



MISSION VALLEY News

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The long goodbye

Heartfelt sentiments expressed for a revered Mission Valley steakhouse

Frank Sabatini Jr.

Mary Machado is facing one of her most difficult work shifts as a waitress next month.

After working 23 years at Albie's Beef Inn — the iconic Mission Valley restaurant famous for its prime rib, potent cocktails and paintings of topless women — Machado will complete her Wednesday-evening routine for the last time on Dec. 23, when Albie's closes for business after a 53-year run.

"That's the night of the week I always count the money, deposit it, and turn off the lights. It's going to be tough," she said while choking up, adding that the restaurant is where a co-worker introduced her to a regular customer 10 years ago who would become her husband.

Albie's and its sister estab-



Ted Samouris hopes to move Albie's Beef Inn and its nude paintings to a new location. (Photo by Frank Sabatini Jr.)

lishment, Adam's Steak 'N Eggs, which will also close, reside in front of the Travelodge. The hotel and restaurants were recently purchased by San Diego Historic Properties CEO Cathy Herrick in preparation for a multimillion-dollar makeover to

the hotel.

Herrick has already chosen a restaurant tenant to replace Albie's, although she said via email that the new tenant asked her not to reveal its identity un-

See **ALBIE'S** page 14

New owner reveals plans for U-T property

Ken Williams

Editor

Casey Brown, the new owner of the 13-acre San Diego Union-Tribune property, says he has loved the iconic newspaper building since he was a child.

"The first time I saw it, I was in the third grade," said Brown, a La Jolla native. "It was a field trip to tour the newspaper."

Little did Brown know that one day — long after he went on to be known as "Touchdown Brown" as a halfback and fullback with a penchant for scoring short-yardage touchdowns for the San Diego State Aztecs (1982-85) — that he would become the owner of one of the most recognizable buildings in America's Finest City.



The iconic Union-Tribune building in Mission Valley has a new owner. (Photo by Ken Williams)

Brown gave an exclusive interview to Mission Valley News about what he intends to do with the U-T property and whether his purchase will change the plans to build luxury apartments

along the San Diego River.

Last month, Brown's new firm, Casey Brown Co., purchased the land for \$52 million

See **BROWN** page 3

Fire Station 45 now open in Mission Valley

Ken Williams

Editor

After almost a decade of dreaming and planning, Mission Valley finally has its first permanent fire-safety facility. Fire Station 45 celebrated its grand opening on Monday, Nov. 2, at 9366 Friars Road near Qualcomm Stadium.

Construction began in 2014 to replace the temporary fire station located across Friars Road on the Qualcomm Stadium property. The \$11.1-million project resulted in a 16,000-square-foot, two-story fire station with dorms for up to 16 firefighters and bays to park five fire vehicles, including a new \$1.2-million fire truck.

Station 45 will become the home of the Hazardous Materials (HazMat) apparatus that has been stationed in Mira Mesa.

Mayor Kevin Faulconer and other city officials attended the ribbon-cutting ceremony. "My goal is to make sure the city is investing more in neighborhood infrastructure, and we're start-

See **FIRE STATION** page 16



MARK YOUR CALENDARS

• Mission Valley Community Update Plan Subcommittee will meet at 3 p.m. Friday, Nov. 13, at Mission Valley Library, 2123 Fenton Parkway. Members will get feedback from the Oct. 29 workshop that focused on developing an overall vision and guiding principles, to provide direction for the plan's development. There was a discussion of the neighborhoods and how to better connect people to goods and services they need, which builds a stronger sense of community. ■

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Floodwaters damaged Fashion Valley Road in Mission Valley across the San Diego River, perhaps signs to come as El Niño looms. (Courtesy of San River Park Foundation)

Why our river matters

Rob Hutsel

We have all heard it: El Niño is coming! Time for everyone to get ready and clear out storm drains, buy flood insurance and batten down the hatches!

Recent rains have gotten those of us who maybe weren't paying attention to indeed believe the forecasts may very well come true. If you have lived in San Diego during previous large storms associated with El Niño, you know that precautions are in order for Mission Valley and other flood-prone areas.

Sections of Fashion Valley Road, Camino de la Reina, Mission Center Road, Ward Road and other streets are very likely to be closed due to flooding from the San Diego River. Areas like the parking structure on the river side of Fashion Valley are likely to be flooded for extended periods of time. (Did you know it was designed to do that?) Some of these areas may be damaged and take weeks, if not months, to repair. So, preventative actions and sound planning are in order.

I would like to present another perspective. Perhaps you might call it the "river perspective."

Please don't curse the river when it rains. It may be tempting — when the water rises and roads start to close — to say a few choice words. Or maybe you don't see the barricades and decide to walk, drive or ride across the moving waters.

After many rain events we hear calls to "clear out the river" and "let's dredge it." We hear "can't we capture all that water and use it." And perhaps the worst of all, "can't we build a flood control channel?" For the river's sake and for the health of our community, please don't say that. And here's why.

The San Diego River is an incredible natural resource waiting to be incorporated into the very heart of Mission Valley, and the other communities that it flows through. During the year, and especially before winter rains, there is work to be done to remove overgrown vegetation, especially the floating plant with the yellow flower known as



A tranquil scene along the San Diego River in Mission Valley. (Courtesy of San River Park Foundation)

water primrose. Culverts under roads should be checked for debris and to see if they are at risk of failure. Yes, there is work that can be done. But please do not curse the river.

Flood flows can play a critical role in the overall health of the river, as well as the large aquifer, which is under much of Mission Valley. Floods can scour accumulated sediment and decaying debris. It can also wash away growing non-native invasive aquatic plants as well as other organisms that contribute to the strange sulfur-like odors that can be emitted from the river during the warm and dry summer months. The flood flows, if they reach permeable areas like the golf course, can help recharge the aquifer. Many of the beautiful cottonwood and willow trees along the river have roots that reach into the aquifer for water throughout the year.

So a balance needs to be found that protects the natural system while minimizing property and economic damage. If roads wash out or a river-fronting property is damaged by floodwaters, that is also a terrible thing.

The greenbelt that is part of the river is also home to many people who have created encampments. No matter how you feel about this population of people, the reality is that these people are in harm's way as are their pets and personal property.

In October, we completed our semi-annual river survey documenting the health of 20 miles of the river, the incorporated area of the city of Santee and San Diego. More than 100 volunteers spent

many hours not only documenting trash and other things but they also counted the number of encampments they found. Of the 37 encampments found, 23 were in Mission Valley.

It has been estimated that at any time, 10 percent to 20 percent of San Diego's unsheltered homeless population lives along the San Diego River. According to the 2015 We All Count (also known as the Point in Time Count), there are 2,765 unsheltered homeless people in the city. That would mean there are up to 553 homeless people along the river. Each year for We All Count, we lead the count of the encampments and individuals. When it rains and when the floodwaters rise, please think of these people.

If you want to learn more or participate in the January count, please contact us. Hopefully, by participating in this important effort when combined with our twice-a-year river surveys, additional resources will become available so that one day, no one will find a need to live in harm's way along the San Diego River, or any other river system.

So when the water starts to rise, we hope you won't curse the river but that you will consider joining with us to create a better future for the river and for all the communities along it, including Mission Valley.

—Rob Hutsel is the executive director and co-founder of the nonprofit San Diego River Park Foundation. Reach him at rob@sandiegoriver.org or at 619-297-7380, ext. 108. ■

► **Brown,** from page 1

from developer Doug Manchester, the former owner and publisher of the U-T. Brown previously was founder and president of BBL Commercial Real Estate.

The 170,000-square-foot, five-story newspaper building, designed by architect Frank Hope, is a familiar landmark that can be seen by drivers on Interstate 8 and state Route 163. “It has great bones,” Brown said. “Architecturally, it remains a very current building, even though it was built in 1973. The iconic nature draws me to the building.”

Brown doesn’t envision doing much to the exterior of the newspaper building. “Certainly there will be some exterior work, but no structural changes,” he said. “We’ll be cleaning up the landscaping.”

As for the Union-Tribune newspaper operation, which is now owned by Tribune Publishing, Brown all but confirmed that the U-T will be relocating to Downtown. “I will be sorry to see them go, but happy for Downtown,” he said.

With the newspaper’s impending departure from the office building and other tenants expected to leave as well, big changes are in store for the interior.

“We will demo most of the office space to shell condition,” Brown said. “We want to appeal to more current tenants with office space that matches their needs. We will be turning the building into a Class A corporate campus.”



Casey Brown is the new owner of the 13-acre Union-Tribune property. (Courtesy of Casey Brown Co.)

Brown said modern offices are amenity-based and focus more on lifestyle and health, outdoor break areas, interior common spaces and presentation areas that are shared by tenants, and a collaborative environment that ditches stuffy old conference rooms for “huddle rooms,” or creative spaces. He promises a less formal environment, an open layout, high ceilings, and a contemporary look and feel.

Next door, connected by a skybridge on the third floor of the newspaper building, is the 190,000-square-foot, three-story structure that housed the U-T’s presses and distribution center.

