



MISSION VALLEY News

Volume 10, Issue 4 April 8 - May 12, 2016

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

LOCAL POSTAL
CUSTOMER

INSIDE THIS ISSUE

FEATURE Bold strokes



Local artist thinks big. **Page 2**

DINING Happy hour



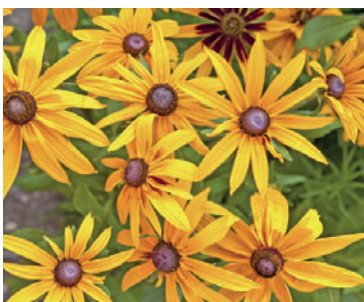
Dr. Ink visits BJ's. **Page 9**

THEATER Cult classic



"Rocky Horror" hits Cygnet. **Page 12**

GARDENING Pollinators



Which plants help your garden? **Page 13**

ALSO INSIDE

Politics	4
Opinion	6
Dining Out in San Diego	8
Music Notes	11
Community Calendar	15

Editorial / Letters
(619) 961-1952
ken@sdccn.com

Advertising
(619) 961-1958
mike@sdccn.com

www.sdccn.com
San Diego Community News Network

Follow us on
Facebook & Twitter



Climbers can go as high as 55 feet at Mesa Rim, located at 405 Camino Del Rio in Mission Valley (Photo by Tori Hahn)

Tori Hahn

Mission Valley is now home to the largest and tallest indoor rock-climbing gym in San Diego.

Mesa Rim's Mission Valley gym was completed in November 2015 and is tucked away at 405 Camino Del Rio, just below Hillcrest. The company also operates another location in Mira Mesa at 10110 Mesa Rim Road and one in Reno, Nevada.

People of all ages and backgrounds come to Mesa Rim to test the walls, the tallest of which is 55 feet high in Mission Valley and 52 feet high in Mira Mesa.

In Mission Valley, the gym offers youth and recreational programs for children ages 4 to 18, but also attracts climbers in their late 60s. While some train to compete, many others take on the rock walls for the first time.

"It's hard to break into climbing because it seems like

it's really hard if you don't know the techniques and you're not used to it," said Alexis Diller, senior coordinator for promotional communications. "We help create a community that cheers you on, even if it's your first time."

Rosie Bates, head coach at Mesa Rim, describes it as a "lifestyle sport" in which anyone in the family can try. Loud, upbeat music fills the expansive space,

See **CLIMBING** page 14

Who's hungry? Taste of Morena focuses on food

Ken Williams
Editor

Seems like every neighborhood in San Diego has its own food festival, and each has their own quirky personality. Taste of Morena, for example, focuses exclusively on showcasing food and drinks.

"Tasters get to taste samples of restaurant offerings at the restaurant instead of a central location, which provides a better

quality experience," said Kimberly Weber, a member of the board of the Morena Business Association, which sponsors the annual event.

"We have a fun trolley to shuttle people to the entire list of participating locations so people don't have to walk — just park at one place and enjoy the ride."

The ninth annual Taste of Morena will take place from 5 – 9 p.m. Wednesday, April 13, with a mission to raise awareness for the Jacobs & Cushman San Diego Food Bank's Food 4 Kids Backpack Program.

Savory food samples, sweet treats, and drink specials from microbreweries and local bars highlight the event. Unlike some other food festivals, Taste of Morena ignores the entertainment side and instead lets the food and drinks shine.



Participants in a previous Taste of Morena visited Bay Park Fish Company, which will be on the foodie tour on April 13. (Courtesy of Morena Business Association)

Participating venues represent a variety of cuisines include Bay Park Fish Company, Home

See **TASTE** page 7



BRSH + FLSS
PEDIATRIC DENTISTRY

NOW OPEN! ACCEPTING NEW PATIENTS!
• Gentle • State-of-the-Art Comfort • Prevention Focused

Parvathi Pokala DDS
Harjet Chawla DDS

WWW.BRSHFLSS.COM
619.741.1500

7189 Navajo Road #A,
San Diego, CA 92119



What does it feel like to live in an award-winning home?

It feels like the best of everything. It feels beautiful and intuitive. It feels like someone thought equally about what you want and what you need. It feels like Civita, an urban community recognized time and again for designing the most chic, most livable modern homes. And with the new 14-acre park opening next year, Civita offers high-style and open spaces, both inside and out.



