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## Millennium Mission Valley

Artist's rendering of the Millennium Mission Valley mixed-use project (Courtesy of TCA Architects; additional artwork by Todd Kammer)

**Ken Williams**  
Editor

Work has begun on Millennium Mission Valley, a high-density, mixed-use community being developed by Dinerstein Companies.

The 5.37-acre property was formerly the site of the Bob Baker auto dealership and is bounded to the north by Camino de la Reina, the east by Camino del Arroyo,

the south by Camino del Rio North, and the west by the Witt Lincoln car dealership.

Dinerstein chose TCA Architects to design the project, which will have 291 apartment homes, 14 live-work units and two stand-alone buildings with 9,000 square feet of retail space. TCA is well-known throughout California for creating high-density, master-planned communities, including two San Diego projects in Clairemont Mesa: Ariva Apartments, a

253-unit community completed in 2014; and Domain Apartment, an ultra-modern, high-density community designed to attract millennials.

Irwin Yau, principal and studio director at TCA's Irvine office, spoke exclusively to Mission Valley News about the Millennium Mission Valley project that's due for completion by fall 2017.

"The main goal of the project

See **MILLENNIUM** page 8

## Flying under the radar no longer

### Controversial televangelist's massive project up for review

**Ken Williams**  
Editor

A controversial Pentecostal televangelist who recently purchased the San Diego Resort Hotel complex in Mission Valley has proposed a massive mixed-use redevelopment project that would include a religious retreat, underground catacombs, a Jerusalem-style Wailing Wall, an outdoor amphitheater and bazaar, a TV studio, and timeshare units for his followers.

Morris Cerullo — the 84-year-old televangelist who proclaims to be a faith healer and miracle worker — bases his global ministry at 3545 Aero Court in San Diego's Serra Mesa neighborhood. The proposed Morris Cerullo Legacy International Center would be built at 875 Hotel



The Welcoming Center at the proposed Morris Cerullo Legacy International Center (From document presented to Mission Valley Planning Group)

Circle South on 18.1 acres located off Interstate 8 in Mission Valley.

"The mission of the Morris Cerullo Legacy Center is to equip the Body of Christ to work the works of God until Jesus comes. Through God's plan for evangelism, the Morris Cerullo Legacy Center will contin-

See **LEGACY** page 9

## Fulfilling his dream

Owens own business, gives back to the community

**Gina McGalliard**

Kevin Brown, a local businessman and philanthropist, is celebrating his 25th anniversary at his Mission Valley-based company, RBTK.

"I always had a desire in the back of my mind about owning my own business," Brown said about what he wanted to be as he was growing up in San Diego, where he attended Crawford High School. "To be honest, I thought it would be cool to own a sporting goods store."

After being told by advisors that accounting was a good base from which to own a business, he transferred from Mesa College to San Diego State University to study public accounting.

Following his dream of starting his own business, Brown founded his own firm in 1990 after working elsewhere. In late 1993, three firms, including his own, merged to form the cur-

See **BROWN** page 2



## MARK YOUR CALENDARS

- Mission Valley Community Update Plan Subcommittee will meet at 3 p.m. Friday, Dec. 11, at Mission Valley Library, 2123 Fenton Parkway. Members will finish up "guiding themes."

- Mission Valley Community Update Plan Subcommittee will meet at 3 p.m. Friday, Dec. 18, at the library. Members will discuss parks and recreation planning.

- Mission Valley Planning Group's Design Advisory Board will meet at 3:30 p.m. Monday, Jan. 4, at the library.

- Mission Valley Planning Group will meet at noon Wednesday, Jan. 5, at the library. ■

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► **Brown**, from page 1

rent-day public accounting firm RBTK. Today, Brown wears many hats in the company.

"The role I play is I'm the managing partner here — that's kind of a somewhat glorified title," Brown said. "I run the administration of the firm, and actually the strategic planning for our firm — so where are we going, how are we going to get there, and what's the right way to be doing things, and what types of businesses should we be going after and all that.

"And of course I do the development of the firm, kind of the marketing and sales side. ... I handle what we call the strategic planning side, so working with clients on strategic things affecting them and their business. The kind of short way [to explain it] is we're helping them to where they want to get to. So we look at what are your goals, objectives, and what's the best pathway to get there from a business, tax, financial standpoint, and bringing in collaborative people if necessary to help in that, because obviously that can mean a wide range of things," he said.

You can also hear Brown's financial expertise on his radio show, "The Wealth Building Hour," broadcast at 9 a.m. on every fourth Tuesday of the month on wsRadio.com, an Internet talk show platform. The radio show came about when Brown did an interview on a business-related show broadcast by wsRadio.com about being the CEO of his own firm. After the inter-



Kevin Brown (Courtesy of RBTK)

**"We look at what are your goals, objectives, and what's the best pathway to get there from a business, tax, financial standpoint."**

—Kevin Brown, businessman

view, the owner and producer of the show was so impressed that Brown ended up taking over a vacant time slot.

"It's been fun, a great opportunity to interview some really neat people," Brown said. "I do an all-around kind of business [show], and the impacts of growing a business, managing your business, protecting your business, all the same things that happen in typical wealth-building practices — trying to figure out how to accumulate retirement or wealth, how do you protect it and how do you manage it. I just take

that to a business perspective."

Philanthropy is also an integral part of Brown's life. Four years ago, Brown started a charity golf tournament to raise money for military causes, an event that came out of RBTK's 30th anniversary in 2011. Wounded Warriors was the primary charity for the first few years and then later the Bayside Community Center philanthropic board, on which Brown sits, was added as a recipient.

"The first and foremost is really the sacrifice that those people make that allow us to do what we do," Brown said about why military causes are close to his heart.

Brown also recently returned from a vacation in France where he visited the cemeteries at Normandy. "My dad also served in the military, fought in World War II," he said. "[They're] just tremendous people, so just the ability to give something back to them — again, how do you thank people like that enough?"

Brown is married to his wife Michele. And while his son Trent follows in his father's footsteps as a CPA at RBTK, his daughter Tiffany recently defended her dissertation as a PhD candidate in clinical psychology at Florida State University and is currently doing her one-year internship at UC San Diego.

For more information, visit [rbtk-cpa.com](http://rbtk-cpa.com).

—Gina McGalliard is a freelance writer who blogs at [ginamcgalliard.com/mcgalliard-matters](http://ginamcgalliard.com/mcgalliard-matters). Email her at [ginamcgalliard@gmail.com](mailto:ginamcgalliard@gmail.com). ■

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# A closer look at Town and Country’s big makeover

**Ken Williams**  
Editor

The aging dowager of Mission Valley hotels, the Town and Country Resort & Convention Center, will go “under the knife” starting in January for an \$80 million face-lift that will be several years in the making.

Todd Majcher, vice president of destination development for Lowe Enterprises, updated the Mission Valley Planning Group during an informational presentation on Dec. 2 at Mission Valley Library. Lowe Enterprises formed a joint venture with Atlas Hotels and AECOM Capital to revamp the 62-year-old landmark. He told the planners that the resort hotel has been on hard times lately.

Mission Valley News reported about the hotel’s major makeover plans in the September edition [bit.ly/1gn8TzA], and Majcher’s PowerPoint presentation on Dec. 2 provided an even deeper look into the magnitude of the redevelopment project.

Majcher listed the project’s community priorities:

- Create a “front door” at the San Diego River
- Activate the river with parks and trails
- Enhance community bicycle and pedestrian connections
- Enhance access to the trolley
- Design walkable environ-

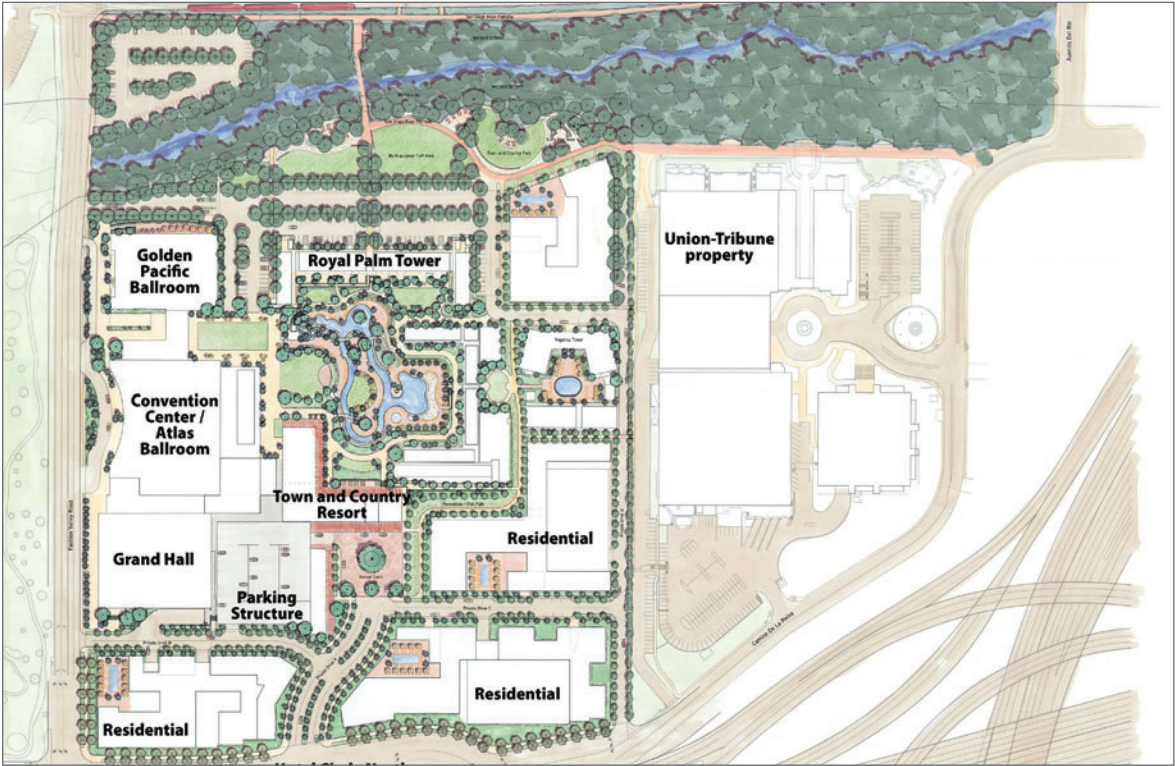
- ments
- Incorporate mixed-use development
  - Balance the needs of current residents and new development

Majcher said the goal is to create a destination for everyone, while activating the river by expanding parks and multi-use trails and providing a walkable neighborhood. Between the Town and Country project and the luxury apartment development by the Casey Brown Company on the Union-Tribune property next door, the river will be transformed from Fashion Valley Road east to Avenida del Rio, Fashion Valley mall’s entrance off Camino de la Reina.

Another benefit from construction will be improvements to North Hotel Circle Drive and Fashion Valley Road near the hotel, he said.

The project’s first phase, starting in January, will focus on the park and the river, pedestrian and bicycle connections, Hotel Circle, the hotel, the convention center, the lobby and the entry. These are the major components that will transform the aging dowager into a modern, appealing destination for tourists and conventions, Majcher said.

Doug Phillips, the director of sales and marketing, told Mission Valley News in September that many of the older buildings on the property will be demol-



An architectural rendering of Town and Country’s makeover plans (Courtesy of Burton Landscape Architecture Studio)

ished, including the one- and two-story ranch style/motel rooms, the Meeting House, Regency Ballroom, Garden Ballroom, the existing restaurants, lobby and Bella Tosca Spa.

The new lobby will be 11,000 square feet and more welcoming to arriving guests, Majcher said, noting that the current lobby can be somewhat confusing to first-time visitors.

New restaurants and bars will be built during the first

phase, he said.

The second phase, likely a few years away, will turn to the residential components. Majcher told the planners that 840 residential homes will be built.

In January, the Mission Valley Planning Group voted 13-4 to remove the Town and Country site from the Atlas Specific Plan [bit.ly/1JAafS5]. The Atlas plan was approved in 1988 and had been grandfathered in, but because the revised project is smaller than

the original, many aspects of the old plan are no longer valid or required. The planning group then initiated a new multi-use Transit Oriented Development Plan (TOD) in its place.

Town and Country lies just across the river from the Fashion Valley Transit Center, which includes the trolley’s Green Line and bus connections. Access from the hotel to the transit center

See **MAKEOVER** page 26 —————>

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# Congressional Watch

## Atrocities abroad ... and at home

Andy Cohen

Welcome to the final San Diego Congressional Watch of 2015! November was another eventful month in Congress, with one vote in particular gaining national notoriety — or infamy, depending on your perspective.

On Friday night, Nov. 13, at least six Islamic extremists unleashed a series of terror attacks on Paris, France, leaving 130 people dead and several hundred more wounded. The terrorist organization the Islamic State group, operating out of Syria, claimed responsibility for the atrocities, just weeks after claiming responsibility for the bombing of a Russian airliner over Egypt.

The Paris terror strikes raised a myriad of questions about the open border policy throughout the European Union.

Although most of the assailants were identified as French citizens, authorities believe the ring leader, identified as Salah Abdeslam, planned the operation in his native Belgium, where he was able to freely cross the border into France. The entire country of France was subsequently put on lockdown, with French President Francois Hollande ordering the borders closed in the wake of the attacks.

Back in the United States, tensions began rising, with many

polo sitting, waiting for the other shoe to drop, biding their time until the inevitable attack on U.S. soil came. It didn't. But that didn't stop American politicians from becoming hysterical.

A mere six days after the Paris atrocities, on Nov. 19, Congress passed the American SAFE (Security Against Foreign Enemies) Act of 2015, just two days after it was introduced, with no debate and no amendments allowed.