Brown said the presses are being dismantled and removed. The press building is zoned for light industrial, and Brown said he and his team are still coming up with ideas on what to do in that space. He said he likes the skybridge, and has no plans to remove it, because future tenants may want to occupy space in both buildings. Brown’s challenge is to figure out what “light industrial” means and what tenant types could use the space. He suggested it might work for biotech industries, for example.

Renovation on the two buildings is expected to begin in February or March 2016, Brown said. As far as the 200-unit

luxury apartment project, he is unsure when the groundbreaking will occur.

“There is no timetable yet,” he said. “We are excited we got unanimous approval from the City Council.”

Brown said he was mostly happy with the plans announced for the luxury apartment complex, which will face the San Diego River. He is enthusiastic about the changes — between the U-T property and the massive renovation next door at the Town and Country Resort & Convention Center — that will transform the river into an asset.

“I’m thrilled we’re opening up the river,” Brown said. “Mission Valley has always turned its back on the river. We want to be a pioneer on this.”

As the Mission Valley News has reported [read “U-T project will change riverfront” at bit.ly/1RDZUXC], the luxury apartments will feature a promenade along the river for walkers, hikers, bicyclists and commuters who can catch the trolley or a bus at the nearby Fashion Valley Transit Center. Amenities will include public

art, benches, lighting, “look-out” points and public restrooms at a 0.82-acre park along the riverfront.

Between the two renovations, the riverfront will be vastly improved from Fashion Valley Road to Avenida del Rio — the Fashion Valley mall entrance off Camino de la Reina.

Brown addressed concerns of some residents who feared the loss of mature trees along the river during the construction phase of the luxury apartments. “Most of the mature trees will be preserved,” he said. Some of the non-native eucalyptus trees, which have shallow roots and are considered a fire hazard, may be removed.

“There is a dense forest along the river,” Brown said. “This is a forgotten asset, and it should not be.”

—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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Worrying about El Niño flooding

Councilmembers seek ‘state of emergency’ declaration

Dave Schwab

San Diego City Councilmembers David Alvarez and Scott Sherman have called upon the city to declare a state of emergency — and take whatever action is necessary — to prepare for anticipated wetter-than-normal El Niño conditions by immediately clearing debris from high-risk flood channels.

“Scientists at Scripps [Institution of Oceanography] say there is at least a 95 percent chance that El Niño weather conditions will hit San Diego this winter,” said David Alvarez, whose District 8 includes Barrio Logan, Grant Hill, Logan Heights, Nestor, Sherman Heights and Stockton. “The upcoming El Niño storm season has the potential to be one of the strongest on record, with the potential for a devastating wave of flash floods and really hazardous conditions.”

“Three years ago when I came to office, one of the first things that hit my desk was about flooding problems in Grantville and Mission Valley that we have on a regular basis because the concrete-lined storm channels haven’t been cleaned,” said Sherman, whose

District 7 includes Allied Gardens, Del Cerro, Grantville, Mission Valley and San Carlos. “It’s a daunting task to try and get permission to clean out those channels, because they’re considered wetlands, so you have to go out and buy mitigation property to offset the debris that’s going to be removed.”

Ed Witt, a Mission Valley business owner whose auto lot historically floods, said he has suffered through two other El Niño storms in 1997-98 and 2010. “They really were quite devastating for our area,” he said.

Witt expressed frustration with government’s inability to take preventative action to prepare for storms.

“We have just a few weeks to prepare for what could be really a devastating occurrence for the citizens and taxpayers of San Diego,” Witt said. “I really applaud Councilman Alvarez’s effort to declare a state of emergency. That’s imperative that the government get involved.”

Witt characterized the most recent storm in San Diego that caused widespread flooding as “a precursor, a preview of what is to come.”

“It’s urgent for the city, county and state to bolt down San Diego



Rick Engineering Co. has identified the worst channels in San Diego that are prone to flooding. (Photo by Dave Schwab)

before it rises or floods to the sea,” Witt added.

The San Diego River Park Foundation expressed concern about the impact of flooding on homeless encampments in Mission Valley.

“The San Diego River Park Foundation is alarmed that the homeless who camp in the river basin may drown when the river suddenly rises in a severe rainstorm,” said Rob Hutsel, executive director and co-founder of the non-profit dedicated to creating a San Diego River Park system from the mountains to the ocean.

“With some estimates of more than 10 percent of the city of San Diego’s unsheltered population living along the San Diego River, we are deeply concerned for their wel-

fare, especially with predictions of flooding in the coming weeks and months. In October 2015, our organization documented 23 encampments just in Mission Valley. All of these were in areas that would most likely be underwater during flooding conditions.”

Noting homeless encampments can range from one to 10 or more people, Hutsel said, “Each is at risk. Before the rains hit is the time to increase outreach to these people to offer assistance so they move out of harm’s way ... we remain concerned for the welfare of those that, for whatever reason, are living along the San Diego River.”

Alvarez said the city will hear more accounts like Witt’s of damaging flooding throughout the winter rainy season, “if we don’t do

anything.”

“We’re all frustrated, including Councilman Sherman and myself, who represent particular communities that get severely impacted when there is flooding,” Alvarez said. “That’s why we’re calling for action. We have to do something. We can’t just continue to say what we’ve done is good enough — because it isn’t.”

According to a list furnished by Alvarez, five of the 10 most at-risk flood channels in the city are located in communities served by San Diego Uptown News and Mission Valley News. They are:

— Engineer Road in Kearny Mesa

See FLOODING page 5 —————>



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► **Flooding**, from page 4

— Washington Street in Hillcrest and Little Italy
— Section Four of Auburn Creek in City Heights
— Chollas Creek in the College Area

— Red River Drive and Conestoga Drive in Allied Gardens

El Niño — “The Christ Child” in Spanish referring to its impact during Christmas in South America — is a naturally occurring, periodic warmer-colder ocean temperature cycle happening every two to seven years and lasting an average of nine months to two years, that brings more-than-normal rainfall to the West Coast including San Diego.

CBS News 8 weatherman Shawn Styles said an El Niño isn’t a guarantee of more rain but rather “increases your odds for having elevated rainfall.”

Asked if he concurred that there’s a strong likelihood of an El Niño this winter, Styles said, “Based on elevated sea surface temperatures and the strength and extent of it ... we will, if the jet stream acts like it appears it will.”

Styles said there is a new “element” that could influence the impact of an El Niño in unpredictable ways.

“The other weather phenomenon is called the blob,” Styles said. “That is another thing that’s never happened in conjunction with an El Niño.”

Styles said the blob, which originated on the southern edge of the Gulf of Alaska, has “drifted south and that’s why our ocean

water temperature is still near 70 degrees.”

In addition to asking for a declaration of a state of emergency, Alvarez also called upon the city to “increase preventative maintenance activity in every storm drain and every flood channel immediately.”

“We want the city to work with the Regional Water Quality Control Board to expedite permits needed to do the maintenance work on the highest-risk flood channels,” Alvarez said. “Specifically, we’re going to request a permit from the Army Corps of Engineers to give them the authority to perform all the maintenance work that is needed on the remaining high-risk channels.”

Noting that Mayor Kevin Faulconer has “prioritized cleaning out the different flood channels,” Sherman said those channels in his council district that were cleaned out recently showed marked improvement in water flow.

“You can tell the difference,” Sherman said. “There was no flooding, and the waters were moving smoothly.”

But Sherman warned there are many other flood-prone spots in the city to be addressed. “We need to get the workers out in the trenches and get them cleaned,” he said. “It’s up to us to make sure there’s litigation in place so we can prepare for what’s coming. We want everybody to know that we’re doing everything we can for what could be a very large flood season coming up.”

—Dave Schwab can be reached at dschwabie@journalist.com. ■

Notes from Toni

Toni G. Atkins
Speaker of the Assembly



I’ve been thinking a lot about military veterans lately.

It doesn’t seem like it was that long ago, but San Diego’s annual Stand Down for homeless vets was in July — it’s one of the events I’m most proud to support and attend.

And last month, I took part in a veterans homelessness summit put together by Mike McConnell, a passionate and tireless advocate for ending homelessness in San Diego if there ever was one. As a group, we talked about who needs help, what kind of help they need, what resources are being deployed, what the gaps in assistance are, and how to implement the solutions that we know will work.

For my part, I spoke about the progress being made in the wake of the voter-approved Proposition 41, which is funding affordable housing for veterans, as well as the help that the state’s cap-and-trade program is bringing to the table, and the need to pass my affordable-housing bill, AB 1335.

November is an especially appropriate time to think about veterans. Veterans Day was Nov. 11 and it’s also the month when we’re reminded to give thanks, and I am incredibly thankful for their service to our country, whether they were drafted and sent to Vietnam

or they volunteered and did multiple tours in the Middle East.

Did you know that there are still nearly 850,000 living American veterans of World War II, out of a total of more than 16 million service members from that era?

