer? Just a handful of plants with foliage and flowers that are black, red, purple or orange can put your garden in a fall — or even a bit mysterious — mood. Topping your shopping list should be coral bells (Heucheras). You're not going to be planting these for their dainty bell flowers — it's the foliage that's killer. Black-purple. Bronzy-red. Silver with black veins. Orange and peach. There are many, many varieties, but you may need



(top, l to r) croton and Colocasia (bottom, l to r) dahlia and ornamental peppers (Courtesy of Armstrong Garden Centers)

to visit several nurseries to see all the possibilities. Unthirsty coral bells are perfect for areas with dappled sun and dry soil. Next on your list should be grasses, especially the dark purple or black ones. Black mondo

grass is always a kick, but consider Japanese blood grass (Imperata cylindrica "Rubra") and the wonderful and dramatic new millet grasses "Purple Majesty" (dark purple-red) and "Jade Princess" (chartreuse foliage with big, black grain heads). If

these are hard to scare up, red fountain grass always looks great. Don't forget that there are wonderful red-leaved New Zealand flaxes and similar-looking cordylines. "Festival Grass" is one of the best, with very dark, red-black spidery leaves. The easy-to-grow succulent "Zwartkop" is composed of striking black rosettes of foliage. But if you're looking for flower power, you can't do better than the bright orange-red daisy flowers of "Mystic" dahlia with its lacy black leaves. This type of dahlia comes in bright yellow, rust and purple, too. Two fall bloomers that will fit in to your warm and moody theme are black-eyed Susans

and coneflowers. Both of these sturdy heat-lovers have had major makeovers. The color range and flower form changes of coneflowers is pretty remarkable; you might not even recognize them. Colors include papaya, hot pink, burnt orange, chrome yellow, creamy white, pinky purple and rust. Black-eyed Susans are now lime, rust, brown and yellow. Some have even lost their black eyes. Ornamental peppers are having a moment and it's a great one. The small, upward facing peppers (yes, they're edible) are intense red, bright orange, yellow, cream and purple. And many of them have beautifully contrasting foliage of black, purple or variegated white, purple and green. If you're really looking for some drama, the elephant ear (Colocasia) "Black Magic" will do the trick and be a treat. The large, shield-shaped leaves are as black and mysterious as a plant gets. All these plants can be used to spice up borders and boring garden corners. And since these colors all combine beautifully, any combination can be used to compose a container. Set one on your porch and you've instantly got a moody, if not spooky, autumn welcome. —Gary Jones is the Chief Horticulturist at Armstrong Garden Centers. Email him your gardening questions to growing-dialogue@armstronggarden.com. ■



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Salute to military

Ken Williams
Editor

The GI Film Festival, which originated almost a decade ago in Washington, D.C., will be coming to San Diego from Oct. 13 through Oct. 18, with a number of events scheduled in Mission Valley.

The festival kicks off with a screening of the 2014 British film, "Kilo Two Bravo," a dramatic retelling of a harrowing rescue in the midst of the Afghanistan conflict. The gala event begins at 7 p.m. Tuesday, Oct. 13, at the Museum of Contemporary Art San Diego, La Jolla.

The Mission Valley screenings will be Oct. 17-18 at the UltraStar Cinemas Mission Valley at Hazard Center. Find out the full schedule of events at GIFilmFestivalSD.org.

The closing night celebration will be at 6 p.m. Sunday, Oct. 18, at DoubleTree by Hilton San Diego – Mission Valley. Filmmakers featured in the Local Film Showcase will receive awards in multiple categories. The celebration will feature special guests and entertainment by the GIs of Comedy.

Two local filmmakers, whose documentaries will be shown at the UltraStar, participated in a Q&A with Mission Valley News.



(l to r) Jeanne Scott, Devin Scott and Jean Landis at the Montys on Sept. 18 (Courtesy of Devin Scott)

Q&A with Devin Scott

"She Wore Silver Wings" (U.S.) – 30-minute documentary short (2010) directed by Devin Scott, of Spring Valley. Showing on Sunday, Oct. 18, beginning at noon, at UltraStar Cinemas Mission Valley at Hazard Center.

Q: What is "She Wore Silver Wings" about?

Devin Scott [DS]: "She Wore Silver Wings" is the story of Jean Landis, my great aunt on my mother's side and her experience as a WASP, Women Air Force Service Pilots.

Q: Why is it important to tell the story of the WASP?

DS: Growing up I had always heard stories of the WASPs around the dinner table and wanted to tell my Aunt Jean's story while she was still around to be able to appreciate it. She turned 97 last week.

Q: What does Aunt Jean mean to you?

DS: Jean Landis has al-

ways been an inspiration to me. Having pursued a dream, and achieved it, left an indelible mark on my life.

Q: What lingering impression do you want to stay with viewers of your documentary?

DS: I would like the viewers to come away from watching the film with the appreciation of the sacrifices these women made to defend our country and the barriers they broke down for all women. Also, school kids watch the film and get inspired to follow their dreams, seeing how "if she did that back then, I can do anything."

Q: Why is this film festival important to you?

DS: As a filmmaker, you rarely get to tell the exact story you want, but with this film I was able to tell a very personal view of a moment in military history. The GI Film Festival is the perfect platform for my aunt to come and answer questions after the film for aviation and history buffs alike.

Q: Do you have a day job, and if so, what do you do?

DS: My wife Jeanne Scott and I own a television production company called American Dream Cinema. We produce documentaries, marketing films and TV commercials. "She Wore Silver Wings" received four regional Emmy awards.

See **GI FILM FESTIVAL** page 9 →



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► GI Film Festival, from page 8

Q&A with Brian Mahoney

“Down But Not Out: The Story of Forrest Lang” — 5.36-minute documentary short (2014) directed by Brian Mahoney, of Encinitas. Showing on Sunday, Oct. 18, beginning at 4:30 p.m. at UltraStar Cinemas Mission Valley at Hazard Center.