The American SAFE Act of 2015, a bill written and introduced by Congressional Republicans, expands background checks against Iraqi and Syrian refugees seeking to escape the violent civil war and the horrors of the Islamic State's militants in their own countries, making us "safer."

Let's set aside the fact that refugees seeking asylum in the United States already face some of the most stringent background checks in the world, with the process taking 18-24 months before they are allowed to set foot on American soil. Also set aside the fact that none of the Paris attackers were from Syria.

Broken down into its most base design, what this bill does is to close America's doors to all Syrian (and Iraqi) refugees, shrouding all who seek safe harbor under a cloud of terrorist suspicion.

Critics have drawn comparisons to the turning away of the St. Louis, a passenger ship that sailed from Hamburg, Germany, full of Jewish refugees in 1939 off the coast of Florida, and the internment of Japanese Americans during World War II. We'll apparently never learn.

The SAFE Act passed the House of Representatives by a

vote of 289-137. All but two Republicans who voted on the bill voted in favor, including **Darrell Issa (R-49)** and **Duncan Hunter (R-50)**. **Susan Davis (D-53)** and **Juan Vargas (D-51)** voted against the bill.

The surprise vote came from **Scott Peters (D-52)**, who joined 46 other Democrats to vote in favor of the bill.

"President Obama has explained how the United States' process for screening refugees is the most thorough and advanced in the world. Our process [already] incorporates biometric checks, medical screenings, and stringent investigations with international intelligence agencies to ensure that every individual we allow to enter is not a threat to national security," Peters said in a press release, justifying his vote. "However, the administration has not made the case to me that today's bill will shut down or unduly delay our existing process."

The bill, according to NPR, would require the director of the FBI, the secretary of Homeland Security, and the director of National Intelligence to each personally sign off on each and every refugee from Iraq and Syria, personally affirming that he or she was not a threat.

That required personal touch virtually guarantees additional delays beyond the two years refugees currently experience. And oh, by the way, the FBI and Homeland Security already conduct independent background checks on all refugees before they are admitted to the United States.

In other news ... Darrell Issa threw his support for the Republican nomination for president

behind **Marco Rubio**, the first-term senator from Florida.

"Marco Rubio really is an exciting candidate, and I'm pleased to be able to endorse him and work for him for the presidency," Issa said in an interview on "Fox and Friends." "[Rubio] has been fighting for a lot of the things I believe in, and look, he's not afraid to engage on the hottest subjects," Issa said.

Issa is still the richest man in Congress, with a reported net worth of over \$247 million, \$150 million more than the next richest member of Congress, down from a reported \$357 million last year. Not to worry, though: The decline likely has more to do with the way the data was reported than any actual financial losses.

Duncan Hunter has thrown his support for the Republican nomination for president to **Mike Huckabee**, the former pastor and Arkansas governor.

Disturbed by the lack of living veterans of the Iraq war who have received the Medal of Honor, Hunter last month penned a letter to President Obama inquiring on the matter. While 13 Medals of Honor have been awarded to veterans of the Afghanistan conflict, only four have been awarded to Iraq war veterans, all posthumously. According to Hunter, the process for awarding the Medal of Honor has become "overly politicized."

"The fact that there's not a single living recipient of the Medal of Honor from the war in Iraq is a mystery," Hunter said.

—Andy Cohen is a local freelance writer. Reach him at [ac76@sbcglobal.net](mailto:ac76@sbcglobal.net). ■



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## It's been a fantastic year at The San Diego River Park Foundation!

### Some Highlights from 2015:

- **21,500** volunteer hours on the River
- **1065** kids participated in our education programs
- **136,743** pounds of trash were removed from the River
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# Notes from Toni

## Speaker of the Assembly

Toni G. Atkins



From Dec. 5 through Dec. 11, Paris, France is hosting the 21st Conference of Parties to the United Nations Framework Convention on Climate Change, or COP 21.

Nearly 50,000 heads of state, climate leaders, policy experts, and others from all over the world are expected to attend. The last time a major international climate conference was held was in 2009 in Copenhagen, but it did not result in a major climate agreement.

The purpose of this conference is to reach a new, legally binding international agreement limiting the rise of greenhouse-gas emissions. Specifically, the conference will call for all countries to keep global warming below 2 degrees Celsius. If global warming exceeds 2 degrees Celsius, we can expect more climate extremes, such as severe drought (something Californians know all too well) and intense temperatures globally.

It's important that all nations decrease their climate footprint, use more renewable energy, and reduce greenhouse gases. Climate change is one of the greatest dangers the world faces, so that's why it's so critical that President Barack Obama and Secretary of State John Kerry are leading the U.S. contingent, to show the world that we are committed to reducing our climate impact.

Most heads of state at the conference are national leaders, but because of California's vanguard position on climate — which sets strong renewable-energy goals — our delegation was invited to attend. Governor Jerry Brown, Senate Pro Tem Kevin de Leon and I are leading the California delegation to COP 21.

While many of the international participants are working on the global-warming agreement, one of my priorities will be getting a better understanding of climate change at the local level, particularly its impact on San Diego's military bases.

Climate change increases global instability — leading to more hunger, poverty, and conflict — and creates more severe weather events that threaten military installations, affect training exercises, strain equipment, and endanger supply lines.

But one of the biggest threats to the military is sea-level rise.

The Scripps Institute of Oceanography has found that during the next 35 years, San Diego will be prone to major flooding and massive storms. If we don't act quickly, sea level in our region could be 5 to 24 inches higher by 2050. Implementing effective climate-change policies at the state and local levels is a vital part of the equation. I am proud to have been invited to help represent California, and our national security concerns will be among my areas of focus.

We've all seen post-apocalyptic films with themes about how our lack of action ruins the environment and imperils our future. We all must come together, from international leaders to local farmers, in order to keep those dystopian stories where they belong: Hollywood.

As we move forward in addressing climate change, I hope San Diegans will be an important part of shaping what we do and underscoring the urgency of how soon we need to do it.

**Supporting Becky's House.** The holidays are a festive time, but for anyone who is suffering or struggling to make ends meet, they can be a serious and painful challenge.

That's why I'm happy to join Assembly members Shirley Weber and Lorena Gonzalez on Dec. 16 to host our Holiday Gift-raiser to benefit Becky's House, a housing program for survivors of domestic violence, and Bridges Teen Recovery, a part of Vista Hill Recovery that aids at-risk youth.

Each year, we choose worthy charities and invite friends, constituents and supporters to bring in gifts that will be delivered to our partner for the holidays. Past gift-raiser beneficiaries include Operation Homefront and Promises2Kids.

Becky's House offers one year of transitional housing to help those who have suffered domestic abuse get back on their feet. The YWCA supports the program, which includes life skills training.

Bridges Teen Recovery offers drug and alcohol screening, anger management classes and other intervention programs for young people who are experiencing addiction or mental health issues.

For those wishing to give a gift to Becky's House or Bridges, here is a wish list:

- New comforters, blankets and bed linens (twin only); bath towels; pots and pans, silverware and kitchen utensils; blenders, fans, vacuum cleaners and clocks; double and single baby strollers; new children's toys, and unused coloring books and developmental/learning toys.
- Popular items for girls include those with a "Frozen" theme, Barbies and art supplies. Boys favor balls, Marvel action figures and Legos.
- Diapers and wipes; general personal care products and toiletries (hair products, body soap, razors, deodorant, feminine hygiene products, and other items); gift cards; and tickets to movies, sporting events and theme parks.

We would be thrilled if you could join us as we step up to support Becky's House and Bridges Teen Recovery. The gift-raiser will take place from 5 - 6:30 p.m. Wednesday, Dec. 16 in the Eshleman Auditorium in the State Building, 1350 Front St., San Diego.

**A friend to check in.** YANA stands for You Are Not Alone — a great message for those who find themselves without friends or family to check on them.

The YANA program, offered by San Diego County's Health and Human Services Agency, gives residents the opportunity to sign up to have a senior volunteer check in on them, free of charge. Residents qualify if they live alone and are seniors or disabled. They may be able to take care of themselves day-to-day, but want the security of knowing someone is available to help should there be an emergency.

To sign up, call your local neighborhood police division or San Diego County Sheriff station and ask for the senior volunteer office. Here are contacts in my district:

San Diego Police Central division, 619-744-9500; Mid-City, 619-516-3000; Northern, 858-552-1700, and Western, 619-692-4800. San Diego County Sheriff: Imperial Beach, 619-518-8885, and North Coastal Station, 619-993-2859. The County RSVP office also can help, at 858-505-6399.

—Toni G. Atkins is the Speaker of the California State Assembly. For more information, visit her website, [asmcd.org/speaker](http://asmcd.org/speaker) or follow her on Twitter, @toniatkins. ■

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DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.

Winemaking is occurring in the heart of Hillcrest with the arrival of **Vinavanti Urban Winery**, which opened Dec. 5 in the space that was V Outlet discount store. The venture was moved into the neighborhood from Sorrento Valley by Eric Van Drunen and his fiancée, Clara Brinkmeier. They've created a tasting room, bar, kitchen and production facility. Most of the grapes are sourced from vineyards in San Diego County and Temecula for making a variety of organic, unfiltered, non-sulfite blends such as Malbec and Petite Verdot, Grenache and Mourvedre, Chardonnay and Pinot Grigio, and more. The "small bites" menu includes roasted beets, yellowtail crudo and pork tenderloin. 1477 University Ave., 877-484-6282.



Tender Greens brings its unique aeroponic tower gardens to Mission Valley (Photo by Ellen Lu)

San Diego's fourth location of **Tender Greens**, which opened Dec. 7 in **Westfield Mission Valley** mall, features "aeroponic tower gardens" for growing produce that will appear in certain veggie side dishes. The vertical columns are positioned on the outdoor patio and use 95 percent less water compared to traditional farming methods, according to a company spokesperson. Only a few other locations in the Los Angeles area have implemented the towers. Heading up the Mission Valley kitchen is Peter Balistreri, who worked previously at Tender Greens in Liberty Station and Westfield UTC. The fast-casual eatery, known for its farm-driven fare and bright interiors, can also be found in downtown San Diego. Its latest outpost is located at 1640 Camino del Rio North, Suite FS-7, 619-894-8916.

Chef Aron Schwartz of **Marina Kitchen Restaurant & Bar** snagged the "Chef of the Fest" title at this year's **San Diego Bay Wine + Food Festival** grand tasting, held late last month at **Embarcadero Marina Park North**. His winning dish was bacon-wrapped pork tenderloin with aji chili vinaigrette, which beat out entrees made by four other finalists. Schwartz and his fellow competitors shared a purse of more than \$50,000 in cash and prizes. 333 W. Harbor Drive, 619-699-8222.

Proprietors of the former **Local Habit** in Hillcrest have transformed the space into a colorful Mexican eatery called **La Vecindad**, which focuses primarily on street tacos and ceviche. Menu standouts on a recent visit included tacos filled with bacon-wrapped shrimp, carnitas and beer-battered tilapia. Margaritas are generously portioned, with the shaker served alongside the glass.

Tony Fragoso, who co-owns the restaurant with his brothers Guillermo and Javier, said they closed Local Habit in October because "people didn't respond to the Louisiana-style menu we offered." He describes the current concept as "Mexico City with a little bit of California."

The interior redo shows off vibrant wall colors, picnic tables and whimsical décor that includes garments pinned to a clothesline hanging above the dining area. The full bar was also given a bright makeover. 3827 Fifth Ave., 619-501-2885.

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

Michael Skubic of **Old Harbor Distilling Co.** in the **East Village** is ecstatic over the recent passage of the California Craft Distillers Act of 2015, which goes into effect Jan. 1. The new law lifts restrictions on state distillers, allowing them to conduct private tastings and events, and sell up to three bottles of spirits per consumer, per day. As a result, Skubic is putting the finishing touches on a bar inside his facility, and said it will be ready by the first of the year.

"We'll now be much more like a brew pub rather than just a production facility," he said. "The new bar will make it more comfortable to hang out here, and we'll be able to do cocktails."

Old Harbor's product line currently features gin and Navy-strength rum, which are carried by nearly 150 bars, restaurants and liquor stores in San Diego County. Among the Downtown-area establishments where you can find them are **Gaslamp Tavern**, **Rare Form**, **Juniper & Ivy**, and **Ironside Fish & Oyster**.

Tours of Old Harbor Distilling Co. are conducted by reservation only at 5 and 6 p.m. on Fridays and Saturdays. 270 17th St., 619-630-7048.



Distiller Michael Skubic is excited about a new state law. (Courtesy of Old Harbor Distilling Co.)

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# How to choose your perfect Christmas tree

Gary Jones

Nothing says Christmas like the scent of a fresh-cut tree. But if you've ever had the experience of having a Christmas tree turn brown and brittle well before the holidays, you know that selecting the right tree is a bit of an art.

### Choosing the perfect tree

Three considerations will help make sure your tree is almost as fresh when you take it down as the day you got it. First, purchase a Christmas tree that has been re-cut (after arrival) and is standing in water. In our warm California climate, this is a must to ensure it will retain its freshness. Second, look at trees from all sides. You want a nice shape of course, but just as important, large patches of brown or bare branches tell you the tree has begun to dry out. Finally, your tree should be a vibrant green color. Gently pull your hand along a branch. Only a few needles should come off. If you end up with a handful, choose another tree.

**Which tree is right for me?**

Did you ever wonder what the differences are between the

types of trees on a Christmas tree lot? And why so many kinds are sold? Are some longer-lasting or easier to decorate? The following are the most common types, their characteristics and why they might be best for you.