This is also the time of year when I get to spend a lot of time at home in San Diego, now that the year’s legislative session has ended. I’m able to get out and about, talking to community groups of all sorts and sizes. I enjoy these encounters with interested and engaged citizens and the opportunity to update them on the many things the Legislature has accomplished throughout the year. Among the policy areas that interest me the most is veterans affairs, and here are some of the things I’ve been able to tell folks about how we’re making progress:

- We’ve provided additional funding for county veterans service officers, who play critical advocacy and outreach roles, helping California veterans access the benefits they’ve earned. San Diego County received \$238,747 in additional funding for this effort.

- We’ve also pushed to create permanent state “Strike Force” teams at federal veteran claims offices. Since September 2013, the San Diego Strike Force has reviewed 14,124 veteran claims, resulting in \$19.5 million in lump-sum awards and \$3.1 million in monthly awards.

- And we’ve helped fund the California National Guard’s Work for Warriors program, which connects guard members and reservists with jobs. Between 2012 and 2015, 172 local candidates found employment.

The United States is truly a great country, but one area where it needs significant improvement is making sure all of its military veterans are adequately served after they’ve served us so selflessly.

On Nov. 26, while you’re talking around the dinner table about all the things for which you’re grateful — loving family, loyal friends, good health, plenty of tasty food and drink — maybe put in a nice word or two for our veterans who’ve answered the call of duty.

And have a wonderful Thanksgiving.

Around the District: Gov. Jerry Brown signed nine of my bills this year, including AB 226, inspired by our own Tuna Harbor Dockside Market, each Saturday on the Tuna Harbor Pier near Seaport Village, and AB 392, which makes the San Diego River Conservancy permanent ... Don’t forget that the open enrollment period for Covered California began Nov. 1 and continues through Dec. 15. See coveredca.com for more details and new coverage options, including dental.

—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. ■

Medical Minute

Choosing a Doctor during Open Enrollment

If you are tired of having to wait a long to see your doctor, consider the Alvarado Physicians Medical Group during your open enrollment period. The Alvarado Physicians Medical Group often has next-day appointments available for the group’s primary care doctors and specialists. New patients are currently being accepted.

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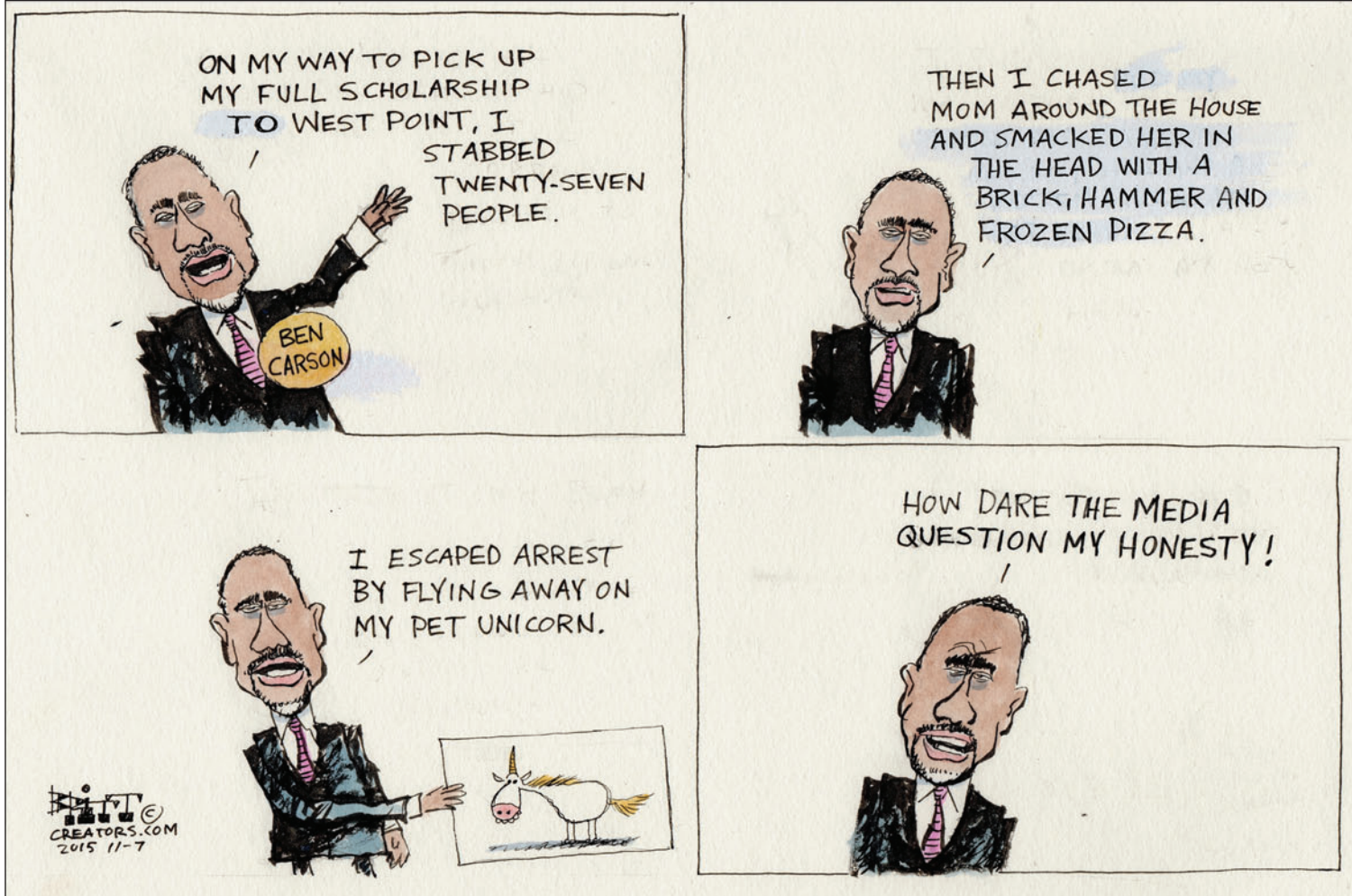
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EDITORIAL

Street feedings: a bridge or a barrier?

By Deacon Jim **Vargas**, Miles **McPherson**, Elaine **Therrien** and Kris **Michell**

When you see someone struggling with homelessness, the impulse to help is undeniable. In that moment, when you see a fellow human being sleeping on the street, you want to do something — anything — to alleviate his or her pain. It is from these impulses that many groups and individuals come Downtown to provide meals and other items, seeking to aid the homeless in our community.

While the intentions of these groups are no doubt good, they fail to address the complex nature of homelessness. Instead of helping the homeless, these efforts can serve as a barrier — not a bridge — to getting homeless individuals off the street and into stable housing.

Think of it this way: you see someone fall overboard on a ship; would you throw them a life preserver or would you throw them a sandwich? Homeless individuals in Downtown — many of who are struggling with addiction and mental illness — need services, not sandwiches, to truly turn their lives around.

Despite this, as many as 80 groups and individuals currently come Downtown to feed the homeless.

The fact is that street feedings deprive the homeless of having access to the services they need to rebuild their lives. These feedings can serve as a crutch and enable homeless individuals to stay on the streets and avoid the assistance of outreach workers who are trained to help break the cycle of homelessness. Street feedings also don't offer homeless individuals the opportunity to wash up or have access to a restroom, which is not only an issue of health but of dignity.

What many don't know is that these street feedings are also duplicative, as there are a number of service providers throughout Downtown that already offer meals at their facilities. More than 1,250 meals are offered in Downtown on any given day. These meals are professionally prepared — ensuring that the food is both fresh and healthy — something that is vitally important as many homeless individuals have weakened immune systems and are susceptible to illness.

In-house meals served by providers including Father Joe's Villages, Loving Spoonfuls, Rachel Women's Center (Catholic Charities), PATH, The Salvation Army and The

Alpha Project are well-organized and ensure that those who attend have access to those who are best trained to help them address the issues that have led to their homelessness.

All of the organizations that provide meal services need help — which is how interested groups can make a difference without the current negative and unintended consequences. Whether it be financial assistance or serving food, working with established service providers in Downtown provides the best opportunity to help the homeless in concrete and constructive ways.

These service organizations also are in the best position to ensure that donations such as blankets, sleeping bags and clothing are distributed in the most efficient and thoughtful way. Too often, groups simply toss clothing, blankets, tarps and tents on the street — leaving homeless individuals to fight over the most in-demand items while other less desired items are left strewn about the street. This creates a mob-like atmosphere that is dangerous and disruptive.

To that end, we have created the San Diego Meal Service Program, a centralized community platform designed to connect public feeding groups with local service providers. The ultimate goal is to provide the most good for those in need. Located on the Downtown San Diego Partnership's Clean & Safe website, this easy-to-use networking tool allows churches, Rotaries, universities, scout troops and other eager volunteer groups to connect with local service providers looking for support.

Homelessness is and should be everyone's concern. We applaud those who do not avert their eyes from the suffering of the less fortunate and who are willing to work to improve the lives of those in need. But we must be mindful about how good intentions can have unintended consequences.