Q: What is “Down But Not Out” about?

Brian Mahoney [BM]: “Down But Not Out” is about the story of a talented tattoo artist whose life has been plagued by misfortune. Through a series of unfortunate events as a child, Forrest Lang suffered emotional and sexual abuse at the hands of his foster parents, and ended up running away to live on the streets. He battled alcoholism, experienced the war in Iraq, and endured a life-changing tragic accident, when he shot and killed his best friend. But what the film is really about, is how he rose above all of the misfortunes in his life to not only live a happy and fulfilling life himself, but to help others who have endured similar circumstances, to do the same.

Q: Why is it important to tell this story?

BM: It’s important to tell this story because there are a lot of people out there who have had traumatic experiences in their lives. And they have to decide how they are going to



Forrest Lang and his daughter (Courtesy of Brian Mahoney)

let those experiences shape and mold what kind of person they are, and what their experience in life is going to be moving forward. Sharing Forrest’s story helps to give those people hope, inspiration, and proof that the human spirit is indeed resilient, and that they can push past these experiences and live a happy life.

Q: Who is Forrest Land and how did you find him to tell his personal story?

BM: Forrest Lang is my tattoo artist. I’ve been getting tattooed by him for years [at his shop in North Park]. When

you’re sitting in the tattoo chair for hours at a time getting tattooed, you do a lot of talking! Over the years of our many sessions together, Forrest would share with me in great detail the experiences he had been through. So I would listen to these horrific events he had been through, and I was just amazed at how he was able to overcome these obstacles. And what was even more amazing to me, was how he was constantly helping other people who were going through tough times. He’s constantly giving advice, support, jobs, money or whatever he can to help out those in need.

For someone who could have very easily chosen to be bitter, he instead chooses to spread happiness to everyone he comes in contact with.

Q: What lingering impression do you want to stay with viewers of your documentary?

BM: The lingering impression I want to stay with the viewers of my documentary is that your life is your choice. What happens to you does dictate who are you. You always have the final say in what your experience of life is going to be. And Forrest Lang is living proof of that.

Q: Why is this film festival important to you?

BM: This film festival is important to me because it honors the people who have served our country. Our country would not be what it is today without all of the brave men and women who have protected us and continue to protect us every second of every day. I think that it is important to honor them, and this film festival is just one small way in which we can do that.

Q: Do you have a day job, and if so, what do you do?

BM: My day job is running my video production company, Vaxon Films. Besides making documentaries, I also make promotional videos, commercials, film live events, produce short films, and any other kind of video that someone might need. I also edit together home video footage for families, creating nice keepsake memory videos for them to look back on over the years. I’m a father of three young children, and I know how fast they grow up! I love being able to help families preserve the wonderment of childhood years through the magic of video! My website is vaxonfilms.com.

—Ken Williams is editor of Mission Valley News and San Diego Uptown News and can be reached at ken@sdcdn.com or at 619-961-1952. Follow him on Twitter at @KenSanDiego, Instagram at @KenSD or Facebook at KenWilliamsSanDiego. ■

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DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.



San Diego's mother of all culinary competitions is coming to the Port Pavilion at Broadway Pier on Oct. 29, as 10 local toques, divided into two teams, battle it out at the 11th annual Center for Community Solutions' Chef Showdown. The event each year benefits a number of programs at The Center that support victims of domestic and sexual violence.

Among the chefs taking part are Hanis Cavin of Carnitas Snack Shack; Lori Sauer of George's at the Cove; Robert Ruiz of The Land & Water Co.; Rose Payron of High Dive; James Montejano of La Valencia; and others tasked with creating dishes based on secret ingredients unveiled at the start of the competition. They will be judged by a panel of celebrity chefs, including Bernard Gillas of The Marine Room. Emceeding the event is esteemed television personality, Sam the Cooking Guy.

General admission is \$250, which includes tastings from food and dessert stations. For more information, call 858-272-5777, ext. 151, or visit ccsc.org. 1000 N. Harbor Island Drive.



Basil fried rice at Ka Prao (Photo by Frank Sabatini Jr.)

A new fast-casual Thai eatery has opened in Mission Valley's Rio Vista Shopping Center, where O's American Kitchen, Sombrero, Jersey Mike's and Kasi reside. Since coming into the fold last month, Ka Prao has been cooking up made-to-order stir fries, pad Thai noodles, spicy basil fried rice and a range of curries. In addition to pork, chicken and shrimp, the menu includes tofu and mock duck as alternative proteins. Lunch specials are available daily, from 10:30 a.m. - 3:30 p.m., with plates starting at \$7, which include a choice of two sides. 8590 Rio San Diego Drive, #105, 619-326-8083.



Prosciutto and lentil salad (Courtesy of Sammy's Woodfired Pizza & Grill)

Several Italian-inspired dishes have been added to the happy-hour menu at Sammy's Woodfired Pizza & Grill in Mission Valley. Joining standbys such as pork dumplings and Mediterranean soft cheese with spices are prosciutto-lentil salad, pepperoni flatbread with bell peppers, and a quartet of meatballs — two pork and two beef — served with crostini. The appetizers are priced between \$3 and \$6. Bargains on wine and craft beer range from \$3.75 to \$5.25. Happy hour is available from 4 to 6 p.m. daily. 1620 Camino de la Reina, 619-298-8222. ■



Bully's East drinks (Photo by Dr. Ink)

Best odds at Bully's East

By Dr. Ink

The jockey on a racehorse carved into the heavy, wooden doors leading into Bully's East reflects the restaurant's equestrian roots, when Bully's first opened 48 years ago in La Jolla by a racing agent and his business partner, a thoroughbred trainer. Shortly after, Bully's Del Mar and Bully's East in Mission Valley were born, serving up prime rib dinners for \$5.95 along with strong martinis for a fraction of the price.