- **Noble fir:** Bluish-green needles are about 1-inch long and have a silvery appearance. The short, stiff branches are great for heavier ornaments. It keeps well and is used for wreaths and garland.
- **Silvertip fir:** This decorator favorite is sometimes difficult to find. The strong, horizontal branches are layered with plenty of space between them to show off large ornaments. The 1-inch fragrant needles are green with a bluish tint with silvery tips. Botanically, it is known as Red Fir.
- **Douglas fir:** One of the best for fragrance, unfortunately, this tree dries very quickly. It boasts 1-inch to 1 1/2-inches blue to dark green needles. The rather airy and open, flexible branches are not good for heavy ornaments.
- **Grand fir:** Grand fir trees are unique in appearance and thick with fragrant foliage. Its shiny, dark green needles are about 1-inch to 1 1/2-inches long.



Noble fir (Courtesy of Armstrong Garden Centers)

- **Fraser fir:** This tree has dark green, flat needles 1/2-inch to 1-inch long and it features very good needle retention with a nice scent. It has many sturdy branches that are perfect for ornaments.
- **Nordmann fir:** This fir's dark green, 3/4-inch to 1 1/2-inches, flattened needles are shiny and silvery-blue below. This new tree variety is becoming more popular.

### Christmas tree care tips

Use a tree stand that holds at least one gallon of water. Be sure that the water level doesn't drop below the bottom of the trunk or it will develop a seal that prevents water absorption. Also, add a tree preservative to



Fraser fir (Courtesy of Armstrong Garden Centers)

prolong the life and beauty of your tree. Preservative really makes a difference. To prevent drying and fire hazards, be sure to keep your tree away from direct heat sources such as direct sun through windows, candles, fireplaces or heating vents.

—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](mailto:growingdialogue@armstronggarden.com). ■

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► **Millennium**, from page 1

was to create a new mixed-use community that adds to and supports the existing surrounding area. We strove to design a luxury apartment community that residents would be excited to live in at a great location and with top-notch amenity spaces,” Yau said.

“The amount of square footage and variation of amenity spaces is generally more than what we normally see in this project type. There are three different courtyards, a very large pool, and a 4,000-square-foot public plaza that is available to the public as well as residents. Along with that, there is 10,000 square feet of resident amenity space, which includes a yoga room, fitness center, roof decks, lounge spaces, clubroom, business center, aqua lounge and a dedicated kids’ play area.”

The architectural style will be noticeably different from other residential developments along Camino de la Reina.

“I would describe the architecture as California Contemporary,” Yau said. “We are using a combination of natural materials and bold accent colors to give the project vibrancy and appeal.”

“We have a design process for every project in which we explore and examine the existing context and area. With each side of the project having different neighbors, each side had to respond with the look and scale around it. For example, the retail areas are on a lower scale so the build-



A large pool will be a focal point of the Millennium Mission Valley mixed-use project. (Artist rendering courtesy of TCA Architects)

ing steps down to one story to flow with the neighboring properties. Again, with the side against the freeway, we used bolder architectural statements that respond to how the building will be seen and reacted to from the freeway. This creates a more interesting building with multiple faces and varying articulation,” he said.

The project is being marketed as a “modern pedestrian village” in an area of Mission Valley where the traffic crawls during rush hours, weekends and the holiday shopping season. But one block east of the project — on the other side of the Courtesy Chevrolet dealership — is the sprawling Westfield Mission Valley shopping center that is split

in two by Mission Center Road. Within easy walking distance are Trader Joe’s, King’s Fish House, Fuddruckers, Lazy Dog Restaurant & Bar, Gordon Biersch, The Coffee Bean & Tea Leaf, Golfsmith, DSW Designer Shoe Warehouse, Marshall’s, Ultra Beauty and West Elm. However, the bulk of the dining, drinking and shopping is on the east side of Mission Center Road.

For future residents who would prefer to take public transportation, the No. 6 bus stops along Camino de la Reina, including near the intersection with Camino del Arroyo. The No. 6 bus terminates nearby at Fashion Valley Transit Center — and on the other end at 30th Street

and University Avenue in trendy North Park.

“The project will provide an on-site shuttle to the trolley station for all its residents — to get people out of their cars and onto public transportation,” Yau said. “I think residents don’t want to drive anymore, so they take alternative methods as much as possible. If they have access to good public transport, they will take it. We are seeing an increase of bike storage and bike-repair amenities because residents will take advantage of them.”

Bikes can be accommodated on all buses and trolleys, giving riders more options to travel.

TCA’s architecture renderings show a mix of building heights and the number of floors in each building. Yau explained the thinking process about this concept.

“The design responds to and respects the surrounding context in terms of scale and heights,” he said.

“We pulled the mass of the building away from Camino de la Reina and stepping down to a single-story retail to respond to the lower-scale buildings on the street. On the freeway edge, we created a dynamic elevation while respecting sight lines to the Witt Lincoln dealership by also stepping the building down as it got closer to the dealership. Along Camino del Arroyo, we felt stoops and a townhome were appropriate for the quieter, pedestrian nature of the street.”

Along Camino de la Reina will be two single-story retail buildings in keeping with the theme of that immediate area. However, it is not known what type of businesses that the developer is hoping to attract. “Dinerstein is looking for neighborhood-serving uses that are currently missing in Mission Valley. They will begin marketing the space mid-2016 and will have a better idea on possible businesses at that time,” Yau said. Another interesting aspect of the project will be 14 live-work units, something not typically found in Mission Valley. These units will have storefronts, retail awnings, and an open ground floor plan with easy access to the public sidewalks. A mix of punched openings and cantilevered balconies further animate the elevations, providing optimal relief and texture to the design, according to marketing materials.

“We envision having startups,

satellite offices and local businesses as possible tenants in the shopkeeper units,” Yau said. “Most of the units are 1,350 square feet with over 500 square feet dedicated to the ‘shop’ portion. We are really excited about the opportunity these units will provide to individuals and businesses either currently located in Mission Valley or looking to relocate.”

Integrating a dense apartment community into an area that has car dealerships on the east and west sides posed an interesting challenge to TCA. Yau again shared the thinking process.

“The project works to create an urban node of retail and residential uses by creating spaces interior to the site where residents and public can mix in the public spaces fronting Camino de la Reina, but the residents have gathering areas in the courtyards that are more internal and private,” he said. “The townhome and shopkeeper units along Camino del Arroyo work to maintain a lively pedestrian feel, and the handful of units facing the Witt Lincoln car dealership are pulled 40 feet away from the property line, which will also have a lush landscape buffer.”

Yau said the community will have a lot of amenities, but was unsure how much it will cost to live there.

“The rents will be determined by the market at the time they open, which is estimated to be mid-2017,” he said.

Amenities include a yoga room, fitness center, a large pool, roof decks, lounge spaces, clubroom, business center, aqua lounge and a dedicated kids’ play area. Also, there are three different courtyards for residents, and a public plaza, he said.

Some of the amenities will be shared with the public, Yau said.

“There is a public plaza, which is 4,000 square feet, at the center of the project in between the retail spaces. ... Our public plaza is central to the site plan, and offers a direct connection to the public sidewalk,” he said.

Green space will be a premium on the 5.37-acre property.

“Approximately 25,000 square feet of residential green space with uses such as a ‘swim and play’ courtyard with pool and spa, an ‘entertainment’ courtyard with barbecues, a firepit and seating areas, and two ‘relaxation’ courtyards with passive seating and gathering areas. The approximately 4,000-square-foot public plaza is centrally located to the site, fronting Camino de la Reina, and is a landscape and hardscaped space for public gathering,” Yau said.

As with many properties in Mission Valley near the San Diego River, Millennium Mission Valley is within the flood zone.

“The entire site falls within the FEMA 100-year flood zone,” Yau said. “The entirety of the site is being raised above the existing grade so that it is 1 foot above the 100-year flood zone.”

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► **Legacy**, from page 1

ue to train an army for God who will then be able to train others,” Cerullo’s website states.

The ambitious project has so far flown under the media’s radar. The Mission Valley Planning Group (MVPG) and its Design Advisory Board (DAB) were given informational presentations at their meetings earlier this year, and the DAB criticized the project’s initial “Ancient Rome” architectural style and its overuse of domes for not fitting into the neighborhood.

“This project has not received much attention,” said John W. Nugent, a member of the planning group. “The last time the MVPG reviewed it, briefly, was March 2015.

“I believe that if the community was aware of the project, there would be a great deal of interest, and some opposition,” he said.

The project — and its revised design style that has been updated to reflect a more traditional Mediterranean/Tuscan motif — will be formally presented to the Design Advisory Board at 3:30 p.m. Jan. 4 and the planning group at noon Jan. 6. Both sessions will be at the Mission Valley Library, located at 2123 Fenton Parkway.

The project’s first big hurdle will be the completion of the Environmental Impact Review (EIR). The public comment period will end on Jan. 15, Nugent said. To review 10 lengthy documents related to the EIR, visit



Artist’s rendering of the proposed Morris Cerullo Legacy International Center at 875 Hotel Circle South, viewed from east-bound Interstate 8 (From document presented to Mission Valley Planning Group)

bit.ly/1XQvuJo.

The proposed Legacy Center would include six buildings:

- The Welcoming Center, a two-story, 17,000-square-foot structure. According to Cerullo’s website: “Through a stunning multi-media presentation, visitors will witness the drama of God imparting into Morris Cerullo’s spirit that His heartbeat is wrapped up in one word — SOULS. The center of the Rotunda will feature an immense, life-sized mural that will lead visitors through the amazing life and ministry of Morris Cerullo.”
- History Dome Theater and artifact museum, comprising 30,000 square feet.
- The underground Catacombs, 6,000 square feet of retail space and a learning center.
- Training Center Pavilion,

totaling 105,000 square feet and including a grand foyer, learning center, retail gift shop, restaurant, theater, TV studio and a wellness center.

- Timeshare Legacy Village, 127 timeshare units in a five-story structure totaling 136,000 square feet that will be located on the far southeast portion of the property.
- Executive offices, a three-story building providing 23,000 square feet of office space.

A 300-seat amphitheater with a raised stage will be built between the main buildings and the timeshares.

An underground parking structure with 314 stalls will take up 114,000 square feet and an above-ground parking structure with 280 stalls will be 94,000 square feet.

A central plaza and outdoor

water feature is planned, along with a large outdoor swimming lagoon. It is not known at this time if California’s drought restrictions will impact the water feature, which project officials said was being considered as a way to mitigate noise from the nearby freeway.

According to the planning group, “The proposed mixed-use project requires a Process Five Community Plan Amendment, Atlas Specific Plan Amendment, Rezone, Site Development Permit, Planned Development Permit, Conditional Use Permit and Vesting Tentative Map to construct a mixed-use development with religious, non-denominational, faith-based entertainment Center, Museum, timeshare, administrative, recreational and commercial uses.”

So who is Morris Cerullo? He was born to Russian Jewish and Italian parents on Oct. 2, 1931 in Passaic, New Jersey. He was orphaned at age 2 when his parents died in a car crash, and sent to an Orthodox Jewish orphanage. But he became a Christian during his teenage years, eventually embracing the Pentecostal faith and becoming ordained in the early 1950s by the Assemblies of God. He is the founder of the Morris Cerullo World Evangelism as well as the Morris Cerullo Schools of Ministry.

Cerullo made a big splash in 1990 when he bought the assets of televangelist Jim Bakker’s bankrupt ministry, PTL. Among those assets, the bankruptcy court approved Cerullo’s \$7 million offer to buy PTL’s cable TV operation, The Inspiration Network, and which has since been spun into a new en-

tity called The Inspiration Networks. Cerullo’s son, David, is president and CEO of that company, which is based in Charlotte, North Carolina.

Throughout his pastoral career, Cerullo has been dogged by controversies. His Schools of Ministry have been set up in Europe, Africa, Asia and Latin America to convert the natives to his brand of Christianity. His claims of being a faith healer and miracle worker have come into dispute, particularly in the United Kingdom where a BBC documentary told the story of a woman who believed Cerullo healed her of epilepsy, so she stopped taking her medication and died.

In 1992, Cerullo was expelled from India after disturbances tarnished his large rallies where he vowed to heal people, according to the Times of India. When audience members were not healed of their afflictions, the crowd turned against the televangelist and called him a “cheat.” The San Diego Union-Tribune later reported on Cerullo’s banishment from India.

Cerullo has also come under fire from rabbis for his efforts to convert Jews to his faith.

Then there are accusations that Cerullo underrepresented his income from 1998 through 2000, and he was indicted by a grand jury. But in 2007, the U.S. District Court, Southern District of California, dismissed charges against Cerullo of filing a false tax return on a technicality after the prosecutor gave inadequate and inaccurate explanations to the grand jury.

Cerullo is also outspoken in his opposition to abortion and same-sex marriage — urging his followers to ignore the U.S. Supreme Court ruling in June — as well as LGBT rights.

To learn more about the ministry, visit its website at bit.ly/1XXcrI2.

To read more about Cerullo’s vision for the Legacy Center, which appears somewhat different from public documents submitted to the city, visit bit.ly/1R5W8tp and bit.ly/11Qu5Go.

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(l to r) Drake Snyder, Matt Snyder, Dani Snyder, Rosie Conklin, Dennis Conklin and Devon Snyder (Courtesy of c3 Communications)

## Eyelash salon celebrates grand opening in Fenton Marketplace

Amazing Lash Studio, a company with salons nationwide, has opened its first San Diego location — in Mission Valley.

The grand opening was celebrated on Dec. 4 at the salon in Fenton Marketplace, located at 2169 Fenton Parkway, Suite 104.

Amazing Lash Studio was founded in 2010 by Edward and Jessica Le in Houston, Texas. In 2014, John Leonesio became the

CEO to franchise the concept nationally and internationally.