We urge all those who hear the call to help our homeless brothers and sisters to work through the San Diego Meal Service Program to redirect good intentions into more positive outcomes for the betterment of our entire community.

—Jim Vargas, president/CEO of Father Joe's Villages; Miles McPherson is pastor of The Rock Church; Elaine Therrien of Loving Spoonfuls; and Kris Michell, CEO of the Downtown San Diego Partnership; all are founders of the San Diego Meal Service program. To participate, visit tinyurl.com/pclbka6.

POLL

MISSION VALLEY News



Poll of the Month

Last Month's Question:

Do you think the coming El Niño will produce:

- 43% Biblical floods
- 43% A pleasant rain and snow season
- 14% Barely a drizzle

This Month's Question:

How do you cope with mall traffic during the holidays?

- ☐ Seek alternative routes
- ☐ Use public transit more
- ☐ Grin and bear it

To cast your vote, visit missionvalleynews.com.

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MISSION VALLEY News

SAN DIEGO DOWNTOWN NEWS

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Uptown News



Humor: New paradigm needed for river flooding coverage

Steve Rodriguez

Mission Valley continues to get a bad rap! The local media are trapped in a paradigm that insists on portraying this beautiful locale as a mere prop for communicating the so-called severity of the few rainstorms we get here in San Diego.

Let me take this opportunity to complain about a not-so-secret local media strategy. As host for the flood-prone San Diego River, Mission Valley has long been the media's convenient go-to backdrop for highlighting anything remotely resembling a rainstorm. However, in preparation for the upcoming El Niño onslaught that's predicted, I recommend a new paradigm. It's time local print and TV media outlets look elsewhere to make a point about San Diego severe-weather conditions. Such a change is bound to improve the quality of their reporting, and result in a better image for Mission Valley.

You know the routine. Whenever a raindrop falls in San Diego, local media outlets immediately dispatch their reporters and cameramen to take their normal and heav-

ily trodden Mission Valley positions somewhere along the San Diego River — preferably around the Fashion Valley Mall and the nearby golf course — as a too convenient way to show their respective audiences how the latest rainstorm is wreaking havoc in the region.

You've seen the familiar scenes. A car and its intrepid driver stuck in the water flowing across Camino del la Reina. Torrents of rushing water collapsing a traffic sign somewhere inside Hotel Circle. Columns of mall traffic being re-routed to Friars Road. Wily TV news reporters position themselves in front of such scenes, thus guaranteeing their viewers go to bed believing Mission Valley is frequently eligible to apply for federal government disaster funds.

Though such optics may be good for local journalists, I contend San Diego media outlets are long overdue for change. They need to move on and devise more original ways to communicate our weather conditions, especially in light of the upcoming El Niño rainy season. I contend broadcasting familiar scenes of Mission Valley flooding sets too low a bar for journalists — the equiva-

lent of relying on close-up photos of the Rolling Stones' Keith Richards to make a point about the unhealthy consequences of a sex, drugs and rock 'n' roll lifestyle. And they give viewers the impression of Mission Valley as an Old Testament-like target of God's wrath. Unfair, I say!

Just as the ongoing drought has forced San Diegans to think differently about their water usage, I recommend the local media think differently about how to cover the upcoming rainy season. Go see what the rain is doing to La Jolla or Rancho Santa Fe. How about Chula Vista? Does anyone know what flooding looks like in Santee? It might indeed look dramatic, but we'll never know until San Diego journalists start to think outside the box.

One might get a little wet outside that proverbial box, however, such is the price we must pay for a new perspective.

—Steve Rodriguez is a high school English teacher from San Diego and has been published in the San Diego Union-Tribune, Voice of San Diego, La Prensa San Diego as well as several professional publications and small literary journals. ■

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Just in time for the holidays: poinsettias in designer colors

Gary Jones

If you're looking for a twist on tradition or a new take on holiday style, the new specialty poinsettias are for you. Long favorites of interior decorators, these will add sophisticated style to your festivities.

You'll find new poinsettia colors (and color combinations) and new flower forms as well. Even the leaves on some varieties have a bright new appearance. And along with new looks, breeders have improved poinsettias so they last beautifully for weeks and weeks with little care. During a busy holiday season, little care can be a big benefit.

Tops on most people's list are a couple of two-toned beauties. Poinsettia Ice Punch has rich, fuchsia-toned flowers with irregular icy-white shadings down the center of each petal. Ice Crystals have petals of creamy white with wide edges of deep salmon-red.

The traditional crimson-red flowers of Tapestry are set off by spring-green leaves with bright, golden variegation. It's truly a striking combination.

If red just doesn't work with your color scheme, then spark things up a bit with poinsettias Maroon or Burgundy. Maroon has very large flowers of chestnut red or claret, which combines beautifully with neutrals and warm wood tones. Burgun-



Poinsettias are no longer found only in a deep shade of red (upper left), but can be Polly's Pink (lower left), Visions of Grandeur (right), or a number of other shades. (Courtesy of Armstrong Garden Centers)



dy is just that — a poinsettia in deep, rich wine.

If you really want to give your holidays a jolt, then consider Orange Spice. This stunner is a warm burnt-orange. Cinnamon Star has creamy gold petals distinctly dusted with nutmeg and cinnamon. Use them both for Thanksgiving and Christmas.

Visions of Grandeur is an over-the-top name for a poinsettia that's worthy of it. The huge

flowers are gorgeously ruffled and gathered. The color is elusive — a heavenly blend of cream and soft pink with touches of soft salmon brushed with gold.

Carousel Red has ruffled and crimped, flaring petals with prominent gold centers. (It's these tiny, golden, center nubs that are technically the poinsettia flowers. The colorful "petals" are really bracts or colored leaves.)

These decorator poinsettias

sell out fast, so purchase them early in the season from your neighborhood garden center. You likely won't find them after the first week of December.

Once you get them home, give poinsettias bright, indirect light and put them where temperatures are reasonably constant. They'll also be fine outdoors where they're protected from direct sun and chilling winds.

Make sure to keep the soil

moist but not soggy. Don't let them sit in standing water. There's no need to feed them — the grower's done that for you.

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

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CORRECTION

In the October issue of Mission Valley News, the website address for the San Diego Scottish Rite Event Center was missing a letter. The web address is sdeventscenter.com. To read the corrected story online, visit bit.ly/1QjX1xe.

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SAN DIEGO COMMUNITY NEWS NETWORK, INC.

Planning group sets election, seeks nominees for seats

Ken Williams
Editor

Want to serve your community? Want to help plan the future of Mission Valley? The Mission Valley Planning Group is looking for members to serve on its board.

A general meeting and election will be held at noon Wednesday, March 2, 2016 in the Community Room at Mission Valley Library, 2123 Fenton Parkway.

“The Mission Valley Planning Group is the officially recognized volunteer body for advising and making recommendations on land-use matters in the Mission Valley to the city of San Diego,” said John Nugent, secretary of the board.

The board’s primary purpose is to advise the San Diego City Council, the city’s Planning Commission and other governmental agencies in the initial preparation, adoption, implementation or amendment of the General Plan or Community Plan as it pertains to Mission Valley.

Nugent finds public service to be rewarding and encourages other residents or business owners to give back to the community.

“During my time on the planning group, I have gained a better appreciation for and understanding of the various regulations and laws that affect decisions being made about traffic, new construction and the path along the San Diego River,” Nugent said.

“As a resident of Mission Valley, I want a voice in the quality of life for me and my grandchildren. Serving on the planning group has enabled me to add value to the community and I am able to serve as a source of information for other residents of the Mission Valley as to what is happening and to

the ‘whys’ and ‘hows’ behind some land-use decisions.”

Only general members who have attended a minimum of two meetings of the MVPG in the 12 months prior to the February 2016 regular monthly meeting qualify to fill any board position, Nugent said.

Attendance at the required meetings must be documented in the minutes of the meetings. Each term is for four years — expiring in March 2020 — and three positions will be filled in the general election in each of the following classifications:

Class I: Property owner, who is an individual identified as the sole or partial owner of record, or their designee, of a real property (either developed or undeveloped) within the community planning area.

Class II: Person (including residents or persons representing business entities) paying property taxes on any parcel of real property in the community planning area.

Class III: Resident, who is an individual, whose primary address is an address in the community planning area (either an owner or renter).

Class IV: Local business person (including persons representing business entities), who is a local business owner, operator or designee, with a business address in the community at which employees or operators of the business are located.

For further information, contact John Nugent at jnugent50@aol.com

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

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**ARTS ALIVE
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DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.



A bigger version of **Stehly Farms Market** has opened in Kensington with a full deli and kitchen as well as organic produce from the owners' 300-acre farm in Valley Center.

Jerome Stehly, and his brother, Noel, also operate another market under the same name at 1231 Morena Blvd. in Bay Park, which they opened two years ago. The Kensington location, however, features an array of prepared salads, sandwiches and entrees, and café-style seating. In addition, customers will find a large selection of artisan cheeses, bottled kombucha drinks, packaged foods, and a machine near the bulk section used for making fresh peanut butter. 4142 Adams Ave., 619-280-7400.