The La Jolla location has since closed. But at Bully's East, several vestiges of yesteryear remain, such as the stately dark-wood bar mantle boasting an

illuminated liquor collection and the red leather booths dominating four dining areas within the structure. Also intact are several old menus showcased just beyond the entrance.

And though you can no longer snag a cheeseburger for \$1.10 or a glass of buttermilk for 15 cents, which is no longer an option at any cost, the food and drink prices during happy hour are modern-day steals.

Martinis, mules, margaritas and mojitos — the four essential Ms in bar culture — drop down by nearly 50 percent to \$6, and while still maintaining their regular portions and potencies.

Draft beers, including Shock

See **BULLY'S EAST** page 14 —>

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Dan Diego's Euro Café and Pub (Photo by Frank Sabatini Jr.)

Bay Park's European Union

Frank Sabatini Jr.



Name a country on the European continent and you'll most likely find a beer or dish representing that nation at Dan Diego's Euro Café and Pub. Festooned with an array of international flags on its façade and roof, the converted house, built in the 1940s, stands out like a culinary oasis along this restaurant-deprived stretch of Morena Boulevard.

Inside, visitors are greeted by a central bar accented in green, recessed lighting. Celtic spirals are painted on the ceiling. Homey curtains frame the old windows, and a stained-glass panel incorporating a shamrock further attests that house-cured corned beef and lots of Guinness and Smithwick's rule the day.

Chef-owner Ryan Fulton opened the establishment two years ago, naming it in part after his late brother, a successful sound engineer who was known within the industry as "Dan from San Diego."

Fulton, a passionate self-taught chef, previously worked at Fiddler's Green in Shelter Island and The Dana on Mission Bay. His menu reflects not only his half-Irish, half-Italian heritage, but a desire to spotlight classic dishes from other European countries as well, such as French-style cheese boards, German wiener schnitzel, and English-style shepherd's pie.

The ambitious concept also folds in American cuisine, should you prefer meatloaf and mashed potatoes over black-and-white pudding, which are sausages infused with pork blood that Fulton imports from Ireland. Other links, such as bratwurst, chicken liverwurst, and bangers with white pepper and sage, are crafted in-house and without casings.

In addition, more than 150 bottled beers of every style and origin join up with a variety of local crafts on draft. Equally impressive is the list of specialty ciders, some of them not easily found such as Rekorderlig Wild Berries and Sir Perry Pear.

From the few Italian dishes on the menu, we tried the wedding soup as a starter. It wasn't

the traditional recipe I grew up with, which as a kid would excite me with its mini pork meatballs and earthy escarole. This featured one large and under-seasoned beef ball that broke into granules the moment my spoon touched it. And the cabbage I detected floating within threw it way off course.

A cup of Irish beef stew we ordered was extraordinarily better as it captured tender chunks of beef, carrots and potatoes in a thick, dark Guinness gravy. The flavor of the beer rang through exquisitely.

Another starter, French-Canadian poutine, didn't disappoint, although it too veered from its roots.

Basically fries covered in cheese curds and brown gravy, the potatoes were cut into thicker-than-usual wedges. The curds were more cheddar-y than most. And the gravy was gluten-free and oddly gelatinous, but flavorful nonetheless. Not listed in the menu description was the surprise crowning of cubed pork, which resulted in a heartier outcome that isn't really needed in poutine.

To our disappointment, the same gravy appeared on my companion's wiener schnitzel. The classic beauty of these pounded-out and breaded pork filets are that they need nothing on them except for a spritz of fresh lemon. The gravy basically killed the potential crispiness of the breading.

Served alongside was tender red cabbage sporting excellent sweet and sour notes, as well as German potato salad that tasted unrecognizable compared to others I've had in Europe and the U.S. The sour and hammy notes were absent.

Fulton cures his corned beef for two weeks and then braises it in water, Guinness and cider. He also makes his own soda bread and uses it as the foundation



(top) Dan Diego's schnitzel plate; (bottom) open-face Reuben (Photos by Frank Sabatini Jr.)

for an open-face Reuben, which I found deliciously novel. Also, instead of the usual Thousand Island dressing, he smears in tangy horseradish sauce to keep it lively and beer-friendly.

We skipped dessert, which includes house-made fruit cobbler, spumoni ice cream, and naturally, bread pudding with Jameson's caramel sauce.

Fulton describes his venture as a "word-of-mouth" restaurant, adding that his goal is to give the residents of Bay Park a cosmopolitan dining experience suited for families and beer drinkers alike. Depending on what benchmarks you apply to some of his international dishes, a culinary journey to the Old World possibly awaits.

—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. ■

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PUZZLE ANSWERS FROM PAGE 14

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9	1	7	8	4	6	3	2	5

CROSSWORD

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

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

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.

Oct. 17: SDSU Choirs perform "Fall Colors" at College Avenue Baptist Church. \$5 - \$10. 7:30 p.m. 4747 College Ave., College Area. Music.SDSU.edu.

ALTERNATIVE / ROCK

Oct. 16: The Reflectors at Pal Joey's. Free. 9 p.m. 5147 Waring Road, Allied Gardens. PalJoeysOnline.com.

Oct. 23: Suspicious Minds (Elvis tribute) at Tio Leo's Lounge. Price TBD. 9 p.m. 5302 Napa St., Linda Vista. TioLeos.com.

Oct. 29: Pre-Halloween party featuring Los Bastardos (Primus covers), Stallion (Ween covers) and Halloweizer (Weezer covers) at the Casbah. \$8 - \$10. 8:30 p.m. 2501 Kettner Blvd., Little Italy. CasbahMusic.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.

Oct. 15: Hozier and Little Green Cars at Cal Coast Credit Union Open Air Theatre. \$30+. 7:30 p.m. 5500 Capanile Drive, College Area. Bit.ly/1VY9hVq.

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.