“Amazing Lash Studio is taking the beauty industry by storm for its ability to provide time and resource constrained women with beautiful, long-lasting, natural-looking eyelashes in approximately one hour,” Dani Snyder, San Diego and Imperial County regional developer, said in a statement. “We are so excited to bring the

concept to San Diego and Inland Empire opening the first locations in both markets this winter.”

Snyder said there will be a total of 15 locations to open in San Diego with another 15 Amazing Lash Studio locations to be developed in the Inland Empire.

For more information or to book an appointment, call 619-485-3388. Also visit amazinglashstudio.com. ■

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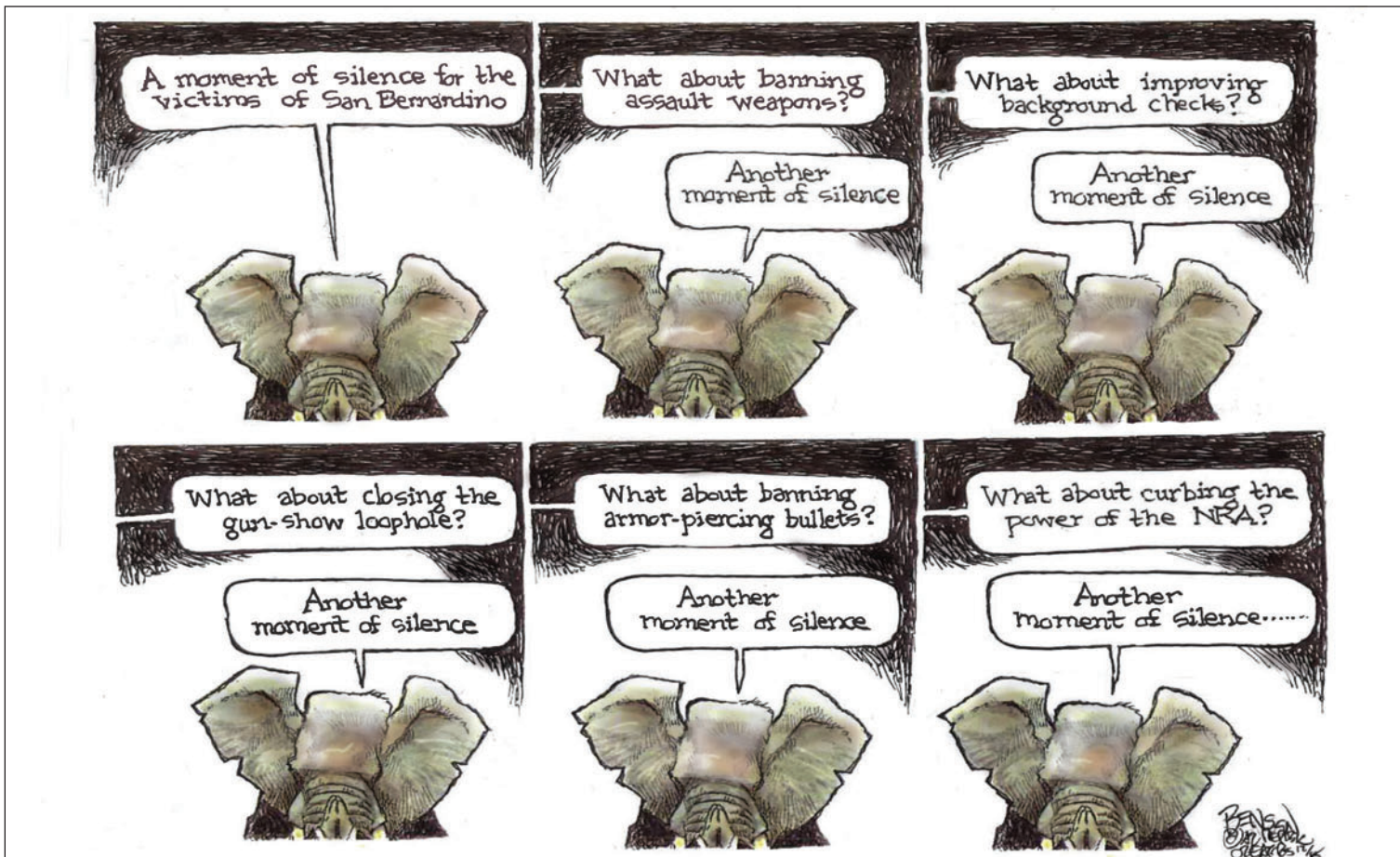
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## EDITORIAL

# Snoopy plates are for everyone

Toni G. Atkins



He's a champion ice skater, bowler, and skateboarder; a world famous attorney, astronaut, and arm wrestler; and, most famously, a World War I flying ace.

Of course, that's all when he's not busy just being the beagle that belongs to that round-headed kid.

October marked 65 years (or 455 if you count in dog years) since Snoopy skated, flew, and happy-danced onto the comic pages and into hearts all over the world. That anniversary provides a good opportunity to remind everyone about California's new Snoopy license plate.

The Snoopy Plate was created following legislation in 2013. Proceeds from the sales go to the California Cultural and Historical Endowment to help museums make capital improvements to their facilities, which helps keep their doors open to the public.

The new license plate shows Snoopy doing his famous happy dance, and we are grateful to Jean Schulz, the widow of "Peanuts" creator Charles M. Schulz, for donating the image. The bottom of the license plate reads "museums are for everyone."

As an art lover himself (he favored Van Gogh and Andrew Wyeth), Snoopy is the perfect beagle to lend his support to our museums.

To get the Snoopy plates into production, we need a minimum of 7,500 to be or-

dered. Right now, we still need about 900 orders. Once the plates are in production and people begin to see them on the state's streets and highways, we expect orders to soar about as high as a well-maintained Sopwith Camel.

To help spread interest in the Snoopy Plate, more than 80 California museums are joining together and offering free or discounted admissions — worth a total of more than \$1,000 — to anyone who becomes a "Beagle Backer," someone who orders an initial plate and helps us reach the 7,500 mark. These one-time admissions will be good for up to a year after the goal is reached.



San Diego-area organizations participating in the Beagle Backer program include the Museum of Contemporary Art, the Museum of Photographic Art, the Mingei International Museum, and the Japanese Friendship Garden.

With football season underway, the California Museum in Sacramento is also hosting a special exhibit, "Pigskin Peanuts," featuring the gang hitting the gridiron — including Snoopy (as both the fiendish Mad Punter and Woodstock's long-suffering coach) and Charlie Brown trying every Autumn to kick that football. The museum also has plenty of information on hand on how to get a Snoopy Plate.

Snoopy plates start at \$50 for a sequential license plate, but you can also buy a personalized plate for \$98.

There's even a gift certificate option at Snoopyplate.com, so you can surprise loved ones who are Snoopy fans, museum supporters, or both.

This is prime Snoopy time.

In addition to the 65th anniversary in October, we also waited once again for the Great Pumpkin to rise on Halloween night. This month, a new "Peanuts" movie is helping create even more fans. And for the holidays, Snoopy made his 39th appearance in Macy's Thanksgiving Day Parade and December will be the 50th anniversary of "A Charlie Brown Christmas."

What better time to order a Snoopy Plate and help ensure that California museums can continue to reach future generations?

We encourage everyone — whether or not you are a world famous champion — to become a Beagle Backer and order a Snoopy Plate for your car. It honors one of the greatest characters in the comics and it helps a good cause. And who knows? It may even put you in the mood for a happy dance.

—Toni Atkins is the Speaker of the California Assembly and the author of the bill creating the Snoopy License Plate. Greg Evans is the award-winning creator of the comic strip Luann, which is celebrating its 30th anniversary this year. ■

## POLL



## Poll of the Month

### Last Month's Question:

How do you cope with mall traffic during the holidays?

- 43% Seek alternative routes
- 29% Grin and bear it
- 28% Use public transit more

### This Month's Question:

Should Congress get serious about gun control?

- ☐ Yes
- ☐ No
- ☐ Undecided

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



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

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# This year's winners

Mission Valley is centrally located in San Diego, a vibrant and growing community that is an epicenter for upscale shopping, fine dining, sports events, entertainment venues, and hotels and hospitality centers.

We recently asked readers of Mission Valley News to tell us their favorite restaurants, bars and retail businesses found throughout Mission Valley or beyond.

Mission Valley News is published on the second Friday of the month and is mailed to all homes and businesses in the 92108 ZIP code, as well as delivered to the Mission Valley Library and other high-traffic locations.

Our readers voted on a number of categories, such as best beer, breakfast, burger, dinner, sports bar, auto dealer, gym/health club, massage, pet boarding, real estate office and veterinarian.

Inside, Mission Valley News has devoted nine pages to showcase this year's reader-chosen winners of gold and silver honors. Some of the winners have been around for a long time, and some are new on the scene. To each of our winners, we extend a heartfelt congratulations on your Best of Mission Valley award and we hope our loyal readers — and your loyal customers — continue to show you patronage and appreciation for years to come.



Which Wich



Leo Morales of Wawanesa Insurance



New Children's Museum



Stuart Benjamin Jewellers



Cafe Sevilla



Chuze Fitness

See BEST OF page 12

Stuart Benjamin and Co.  
**Holiday Savings Event**  
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Gabriel & Co. vintage inspired  
diamond ring with 14k gold  
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Denny Wong ring with tanzanite and tsavorite  
stones set in 18k white gold & yellow gold  
Retail \$3,700 less \$500 in Savings = \$3,200

EARRINGS  
Blue topaz & blue sapphire w/ diamonds  
and white gold  
Retail \$1,050 less \$200 in Savings = \$850

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Gabriel & Co. diamond necklace  
set in 14k white gold  
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**Carlsbad**  
2521 Palomar Airport Rd., Ste 106  
Carlsbad CA 92011  
760-929-0959  
roosterscarlsbad.com





► **Best Of**, from page 11

Gold winners listed first,  
followed by silver winners.

### Dining & Entertainment

#### American Cuisine

**Albie's Beef Inn**  
1201 Hotel Circle South  
San Diego, CA 92108  
albiesbeefinn.com  
619-291-1103

**Mission Valley Café**  
Camino Del Rio South  
San Diego, CA 92108  
sandiegohomecooking.com  
619-291-4100

#### Bakery

**Babycakes**  
3766 Fifth Ave.  
San Diego, CA 92103  
babycakesandiego.com  
619-296-4173

**Corner Bakery Café**  
1025 Camino Del Reina,  
San Diego, CA 92108  
cornerbakerycafe.com  
619-692-0423

#### Barbeque

**Phil's BBQ**  
3750 Sports Arena Blvd.  
San Diego, CA 92110  
philssbbq.net  
619-226-6333

**Wood Ranch BBQ & Grill**  
7510 Hazard Center Drive  
San Diego, CA 92108  
woodranch.com  
619-764-4411

#### Beer

**Oggi's Mission Valley**  
2245 Fenton Parkway  
San Diego, CA 92108  
missionvalley.oggis.com  
619-640-1072

**Gordon Biersch**  
5010 Mission Center Road  
San Diego, CA 92108  
gordonbiersch.com  
619-688-1120

#### Billiards

**On Cue Billiards**  
8308 Parkway Drive  
La Mesa, CA 91942  
go.goplaypool.com  
619-463-8759

**True North Tavern**  
3815 30th St.  
San Diego, CA 92104  
truenorthtavern.com  
619-291-3815

#### Breakfast

**The Broken Yolk Café**  
1760 Camino Del Rio North,  
San Diego, CA 92008  
thebrokenyolkcafe.com  
619-574-9655

**Brother's Family Restaurant**  
3940 Fifth Ave.  
San Diego, CA 92103

brothersalliedgardens.com  
619-287-0880

#### Brunch

**Baja Betty's**  
1421 University Ave.  
San Diego, CA 92103  
bajabettyssd.com  
619-269-8510

#### Great Maple

1451 Washington St.  
San Diego, CA 92103  
thegreatmaple.com  
619-255-2282

#### Burger

**In-N-Out Burger**  
2005 Camino Del Este,  
San Diego, CA 92108  
in-n-out.com  
(800) 786-1000

**Mr. Peabody's Burgers & Ale**  
6110 Friars Road  
San Diego, CA 92108  
peabodyrocks.com  
619-542-1786



#### Mr. Peabody's

6110 Friars Road, Suite 108  
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Mr. Peabody's is what you always knew and loved. Our vibe is an inviting and cheerful atmosphere, where all are welcome.

We offer original recipes, a happy and friendly staff, with a "Cheers" ambiance. In the ever-changing restaurant industry of newer, bigger and better, we are maintaining what has consistently worked. We are more than just great food; our staff is comprised of vibrant, happy people who love Peabody's as much as we do! We are much more than co-workers, we are FAMILY!

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Join our Peabody's family!

Compare our prices and quality – you will be hooked.

We have daily menu and drink specials, monthly seasonal menu items, full bar, and the best beers on tap.

Open 7 days – breakfast served till 4 p.m.

#### Burrito

**Lolita's Restaurant**  
202 Park Blvd.  
San Diego, CA 92101  
lolitasmexicanfood.com  
619-269-6055

#### El Indio Mexican Restaurant & Catering

3695 India St.  
San Diego, CA 92103  
elindiosandiego.com  
619-299-0385

#### Business Lunch

**Bully's East**  
2401 Camino Del Rio South  
San Diego, CA 92108  
bullyseastsd.com  
619-291-2665

#### Bully's East

2401 Camino Del Rio South  
San Diego, CA 92108  
619-291-2665  
bullyseastsd.com

A San Diego tradition since 1971, Bully's is known for superior quality, exceptional value and of course, friendly service!