Tender Greens will open its latest fourth San Diego location on Dec. 7 at the Westfield Mission Valley Mall, a mall spokesman confirmed to Mission Valley News. The restaurant specializes in "slow food done fast" and has locations in Liberty Station, La Jolla and Downtown. Expect a core menu of salads, sandwiches and meal plates that use fresh ingredients bought from regional farmers and ranchers. Chefs typically create daily specials utilizing seasonal bounties. 1640 Camino del Rio North, tendergreens.com.



Mission Valley getting its first Tender Greens restaurant (Courtesy of Tender Greens)



Chef Chad White will be on "Top Chef" (Courtesy of Comun Kitchen & Tavern)

Season 13 of Bravo's "Top Chef" reality TV show will feature several familiar faces from San Diego's restaurant scene. Competing in the new season for the "top chef" title is Chad White, who owns **Comun Kitchen & Tavern** in East Village and **La Justina** in Tijuana. He is one of 17 contestants featured this season, which focuses this time on chefs based in various California cities. Also appearing on the show are chefs Javier Plascencia of the new **Bracero** in Little Italy, and Richard Blais of **Juniper & Ivy** and **The Crack Shack**. Blais is a former "Top Chef All Stars" winner who has been serving as a judge for the show for the past few years. The season premieres Dec. 2 and 3.

Replacing the former **Top of the Cove** is **Duke's La Jolla**, a two-level restaurant that opened in early November and brings to the Prospect Street dining scene a fusion of Hawaiian and California cuisine. Launched by TS Restaurants, based in San Diego and Maui, the restaurant is named after the late Duke Kahanamoku, a native Hawaiian and six-time Olympic swimming and water polo medalist who is considered "the father of modern-day surfing." Amid vintage memorabilia, customers can dine on dishes such as charred snap peas with burnt pineapple vinaigrette, Tahitian-style octopus, Kalbi short ribs, and more. 1216 Prospect St., 858-454-5888.

After a lackluster run on Midway Drive in Point Loma, the owner of **Du-par's Restaurant & Bakery** has closed the 24/7 eatery in preparation for moving it to the Gaslamp Quarter, directly beneath the second-level **Oceanaire Seafood Room**. With locations in Las Vegas and the Los Angeles area, the restaurant is famous for its home-style meals, freshly baked pies, and jumbo pancakes accompanied by melted, clarified butter. Biff Naylor, who is the third owner of the company since it was founded in 1938 in Los Angeles, said his new location will open by the end of the year to the tune of breakfast, lunch and dinner served around the clock. 440 J St. ■



Du-par's famous pancakes are coming to the Gaslamp Quarter. (Photo by Frank Sabatini Jr.)

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BUSINESS SPOTLIGHT

The SDSU School of Theatre, Television, and Film combines the arts with the traditional roles of the university by teaching the theory, history, literature, and crafts of theatre and film. The School works to benefit the community by providing educational and entertaining arts performances, particularly to San Diego youth.

Utilizing innovative curriculum, interdisciplinary initiatives, and research into evolving technologies, the school is committed to preparing the next generation of entertainment arts professionals.

Don't miss Gertrude Stein's Doctor Faustus Lights the Lights on the Don Powell Stage, Dec. 2 - 6. In Stein's poetic retelling of the classic Faust myth, an Edison-like Doctor Faustus has made a deal with the devil: he's sold his soul for electric light. A collaboration with the Schools of Music and Dance, and Art and Design, this production brings together elements of dance, music, film, art, and theatre to create the multi-layered universe. For more info, visit ttf.sdsu.edu.

ARTS ALIVE SDSU

From Turkey to Europe to San Diego

Frank Sabatini Jr.
Restaurant Review



The hottest selling fast-food item in Germany has nothing to do with sausages or any type of grub stemming from American franchises. It is instead a sizable serving of slow-cooked meats sliced from vertical spits and swaddled in flatbread with chopped veggies and powerful yogurt-garlic sauce.

Known as döner kebabs and consumed widely by late-night clubbers throughout Holland, Belgium, France and Scandinavia as well, they're now readily available in a neighborhood near you at The Kebab Shop.

The homegrown San Diego



Lamb and beef plate

chain captures some of the modern-day street food that Turkish immigrants began introducing to Western Europe decades ago. The döner kebabs, in particular, are a big draw. They were supposedly invented in the early 1970s by a Turk living in Berlin, who began consolidating all the components of a traditional kebab plate into pillowy lavash bread — the meat, salad and whatever condiments.

Much like a burrito, with one half enveloped securely in butcher paper or foil, they allow consumers to eat a substantial meal while walking, biking or driving.

Beyond its original East Village location, The Kebab Shop has spawned locations in Mission Valley, Little Italy, Mira Mesa, Encinitas and Rancho

The Kebab Shop

1570 Camino de la Reina
(Mission Valley)
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Prices: Salads and side, \$1.99 to \$4.99; wraps, sandwiches and boxes, \$7.99 to \$8.99; plates, \$9.79 to \$11.99

Bernardo. The menu at each features wraps, sandwiches, plates and boxes spotlighting slices of lamb and beef combined, as well as chicken, salmon or crispier-than-average falafel.

If this is beginning to sound like common Eastern Mediterranean food, it is and it isn't.

Indeed, you'll find the usual dishes: creamy hummus in plain and spicy versions; tomato-feta salad with onions and olives dressed in herby vinaigrette; and ground-beef (kofte) shish kebabs accented justly with onions and coriander seeds.

More unique is elbow macaroni salad with pinkish bits of soy bacon. Creamy and somewhat sweet, it strikes a close parallel to versions you'd find on Hawaiian plate lunches.

My favorite side dish is the green lentil salad with walnuts, which offers a pleasant crunch and whispers of bay leaves, garlic and mustard. Consistently, it has tasted exotically Turkish and rustically French at the same time.

As for the starring dish, the döners are doozies in terms of size. Priced at an easy \$7.99, they're packed from end to end with warmly spiced chicken from a vertical rotisserie stacked with sweaty thigh meat. Tomatoes, cucumbers, lettuce and fresh mint are also tucked inside.

The flatbread casings used for the kebabs resembled those I've had in Wiesbaden, Germany some years ago, the city where I first experienced these hefty wraps. The warm, airy bread is thin, without tearing apart as you munch along. Here, the yogurt-garlic sauce is a little less feisty in comparison, but still with enough



(above) Tomato-feta salad with onions and olives; (right) rotisserie chicken
(Photos by Frank Sabatini Jr.)

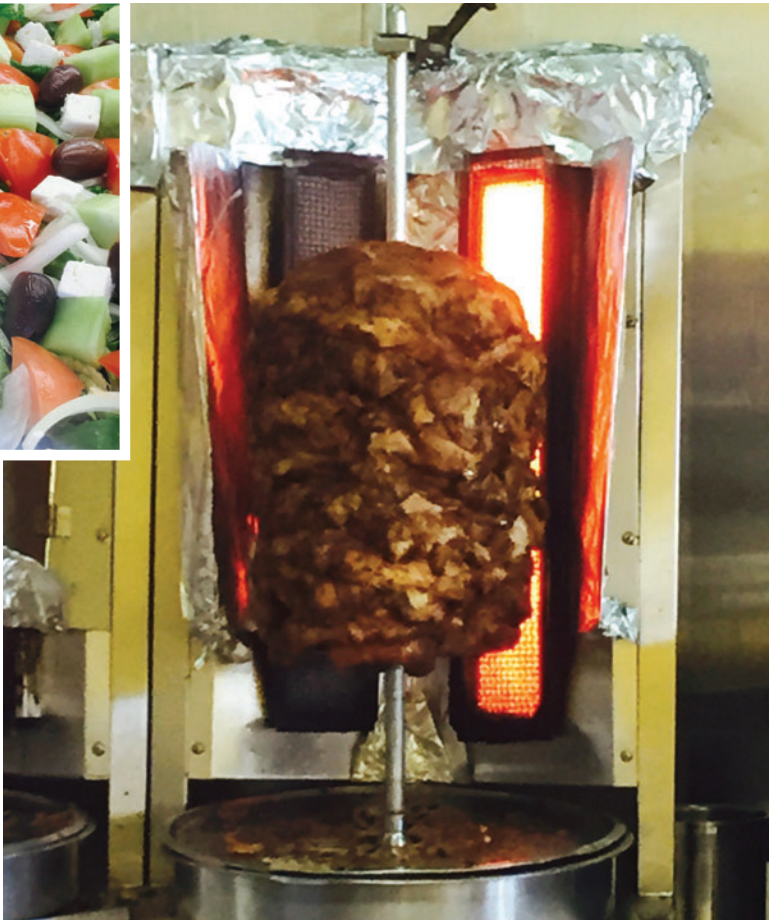
strength to break up a party if you leave it hanging on your breath.

If opting for the chicken kebab, you end up with char-grilled breast meat instead of the juicier döner-style thigh meat. It costs about 60 cents extra, but it's still a delicious deal, especially with the support of the garlic sauce and the house-made spicy red sauce, which mingle exceptionally well together.