Oct. 18: Yale Storm (Klezmer and Roma music) at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 - 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

Oct. 24: Wildside at Pal Joey's. Free. 9 p.m. 5147 Waring Road, Allied Gardens. PalJoeysOnline.com.

Oct. 28: The Diamonds perform "Bandstand Boogie" at Joan B. Kroc Theatre. \$30. 7:30 p.m. 6611 University Ave., Visit LiveOnStageSanDiego.org.

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

Chalk, from page 1

street art for the first time at a chalk festival, that she knew this was her calling.

"It was something so different from what I experienced in classical education. This was big and loud and it was 12 feet of full color, and I wanted to be able to do that," she said, adding that at the same time, it was a bit intimidating.

"When you're working with canvas or paper, it's always so much smaller. My first street painting was 6-feet by 4-feet. Do you know how big that is?" Linayao said, laughing. "After that I was hooked, and today I don't do anything that is smaller than 12 feet."

One of the biggest pieces she has done to date was a recreation of the Sistine Chapel ceiling. Linayao said she worked with a talented group of high school students and young artists to bring the piece to life.

"I feel so fortunate to do this as my profession that my way of giving back is to always involve students or people who aren't able to make art their profession, but love it and want to be involved with it," she said.

Those who are interested in seeing her in action can do so at the Little Italy FESTA! on Sunday, Oct. 11, from 10 a.m. to 6 p.m.

Street painting, and specifi-



Chalk artist Cecelia Linayao, a Mission Valley resident (Photo by Amanda Putman)

cally chalk art, she noted, is an Italian tradition that dates back to the 14th century.

"It's wonderful that they continue that tradition here in Little Italy and I love that they insist on Italian-themed pieces. That way we are teaching people about art and art history without them even knowing it," Linayao said.

She also pointed out that street art works are temporary; they aren't designed to last for a long time. All of that really forces the artist, and the audience, to embrace the moment.

"It's one thing to see it in photos but to see it being created is an entirely different experience. It's amazing and special, and there are all those layers in this type of art which is what makes it so different than the traditional in-studio painting," she said.

"When you're in the studio you don't get audience feedback and you're not able to vibe off that energy. Working in my studio is so different from the contrast of doing public performance art."

If you've seen chalk art in the past, she said, that's not to say you shouldn't attend another live art performance.

"The art is different and you are different because you're not in the same space you were last year," she said. "For people who have never seen chalk art live, now is your chance to experience it. The fact that it's temporary is what makes it so special."

—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 reach her at margiep@alumni.pitt.edu. ■

Scottish, from page 1

a man becomes a Mason and is awarded his first three degrees, he is entitled to join several other masonic organizations, one of the largest being Scottish Rite.

The building that houses the San Diego Scottish Rite Event Center — originally an 80-lane bowling alley at 1895 Camino del Rio South — has undergone improvements to both the interior and exterior. The landscape was also redone with drought-resistant foliage.

"We think the building is one of the jewels of the Valley, and we want it to stand out," Brill said.

Commercial rentals are the lifeblood of the building, which is the residence of six masonic lodges and a children's language center, he said.

"What my goal is, as of nine years being here, is to turn this into a mini convention center," said Pamela Shoemaker, vice president of sales and marketing for special events. With ample indoor and outdoor space, a 10,000-square-foot multipurpose ballroom, and a 600-seat theater, the center can host a variety of events, including weddings, corporate meetings, banquets and fundraisers. Trade shows are a particularly strong focus, Shoemaker said, because of the potential for long-term contracts. There's also a 147,000-square-foot parking lot, and the event center even boasts its own on-site catering company.

"Special events are extraordinarily competitive," Shoemaker said. "So what I attempt to do is make a lasting impression.

And how I do that is having the people skills ... genuine caring, passion about people, passion for what you do for a living. And [it] sells, and it works."

On the philanthropic side, since 1981 the Scottish Rite

said Caitlyn Hunter, director of business development. "They're not severe [and] on the far end of the spectrum to where they can receive services through the district, but if they don't receive help, they're looking at a very, very challenging life."

Kids come from every ZIP code in the county to receive therapy, some driving from as far as Fallbrook. The language center has the capacity to triple the number of children they serve, Hunter said, and is currently seeking funding.

"You don't realize how important communication is until you see a child who is obviously very bright and unable to speak," said Hunter, who added that up to 7 percent of children suffer from communication disorders. "So targeting kids when they're younger obviously sets them up for success later on."

As Mission Valley grows in scope and population, the San Diego Scottish Rite Event Center fully intends to grow along with it.

"We're a member of this community. We're providing a community service, [and] we're providing a commercial service," Brill said. "That's really what we want to get across to the community."

For more information on the events center, visit sdeventcenter.com. For more on the childhood language center, visit sdscottishritelanguagecenter.org.

—Gina McGalliard is a freelance writer who blogs at ginamcgalliard.com/mcgalliard-matters. Email her at ginamcgalliard@gmail.com. ■



(l to r) Julie Croft, Randy Brill and Pamela Shoemaker (Photo by Gina McGalliard)

Event Center has been home to the San Diego RiteCare Childhood Language Center, which provides speech therapy free of charge to children ages 2 to 12. The language center treats disorders or delays in articulation, phonology, childhood apraxia of speech, receptive language, expressive language, stuttering and voice. The staff also has a partnership with San Diego State University's graduate program in speech-language pathology, giving graduate students the opportunity to gain clinical experience in their chosen field.

"The school districts [aren't] able to serve a lot of kids with communication disorders, just because of staffing and funding and the like. So we help a lot of the kids who would typically fall through the cracks,"



Do you BOSU?

Erica Moe

Notice children at play? They sprint, squat, lift and lunge. They move a lot and use a bunch of energy. What's more, they giggle and have fun, too! As an adult, how can you find that joy in physical activity, while getting a challenging workout and meeting your goals?