Bully's features award-winning prime rib, fresh seafood, steaks, ribs, sandwiches and a children's menu. Whether it is brunch, lunch or dinner served late, it's sure to be a pleasurable dining experience.

Join us for daily specials, football specials, our Saturday mimosa special, and Monday Night Football specials.

You will see the reason why we won the awards, we are special!

#### University Club Atop Symphony Towers

750 B St. #3400  
San Diego, CA 92101  
clubcorp.com  
619-234-5200

#### Casino

**Viejas Casino & Resort**  
5000 Willows Road  
Alpine, CA 91901  
viejas.com  
619-445-5400

#### Barona Resort & Casino

1932 Wildcat Canyon Road  
Lakeside, CA 92040  
barona.com  
619-443-2300

#### Casino Buffet

**Barona Resort & Casino**  
1932 Wildcat Canyon Road  
Lakeside, CA 92040  
barona.com  
619-443-2300

#### Sycuan Casino

5485 Casino Way  
El Cajon, CA 92019  
sycuan.com  
619-445-6002

#### Casual Dining

**The Kebab Shop**  
1570 Camino De La Reina,  
San Diego, CA 92108  
thekebabshop.com  
619-491-0279

#### Tender Greens

110 W Broadway  
San Diego, CA 92101  
tendergreens.com  
619-795-2353

#### Chinese Cuisine

**P.F. Chang's**  
7077 Friars Road  
San Diego, CA 92108  
pfchang.com  
619-260-8484

#### Kip's Café

1190 N. Second St.  
El Cajon, CA 92021  
kipscafe.com  
619-442-1211

#### Cocktail

**Albie's Beef Inn**  
1201 Hotel Circle South  
San Diego, CA 92108  
albiesbeefinn.com  
619-291-1103

See COCKTAIL page 13 →

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► **Cocktail**, from page 12

**Martinis Above Fourth Table + Stage**  
3940 Fourth Ave.  
San Diego, CA 92103  
martinisabovefourth.com  
619-400-4500

**Coffee Shop**  
**Lestat's Coffee House**  
3343 Adams Ave.  
San Diego, CA 92116  
lestats.com  
619-282-0437

**Milano Coffee Company**  
8685 Rio San Diego Drive  
San Diego, CA 92108  
milanocoffeecompany.com  
619-688-1882

**Comedy Club**  
**American Comedy Club**  
818 Sixth Ave.  
San Diego, CA 92101  
americancomedyco.com  
619-795-3858

**The Comedy Palace**  
8878 Clairemont Mesa Blvd.  
San Diego, CA 92123  
thecomedypalace.com  
858-573-9067

**Comfort Food**  
**San Diego Chicken Pie Shop**  
2633 El Cajon Blvd.  
San Diego, CA 92104  
sdpieshop.menutoeat.com  
619-295-0156

**Hodad's**  
5010 Newport Ave.  
San Diego, CA 92107  
hodadies.com  
619-224-4623

**Dance Club**  
**Rich's San Diego**  
1051 University Ave.  
San Diego, CA 92103  
richssandiego.com  
619-295-2195

**Fluxx**  
500 Fourth Ave.  
San Diego, CA 92101  
fluxxsd.com  
619-232-8100

**Deli**  
**Jersey Mike's Subs**  
8590 Rio San Diego Drive  
San Diego, CA 92108  
jerseymikes.com  
619-291-1122

**Trolley Stop Deli**  
8363 Center Drive #8  
La Mesa, CA 91942  
trolleystopdeli.com  
619-697-3354

**Dessert**  
**Extraordinary Desserts**  
2929 Fifth Ave.  
San Diego, CA 92103  
extraordinarydesserts.com  
619-294-7001

**San Diego Desserts**  
5987 El Cajon Blvd.  
San Diego, CA 92115  
bistrosixtysd.com  
619-287-8186

**Dinner**  
**Café Sevilla**  
353 Fifth Ave.  
San Diego, CA 92101  
cafesevilla.com  
619-233-5979



**Café Sevilla**  
353 Fifth Ave.  
San Diego CA 92101  
619-233-5979 | cafesevilla.com

Café Sevilla has been dedicated to providing the true essence of Spanish culture, music and cuisine since 1987. Located in the heart of Downtown San Diego in the Gaslamp Quarter, Café Sevilla is proud to offer the most authentic Spanish ambiance in their tapas bar, restaurant and nightclub.

Café Sevilla specializes in Spanish tapas or small plates, which are great for a sharable dining experience. Menu offerings include a variety of tapas to include ceviche, empanadas, calamari, Spanish meatballs, stuffed dates, patatas bravas and tortilla Espanola. Main dishes include a variety of paellas, fresh seafood and savory meat dishes. We also feature a large variety of Spanish wines and refreshing sangrias.

Café Sevilla offers live entertainment in the tapas bar every night of the week, salsa dance classes, lunch offerings, a great happy hour, late night dining until 1:30am on Friday and Saturday nights and a Flamenco Dinner Show every Saturday night at 7 p.m.

See **DINNER** page 14 —————>

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► **Dinner**, from page 13

**Tender Greens**  
110 W Broadway  
San Diego, CA 92101  
tendergreens.com  
619-795-2353

**Donut Shop**  
**The Donut Bar**  
631 B St.  
San Diego, CA 92101  
donutbarsandiego.com  
619-255-6360

**Rose Donuts**  
5201 Linda Vista Road,  
San Diego, CA 92110  
rosebakerycafe.net  
619-294-8856

**Family Restaurant**  
**Patty's Café**  
6155 Lake Murray Blvd.  
La Mesa, CA 91942  
pattyscafe.com  
619-462-1922

**Mission Valley Café**  
967 Camino Del Rio South  
San Diego, CA 92108  
sandiegohomecooking.com  
619-291-4100

**Farmers Market**  
**Hillcrest Farmers Market**  
3960 Normal St.  
San Diego, CA 92103  
hillcrestfarmersmarket.com  
619-299-3330

**Ocean Beach Farmers Market**  
Newport Avenue  
San Diego, CA 92107  
oceanbeachsandiego.com  
619-279-0032

**Fast Food**  
**In-N-Out Burgers**  
2005 Camino Del Este  
San Diego, CA 92108  
in-n-out.com  
(800) 786-1000

**Which Wich**  
**Superior Sandwiches**  
7610 Hazard Center Drive  
Suite 501  
San Diego, CA 92108  
whichwich.com  
619-686-9424



**Which Wich**  
**Mission Valley Hazard Center**  
7610 Hazard Center Dr. Suite 501  
San Diego, CA 92108  
619-686-9424

**hazardcenter@whichwich.net**  
Which Wich is known for its creative ordering system. Guests use red Sharpies® to mark up pre-printed menus on sandwich bags. They select a sandwich from one of 10 categories, then choose the bread, cheese, spreads, and toppings. The sandwiches are prepared to guests' exact specifications, toasted to perfection and delivered in the now-personalized sandwich bags.

After they've enjoyed their wiches, guests are encouraged to draw on their bags using red



Sharpies and hang their "art-work" on the community wall. In addition to customized wiches, customers can enjoy hand-dipped shakes, signature house chips, and just-out-of-the-oven cookies in an edgy, yet magnetic environment.

Which Wich locations provide newspaper reading stations, free Wi-Fi, and a community wall showcasing the sandwich bag artwork. Hours are Monday through Saturday, 9 a.m. – 9 p.m. and Sunday, 9 a.m. – 8 p.m.

**Fine Dining**  
**Donovan's**  
**Steak & Chop House**  
570 K St.  
San Diego, CA 92101  
donovanssteakhouse.com  
619-237-9700

**A.R. Valentien, The Lodge At Torrey Pines**  
11480 N Torrey Pines Road  
La Jolla, CA 92037  
arvalentien.com  
858-777-6635

**French Cuisine**  
**Café Chloe**  
721 Ninth Ave.

San Diego, CA 92101  
cafechloe.com  
619-232-3242

**Bleu Boheme**  
4090 Adams Ave.  
San Diego, CA 92116  
bleuboheme.com  
619-255-4167

**Greek Cuisine**  
**Troy's Greek Restaurant**  
10450 Friars Road  
San Diego, CA 92120  
troysgreekrestaurant.com  
619-281-7741

**Meze Greek Fusion**  
345 Sixth Ave. San Diego, CA 92101  
gaslampmeze.com  
619-550-1600

**Happy Hour**  
**Martinis Above Fourth Table + Stage**  
3940 Fourth Ave.  
San Diego, CA 92103  
martinisabovefourth.com  
619-400-4500

**Bully's East**  
2401 Camino Del Rio South  
San Diego, CA 92108  
bullyseastsd.com  
619-291-2665

**Health Food Store**  
**Jimbo's...Naturally!**  
92 Horton Plaza,  
San Diego, CA 92101  
jimbos.com  
619-308-7755

**Windmill Farms**  
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San Diego, CA 92120  
organicfood-sandiego.com  
619-287-1400

**Hot Wings**  
**Hooters**  
1400 Camino De La Reina  
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westcoasthooters.com  
619-299-4668

**Wings-N-Things**  
3194 Midway Drive  
San Diego, CA 92110  
wingsnthings.com  
858-576-2526

**Indian Cuisine**  
**Punjabi Tandoor**  
9235 Activity Road # 111  
San Diego, CA 92126  
punjabitandoor.com  
858-695-0956

**Tandoori Hut**  
3890 Fifth Ave.  
San Diego, CA 92103  
tandoorihutca.com  
619-295-4488

**Irish Pub**  
**Hooley's Irish Pub**  
5500 Grossmont Center  
Drive  
La Mesa, CA 91942  
hooleys.com  
619-713-6900

**Shakespeare's Pub & Grille**  
3701 India St.  
San Diego, CA 92103  
shakespearepub.com  
619-299-0230

See **BEST OF** page 15 →

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MISSION VALLEY News  
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BEST OF  
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CA 92101  
sorrentoristoranteandpizze-  
ria.com  
619-546-0365

Bice Ristorante

425 Island Ave.  
San Diego, CA 92101  
bicesandiego.com  
619-239-2423

Japanese Cuisine

**Sushi Bar Kazumi**  
10330 Friars Road #114  
San Diego, CA 92120  
619-281-6448

Sushi Kuchi

4475 Mission Blvd.  
San Diego, CA 92109  
sushikuchi.com  
858-270-1986

Jazz Bar

**Croce's Park West**  
2760 Fifth Ave.  
San Diego, CA 92103  
crocesparkwest.com  
619-233-4355

House of Blues San Diego

1055 Fifth Ave.  
San Diego, CA 92101  
houseofblues.com  
619-299-2583

Late Night Dining

**Cafe Sevilla**  
353 Fifth Ave.  
San Diego, CA 92101

cafesevilla.com  
619-233-5979

**Brian's 24**  
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San Diego, CA 92101  
brians24.com  
619-702-8410

Live Music Venue

**House of Blues San Diego**  
1055 Fifth Ave.  
San Diego, CA 92101  
houseofblues.com  
619-299-2583

**Humphreys**  
**Concerts by the Bay**  
2241 Shelter Island Drive  
San Diego, CA 92106  
humphreysconcerts.com  
619-224-3577

Lunch

**Jersey Mike's Subs**  
8590 Rio San Diego Drive  
San Diego, CA 92108  
jerseymikes.com  
619-291-1122

**Hodad's**  
5010 Newport Ave.  
San Diego, CA 92107  
hodadies.com  
619-224-4623

**Margarita**  
**Casa De Pico**  
5500 Grossmont Center  
Drive  
La Mesa, CA 91942  
casadepico.com  
619-463-3267



**Casa de Pico**  
5500 Grossmont Center  
Drive  
La Mesa, CA 91942  
619-463-3267  
casadepico.com

Casa de Pico is San Diego County's ultimate Mexican dining experience.

A Grossmont Center landmark for the last 10 years, Casa de Pico was originally opened by Diane Powers in 1971 in Old Town, San Diego.

With award-winning, authentic cuisine, festive atmosphere, strolling mariachis and world-famous Birdbath Margaritas, Casa de Pico is the perfect place for a romantic evening getaway, special gathering with family and friends, or office party.

The fiesta begins when you

walk through the door. Filled with vivid colors, authentic folk art and a heated outdoor patio lush with tropical plants, colorful flowers and giant splashing fountain, Casa de Pico brings the very best in Mexican culture. Its regional and traditional food, frosty margaritas and handmade tortillas depict the true spirit of Mexico.

Excellent service, vibrant atmosphere, delicious cuisine and refreshing margaritas – just a few reasons Casa de Pico has been named “Best Mexican Cuisine” and “Best

Margarita” by Mission Valley readers.