Since becoming a regular visitor to the Mission Valley location, a friend and I recently tried the lamb-beef meal plate accompanied by saffron rice and the tomato-feta salad.

We watched the curly ribbons of compressed meat tumbled onto a tray as a cook shaved the coned meat with what looked and sounded like electric shears. The result was tasty gyros sporting precision buzz cuts.

I've yet to try the eatery's Iskender kebab, which features wider strips from the beef-lamb



cone, plus tomato sauce, yogurt and a grilled pepper served atop buttered pita bread. The creation dates back a couple hundred years to the Turkish city of Bursa.

With classic shawarma sandwiches also in the offering, The Kebab Shop has been lauded multiple times by Zagat and was voted recently as "best casual food" in Mission Valley News.

Co-founded in 2007 in the East Village by Dutch transplant Tony Farmand, the growing eat-

ery offers consumers at all locations a taste of ancient cultures from various regions throughout the Middle East, fusing them together with modern adaptations done remarkably well.

—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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Spring break in the fall

Dr. Ink

Setting foot inside Rockin' Baja Lobster Coastal Cantina is like being instantly transported to some coastal party bar in the Mexican tropics. But it works just fine for Old Town, too, where the establishment has remained anchored in a spacious alcove on Twiggs Street since 1995.

Additional locations reside also in the Gaslamp District and in Oceanside, although each offers slightly different specials during happy hour.

In Old Town, visitors are greeted with splashy wall colors, surf board décor, neon beer signs and music videos playing loudly throughout a series of dining sections. Even on low-key Monday afternoons, you get the feeling the place is about to be taken over by busloads of college students on spring break as the bar churns out one "frozen Rita" after another while patrons cluster at the salsa bar loading up on free, unlimited chips and marinated veggies.

The icy cocktails come in assorted flavors, not excluding vibrant blueberry and raspberry, both of which we ordered. They're usually \$8 apiece, but only \$5.50 during happy hour.

"Wow, this is strong," my drinking companion said when taking his first sip of the blueberry Rita. I seconded him after drawing from my raspberry Rita. No amount of the supposedly fresh pureed fruit could

mask the generous tequila pours sitting in these slushy libations.

The fruit flavor in each was robust; almost candy-like but without tasting overly sweet. Our waitress insisted that no syrups or liqueurs are involved. But given their extraordinarily bright colors glowing through our tall glasses, I wasn't convinced.

Happy hour also signals price drops in domestic and Mexican beers, fireball shots, Jack Daniels cocktails, Long Island teas and red sangria — everything your palate would demand if painting the town red on some warm-weather getaway.

All appetizers are \$3 off during happy hour, except for oysters. We tried the battered, deep-fried "lobster bites," which rocked less than the Jimmy Buffet, U2 and other music videos playing on multiple flat screens. The batter was salty and the lobster wasn't so fresh.

A trio of \$4 tacos we ordered, however, were far better, especially the surf and turf. The taco encased plump shrimp and the most tender carne asada I've had in a while. The others, filled with grilled chicken, were also satisfying, and all three included generous doses of avocado.

But money isn't the only thing you save when visiting Rockin' Baja Lobster during happy hour. The restaurant offers free, ample parking on both sides of the structure, a precious rarity when rolling into Old Town with a thirst for tequila. ■



(above) Lobster bites at Rockin' Baja Lobster Coastal Cantina in Old Town; (right) icy cocktails, the raspberry Rita and the blueberry Rita; (below) lobster tacos (Photos by Dr. Ink)



Rockin' Baja lobster Coastal Cantina

3890 Twiggs St. (Old Town)

619-260-0305

Happy hour:

3 to 6 p.m. Monday through Friday; and 9 p.m. to close daily

RATINGS:

Drinks:



The "frozen Ritas" are as boozy as they are fruity. They're loaded with tequila and come in various flavors.

Food:



The tacos were decent with their zesty flavors with thickly sliced avocado. But the "lobster bites" were fishy and salty.

Value:



Cocktails are about \$2.50 less in price. Most appetizers are \$3 off. And nibbles from the chip-and-salsa bar are free all day.

Service:



Our waitress, who was also bartending, provided excellent service until dropping out of sight when it came time for us to pay and leave.

Atmosphere:



Think party bar in Cabo San Lucas, but without the beach.

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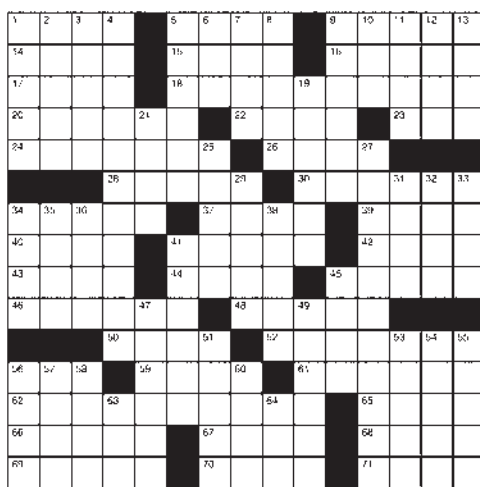
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MVN Puzzles

Crossword Solutions on page 14



ACROSS

- Department of Labor div.
- Dazed
- Stock unit
- Noah's son
- Banwick
- Psychic's tool
- Singer J. J.
- Pirate Hal of Famer
- Unprincipled
- Ship's backbone
- Schiller's ___ to Jay
- Part of AARP
- Pink, for one
- Labor leader Chavez
- Stalag 17 -ote
- Paul's pal
- Ed Norton's wear
- Mozart serenade start
- Stravinsky ballet
- Illinois Benedictine College site
- Cleopatra's hand-maiden
- Grandeur
- 'Zip Doo Dah'
- Full bill
- Elevator alternative

DOWN

- Nowe ist Hjelvels
- Diagrace
- Spartacus, e.g.
- Don McLean hit
- Florida resort
- Psychic Gelter
- Subservient
- Psycho motel
- Potsdam man
- Nag's nosh
- New Yorker cartoon-ist
- Spire topper
- To be, to Men'i

Sudoku Solutions on page 14

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

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Papa was a rolling foam

Erica Moe

Self-Myofascial Release (SMR) is like a deep massage for your muscles. Daily life with poor posture, over-training, stress and inactivity can create imbalances in the body. You can tame those imbalances by using a tool, like the foam roller, to work out the kinks or knots that live in your fascia.

Fascia, or connective tissue, runs through your whole body, connecting muscle to bone, bone to bone, and cushioning your entire internal structure. You'll find that SMR with a foam roller can be a convenient, inexpensive, time-saving, effective and affordable way to take care of this über-important tissue.

Research

Research shows that using a foam roller can be particularly beneficial before or after an exercise routine, and you can even use one every day.

A study reported in the Journal of Strength and Conditioning Research noted that foam roller use increased range of motion without any loss in strength. For example, the study showed range of motion at the knee improved, on average, 7-10 degrees.

Another study resulted in a 10-degree increase in quadriceps range of motion after only two minutes of foam rolling. Don't have two minutes to spare? You can still benefit after only 20-30 seconds on each muscle!

In addition to increased range of motion and correcting imbalances, foam rolling can relax muscles and reduce soreness. Studies also showed that it delayed the onset of muscle soreness and reduced perceived soreness for 48 hours after exercise.

Ouch!

There is no doubt that using a foam roller will leave your muscles relaxed, but be prepared for some initial discomfort. Sometimes you can feel pain from the knots in your fascia, and adding the pressure of the foam roller can cause even more pain.

The good news is that you can control the amount of pressure by using your body, in addition to the roller, to support each move-

ment until you are comfortable using your entire weight on each individual body part. If you are sensitive, find a foam roller that is less dense, therefore softer.

How to

Move the foam roller in small increments, a few inches at a time, paying close attention to the tender spots. Allow the foam roller to concentrate above, below or to the side of sensitive areas until you are able to tolerate the discomfort. Feel free to let the foam roller pause to allow the fascia and muscle to relax. Avoid rolling over the joint.

In my neighborhood?

Flexibility and mobility equipment, like foam rollers, stretch trainers and myofascial release devices prove to be today's hottest equipment, according to the 2015 International Fitness Industry Trend Report.

Foam rollers are becoming more mainstream and can be purchased at many local sporting goods stores. You may also find them in the corner of many fitness facilities. Recently, entire classes devoted to foam rolling have been popping up on group fitness schedules. For example, the Mission Valley YMCA has a Foam Roller/Stretch class at 12:15 p.m. Sundays.

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

Is your pet experiencing a medical emergency?

Sari Reis



Being a professional pet sitter, it is essential for me to be able to easily identify when a cat or dog in my care is experiencing a medical emergency.

As a pet parent, it is important for you to be able to recognize a medical emergency in your furry kid. So with help from the website called petmd.com, I have put together the top 10 occurrences that require emergency attention.