To keep exercise fun and functional, try the BOSU Balance Trainer. The 2015 International Fitness Industry Trend Report states that functional fitness tools are among the hottest trends, the BOSU being one of them.

What is a BOSU?

The BOSU, which stands for BOTH Sides Utilized, is a three-dimensional platform that is half of an inflated stability ball with a hard stable base. You can use it with the dome side up or down. Weighing in at 14 pounds and measuring about 2 feet in diameter, it can be put away easily or can go to the park for an outdoor challenge. The BOSU creates an unstable surface that allows you to add a balance and stability challenge to flexibility, strength and cardio workouts.

Why use an unstable surface?

The BOSU will not only challenge your body — it will give your brain a workout, too. The challenge of balancing puts your brain to work as it assists your body to meet the demands of the changing surface.

Melissa Towey, a BOSU national master trainer, explains:



"These skills are important for accomplishing everyday activities," she says. "For example, once you learn how to properly engage the core to maintain balance while standing on it, you will be better equipped to prevent slips and falls in daily life."

Your body can work with the BOSU in many positions including standing, kneeling or lying. Incorporating the brain and body will aid in reaction time and fall prevention while creating a challenging workout.

How to modify exercises

The BOSU can accommodate every age and fitness level. If you are new to the BOSU, are balance challenged or have previous injuries, try modifications like placing only one foot on the BOSU at a time or holding a chair for balance.

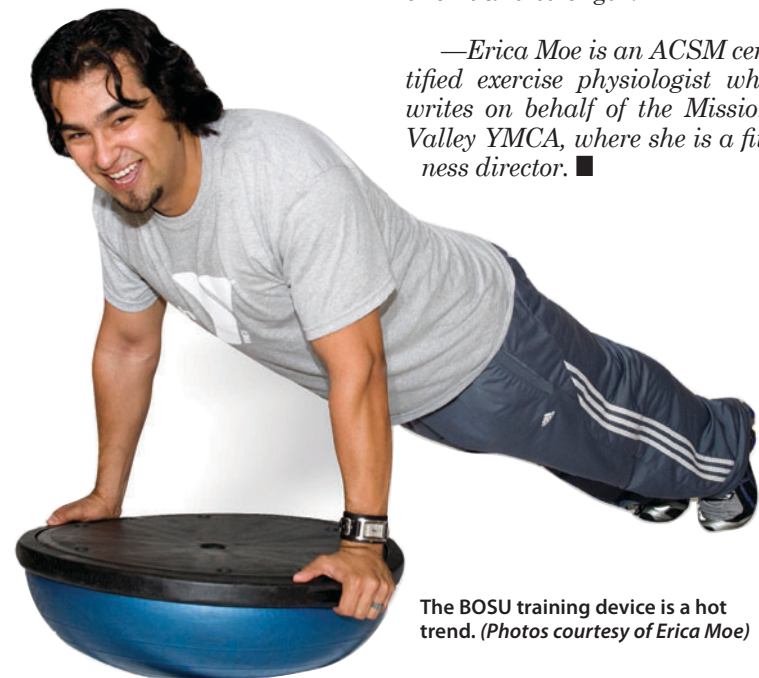
If you are an avid exerciser, are training for sport performance or looking for specialty training, you can progress by adding greater ranges of motion or additional resistance like a Sandbell or dumbbell. Including sensory challenges like closing your eyes during the movement can greatly increase the difficulty.

Ted Lorenzen, a member of the Mission Valley YMCA, prepared for his climb on Mt. Kilimanjaro with a BOSU Balance Trainer. NFL players use it too.

Where can I find this?

The BOSU can be purchased at BOSU.com or retailers like Walmart or Target. You can find them for use at fitness centers, including Mission Valley YMCA, and you'll see them incorporated into many fitness class formats, including boot camps, interval, circuit and strength.

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



The BOSU training device is a hot trend. (Photos courtesy of Erica Moe)

The importance of grooming your dog

Sari Reis



Just like us, dogs need to be bathed. Depending on the type of fur or hair they have, activities they engage in, their skin condition and general health, their bathing frequency will vary. However, regardless of these variances, it is important to establish a routine bathing schedule.

Many dog parents are quite skillful at bathing their dogs themselves, while others like to take their pooch to the groomers for a professional bath and trim.

Some breeds, such as Maltese, Bichons and other long-haired breeds, have special grooming needs. Maintaining their healthy coats takes time and patience. If not brushed daily, they can develop mats, which are not only unbecome-ly but can become a serious health problem.

The tangling of fur causes mats. When shedding, the dead fur can often get tangled in the living fur and if not brushed out daily, can become embedded in a large mass. These mats can form in both the inner and outer coat of some breeds and have very serious consequences. The skin beneath the mat can get caught up in the fur causing the dog a great deal of pain. Their flesh can become irritated and inflamed, and then ulcers can develop. If the circulation to the skin is cut off, the skin can become necrotic. Insects will often lay eggs under the mat due to the warm, moist and dirty conditions.

Matting is such a serious and painful condition for a dog that some states, Florida being one, have made it a misdemeanor under the animal cruelty act if an owner allows the dog to become severely matted.

Although taking scissors to cut out a mat may seem like the logical course of action, the risk of cutting the skin is very high and not a good remedy. In most cases, the mat needs to be shaved or carefully combed out. A veterinarian or a professional groomer ideally should perform this procedure. To prevent this situation from happening, be sure to brush your long-haired, furry kid daily, even if they aren't fond of being brushed.

Keeping your dog well-groomed also includes cleaning his ears and around his eyes, trimming his nails, and brushing his teeth on a regular basis. Starting your dog off on the right paw when he is a puppy is the easiest way to make grooming a pleasurable experience for all.

If you adopted your dog as an adult, it may take some time to get him comfortable with the grooming requirements. Go slowly, be patient and give the dog lots of praise and rewards for cooperating. Don't push the dog past his tolerance level. If you can only brush him for a few minutes at a time, break the brushing into several sessions.