APEX

Tri-Level Modern Living Home Design
2,092 to 2,229 SF
3 to 5 Bedrooms, up to 3.5 Baths
Priced from the high \$700,000s
760.710.9364



LUCENT

New Phase Release
1,464 SF Single-Level Flat
2 Bedroom, 2 Bath, 2-car Garage
Priced from the \$600,000s
858.256.9021



Civita Boulevard off Mission Center Road
civitalife.com



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



Nan Coffey paints on large canvases, inspired by other people's stories. (Photo by John Schulz)

INCLUSION ART

How to be a part of artist's huge paintings

Margie M. Palmer

Contemporary artist Nan Coffey wants to tell you a story. If you follow her on Facebook and tell her a little bit about yourself, what you love and what makes you happy, she may wind up telling your story, too.

The Mission Valley artist is currently working on her second public participation, or "inclusion art" piece, as she calls them. Her intention is to use her artistic talents as a vehicle to show connectivity, inclusion and love in the world.

"When I did my first public participation painting in 2015, it was a social experiment to see if people would respond if I asked them to participate in one of my works," she said. "I wanted to see if I could take all this information from friends and total strangers and flow it into one unified piece."

The audience participation far exceeded expectation.

"I initially started out with a 66-square-foot canvas but I realized it wasn't going to be big enough. I wound up scrapping the first one, pulled out something bigger and started redrawing," said Coffey, who has a bachelors in animation from the San Francisco Academy of the Arts.

By the time all was said and done, Coffey included the stories of 172 people in her 10-foot-by-13-foot masterpiece.

"Before I started that first project, I was in a place of frustration and boredom. Quite frankly, I was utterly, miserably unsure of my place in life. What ended up happening is that through that project, I started to find my purpose — not only as an artist, but in life," she said.

"The response I received on my first public participation painting was amazing. People reacted in such a loving and

joyous way and made me realize what my true purpose was."

Her current masterpiece measures 10 feet by 17 feet, and she hopes to include the stories of roughly 200 people by the time it's completed. Although Coffey notes the final tally could be slightly less, or slightly more, she hopes to include as many participants as possible.

"The more people I include, the happier I get," she said. "I've found that so many people are going through the same life experiences and one of the things that's most comforting to me, is I'm creating a space for people to connect with one another through my art."

The final kinks of where this piece will be displayed are still being worked through, but the artist is hopeful the large-scale piece will be displayed publicly. What she does know is that she'd like a lot of people to be able to see it and the stories behind it.

"My art is now focused largely on inclusion," she said. "We should all work in this world to include, not exclude people. My art is about breaking down walls, not putting them up. It's about learning more about each other, listening to each other, recognizing each other and in the end, simply loving one another."

Those interested in learning more about Nan Coffey's art can connect with her at Facebook.com/Ar-



Mission Valley artist Nan Coffey's piece, "All in My Mind — Sitting" (Photo by John Schultz)

tistNanCoffey or at Instagram.com/nancoffey. She occasionally paints live at galleries or public events for people to view her process. Coffey has art hanging at the Bali Hai Restaurant and at Tender Greens in Liberty Station and Downtown. Her artwork can also be seen at Skye Art Gallery in Las Vegas.

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



Nan Coffey interacts with people via Facebook to find inspiration for her artwork. (Photo by John Schultz)

► River park, from page 1

questions, the board voted to designate its Parks Ad Hoc Committee as the advisory group for design of the park. Board member Rob Hutsel — who heads the San Diego River Foundation — is the committee’s chair.

In addition to the park, Majcher said another 7.71 acres — which he called a “sea of asphalt” — would become restored river habitat.

Hotel guests can currently cross a large, asphalted parking lot to a pedestrian bridge over the river to reach the Fashion Valley Transit Center or mall. Pedestrians can barely see the river through dense brush, trees and invasive species.

Almost 3,000 feet of new trails for walking and biking will be added to the south side of the river on the hotel property. That trail will eventually connect to the one that will be built when the luxury apartment complex is constructed along the river on the Union-Tribune property. This trail will go from Fashion Valley Road east to Avenida del Rio, the Fashion Valley Mall entrance off Camino de la Reina.

Majcher said Lowe Enterprises has already met with city officials and stakeholder agencies. A public workshop on the project, announced by the city, will be conducted at 6 p.m. April 27 in the Windsor Room

in the Regency Ballroom at the Town and Country Resort & Convention Center.

Goals of the first workshop — a second one will be held in June — will be to get public input on potential amenities for the park. Topics to be discussed will include overall site context, and opportunities and constraints.