**La Puerta**  
560 Fourth Ave.  
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lapuertasd.com  
619-696-3466

Martini

**Martinis Above Fourth Table + Stage**  
3940 Fourth Ave.  
San Diego, CA 92103  
martinisabovefourth.com  
619-400-4500

**Albie's Beef Inn**  
1201 Hotel Circle South  
San Diego, CA 92108  
albiesbeefinn.com  
619-291-1103

Mexican Cuisine

**Miguel's Cocina**  
2444 San Diego Ave.  
San Diego, CA 92110  
miguel-s-cocina.com

619-298-9840

**Casa de Pico**  
5500 Grossmont Center  
Drive  
La Mesa, CA 91942  
casadepico.com  
619-463-3267

Micro Brewery

**Oggi's Mission Valley**  
2245 Fenton Parkway  
San Diego, CA 92108  
missionvalley.oggis.com  
619-640-1072

**Bolt Brewery**  
8179 Center St.  
La Mesa, CA 91942  
boltbrewery.com  
619-303-7837

New Restaurant

**Tender Greens (tie)**  
2400 Historic Decatur Road  
San Diego, CA 92106  
tendergreens.com  
619-226-6254

Sorrento Ristorante (tie)

1646 India St.  
San Diego, CA 92101  
sorrentoristoranteandpizze-  
ria.com  
619-546-0365

Nightclub

**Fluxx**  
500 Fourth Ave.  
San Diego, CA 92101  
fluxxsd.com  
619-232-8100

See NIGHTCLUB page 16 —————>



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► **Nightclub**, from page 15

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richssandiego.com  
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619-220-5040

**Sorrento Ristorante**  
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San Diego, CA 92101  
sorrentoristoranteandpizze-  
ria.com  
619-546-0365

**Pet Friendly Dining**  
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1202 Camino Del Rio North  
San Diego, CA 92108  
lazydogrestaurants.com

619-481-619-1

**Waterfront Bar & Grill**  
2044 Kettner Blvd.  
San Diego, CA 92101  
waterfrontbarandgrill.com  
619-232-9656

**Pizza**  
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San Diego, CA 92101  
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ria.com  
619-546-0365

**Luigi Pizzeria**  
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pizzarialuigi.com  
619-294-9417

**Romantic Dining**  
**Mister A's**  
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San Diego, CA 92103  
asrestaurant.com  
619-239-1377

**Marine Room**  
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La Jolla, CA 92037  
marineroom.com  
858-459-7222

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manchestergrand.hyatt.com  
619-232-1234

**RoofTop 600 at Andaz**  
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San Diego, CA 92101  
rooftop600.com  
619-814-2060

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tendergreens.com  
619-226-6254

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truefoodkitchen.com  
619-810-2929

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San Diego, CA 92108  
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**Seafood**  
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San Diego, CA 92108  
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San Diego, CA 92110  
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619-224-2871

**Sports Bar**  
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missionvalley.oggis.com  
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La Mesa, CA 91942  
johnnybsburgersandbrew.  
com  
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bullyseastsd.com  
619-291-2665

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See **BEST OF** page 17 →

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thepurplemint.com  
619-280-3388

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619-298-7220

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See BANK page 18 →

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► **Bank**, from page 17

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calcoast.com  
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**Mission Hills Bike Shop**  
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San Diego, CA 92103  
No website  
619-296-0618

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619-283-1926

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shoppigment.com  
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We also give back to the communities where we have facilities. Besides recently sponsoring a funds matching donation to Rady Children's Hospital, San Diego, we also offered free car washes to all military veterans and active duty military on Veterans Day. We also donate to various local charities including community groups, churches, little league teams and other nonprofits around San Diego.

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619-281-7800



**Dorris Chiropractic**  
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Thank you voting Dorris Chiropractic 2015's Best Mission Valley Chiropractor.

At Dorris Chiropractic, we are more than just a chiropractic clinic. We employ tailored treatment programs to meet your individual needs. Whether you are an experienced athlete, a busy business executive, or a parent simply trying to keep up with your kids, we understand what it means to be performing at your best.

At Dorris Chiropractic, we utilize a variety of techniques to get you the best results in the shortest time. A typical visit with us includes chiropractic adjustments for your spine and extremities as well as massage and stretching techniques to help your adjustments hold longer. Additionally, we also equip our patients with therapeutic exercises to help maximize your recovery while minimizing the risk for recurring injuries.

Thank you again Mission Valley. I look forward to helping you reach your health goals. Dr. Andrea Dorris, DC

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ucsd.edu  
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No website  
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changesplasticsurgery.com  
858-720-1440

See **COSMETIC SURGEON** page 19 →

► **Cosmetic Surgeon,**  
from page 18

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ljsc.com  
858-452-1981

**Credit Union**  
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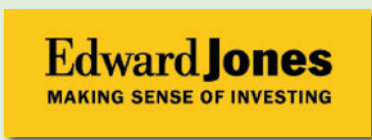
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wcobgyn.com/team.aspx  
858-277-9378

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Contact Jake Sutton, your Edward Jones financial advisor, at 619-235-4219.

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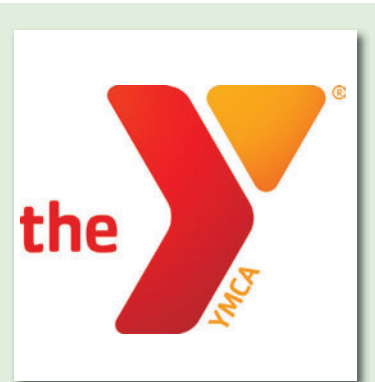
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619-298-3576



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mission-valley  
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San Diego, CA 92101  
No website  
619-233-8600

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619-583-7963

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lowes.com  
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San Diego, CA 92101  
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**Wawanesa**  
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► **Optometrist**, from page 19



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See **PROPERTY** page 21 —————>

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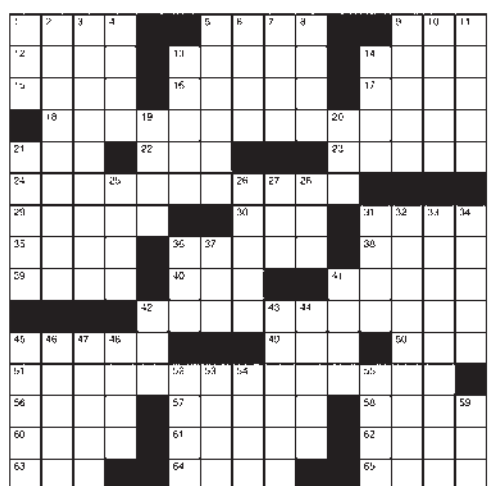
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## MVN Puzzles

### Crossword Solutions on page 27



- ACROSS**
- Grime
  - Sharp tooth
  - Morning hrs.
  - Unique thing
  - Wrap
  - Inspired
  - Regarding
  - Tropical vine
  - Feminine pronoun
  - Wife of Bath's story, for one
  - Mogul Onassis
  - Shaq's shoe width
  - Poly ending
  - Torturous track exercises
  - Heads
  - Me: Fr.
  - Sincere
  - Composer Jerome
  - Shred Locatelli
  - Dull pain
  - To be: L.
  - Haul
  - Computer company in the chips
  - Sluggish's triumphant gait
  - Mr. T's group
  - Ltd. kin
  - Curved letter
  - Grange's moniker, after The
  - Charles' dog
  - orange
  - Mil. branch
  - Load cargo
  - Prevent
  - Greek letter
  - Sly
  - Kernel
  - Greek peak
  - Responded to the alarm
  - Physics force measure
  - Counterpart
  - Negator's word
  - Business apparel
  - Desire
  - Cinemadornas
  - Dimming devices
  - Defrosts
  - '60s sports car
  - Pirate's drink
  - Ruler part
  - Dr. payment plan
  - Fixed, as an election
  - He maddened Madison
  - Breathless
  - Flavor
  - Singer John
  - There oughta be
  - Herds of whales
  - Clairvoyant's words
  - Jean d'Arc
  - Greek liqueur
  - Air-traffic agency
  - Edmond O'Brien film
  - Writes in a yearbook
  - Fees paid to lawyers
  - Disney sci-fi film
  - More just
  - Saudi native
  - Half of Mork's farewell
  - Growl
  - once; suddenly
  - Director Louis
  - Transparent
  - Visit dreamland
  - Plays the lottery
  - Mrs. Dick Tracy
  - Acceptance word

### Sudoku Solutions on page 27

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

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

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► **Property**, from page 21

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# Pet peeves of a professional pet sitter

Sari Reis



As the holidays approach, many pet parents are considering hiring a professional pet sitter for their furry kids while they are away. This is a good thing; but let me share the 10 pet peeves that can get your relationship off to a bad start.

Late requests. It amazes me how many people wait until one or two days before they are leaving to book pet care. I hate saying no to clients but there are only so many pet visits we can make each day without compromising the quality of care.

Not requesting sufficient care. Cats should not be left for more than 24 hours without a visit. Dogs need to get out for potty and exercise at least two times a day and preferably three or four times. They also need social contact. Don't request one visit a day for your dog; even if he has a doggie door.

Not closing off hiding places for cats. Some shy cats we care for require medi-

cation and like to hide, usually under the bed. If I have to medicate a kitty, I have to have access to him. Doors to closets and bedrooms where cats can hide need to be closed.

Not communicating. Sometimes you cannot be reached due to your location, but we need to hear from you especially if there is a problem. Always leave an emergency contact number and please respond to pet sitter communication when you can.

Not providing enough supplies. If you are going away, please be sure to provide enough food, litter and medication if needed, for the entirety of your trip so we don't run out.

Leaving your home in disarray. We do need access to the sink as well as a safe place to interact with your pets. Dirty dishes in the sink and clothes and other items strewn about the home, make it difficult to do our job properly.

Not cleaning the litter boxes before you leave. Often we find litter boxes that have not been cleaned for days when we arrive. This is not good for your

kitty or for us. Same goes for a backyard full of poop that hasn't been cleaned up.

Not changing linen. Sometimes we do sleepovers at client's homes and will be using their beds. Please change the linen for us or at least leave fresh sheets out so we can do it.

Nor providing parking. Many of our client's live in complexes with limited guest parking. We need to be able to park and get to the pets easily so please give us your spot or make provisions for an easy access spot.

Not letting us know when you are home. Our responsibility does not end until you are back with your pets. Please text, call or email as soon as you arrive home; no matter how late.

By using this list as your guideline, you can ensure that your pet sitter will want to have you as a client. Happy holidays!

—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. ■



## Personal trainers: benefit or bah humbug?

Erica Moe

So, you're ready to get serious about exercise, or maybe you want to take your fitness to the next level. And you may wonder if it makes sense to enlist a personal trainer to help you get the job done.

If you want to maximize time, prevent injury, create consistency, track progress and make workouts fun, a personal trainer might be the key. Additionally, you'll find:

**Accountability:** You'll have to set an appointment and show up. A set day/time can be a huge help in getting you to the gym.

**Coach/motivation:** Maybe you're OK at getting yourself to the gym, but once you get there, it's not exactly enjoyable or beneficial. Having a trainer help you set goals and attain them can be

a game changer.

**Rehabilitation:** You can get guidance on appropriate and safe exercises if you have a prior injury or are post rehab.

**Teacher/specialty:** If have a health condition like diabetes or arthritis, a professional can teach you how modify exercises to accommodate specific health needs.

**Certification/education**

It is imperative to hire a trainer that is certified. Look for certifications that are accredited by the National Commission for Certifying Agencies (NCCA), an independent, nongovernmental agency that accredits professions, including fitness. American Council on Exercise (ACE), National Academy of Sports Medicine (NASM), National Strength & Conditioning Association (NSCA) and American College of Sports Medicine (ACSM) are all NCCA accredited.

Additionally, your trainer should have certifications in CPR and first aid. Any other education, like fitness-specific certificate programs or bachelor degrees are also an asset since they show a strong base of knowledge.

**Checklist**

The trainer's availability should fit your schedule.

Fees should be set in advance. Ask about a savings if you purchase a package of sessions. Consider small-group personal training to make the fees more affordable.

Is the location feasible for you? Remember, the goal is to reduce barriers, so find a trainer that is close by.

Feel free to ask for references.

**Does personal training work?**

Research shows that those who worked once per week, one-on-one, with a personal trainer or virtually with a health coach increased VO2 max and reduced

See TRAINERS page 24 —>

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# The Old Globe's fine Christmas tradition

Charlene Baldridge



The official Nov. 15 tree-lighting ceremony had not taken place yet, but the gigantic Whoville Christmas tree outside The Old Globe on Nov. 12 was magnificently lit, likely to please all the children on their way inside to see the opening of the Globe's 18th annual production of "Dr. Seuss' How the Grinch Stole Christmas."

Here, where the Timothy Mason/Mel Marvin musical was originally conceived and directed by Artistic Director Emeritus Jack O'Brien, it is OK to say the word "Christmas," because, as they declare in the show's second song, "Whos like Christmas?"

When the show starts, the-atergoers young and old are introduced to Whoville (that's where the Whos live) by Old Max (Steve Gunderson, who's appeared in the show more than a dozen times). Packing a suitcase, Old Max is delighted when his young self (Blake Segal) appears. He wants to see the "old place" where he leaves for good. The "old place" includes Whoville below and the cave high on Mt. Crumpit, where Max lived with the recluse green Grinch and was forced to participate in his mean, green master's scheme to prevent Christmas from happening this year and any other.

The show's most delightful musical numbers ("This Time of Year," "I Hate Christmas," "One of a Kind," and "You're a Mean One, Mr. Grinch") are performed by Young Max, Old Max and/or the Grinch. It's likely you'll go home singing them, along with Cindy Lou Who's "Santa for a Day" and the Whos' original carol, "Fah Who Doraze."

Grinch is played for the first time by Broadway and film star ("The Taking of Pelham 1 2 3") J. Bernard Calloway, who portrayed club owner Delray Jones in the Broadway production of "Memphis."

The first African-American Grinch, Calloway sings the part exceptionally well, and due to his NFL size is a perfect foil for diminutive Cindy-Lou (portrayed opening night by 8-year-old Mikee Castillo), who ultimately charms and transforms the Grinch, bringing about the show's happy ending. Veteran Taylor Coleman portrays Cindy-Lou in alternate performances.