Dog grooming using a shedding blade (Photo by Mickey Samuni-Blank via Wikimedia Commons)

Use only veterinary approved products for bathing your dog as well as cleaning the ears and brushing their teeth.

Proper hygiene is absolutely essential to the overall well-being of your dog; whether he is young or old, long-haired or short-haired, purebred or mutt, show him your love by taking

good care of his grooming needs regularly.

—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. ■

Business Spotlight



Webpass is changing the face of the Internet in San Diego, and they've recently expanded services to Mission Valley. Webpass entered the San Diego market in 2013, intending to make people rethink their Internet. They did this by designing a product that was better and less expensive than what competitors could provide, making Webpass one of San Diego's newest disruptive innovators.

Their business model has proven successful through the simplicity of set-up, absence of contracts, blazing fast speeds and personable customer service.

"We anticipate our first building will be turned on in late July," said Charles Barr, president of Webpass. "We look forward to sharing our services with the businesses and residents of Mission Valley."

They'll be offering residential and business services with plans to initially focus on business as there has been strong demand the last several years in Mission Valley.

Find Webpass on Facebook.com/webpassinternet, Twitter @Webpass, YouTube, Instagram, LinkedIn, and Yelp.

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Chicken skewers (Photos by Dr. Ink)



► **Bully's East**, from page 10

Top Belgian White, dip to \$4 a glass while a few domestic, bottled beers sell for \$2.50. The wine offerings are of the Fetzer ilk, selling for \$5 a glass.

My drinking partner on this NFL Monday positioned himself facing a cluster of flat screens in the bar lounge, which incorporate several cavernous booths. His drink of choice was a melon margarita constructed with Centenario Anejo tequila, green melon liqueur, lime juice and a Cointreau float. But it was the sweet and sour mix in the drink that ruled the flavor profile. Not bad, although it wasn't quite like biting into honeydew melon.

I took an astral route for copping a buzz with the Haley's Comet martini made with refreshing blasts of Finlandia grapefruit vodka and pulpy grapefruit juice. The intense citrus notes were quelled perfectly with the additions of St. Germaine Elderflower Liqueur and grenadine, not to men-

Bully's East
2401 Camino Del Rio South
(Mission Valley)
619-291-2665
Happy hour: 4 to 6:30 p.m.
Monday through Friday

tion the plump maraschino cherry I popped down at the halfway mark.

Assuming that the \$3 appetizers would be served in diminutive portions, we ordered a few of them — basil pomme frites, two fish tacos, and two carnitas tacos. The fries came in a jumbo paper-lined pedestal containing enough spuds to feed four people. And the tacos were bigger and better-loaded than traditional street versions.

We opted also for an order of four blackened chicken skewers (\$6); unaware they're served with salad and garlic bread.

Yowza. With the final bill totaling only \$35, we were sated beyond our expectations. ■

RATINGS:

Drinks: 4 ★★★★★

We could clearly taste the sweet and sour mix in the melon margarita, but not so much the melon. The Haley's Comet offered a more striking balance of grapefruit vodka, grapefruit juice and St. Germaine elderflower liqueur.

Food: 4 ★★★★★

The blackened chicken skewers were moist and succulent, despite their dark, charry color. An order of thin french fries strewn with fresh basil proved good and greasy, and the fish tacos were tasty and substantial in size.

Value: 5 ★★★★★

Drinks and appetizers cost about 50 percent less compared to regular prices. You can essentially savor a full-strength cocktail and a generous plate of food for under \$10.

Service: 4 ★★★★★

From a gaggle of young hostesses doubling as waitresses, some were knowledgeable about the construction of the cocktails, but others were not as they directed us to descriptions on the drink menu. In either case, everything we ordered arrived fast.

Atmosphere: 4 ★★★★★

Red leather booths, dark wood and dim lighting attest to the restaurant's age, which has been around since 1971.

► **Workers**, from page 5

lies an extra \$380 million. Economists tell us that when we give low-income workers an additional credit of \$1, the multiplier effect is worth \$1.50 to \$2. That means our new EITC will benefit local economies to the tune of \$570 million to \$760 million.

We must always remember that whenever we talk about widespread poverty, we're talking about kids — nearly half of all children in California live below or near the poverty line. Poverty severely reduces our children's chances for success later in life. Anything we can do to help their parents make ends meet is an investment in their — and, collectively, our — future.

The Earned Income Tax Credit is a proven way to fight poverty, give children a fighting chance and encourage employment. But it doesn't work unless those who are qualified claim it when they file their tax returns. That's why it's important to get the word out and make sure that all workers in California who are eligible for this new credit claim it next year when they do their taxes.

As we educate Californians about the new state EITC, it also gives us an opportunity to remind workers about the federal EITC. The federal EITC is available to even more Californians — families earning nearly \$50,000 a year can qualify for the benefit.

In 2013, the average federal credit was \$2,373 in California. But participation rates are too low, ranging in recent years from 71 – 78.6 percent, depriving Californians — and our economy — of more than \$1 billion per year in federal credits.

I'll be working with community organizations and helping them disseminate the information so that we reach as many people as possible, and I'm encouraging other public officials to do the same.

The more people who claim the EITC, the better it is for us all.