In other business, the planning group voted 16-1 to advance plans for the San Diego Mission Road Townhouses. Architect Nancy Keenan said the project will require the demolition of several existing buildings, which included the former site of Habitat for Humanity. The site has 40 feet in grade difference, posing a challenge to the design. The project will have 58 townhouses, 10 percent of which would be designated as affordable housing. The lot is on the corner of San Diego Mission Road and Rancho Mission Road, where the entrance would be located. Some residents who live along Rancho Mission Road expressed their concern about traffic at the meeting, and Hutsel said he voted against the project because of the traffic concerns and since he had not read the environmental report.

Developers in the massive Civita project discussed three new projects:

- ColRich will be building 62 stacked flats on Lot 1 within the area dubbed Terrace District West. Many units would face Civita Park, which

is projected to open in 10 to 11 months.

- The New Home Company plans to build 133 three-story homes at the very top of Civita “that will maximize views,” presenter John Glaser said. This will be on Lot 8 within the Ridgetop District East. If transportation officials approve a Civita exit off Interstate 805 — which is currently a fire road — the road will run behind the project.

- Sudberry Properties announced plans for 440 apartments and 20,000-square-feet of retail in a mixed-use project planned for Lots 2 and 6 within the Creekside District Central and East. This project is on the south side of Civita and north of Friars Road, located within the small-business district.

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

How to Sell Your Mission Valley Home or Condo in a Hot Market Without an Agent

Mission Valley - If you’ve tried to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start to ring off the hook. Unfortunately, most calls aren’t from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

Like other “For Sale by Owners”, you’ll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can’t possibly sell your home by yourself. After all, without the proper information, selling a home isn’t easy. Perhaps you’ve had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don’t give up until you’ve read a new report entitled “Sell Your Own Home” which has been prepared especially for home sellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

Inside this report, you’ll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You’ll find out what real estate agents don’t want you to know.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-728-8254 and enter 9017. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how you really can sell your home yourself.

This report is courtesy of Reef Point Real Estate. Not intended to solicit buyers or sellers currently under contract.

Paid advertisement


MISSION VALLEY News


SAN DIEGO COMMUNITY NEWS NETWORK

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

HELP WANTED
This newspaper is looking for an experienced sales rep.
Great opportunity!



INTRODUCING

The New “Belly Balloon”



Is this the weight-loss solution you’ve been waiting for?

IF YOU’VE TRIED ALL THE WEIGHT-LOSS TRICKS AND DIET PLANS — all to no avail — then the new “belly balloon” may be right for you. This 2-part weight-loss system starts with placing a silicone balloon in your stomach to encourage portion control and a one-year coaching program to help you keep the weight off.

This non-surgical, weight-loss procedure is now available in San Diego! If your BMI is between 30-40, this may be the solution to help you reach your weight-loss goals in 2016.

To learn more:
Visit: AlvaradoHospital.com and AlvaradoSurgery.com
Call: (800) 258-2723 or (619) 229-3340



Alvarado Hospital
Medical Center

PHYSICIANS SURGERY CENTER

@ ALVARADO

6655 Alvarado Road, San Diego 92120 | AlvaradoHospital.com | (800) 258-2723

To break or not to break

Congressional Watch

Andy Cohen



In late February, the FBI sued Apple to receive the company's help in decrypting an iPhone 5c used by the couple who killed 14 people in a terror attack in San Bernardino last December. The FBI's efforts to gain access to a password-protected and encrypted cell phone had utterly and completely failed to that point, and Apple has refused to cooperate.

It's an incredibly touchy subject with strong arguments on both sides.

Law-and-order types insist that, in the course of a major investigation, it is imperative they be given access — provided they have a warrant — to private encrypted information. There is no guarantee that the information contained on that particular cell phone will prove valuable, but then again, it could provide a treasure trove of information on terrorist operatives and potentially prevent future attacks (the San Bernardino attackers have been linked to ISIS). Civil liberties and privacy advocates,

on the other hand, invoke the slippery slope argument, insisting that giving law enforcement agencies their requested "back door" to access private information will create a dangerous precedent, allowing unfettered access to anyone's private information at virtually any time, with or without just cause.

To make matters worse, Apple argued, it would "green light" foreign governments, such as China and Russia, to dig into their citizens' (or American citizens') private data at any time, also. For if they were to provide this back door to the U.S. government, they would also have to do so for the government of any country where Apple sells their products.

Darrell Issa (R-49), who has become the go-to Republican when it comes to technology issues, used his platform at the South by Southwest (SXSW) festival in Austin, Texas, to discuss the issue. As founder of Directed Electronics, the car alarm company where he made his fortune, and the former chairman of the Consumer Technology Association prior to being elected to Congress in 2000, Issa is considered among Congress' leading experts in government and technological issues.