1. Pain. This is recognizable if the dog or cat is pacing, agitated, restless and/or panting, and has a rapid heartbeat. They may also vocalize by yelping or meowing. If in pain, it is not unusual for the pet to behave aggressively, so exercise caution when handling them. Muzzle if possible before transporting to the vet.

2. Difficulty breathing. This could be due to trauma, an allergic reaction heart failure, toxins, cancer, etc. Immediate care must be provided.

3. Seizures. A seizure in a pet is similar to those in humans and can be the result of epilepsy, tumors, brain swelling, low blood sugar, or a disturbance in the electrolyte balance. If your pet has a seizure, get them to the vet as soon as possible.

4. Difficulty urinating, especially a male cat or dog. As a blockage can occur from the formation of crystals or a stone in the urethra, a male dog or cat can be in a life-threatening situation if they don't receive immediate veterinary care. Other causes could be inflammation, cancer, blood clots or other urinary tract infections.

5. Persistent vomiting or diarrhea. If a dog or cat throws up on occasion and there are no other symptoms, it is probably not an emergency. However, if it happens repeatedly over a matter of a few hours, he or she can quickly become dehydrated causing all sorts of major problems. Get them to the vet.



6. Coughing. If there is a lack of oxygenation or fluid in the lungs, it could indicate a virus, bacterial infection, pneumonia, allergic bronchitis or a foreign object obstructing the airway. Get professional help immediately.

7. Blunt force trauma. If your dog or cat has sustained an injury that has caused bleeding, lumps, bumps, etc., have it checked by the vet.

8. Poison. It is essential to know what substances around your home, such as food, household products and plants, that are toxic to dogs and cats. Keep your pets away from them but if you suspect your pet has ingested something toxic, get them to the vet. You can also call Poison Control.

9. Allergic reactions. Some pets are allergic to the vaccines they get or to fleas,

bees, medications, foods, etc. and have an immediate allergic reaction. It can be indicated by facial swelling, itchiness, hives, vomiting, lethargy and difficulty breathing. Immediate vet care is required.

10. Bites. If your dog or cat is bitten by another animal, regardless how minor the wound may appear, get them to the vet for emergency attention.

Since pet emergencies can occur anytime and anywhere, I highly recommend that all pet parents take a course in Pet First Aid. How you initially handle your pet's emergency may very well save its life.

—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 missionvalleypetsitting.com. ■

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MUSIC NOTES

JAZZ

Thursdays 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.

Nov. 13: Patrizia the Sultry Lady of Jazz at Four Point by Sheraton San Diego's Montfield Bar (in the Citrus Restaurant). \$10 (waived with \$15 food/beverage minimum – reservations suggested). 7 – 10 p.m. 8110 Aero Drive, Kearny Mesa. PatriziaSultryLadyOfJazz.com.

CLASSICAL

Nov. 13: "E.T. the Extra-Terrestrial" accompanied by live score at Copley Symphony Hall. \$25+. 8 p.m. 750 B St., Downtown. SanDiegoSymphony.org.

Nov. 14: "The Art of Music" in collaboration with San Diego Museum of Art at Copley Symphony Hall. \$20+. 8 p.m. 750 B St., Downtown. SanDiegoSymphony.org.

Dec. 8: Karen Gomyo (violin) at The Auditorium at TSRI. \$30. 7:30 p.m. 10550 North Torrey Pines Road, La Jolla. SanDiegoSymphony.org.

ALTERNATIVE / ROCK

Nov. 13 – 14: San Diego Music Thing. Prices, times and venues vary throughout San Diego. Visit sandiegomusicthing.com.

Nov. 18: Rockin' Aces at Tio Leo's Lounge. Price TBD. 9 p.m. 5302 Napa St., Linda Vista. TioLeos.com.

Nov. 21: West of 5 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.

Nov. 20: FM 94.9 'Movember party' with Boingo Dance Party: A fundraiser party featuring former members of Oingo Boingo at Music Box. \$30. 8 p.m. 1337 India St., Little Italy. MusicBoxSD.com.

OTHER

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

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

Nov. 15: Patrick Hadley and Ray Ford (mbira and hang drum) at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

Nov. 28: Fred Benedetti (guitar) at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

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



An understated façade conceals Albie's Beef Inn's rich history in Mission Valley. (Photo by Frank Sabatini Jr.)

Albie's, from page 1

til January.

Albie's owner Ted Samouris said it wasn't financially possible for him to enter into a lease agreement with Herrick. He purchased the restaurants in 1988 from real estate developer Al Stadmler, who opened the establishments in 1962.

"She [Herrick] was asking for triple of what I'm paying, and wanted me to pay the insurance and property tax on top of that," he said. "She never came off of her numbers."

Herrick confirmed that her proposal was firm.

"I would have preferred that Ted stay but he did not believe he could afford the rent that others have no problem paying," she explained in another email. "He currently pays less than \$1 a foot, which is the lease rate of 30 years ago in Mission Valley. I offered him \$2 a foot for the first year, going to \$3 a foot the second year."

Samouris said he intends to look for a different location with the goal of recreating Albie's retro dark-paneled atmosphere, which he says will include the bar lounge's collection of 20 portraits of topless women, supposedly stewardesses from Pacific Southwest Airlines when it was in operation.

He refers to the softly lit paintings as "the nudies" or "the girls," which have remained a curious draw to customers ever since Stadmler commissioned a local artist to create them. The artist, now deceased, left behind no clues within the restaurant about any connection to the flight attendants.

But in a recent discussion of the artwork in the 919 Gang, a daily newsletter published by former San Diego Union-Tribune employees, Michael Kinsman writes that Lawrence Garrison of La Mesa was the artist. He reported that the artwork revolved

around one woman, a young model who lived next door to Garrison in the early 1960s, and said the artist would sometimes use other faces in her depictions.

Machado says of the paintings: "If I had a dollar for every time someone asked me about them, I would have retired long ago."

Another prized embellishment is one Samouris installed in the late 1980s, a taxidermy marlin stretching across the brick fireplace in the rear dining room, where the wait staff has served thousands of steak and chicken Parmesan dinners from metal pushcarts over the decades.

"My wife, Sophia, caught that on our honeymoon. I never took her fishing since," he quipped.

When news broke recently of Albie's upcoming closure, both loyal and fleeting customers took to Facebook and other social media to express their love of the restaurant. In addition, a petition titled "Save Historic Albie's Beef Inn" on Change.org was launched by musician and graphic designer Demetrius Antuna.

"It was one of the first places I visited when I moved here in 1996 from New Jersey," Antuna said. "Some friends brought me there to see what they called 'cool local culture.' I loved the ambiance and the paintings, and my wife and I have done birthday and anniversary parties there a couple times a year."

The petition has exceeded 2,600 signatures, although Antuna said he will close it down by the end of November, realizing that his effort is now moot since Herrick has signed a new tenant.

"But I will still export the signatures to her anyway," adding that the petition "has definitely made a difference for Ted's last remaining months in support of him finding a new home."

Local chef and caterer Andrew Spurgin calls Albie's "a warm sweater with no pretense — like walking back into 1965."

He was first introduced to the restaurant in 1974, when his parents brought him there to celebrate his 16th birthday.

"It was a fancy place to go at the time. And I've been returning ever since for the prime rib and those whole carrots cooked in sugar water. I usually visit with my clique on open-mic nights, and I always order a Gibson with extra onions," he said, recalling an evening when an older gentleman brought in a coronet and "kicked it out of the water. You never knew what you were going to see there."

Spurgin plans on returning in the coming month for a tribute visit he's organizing with several fellow chefs.

"The place has an emotional attachment for a lot of people," he said.

Aside from Albie's well-attended New Year's Eve parties and celebrity sightings over the years, which have included the likes of daredevil Evel Knievel, musician Mel Torme, actor Ray Romano, and numerous athletes and politicians, one incident in particular remains etched in the staff's memory books as the most outrageous.

"We heard a loud crash," Machado recalled. "A car had driven into the hotel's swimming pool right behind the dining room. The driver accidentally hit the accelerator instead of the brake. He wasn't hurt, but the pool water was littered with baseball notes and statistics he kept inside the vehicle."

Machado said she will dearly miss the family feel of working at Albie's.

"Our customers know us, and we know them. We're all a little sad," she added.

Samouris is pondering what type of customer-appreciation events he'll organize prior to closing.

"I don't want to do anything special on the last night because it will be mayhem anyway," he says, noting that his two sons, Nick and Theo, have contributed to the success of Albie's by working sporadically as hosts and busboys.

"My wife has been helping out lately too. You tell people you're closing and you get real busy."