—Assembly Speaker Toni G. Atkins (D-San Diego) represents the 78th District. ■

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MVN Puzzles
MISSION VALLEY NEWS

Crossword Solutions on page 11

ACROSS

- Mine entrance
- AMA member
- Celtic
- Staccato's opposite
- Marked period
- do-well
- Peter Grimes compos-
- er
- Tome preface
- Start for arm or ton
- Trojan War epic
- Queue after Q
- Three-time Wimbledon winner
- High schooler
- Chemical suffix
- Lielle's son
- Canadian novelist Wiseman
- Start of a famed palin-
- drome
- JFK sight
- My Favorite Marian regular
- Opposite of NNW
- Wells' p easure-loving race
- Haute
- Japanese equivalent of a purse
- Transfer or messen-

DOWN

- Philosopher Carnus
- Domain of some divers
- Set off
- Mahal
- Cub Scout unit
- Heavenly body
- South American Indian
- Allure
- Improved film shoots
- Farm machines
- Bald-eagle look-alike
- Poet/priest John Banister
- Melville work
- About
- du Diable
- Stuck
- Highway hauler
- Go bad
- Snout
- Taradiddle
- English length me-
- ure
- Dismiss, in a way
- TV network
- Actress Singer
- Over there
- Bro or sis
- Antagonist, often
- Deletion
- Apprentice
- Uninhabited land
- Clamor
- I've Got
- Kalamazoo
- Wood lobes
- Nectar gatherer
- Picture puzzle
- Woolly females
- Feature of some s
- Food preservative
- abbr.
- Zoological mouths
- Year in Tiberius' r
- La's partner

Sudoku Solutions on page 11

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.

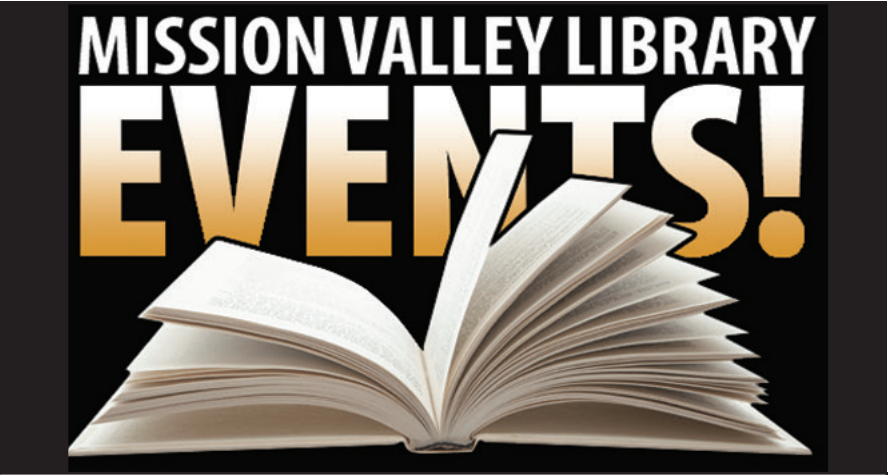
1		8			3		7	
	6							9
		9	6		5		1	
		2		5				7
	3		9		4		6	
8				6		5		
	2		7		1	9		
3							4	
	1		8			3		5

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Assemblymember Weber’s mobile office

Monday, Oct. 19, 10 a.m. – noon and Tuesday, Nov. 10, 6 – 8 p.m.
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.

One Book, One San Diego: Film and Discussion: “Women on the Verge of a Nervous Breakdown”

Wednesday, Oct. 28, 6 p.m.
This Spanish comedy-drama put Pedro Almodóvar (writer, director) on the map. Carmen Maura and Antonio Banderas star in a madcap farce about the love lives of a group of women spinning out of control. It all leads to a tumultuous 48 hours of love, confusion and passion. In Spanish with English subtitles. There will be a discussion after the film.

Friends of the Library meeting

Third Wednesday, 6 p.m.
Monthly meeting of the group.

Knit-a-Bit

Second and fourth Wednesdays, 12:30 – 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. October: “The Stone Diaries” by Carol Shields; November: “Shantaram” by Gregory David Roberts.

OASIS presents: “Succulent Container Design – How to create a living work of Art” with Diana Clark, Designer and Owner of the Perfect Plant

Tuesday, Nov. 10, 1 – 3 p.m.
In this course, the presenter will illustrate a new and different design concept in which the pairing of a single plant with a single container elevates potted succulents to a unique art form. Photographs will be shown to inspire your own creativity.

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.

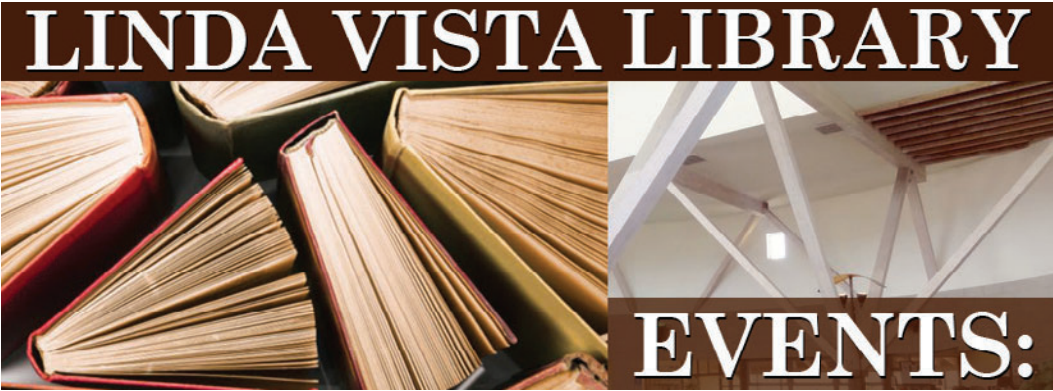
Zumba Basic

Mondays, 4 – 5 p.m.
Join the Zumba craze. Find out what makes this fun workout such a hit. A towel and bottled water are recommended for Zumba sessions.

Zumba Gold

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

Note: The library will be closed Wednesday, Nov. 11 in observance of Veterans Day. ■



Linda Vista Planning Group

general meeting
Monday, Oct. 26, 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.

Halloween Costume Contest

Saturday, Oct. 31, 1 – 3 p.m.
A panel of judges will pick a winner for the grand prize of this costume contest. There will be a craft-making session before the contest plus light refreshments and snacks – and Halloween treats!

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.

‘Just Kickin’ It Karaoke’

Tuesdays, 4 – 5 p.m.
A special karaoke hour for kids with a collection of contemporary songs available.