"If the government is successful in forcing Apple to help decrypt the phone in this case,

it would create a dangerous precedent that would allow the government to continue coming back again and again to decrypt all kinds of devices in all kinds of circumstances, far beyond national security," Issa wrote in an opinion piece for Wired magazine.

Noting that law enforcement was not "ill-intentioned in their attempts to gain access to the information in this particular phone," Issa said that a company "shouldn't be forced to weaken the integrity of their own products and subject customers to security vulnerabilities in order to do so."

In his own remarks to a gathering at the same SXSW festival, President Obama insisted that the issue was a complicated one and encouraged the two sides to find common ground for a solution. To those, like Issa, who believe the government should not be allowed access to private smartphones in any case, Obama said, "That, I think, does not strike the kind of balance we have lived with for 200, 300 years. It's fetishizing our phones above every other value."

Obama also pointed out that when they can prove probable cause to a judge, law enforcement has always been able to break physical locks, dig through your drawers and private belongings. Cell phones should be no different.



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

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

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

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

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

Democratic presidential candidates Hillary Clinton and Bernie Sanders have taken similar stances on the issue,

acknowledging the complexity of the issue and refusing to take sides, instead allowing the issue to play out in the courts. (The FBI recently, however, said it believes outside sources may have found another way to access the phone without Apple's help.)

Issa criticized the president's remarks as "tone deaf," and that "he did not read the room in that part of the answer," calling the president's approach a "detriment to privacy."

Again, it's a complex issue and should be treated as such.

On March 9, **Susan Davis (D-53)** and **John Sarbanes (D-Md)** held a roundtable discussion on money in politics at the Copley-Price Family YMCA in the City Heights neighborhood of San Diego, where they introduced the Government By the People Act, an effort to combat the current campaign finance system that is dominated by wealthy donors and corporate interests.

The bill proposes a \$25 tax credit for anyone who donates to a political candidate's campaign, and would provide a six-to-one matching donation. This new system would compete with and help offset today's "big money" political campaign system.

"A priority of the government should be to ensure people have a voice in elections because our nation is stronger when we're all involved in the decision making," Davis said. "We need to empower people and give them a role in the future of their country."

The visiting Maryland democrat invoked local concerns in his remarks about the bill.

"Whether it's creating good jobs, education, health care or the environment, wealthy campaign donors and well-connected Washington insiders are blocking progress on the issues that everyday people in San Diego and across the country care most about," Sarbanes said. "We need to break Congress' reliance on big-money donors so that we can return to a government of, by, and for the people."

Juan Vargas (D-51) continued his push to secure the \$248 million pledged in President Obama's 2017 budget to complete phase two of the Calexico Land Port of Entry and expansion project. Funds for phase one were included in the 2014 budget. A similar project to expand the San Ysidro border crossing has received full \$735 million in funding for all three phases through 2019.

Duncan Hunter (R-50) continued his crusade to oppose the Pentagon's policies regarding women in combat. According to the Daily Caller, women have no idea what they're in for because this generation has never seen "real" war. Counterinsurgency efforts don't count, he said.

"Big war will happen again," Hunter said. "I'm telling you, you have not seen real war unless you've seen 'Saving Private Ryan.' And when that day of total war comes, women will not be up to the challenge."

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

Tips to Safely Connect to WiFi Hotspots

Increasingly, access to the Internet is important for all areas of life. Whether you're looking up the best place to have lunch, checking your work email or connecting with friends and family, WiFi hotspots are a convenient way to stay connected when you're on the go. Using hotspots also can save you money on your mobile data plan. However, it's important to be mindful of activities that could put your security at risk. Here, Joe Andreozzi from Cox Communications, discusses how to safely connect to hotspots.

How do I know how safe a WiFi hotspot is?

Some hotspots have security settings, while others do not. For example, hotels and coffee shops often require a password before you can connect. Other security settings may be seen by hovering your mouse over each WiFi connection in your WiFi settings. The name, signal strength and security type will display. WPA2, WPA and WEP are three types of secured connections. Others will say 'unsecured.' Once connected, be sure to select 'Public network' when prompted to select a network location. This will block some common routes for potential hackers.

How can I protect my information when I connect to a public hotspot?

- Avoid tasks such as paying bills, accessing your bank information, and using your credit card online when using a public hotspot.
- Opt not to save passwords, especially when it comes to your financial accounts, like credit cards and banks.



Learn more about your digital security by visiting Store Manager Joe Andreozzi at the Hillcrest Cox Solutions store at 1220 Cleveland Ave., or call (619) 780-0800.