When O'Brien conceived the production, he came up with the idea of having the youngest residents of Whoville played by alternating teams of youngsters. This allows them to perform without being over-taxed and gives more kids an opportunity to perform and grow. Some return to the production for years, graduating from little Whos to Who teens. Noted San Diego musical theater actor/



J. Bernard Calloway (center) — the first African-American Grinch — flanked by the Mayor of Whoville and Old Max (Photos by Jim Cox)

## "Dr. Seuss' How the Grinch Stole Christmas"

Book and lyrics by  
Timothy Mason  
Music by Mel Marvin  
Directed by James Vásquez

The Old Globe  
Through Dec. 26  
theoldglobe.org  
619-23-GLOBE

director James Vásquez stages the work. John Deluca created the original choreography, later enhanced by Bob Richard.

Another charming creation was the distinctive Who costumes conceived by Associate Artist Robert Morgan. These Whos are not ordinary Whomans, but have insect or bug-like carapaces with swollen midsections. Their hairdos are ever fascinating as are the shoes. John Lee Beatty is the sce-



Cindy Lou Who (Mikee Castillo) and the Grinch

nic designer, Pat Collins, the lighting designer, and Paul Peterson, the sound designer. Music Director Elan McMahan conducts the nine-piece union "Who-chestra," which plays Anita Ruth's orchestrations. The production is performed without interval and lasts about one hour, 20 minutes.

It is interesting to note that in addition to Gunderson the show

repeatedly attracts numerous Southern California Equity artists as grownup Who family members, for instance, Robert J. Townsend (Papa Who), Bets Malone (Mama Who), Geno Carr (Grandpa Who), Nancy Snow Carr (Grandma Who), plus Jacob Caltrider, David Kirk Grant, Kyrsten Hafso-Koppman, Clay Stefanki, Jill Townsend and Kelsey Venter as Whoville's other grownup Whos.

As for the youth, they are formidably talented and well-trained. Whether or not you are attached to little ones, you deserve to see the Old Globe's heart-warming annual holiday treat. There's just something about it. Maybe that something is Christmas.

—Charlene Baldridge has been writing about the arts since 1979. You can follow her blog at [charlenebaldridge.com](http://charlenebaldridge.com) or reach her at [charb81@gmail.com](mailto:charb81@gmail.com). ■

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### Choosing a Doctor during Open Enrollment

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In addition to primary care doctors, the group has specialists in surgical weight loss, general surgery (breast cancer, colorectal disease, hernia, biliary, and soft tissue disorders), neurology, pulmonology (lung) and sleep medicine.

The Alvarado Physicians Medical Group accepts most government and private insurance plans. To read more about the physicians, visit [AlvaradoMedicalGroup.com](http://AlvaradoMedicalGroup.com) or for an appointment, call (619) 286-8803.

The medical group is centrally located off the I-8 on Alvarado Road with plenty of free parking and easy access.



ALVARADO PHYSICIANS  
MEDICAL GROUP

(619) 286-8803 | 6719 Alvarado Road, Suite 108, San Diego, 92120  
[AlvaradoMedicalGroup.com](http://AlvaradoMedicalGroup.com)

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### ▶ Trainers, from page 23

sitting time, which increased their overall health. Fitness coaching is proven to be beneficial in promoting fitness and exercise adherence. Compared to those who exercised on their own, researchers found that training load, power output and fat-free mass increased more when working with a professional trainer.

### In my neighborhood

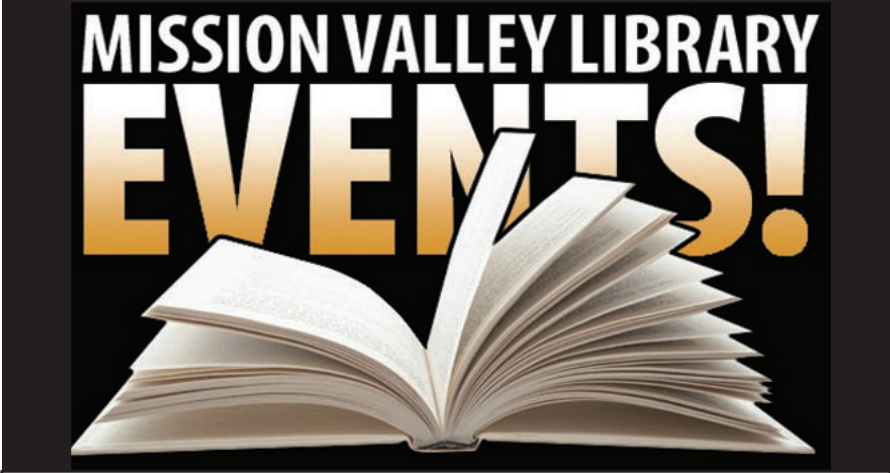
Personal trainers may work independently or be contracted into fitness facilities. In addition, there may be nontraditional personal training in your area to meet your needs. For example, the Mission Valley YMCA offers aquatic personal training in the pool for those with specific limitations or love of the water.

Want to take advantage of some local deals? Try the "New Client Special" at the Mission Valley YMCA, for only \$249 you can get six one-on-one sessions with a personal trainer.

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



sd**cnn**  
SAN DIEGO COMMUNITY NEWS NETWORK, INC.



**AARP Program: Frauds and Scams**

**Saturday, Dec. 12, 1 – 2:30 p.m.**  
Kathleen Guerrero will lead this discussion and share how scammers and boiler rooms work. She will have the latest information on current fraud, scams and cons so attendees can stay vigilant against con artists. There will be tips on reporting suspected fraudulent activity and more.

**Monday, Dec. 21, 10 a.m. – noon**

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

**‘Ask the Lawyer’ free legal clinic**

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

**Baby signs storytime**

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

**Book sale**

**Saturday, Dec. 26, 10 a.m. – 5p.m.**  
Help support the library at their book sale.

**Covered CA open enrollment assistance**

**Saturday Dec. 12, 11 a.m. – 1 p.m.**  
Assistance with signing up for subsidized health care coverage through Medi-Cal and Covered California. Open enrollment is now 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. December: “A Christmas Blizzard” by Garrison Keillor. January: “The Stone Diaries” by Carol Shields. February: “The Risk Pool” by Richard Russo.

**Preschool story time and craft**

**Thursdays, 10:30 – 11:30 a.m. [Note: no story time and craft on Dec. 24 and 31]**  
Preschoolers are invited to a story time followed by a fun craft.

**Sumi-E art class**

**Wednesdays, 2:30 – 5 p.m. [Note: no class on Dec. 23 and 30]**  
Learn the classical Japanese style of ink and brush.

**Tai chi class**

**Thursdays, 2 – 4 p.m. [Note: no class on Dec. 24 and 31]**  
Designed for adults over 55; teaching strategies for exercise and relaxation in addition to tai chi.

**Toddler story time**

**Fridays, 10:30 – 11:30 a.m. [Note: no story time on Dec. 25 and Jan. 1, 2016]**  
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.

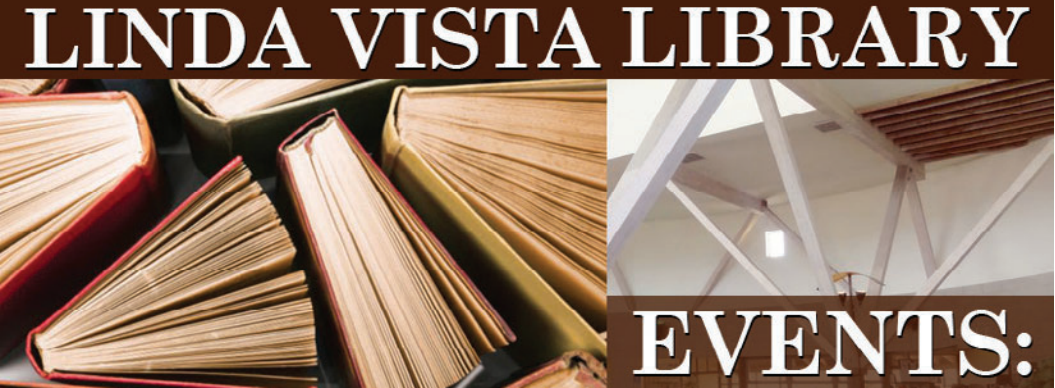
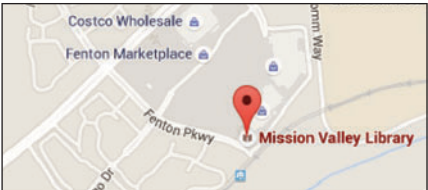
**Zumba Basic**

**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. [Note: no Zumba on Dec. 25 and Jan. 1, 2016]**  
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 Dec. 25 for Christmas Day and Jan. 1, 2016 for New Year’s Day.*



**Linda Vista Planning Group general meeting**

**No meeting in December.**  
Visit [lindavista.org/lvpvg](http://lindavista.org/lvpvg).

**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 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. [Note: No Lego time on Dec. 25]**  
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!

**Library Caroling**

**Wednesday, Dec. 23, 4 – 5 p.m.**  
Community members are invited to come show their holiday spirit at this singalong. Free cookies, marshmallows and hot chocolate will be provided. Children will receive goodie bags, books and more while supplies last.

**Morning storytime with Kathie**

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

**Story time with Ms. Andie**

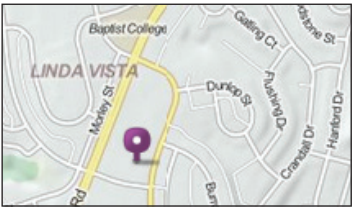
**Saturdays, 11 a.m. – noon [Note: No story time on Dec. 26]**  
Stretch your imagination and enjoy a story told energetically.

**Story time with Mr. Luan**

**Fridays, 10:30 – 11:10 a.m. [Note: No story time on Dec. 25]**  
Energetic story time that is fun, interactive and educational. The session will include singing and maybe a little dancing.

***Note:** The library will be closed on Dec. 25 for Christmas Day and Jan. 1, 2016 for New Year’s 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](http://lindavistalibrary.org) or [facebook.com/lvlibrary](https://www.facebook.com/lvlibrary). ■*



**Community Calendar**

**NOV 14** **‘Poinsettia Planters’**  
**Sunday, Dec. 13**

For this free gardening class, Armstrong Garden Centers will teach about these striking holiday planters. They will demonstrate which plants combine best and how to care for them. 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](http://ArmstrongGarden.com) for more information.

**NOV 14** **NOV 14** **44th annual San Diego Bay Parade of Lights**  
**Sunday, Dec. 13 and Sunday, Dec. 20**

A special tradition of the boating community sponsored by the Unified Port of San Diego. The Parade of Lights will feature more than 80 boats decorated with sparkling lights and holiday décor. The parade route proceeds past Harbor Island, the Embarcadero, Seaport Village and Ferry Landing in Coronado. This year’s theme is “Christmas Around the World” and the procession starts at 5:30 p.m. on two consecutive Sundays. Visit [SDParadeofLights.org](http://SDParadeofLights.org).

**NOV 14** **Holiday stories, singalong and music**  
**Sunday, Dec. 13**

Betty Grant and Mary Holma from Storytellers of San Diego will be telling classic holiday stories along with tales of peace and funny pieces as well starting at 3 p.m. There will also be a singalong portion with “Jingle Bells” and other favorites. Musicians from The School of African Arts will be performing toe-tapping and clapping music from Zimbabwe. The festivities will be held in the indoor theater of the Visitor Center at Mission Trails Regional Park (1 Father Junipero Serra Trail). Donations appreciated. Visit [MTRP.org](http://MTRP.org) for more information.

**NOV 14** **Film on the Fringe: ‘The 39 Steps’**  
**Monday, Dec. 14**

Ralph De Lauro, Film Program Director for San Diego Public Libraries, will be teaching this single session class at San Diego Oasis (third floor of the Macy’s building at Mission Valley Shopping Center, 1702 Camino del Rio North) from 1 – 3 p.m. The class will feature an early Hitchcock classic “The 39 Steps,” which follows Richard Hannay (Robert Donat) as he stumbles upon a conspiracy that thrusts him onto a hectic chase across the Scottish moors as well as into an unexpected romance with Pamela (Madeleine Carroll). \$10. Visit [SanDiegoOasis.org](http://SanDiegoOasis.org) and register for class #373.

**NOV 14** **NOV 14** **Gem Faire**  
**Friday, Dec. 18 – Sunday, Dec. 20**

The Gem Faire returns to the Scottish Rite Event Center (1895 Camino del Rio South, Mission Valley) with a three-day event. Admission is \$7 for the entire weekend (children under 12 are free) and there is free parking. Over 100 exhibitors on hand will showcase fine jewelry, gems, beads, crystals, pearls, gold and silver and more. Jewelry repair, cleaning and ring sizing services will be available while you shop. There will also be hourly door prizes given away. The hours are: Friday noon – 6 p.m., Saturday 10 a.m. – 6 p.m. and Sunday 10 a.m. – 5 p.m. Visit [GemFaire.com](http://GemFaire.com) for more information.

**NOV 14** **‘Designing with Houseplants’**  
**Saturday, Jan 2**

For this free gardening class, Armstrong Garden Centers will guide attendees on deciding which plants will enhance their décor. They will also teach techniques on caring for plants. 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](http://ArmstrongGarden.com) for more information. ■

## 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.

**Dec. 17:** Very Merry Jazz with the Amelia Browning Quartet at Cusp. Free. 6:30 p.m. 7955 La Jolla Shores Drive, La Jolla. Visit AmeliaBrowning.com.

### CLASSICAL

**Dec. 13:** Robert Wetzel at Cuyamaca College. \$10 general admission; \$8 for seniors and faculty; \$5 for students. 8 p.m. 900 Rancho San Diego Road, Rancho San Diego. Cuyamaca.edu/performingarts

**Dec. 15:** "An American Christmas" by San Diego Concert Band at Joan Kroc Theater. \$12 - \$15. 7 p.m. 6611 University Ave., Rolando. SanDiegoConcertBand.com.