Lego Time

Fridays, 4 – 5 p.m.
Kids: build, build, build to your heart’s content! 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.

Patio Pix

Wednesdays, 6 – 8 p.m.
Movies and short films will be shown outside on the library’s patio. For children and teens.

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.

Note: The library will be closed Wednesday, Nov. 11 in observance of Veterans Day.

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

OCT 13

OCT 15

“Conversations with Women Peacemakers”

Tuesday, Oct. 13; Thursday, Oct. 15; Tuesday, Oct. 20 and Tuesday, Oct. 27

Following a “Women Peacemakers” panel that took place on Oct. 7, four women peacemakers will participate in these sessions to share stories and encourage others to join the efforts for peace and justice. The four women are:

• Judge Najla Ayoubi of Afghanistan:

Ayoubi was forced out of her profession during Taliban rule. After the Taliban’s fall in 2001, Ayoubi has been active in the country’s recovery efforts. She is an outspoken proponent of women’s rights and education. (Oct. 13)

• Pauline Dempers of Namibia:

As a member of the South West Africa People’s Organization liberation movement, Dempers fled to Angola in 1983 but was later arrested, along with other recruits, and held and tortured. She is a human rights activist and co-founder of Breaking the Wall of Silence, which advocates for those affected by imprisonment, torture and forced disappearances during Namibia’s war of independence. Dempers has made it her mission to fight for peace, justice and freedom. (Oct. 15)

• Galia Golan of Israel:

Golan is an internationally known expert on Israeli-Palestinian politics and an activist focused on women’s roles in peacebuilding and parliamentary activism. A member of the Peace Now movement, Golan is also the founder of the Jerusalem Link (Bat Shalom) and the International Women’s Commission for a Just and Sustainable Palestinian-Israeli Peace. (Oct. 20)

• Glenda Wildschut of South Africa:

She is a human rights activist and peacebuilder who grew up amidst violence and human rights abuses. Harassed and arrested by police, Wild-

schut was determined to overcome the oppression she experienced. Becoming a registered nurse, midwife, and psychiatric nurse, Wildschut has collaborated with health care workers on the establishment of trauma centers. A recipient of the Health and Human Rights Award, Wildschut was appointed by Nelson Mandela as commissioner on the Truth and Reconciliation Commission. (Oct. 27)

Each talk will take place from 12:30 – 1:30 p.m. at the Joan B. Kroc Institute for Peace and Justice at University of San Diego. Visit Peace.SanDiego.edu/WPM for more information.

OCT 17

“Fall container gardens” class

Saturday, Oct. 17

For this gardening class, Armstrong Garden Centers will guide attendees through the assembly of a unique make and take item. A carved out pumpkin will be used as a planter – perfect for patios and porches – and filled with attractive succulents. A fee and registration for this class will be required. The Mission Valley/Grantville store is located at 10320 Friars Road; there are several other San Diego Armstrong locations. This session starts at 9 a.m. Visit ArmstrongGarden.com for more information.

OCT 31

“Kids Halloween Make and Take” gardening class

Saturday, Oct. 31

For this gardening class, Armstrong Garden Centers will teach youngsters how to transplant a colorful flowering plant into a Halloween-themed container. Basic gardening principles will be introduced as well. Registration required. The Mission Valley store is located at 10320 Friars Road; there are several other San Diego Armstrong locations. This session starts at 9 a.m. Visit ArmstrongGarden.com for more information. ■

Yard House media opening

Yard House opened its second San Diego venue late last month in a prime location outside the movie theaters at the Westfield Mission Valley. The media were invited to check out the new site on Sept. 18, and Mission Valley News was there.

General Manager Ben Benzon said the restaurant, led by Chef Dan Castillo, will employ 200. The eclectic menu highlights street tacos, grilled burgers, pizza and Garden for diners who don't eat meat.

The new restaurant, which looks like an updated version of the one that has been in Downtown's Gaslamp District for almost 13 years, features a spectacular island bar with 130 craft beers on tap. Sporting events play out on televisions scattered throughout the 11,000-square-foot restaurant.

Yard House will be open for lunch, dinner and late-night dining. Check it out at yardhouse.com. ■



Hundreds of guest attended the media opening of Yard House in Mission Valley. (Photos by Ken Williams)



Server Richard Guzman



Guest DJ Stennis of Las Vegas



Server Grace Robison



Guests packed Yard House during the media opening.



Yard House has more than 130 craft beers on tap at the signature bar.



(l to r) Guests Kris Johnson and Chasen Nick of Pacific Beach



General Manager Ben Benzon



Chef Dan Castillo

Medical Minute

Stroke Prevention

By Dr. Omar Ghausi

On average, someone suffers a stroke every 45 seconds. The good news is that 80% of all strokes are preventable. Equally important, patients who arrive at an emergency room within 3 hours of their first symptoms tend to have less disability 3 months after a stroke than those who delayed care.

Some of the keys to managing risk factors are to control high blood pressure, eat a healthy diet, maintain a healthy weight, exercise, don't smoke and limit alcohol use.

With a stroke, time lost is brain lost, and it is important to receive care at a Stroke-Receiving Center to ensure access to the latest advances in stroke treatment, including tPA, considered the Gold Standard for treatment of ischemic stroke. If administered in time—typically within



Dr. Omar Ghausi

3 hours—patients who receive this clot-busting drug may have a better chance at recovery.

Signs of a stroke can be remembered by the acronym F.A.S.T.: Facial drooping, Arm weakness, Speech difficulty and Time to call 911.

Dr. Omar Ghausi is a board-certified general neurologist with the Alvarado Physicians Medical Group and medical director of Alvarado Hospital's stroke program. Alvarado Hospital's stroke program is designated an Advanced Primary Stroke Center by The Joint Commission. For more information, visit AlvaradoMedicalGroup.com.



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