- Use HTTPS and SSL to make your connection to websites more secure. Both are protocols that provide encrypted communications. Many browsers offer notifications to show enhanced security, such as displaying a padlock next to a website address or turning the address bar a different color.
- Update your device when prompted. Often, these contain security updates to keep you protected.
- Keep WiFi off if you don't need it.
- Verify that you are connecting to a legitimate connection. For example, Cox enabled WiFi hotspots are named 'Cox WiFi' or 'CableWiFi.' In other instances, ask an employee the name of their hotspot before connecting.

Where can I access a hotspot?

Hotspots will be listed in your devices WiFi settings. Cox customers have access to more than 400,000 hotspots across the United States, including 148 in Balboa Park, 40 new hotspots on the USS Midway and nearly 100 hotspots in Downtown San Diego. In total, customers can access more than 500 hotspots throughout San Diego County, just find 'Cox WiFi' or 'CableWiFi' in your WiFi settings. Noncustomers are able to access the hotspots by signing up for a free one-hour trial. Find a hotspot at www.cox.com/hotspots.

How much speed do I need?

The level of speed you need varies on the activities that you use the Internet for. Use the Cox Speed Advisor tool at www.cox.com/internet to determine what's best for you. Cox WiFi hotspots have download speeds of up to 15 Mbps and upload speeds of 4 Mbps. These can vary and are dependent on the number of devices connected to a hotspot at any given time. Cox High Speed Internet ranges from 15 Mbps up to Gigabit speeds.

I keep hearing about Gigabit speeds. What is it?

Gigabit speed is Internet that's 100x faster than the average speed. With gigabit speed you can download 100 songs in three seconds, an HD movie in under one minute and upload 1,000 photos in about one minute!

To find out more about Cox's Gigablast, including whether it's offered in your area, visit www.cox.com/gigablast.

Important work in Sacramento

Notes from Toni

Speaker Emeritus
Toni G.
Atkins



It's easy at the state capitol to get caught up in negotiations over precise bill language and amendments and so much legalese and legislative jargon. It's an intense place. And then something happens that reminds us why we take it all so seriously.

On March 8, the day after I handed over the keys to the Speaker's office to my colleague Anthony Rendon, I held a press conference to announce one of my new bills, AB 1795. The bill will eliminate several arbitrary restrictions that block low-income Californians from receiving testing and treatment for breast and cervical cancer.

One of the speakers that day was a woman named Sonia, who was 35 years old in 2008 when she discovered a lump in her breast. A single mother of two daughters, she was underinsured and in need of care. But she didn't qualify for the state's Every Woman Counts (EWC) program because she was too young. That's one of the barriers: EWC provides mammograms only for women older

than 40. And EWC is a gateway for enrollment in the Breast and Cervical Cancer Treatment Program (BCCTP), which has a couple of arbitrary barriers of its own: It doesn't cover treatment for a recurrence of cancer in the same part of the body — the same breast, for example — and it cuts off treatment coverage for breast cancer at 18 months and cervical cancer at 24 months.

After scrambling for months to find a clinic that would help her, unsure how sick she really was, Sonia finally learned that she had Stage 2 breast cancer and began treatment under the BCCTP.

But five years later, she was diagnosed a second time for breast cancer, this time in the other breast. Right around the same time, her sister, who was 36 years old, was also diagnosed with breast cancer. She, too, was ineligible for Every Woman Counts.

I heard Sonia say she was "lucky" that her two diagnoses were in different breasts, because if they had been in the same breast, her second cancer wouldn't have been covered under BCCTP. Still, both Sonia and her sister needed treatment for longer than the limit of 18 months, so their care was halted.

It's these personal stories of trauma and hardship that motivate me to find solutions

that help real people like Sonia and her sister — and men too, because men get breast cancer as well — and make their lives at least a little bit easier.

AB 1795 is one of those bills that remind me how important the work I get to do can be. This bill, which is sponsored by Susan G. Komen, is just one of my new bills for 2016.

The centerpiece of my legislative package is a two-bill tandem on human trafficking: AB 1730 will create a pilot project to provide services and temporary housing to victims and AB 1731 will establish a task force that will collect and share data.

My biggest priority remains affordable housing, and my AB 2734 — the Local Control Affordable Housing Act — would restore funding for affordable housing lost when the state ended redevelopment.

As always, I'll keep you posted throughout the year on the progress of my efforts to improve the quality of life for San Diegans — and all Californians.