**Dec. 18 - 20:** Holiday Pops featuring Circue Musica at Copley Symphony Hall. \$20+. 8 p.m. on Friday and Saturday; 2 p.m. on Saturday and Sunday; 7:30 p.m. on Sunday. 750 B St., Downtown. Visit SanDiegoSymphony.org.

### ALTERNATIVE / ROCK

**Dec. 19:** Grizzly Business; The Verigolds; Spero; Oh, Spirit; The End Return; and Jagged Lines at House of Blues. \$5. 8 p.m. 1055 Fifth Ave., Downtown. HouseOfBlues.com/SanDiego.

**Dec. 26:** Silvermine at Pal Joey's. Free. 9 p.m. 5147 Waring Road, Allied Gardens. PalJoeyOnline.com.

**Dec. 31:** New Year's Eve with The Reflectors at Tio Leo's Lounge. Price TBD. 8 p.m. 5302 Napa St., Linda Vista. TioLeos.com.

### POP

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

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

### OTHER

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

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

**Dec. 19:** Homesick Hitchers at Bolt Brewery. Free. 7 p.m. 8179 Center St., La Mesa. BoltBrewery.com.

—Compiled by Jen Van Tieghem. Bands, venues and music lovers: please send music calendar listings to [jen@sdccn.com](mailto:jen@sdccn.com). ■

### Makeover, from page 3

ter is via a footbridge.

Majcher said the entire project will embrace the goals of TOD. The new hotel will have 700 rooms, a reduction of almost 300 rooms, and the conference facility would also be smaller, at 170,000 square feet. Even the addition of 840 homes won't add to traffic in the area, he said.

"There will be zero new trips," he told the planners.

Majcher said the project's preliminary Environmental Impact Report would probably be issued in January, and finalized in late spring.

A parking garage will be built, taking up less of a footprint than all the parking spaces that cur-

rently exist on the property. He said the developers would consider solar panels for the garage's rooftop, a proposal that some members of the planning group applauded. The parking garage will allow the developers to create 12.04 acres of open space along the river, which will include a 4.33-acre public park and 3.053 linear feet of new trails.

The Town and Country river park and trails must be created to be consistent with the San Diego River Park Master Plan, Majcher said.

Rob Hutsel, executive director and co-founder of the San Diego River Park Foundation who also sits on the planning board, confirmed to his fellow planners that he has conducted talks with Majcher and others involved in the

project to make sure they are fully aware of the master plan requirements for developing along the river.

Majcher said that by balancing and mixing uses on the entire property, the new Town and Country would boast new open space, improved bike connectivity, increased pedestrian access and enhanced transit connections.

"This will be a modern hotel with additional amenities."

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

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### Awakenings

SDSU Symphony Orchestra,  
SDSU Wind Symphony,  
Aztec Concert Choir

December 10, 7pm  
College Avenue Baptist Church

Tickets \$10/\$15  
[music.sdsu.edu](http://music.sdsu.edu)

### Presence: Selections from the Matthew and Iris Strauss Family Foundation Collection

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ARTS ALIVE  
SDSU

Holiday Guide



**Fiesta de Reyes**  
Corner of Juan and Wallace streets  
Old Town San Diego State Historic Park  
619-297-3100  
FiestaDeReyes.com

Old Town San Diego State Historic Park will be decked out in historic holiday finery this year and showcase gingerbread house displays throughout the park as well as a tree-lighting ceremony with caroling starting at 5 p.m. every Saturday in the month of December.

The caroling around the display of nine Christmas trees will be followed each Saturday evening with a bonfire in the plaza complete with free s'mores and hot chocolate, readings and more singing.

The annual Holiday in the Park Merchant Open House will be held Dec. 12, from noon – 9 p.m.

Crafts for children and special holiday treats will be in the museums, stores and restaurants in Old Town San Diego State Historic Park during the day with an evening bonfire and extended shopping hours until 9 p.m.

There is free parking available in the Caltrans parking lot on Taylor Street in Old Town after 5 p.m. on weekdays and all day on weekends. For more information about any of these events, visit our website or give us a call.

**Old Town Trolley Tours**  
4010 Twiggs St.  
San Diego, CA 92101  
619-298-8687  
trolleytours.com/san-diego

'Tis the season to be jolly – all aboard Old Town Trolley

Hop on board our Holly Jolly Old Town Trolley. Guests of all ages celebrate in the sights,

songs and traditions of the holiday season. Join in sing-a-long caroling with our conductors, share fun holiday facts, history and traditions and see the festive lights of Old Town, the Embarcadero, Balboa Park, Garrison Street and more. Tours last 90 minutes and depart nightly at 6 p.m., 7 p.m., and 8 p.m., (closed Dec. 24 and 25) and depart from Old Town Market located at 4010 Twiggs St.

Free parking is available and prices are \$25 for adults, \$15 for kids ages 3 – 12 (2 and under are free).

Reservations are required by phone or visiting trolleytours.com/san-diego/holiday-tour.asp.



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619-281-5766  
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San Diego, CA 92110  
bestmeatssandiego.com

What we could do without is all the running around, fighting for parking at the mall, and stressing about what to get for those difficult to buy for folks on our list.

We can help streamline and reduce the stress of holiday shopping with "4G," our gourmet gift-giving guide.

We are a foodies' toy store! A gourmet's fashion boutique! The one-less-stop answer to completing your gift shopping this year. There is something for everyone on

your list. Here are some creative suggestions to help get you started:

1. We have hundreds of BBQs for the BBQ lover on your list;

2. Give the gift of breakfast with Stonewall Kitchen pancake, muffin or scone mix; a bottle of pure maple syrup; Kerry Gold Irish butter; and a pound of our smoked bacon or sausages. Christmas breakfast will never be the same.

3. Host or hostess gift: Browse our vast wine selection for the perfect bottle.

4. The family beer connoisseur: We have an impressive selection.

5. For the serious cook or those difficult to buy for, get the one-size-fits-all Iowa Meat Farms and Siesel's Meats gift card. Available in any amount and even reloadable for re-gifting. ■

# Holly Jolly Holiday Trolley

December 4 – 30

- \* Sing-a-long caroling with the Conductor on The Holly Jolly Trolley
- \* Share fun holiday facts, history and traditions
- \* See the festive lights of Old Town, the Embarcadero, Balboa Park, Garrison Street and more...

Adults \$25.00 Children 3-12 \$15.00  
Reservations Required  
www.trolleytours.com/san-diego/  
619 821-8144

## PUZZLE ANSWERS FROM PAGE 20

### SUDOKU

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

### CROSSWORD

DIRT	FANG	AMS
ONER	SARAN	BLAH
ASTO	LIANA	ELLE
CANTERBURY	TALE	
ARI	EEE	ESTER
WINDS	PRINTS	
OBEYS	MOI	WARM
KERN	GRATE	ACHE
ESSE	TUG	INTEL
	HOMER	UNTROT
ATEAM	INC	ESS
GALLOPING	GHOST	
ASTA	OSAGE	USAF
STOW	DETER	ZETA
PEN	SEED	OSSA

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Fresh Free Range  
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Order by 12/19/15

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Tied Ham w/Apricot  
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## Holiday Guide

# Getting into the Christmas spirit

## Restaurant turns into gingerbread house for a beautiful cause

Lucia Viti

Queenstown Public House, a New Zealand-inspired restaurant and bar in Little Italy, will transform its quaint cottage edifice into a bona fide gingerbread house adorned with icing, gumdrops, M&Ms and candy canes for the Christmas season.

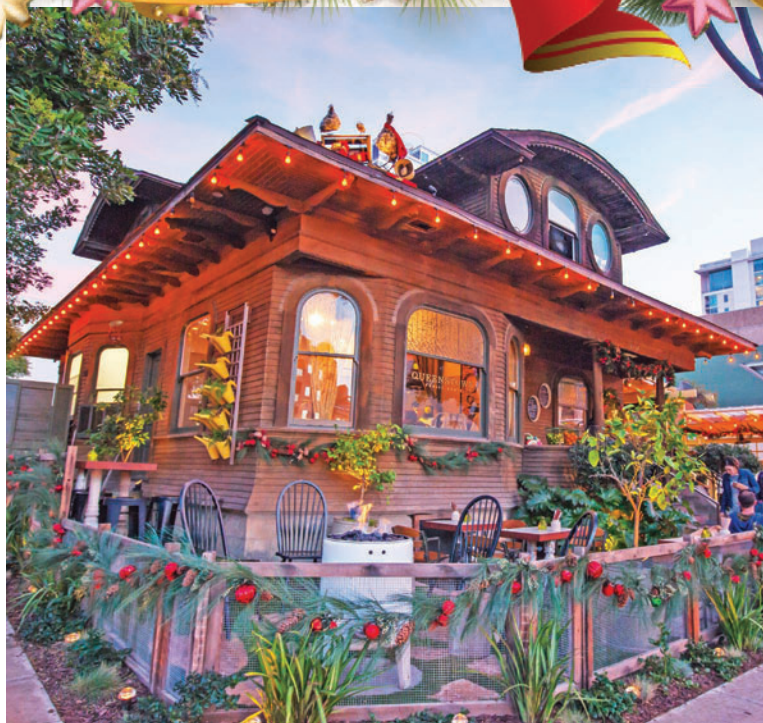
The captivating dreamland conversion coincides with several local businesses that have partnered with the Little Italy Association's toy drive to benefit New Alternatives, a transitional housing program that assists foster and probation youth.

"New Alternatives partnered with the Little Italy Association five years ago to donate Christmas gifts to our children, who otherwise may not receive a single item," said Teresa Theriault, program director for the Family Visitation Center at New Alternatives.

natives. "Local business participation has grown from four boxes in its initial year to today's count of 23. We're thrilled to know that businesses like Queenstown Public House support our efforts to ensure that every single child within our program receives a gift."

Theriault said Queenstown Public House contacted her to take the toy drive one step further by decorating the edifice as gingerbread house. "We're thrilled that Queenstown Public House will do something as special as to perfectly mimic a gingerbread house," she said.

"Queenstown Public House is whimsical, quirky and the perfect venue for a gingerbread house," said Queenstown Public House co-owner Darren Roach, who lives in Hillcrest. "Queenstown Public House isn't just about food, it's about enjoying a sense of family, comfort and unity with the community. And



Queenstown Public House in Little Italy transforms into a gingerbread house for the holidays. (Courtesy of Olive PR Solutions)



what better way to do so than through a feel-good, entertain-

ing holiday event."

Kelly Moses, Queenstown's media manager who is a Bankers Hill resident, described the upcoming transformation as fun-filled enchantment.

"Queenstown Public House will become a gingerbread house complete with frosting (white lights); gum drops (Styrofoam shapes covered in glitter lights); M&Ms (Styrofoam shapes wrapped in colored lights) and

large-sized candy canes," she said. "We're excited to transform our little brown house into a season of fun."

The interior will also be converted into a picturesque Christmas wonderland.

"The inside is already eccentric with grass ceilings and sheep hanging upside down," Roach said. "So we'll dress the sheep in holiday scarves, hang decorations from the ceiling and line the inside windows with whip-cream icing. We'll top off the decoration by filling the jasmine and citrus trees on our outdoor dog-friendly patio with even more Christmas cheer. Queenstown Public House will be the destination hot spot this holiday season."

Also participating in the toy drive is Blick Art Materials. The 100-year-old family-owned art supply store described their participation as a perfect fit for the community.

"Blick Art Materials offers 60,000 art supplies and gift items perfect for everyone," said Greg Pita, Blick's general manager. "What better way to give back to the community than to offer children an item that may lead them to become a future artist. We educate customers on the legitimacy of New Alternatives, its initiatives and the gifts given to children who may otherwise not have any. We're an art supplies store that offers something for everyone so it all makes sense."

New Alternatives provides "culturally-oriented" and "family-focused" services to children who are victims of abuse, neglect or abandonment. The nonprofit corporation founded in 1978 is contracted by San Diego County for court-ordered visitation with children placed in foster care due to improper parenting.

"New Alternatives offers a variety of programs that serve at-risk youth," Theriault said. "My program works with children facing court-ordered visits with one or both parents because they've been placed in foster care. My staff transports a child or children – often there are multiple siblings – to a San Diego center to visit with their parent/s. We role model what parenting looks like during the visitation because often times the parent/s are substance abusers or fall into case-related categories of severe neglect, sexual and physical abuse."

"We cannot thank the Little Italy Association, Queenstown Public House and all of the participating businesses for their participation in this wonderful event," Theriault said. "Such tremendous support is also appreciated by the families and children going through this very difficult time. You can always count smiles on the children's faces. A special gift makes a child's day a special one."

—Contact Lucia Viti at [lucia-viti@roadrunner.com](mailto:lucia-viti@roadrunner.com). ■

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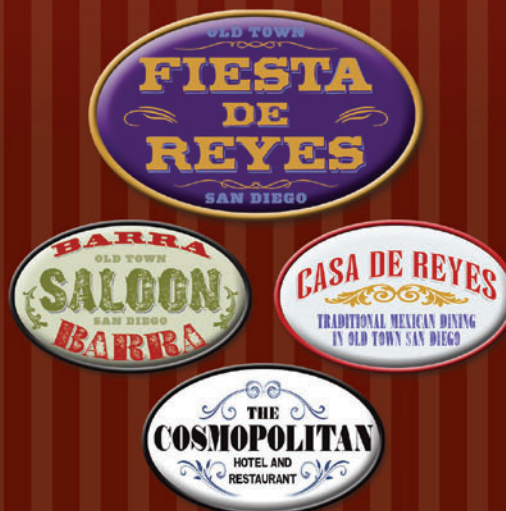
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