—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. ■

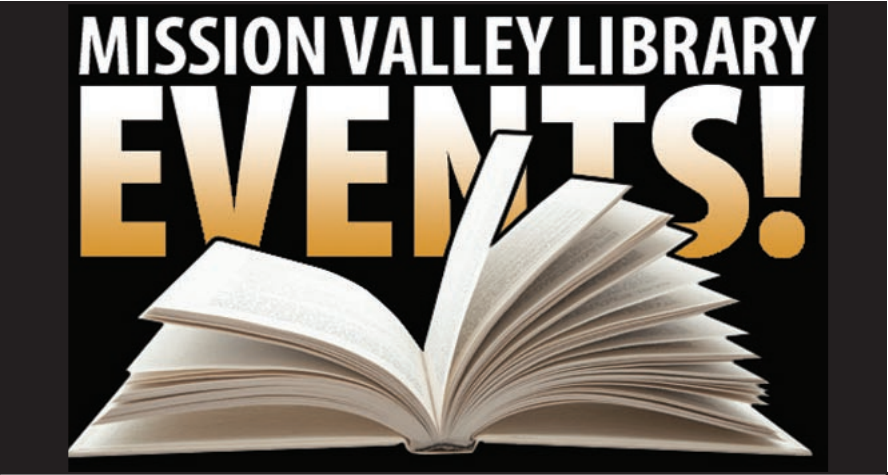
PUZZLE ANSWERS FROM PAGE 12

SUDOKU

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

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S	H	E	M	A	R	E	A	T	A	R	O	T
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A	N	N	U	L	S	A	I	L	K	I	V	A
P	E	E	T	E	E	R	I	S	Y	S	E	R



Assemblymember Weber’s mobile office

Monday, Nov. 16, 10 a.m. – noon and Tuesday, Dec. 8, 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.

Covered CA open enrollment assistance

Tuesdays, Nov. 17, Dec. 1 and 8, 4 – 6 p.m. and Saturday Nov. 21, 11 a.m. – 1 p.m.;
Assistance with signing up for subsidized health care coverage through Medi-Cal and Covered California. Open enrollment is Nov. 1 through Jan. 31.

Friends of the Library meeting

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

Knit-a-Bit and Crochet Circle

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. November: “Shantaram” by Gregory David Roberts. December: “A Christmas Blizzard” by Garrison Keillor.

Preschool story time and craft

Thursdays, 10:30 – 11:30 a.m.
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.

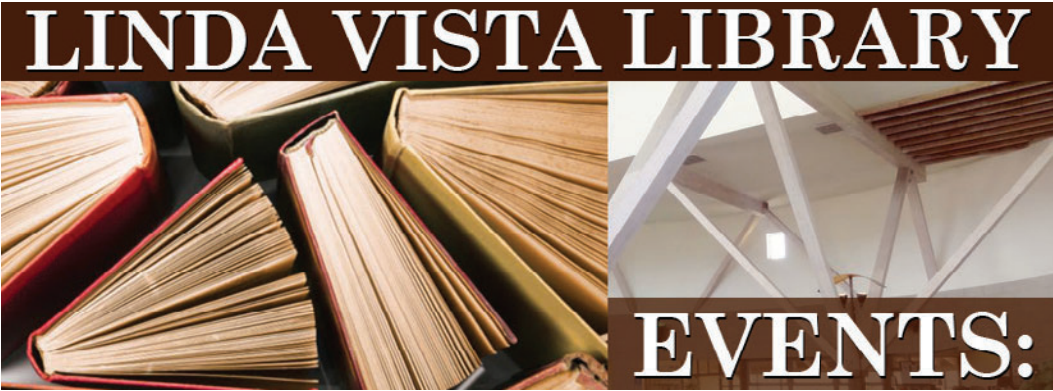
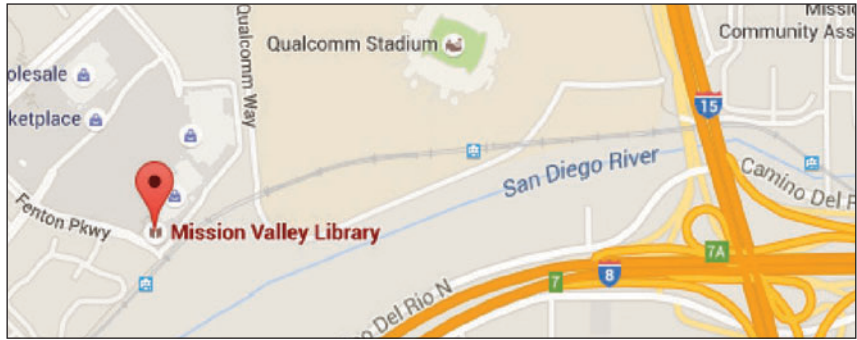
Zumba Basic

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 on Nov. 26 for Thanksgiving.■



Linda Vista Planning Group general meeting

Monday, Nov. 16, 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. [Note: no class on Nov. 16]
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 teens and adults.

Hatha yoga for adults

First Thursday of the month, 11 a.m. – noon
Aryn Rannazzisi leads a gently paced class combining breath work and postures to promote

strength, flexibility and balance. This all-levels class will include inversions, backbends and sun salutations. Please bring a mat or large towel and a hand towel or strap to class.

Hopscotch tiny tots

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

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.

Storytime with Ms. Andie

Saturdays, 11 a.m. – noon
[Note: No storytime on Nov. 28]
Stretch your imagination and enjoy a story told energetically.

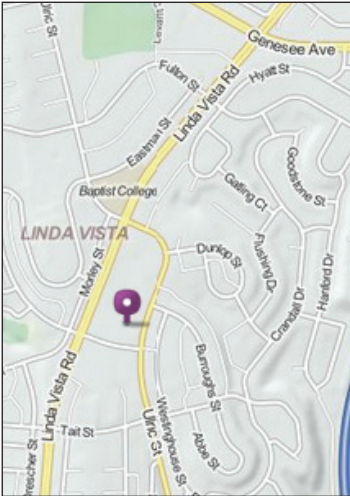
Storytime with Mr. Luan

Fridays, 10:30 – 11:10 a.m. [Note: No storytime on Nov. 13]

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

Note: The library will be closed on Nov. 26 for Thanksgiving.

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. ■



Community Calendar

NOV 14 ‘Forcing paperwhites and amaryllises’ class
Saturday, Nov. 14

For this free gardening class, Armstrong Garden Centers will teach techniques for stimulating bulb growth. These flowers are great for holiday decorating on your mantel or dining table. 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.



NOV 15 California’s End of Life Options law discussion
Sunday, Nov. 15

The Hemlock Society of San Diego will host a free, public meeting at the Scottish Rite Center at 1:30 p.m. to discuss our state’s new End of Life Options Law. The law was signed by Governor Brown on Oct. 6 and is expected to go into effect some time in 2016. It permits physician aid in dying for terminally ill patients. Speakers will include:

- George Eighmey – attorney and former legislator who coordinated the Oregon Death with Dignity Law for 12 years after its passage in 1997.
- Dr. Glenn Panzer – Medical Director of Elizabeth Hospice in San Diego.

Visit hemlocksocietysandiego.org for more information.

NOV 19 Acupuncture treatment to quit smoking
Thursday, Nov. 19

In honor of the American Cancer Society’s “Great American Smokeout,” Dr. Lori Gritz and Pacific Center of Health (2615 Camino Del Rio South, Suite 201, Mission Valley) are offering free acupuncture treatments to help smokers quit. 8 a.m. – 8 p.m. Optional \$5 donations to the American Cancer Society will be collected and matched. Call to schedule an appointment: 619-542-0884 or visit quitsmokingwithacupuncture.com for more information.

NOV 21 ‘Growing cool-season veggies and herbs’ class
Saturday, Nov. 21

For this free gardening class, Armstrong Garden Centers will give tips for planting vegetables and herbs in the late fall, winter and early spring. 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.

DEC 6 ‘Santa Barbara wreath make and take’ class
Sunday, Dec. 6

For this gardening class, Armstrong Garden Centers will guide attendees through the assembly of a festive make-and-take item – a Santa Barbara wreath. Registration and fee 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. ■



(clockwise from top left) City officials involved in the planning of Fire Station 45 take a bow; bays for five fire trucks; Mayor Kevin Faulconer listens as retiring Fire-Rescue Chief Javier Mainar speaks; the new fire station; firefighters. (Photos by Ken Williams and Jeff Clemetson)

► Fire Station, from page 1

ing to see results with projects like this,” Faulconer said. “New fire stations are just one of many ways we’re working to boost public safety in neighborhoods that need it most and to make sure we’re providing a more equal level of service across the city.”

City Councilmember Scott Sherman, whose district includes Mission Valley, said the fire station’s opening “was a long time coming.”

“I am proud to finally see the official opening of this state-of-the-art fire station that will serve the heart of Mission Valley where it is desperately needed,” Sherman said.

Fire Station 45 is the first full-scale fire station built in the city since 2008. The next new fire station is scheduled to open in 2017 in the Bayside area along Pacific Highway.

Fire-Rescue Chief Javier Mainar, who was just days from retirement on Nov. 2, joked that he was “going out on a high note.”

“This station gives us so many

opportunities to better serve the residents of Mission Valley and the city,” Mainar said. “The addition of a truck here has been needed for some time and improves our response for fires and rescues. Moving the Hazardous Materials apparatus from Mira Mesa puts them in a more centralized location to be able to respond citywide. While we operated well from the

temporary station, this facility is immeasurably better.”

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

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