Around the district: It's the last chance to take advantage of California's new Earned Income Tax Credit when you file your taxes, which are due April 18 this year. The tax credit, along with the federal EITC, benefits working families. Returns vary depending on your income, marital status and number of

children. For more information, and a calculator to see if you qualify, please see CalEITC4Me.org. You also may qualify for free tax preparation if you make less than \$54,000 a year. Many local sites provide Volunteer Income Tax Assistance (VITA). Find them by searching CalEITC4Me.org or calling 211 San Diego ... The state budget can be complicated and we want to give you a chance to learn more about it at a free interactive workshop at 10 a.m. April 9 at the University of San Diego Degheri Alumni Center. Assemblymember

Shirley Weber and I will host the Next10 California Budget Challenge workshop to give you the opportunity to figure out how to split funding among state programs like schools, health care and transportation. Parking is free. Please RSVP by calling 619-645-3090.

—Toni G. Atkins is the Speaker Emeritus of the California State Assembly. For more information, visit her website, asmdc.org/speaker or follow her on Twitter, @toniatkins.■

SUMMER CAMPS

where KIDS get creative

ENROLL NOW | LibertyStation.com/SummerCamps

FEATURING: Bravo School of Art
FARM Creative Market & Art School · FX Dojo
Kid Ventures Indoor Play · Monart School of Art
Pachis Art Studio · San Diego School of Ballet
Recreational Music Center · Outside The Lens
Theatre Arts School of San Diego

Medical Minute

The doctor can see you now!

Tired of waiting for an appointment with your doctor or specialist?

Our doctors often have next-day appointments available!

We accept most insurance plans.

To learn more, call
(619) 286-8803
or visit
AlvaradoMedicalGroup.com

Alvarado Physicians Medical Group

(619) 286-8803 | 6719 Alvarado Road, Suite 108, San Diego 92120

Wellness WEEK

APRIL 10TH-18TH

In support of all individuals for their health and well-being, Bella Tosca Day Spa will be offering the following Wellness Savings!

Aromatherapy Massage 50min.....\$89 (reg. \$130)
Skin Quench Hydrating Facial 50min.....\$79 (reg. \$115)
Bella Tosca Brightening Facial 50min.....\$89 (reg. \$125)
Signature Sugar & Sea Salt Body Scrub 50min.....\$95 (reg. \$125)

Services include use of fitness center, locker room, Jacuzzi, dry sauna, herbal steam room, robe and slippers.

For Reservations, call 619-220-0014.

Gift Certificates Available

It's not too early to start thinking of Mother's Day. Give the gift of relaxation. Purchase your gift certificates by stopping by Bella Tosca Day Spa.

LOCATED AT THE TOWN AND COUNTRY RESORT | 500 HOTEL CIRCLE NORTH, SAN DIEGO CA 92108
Promotions not valid with any other specials or discounts. Promotion valid through April 18, 2016.

RESORT & CONVENTION CENTER
SAN DIEGO
A DESTINATION HOTEL

CATALINO
COPYRIGHT 2016
CREATORS.COM

WANTED: DONALD TRUMP



FOR CRIMES AGAINST HUMILITY, MATURITY AND INTELLECT

GUEST EDITORIALS

Charter school permitting-reform measure passes

Scott
Sherman



Recently, the City Council approved my measure to reform the city of San Diego's Conditional Use Permit (CUP) to ease permitting requirements on San Diego public charter schools. Public charter schools serve over 21,000 students in 51 schools within the city of San Diego. Public charter schools have become

an important educational option for thousands of San Diego parents. Unfortunately, the city's burdensome CUP is enormously complex, time consuming and expensive.

My plan would achieve the following:

- Revise municipal code to reduce the permitting requirements to help charter schools obtain facilities
- K-12 schools with less than 300 students will be permitted in residential multi-family, commercial regional,

commercial office, and commercial community permitting zones

- These revisions would allow more money to go directly to education instead of navigating through the permitting process

We began working with public charter schools and affiliate organizations after being contacted by four charter schools in my district having trouble navigating the burdensome permitting process. Thousands of San Diego

working families depend on charter schools throughout San Diego to educate their children. I applaud the City Council for approving this important measure. It will now be easier for charter schools to obtain quality facilities and allow for more funding to be directed to students instead of for consultants to navigate the complex bureaucratic process.

—Scott Sherman represents District 7 on the San Diego City Council.■

Know your risks before picking a roommate

Alan Pentico

One of the best ways for renters to find a good deal in San Diego is to share an apartment or house with roommates instead of living alone. Where a typical one-bedroom apartment may cost \$1,050, splitting the cost of a two-bedroom unit can bring each roommate's share of the bill closer to \$850.

For many people, that \$200 savings is worth the inconvenience of having to share a kitchen, a living room and sometimes a bathroom.

Choosing to live with a roommate, however, may be a greater financial risk, especially if you have not carefully vetted your roommate. When you sign a lease with another person, you are entering into a binding financial agreement with both that person and the landlord. It's a decision that should be taken carefully, especially when

you consider that most leases assign "joint and several liability" to the tenants. That's a legal term that essentially means everyone and anyone on the lease can be held liable for any and all money owed.

In practice, this means that if you've been paying your rent on time every month but your roommate hasn't, the landlord has the right to collect the entire amount of the unpaid rent from you. It also means that if your roommate throws a party while you're away and the partygoers damage a wall, both you and your roommate can be held responsible for the cost of repairs. If your roommate moves out and doesn't find a suitable replacement, you could be on the hook for the entire rent amount.

The shared liability built into leases with multiple tenants can also complicate things when it comes time to return the deposit. Landlords

typically prefer to return the deposit in one payment to one tenant after the home or apartment has been vacated. Few landlords are willing to cut separate checks or mediate disagreements between tenants over who paid what when they moved in. You should be able to trust that your chosen roommate will return your fair share of the deposit when you move out.

Speaking of security deposits, keep in mind that a renter's insurance policy may cover unintentional damage. If you choose to live with a roommate, talk to your insurance agent about whether to list your roommate as an "additional insured" on your renter's policy or whether it's better for each roommate to get their own insurance policy.

Many renters are naturally inclined to choose a roommate they already know and trust, such as a friend, family mem-

ber or coworker. This is often a better idea than picking a stranger from Craigslist, but be careful about assuming someone will be a good roommate just because they are a good friend. Aside from questions about how well a friend maintains their home, you should also have a good understanding of how well they manage their money. Whether you're considering living with a stranger or someone you know, indicators like credit history, rent-to-income ratio and positive references are all worth considering. This column is intended to illustrate situations renters may face when choosing to live with roommates. It is not intended to serve as legal advice. If you are in a dispute or need legal counsel, you are advised to contact a lawyer.

—Alan Pentico is executive director of the San Diego County Apartment Association.■

MISSION VALLEY News

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

EDITOR

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

CREATIVE DIRECTOR

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

CONTRIBUTING EDITORS

Jeff Clemetson, x119
Morgan M. Hurley, x110

PRODUCTION ARTISTS

Design2Pro

COPY EDITOR

Dustin Lothspeich

SALES & MARKETING DIRECTOR

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

WEB & SOCIAL MEDIA

Jen Van Tieghem, x118
jen@sdcnn.com

CONTRIBUTORS

Toni G. Atkins
Charlene Baldrige
Andy Cohen
Gary Jones
Tori Hahn
Dr. Ink
Erica Moe
Margie M. Palmer
Alan Pentico
Sari Reis
Frank Sabatini Jr.
Scott Sherman
Jen Van Tieghem

ADVERTISING CONSULTANTS

(619) 519-7775
Lisa Hamel, x107
Andrew Arias, x113
Andrew Bagley, x106
Kat Haney, x105
Sloan Gomez, x104
True Flores, x108

EDITORIAL INTERNS

Joseph Ciolino
Tori Hahn

PUBLISHER

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

WEB DESIGNER

Kim Espinoza
kim@kespinoza.com

PUBLISHER EMERITUS

Jim Madaffer

ACCOUNTING

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



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

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

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

DISTRIBUTION: Mission Valley News is distributed free the second Friday of every month. COPYRIGHT 2016. All rights reserved.

sdCNN
SAN DIEGO COMMUNITY NEWS NETWORK, INC.

MISSION VALLEY News

SAN DIEGO DOWNTOWN NEWS

GAY SAN DIEGO

La Mesa COURIER

Mission Times COURIER

Uptown News



► Taste, from page 1

Brew Mart by Ballast Point, Bay Park Coffee, Urbane Café, Baci's, Pacific Time, Fiji Yogurt, Bull's Smokin BBQ Restaurant, Dan Diego's, JV's Mexican Food, Tio Leo's, Luce Bar & Kitchen, Andres Restaurant, Offshore Tavern & Grill; Zpizza, Sardina's Italian Restaurant & Bar, La Gran Terraza, Pita Pit, Poseidon Project, The Clutch Bar, Side Car, and Siesel's Old Fashioned Meats.

For example, La Gran Terraza will serve a sample of its crab cocktail, made of avocado puree, red peppers, red onion, jalapeno and cilantro. Bull's will offer a pork slider and a braised beef slider to participants. Pita Pita will have chicken souvlake and falafel. And Poseidon Project will say "cheers" with a taste of its specialty punch bowl beer cocktail.

The Morena neighborhood — which is on the east side of Interstate 5 — includes West Morena Boulevard and Linda Vista Road, between Friars Road and Clairemont Drive. More than 400 businesses, restaurants and breweries call Morena their home, Weber said.

Taste of Morena benefits the Morena Business Association.

"This is our major fundraiser for the year," Weber said. "As a micro-district, we don't charge fees to member businesses. The Taste helps fund our mixers, monthly meetings, website, mobile app and banner programs, which increase the stature of



Taste of Morena visitors will get a guide to participating businesses and can ride the Old Town Trolley for free. (Courtesy of Morena Business Association)

the business community and promote engagement with residents who shop, dine and use the many other services in the area."

Only 600 tickets — \$25 per customer — are sold for the Taste of Morena.

"The event sells out quickly," Weber said.

There are three locations to purchase tickets: Jerome's Furniture, located at 1190 W. Morena Blvd., will take charge cards and cash; Cole's Fine Flooring, located at 1170 W. Morena Blvd., will take cash only; US Bank, located at 5330 Napa St., will take cash only.

Old Town Trolley shuttles will run a continuous loop to

participating restaurants the night of the event. Participants are encouraged to park in Jerome's Furniture's spacious parking lot, located at 1190 W. Morena Blvd. in the Morena Plaza Shopping Center, and take the free trolley from there.

In addition, a special tram will take participants to and from La Gran Terraza on the campus of the University of San Diego. Staff from the San Diego Food Bank will be at La Gran Terraza, encouraging participants to donate money to the Food 4 Kids Backpack Program. The program provides weekend food packages to chronically hungry elementary-age students from low-income families. For a donation of \$5.50, one child will receive enough food for a weekend. For a \$200 donation, that child would be taken care of for an entire year, according to the association.

Weber said the Morena Business Association would like to broaden the food festival's appeal.

"We certainly hope we get lots of new people, but the Taste has always been very popular with locals," she said.

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

Visit us online at MissionValleyNews.com

Like us on Facebook: Facebook/MissionVallyNews

Follow us on Twitter: @MissionVllyNews

Summer Learning Adventure Camps

Ocean science exploration for ages 4-15

REGISTER TODAY

aquarium.ucsd.edu

BIRCH AQUARIUM
at Scripps Institution of Oceanography
UC San Diego

New weight-loss procedure offered

SDCNN Staff

A new FDA-approved procedure is now being offered in San Diego for weight loss.

The gastric "belly" balloon is a non-surgical, outpatient procedure that has been shown to be up to three times more effective for weight loss than those who do diet and exercise alone.

During a procedure that takes less than 30 minutes, the patient receives mild sedation. With an endoscope, a deflated silicon balloon is inserted through the mouth into the stomach. The balloon is then inflated with sterile saline to about the size of a grapefruit. This creates a feeling of fullness and helps patients moderate food intake.

After six months, the balloon is removed. Patients agree to participate in a one-year, medically supervised diet and exercise program to improve long-term outcomes.

"One of the reasons why people hit a weight plateau is because dieting alone increases chemical hunger," Dr. Julie Ellner of Alvarado Hospital said in a statement. Ellner is one of the first doctors to offer this procedure in San Diego. "This is a way to relieve the hunger and be successful without surgery or drugs," she said.

Typically, a person must have a BMI between 30-40 to qualify and need to lose 25 to 50 pounds. The procedure is not currently covered by insurance.

BARRA SALOON
OLD TOWN SAN DIEGO

CINCO-DE-MEEEEO!
ON THE 5TH DAY OF YOUR BIRTHDAY MONTH, YOU EAT FREE!

KIDS EAT FREE EVERY DAY!

HAPPY HOUR MON-FRI 4-6 PM

THE BEST MARGARITA IN SAN DIEGO... FOR ONLY 6 BUCKS!

Open Daily 11 am to 9 pm

4016 Wallace Street
619-291-3200

www.BarraBarraSaloon.com

DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND



Dungeness crabs are back on the menu at King's Fish House in Mission Valley. (Photo by Jeff Clemetson)

Dungeness crabs from San Francisco Bay waters have returned after a temporary ban, arriving this month to **King's Fish House in Mission Valley** and **Carlsbad**, and its sister restaurant, **Water Grill** in the East Village. The ban began in November, when waters in and around the Bay Area showed high levels of domoic acid, a naturally occurring neurotoxin produced by algae that had infiltrated the crustaceans.

The ban, however, was lifted for safe consumption on April 1, and the crabs will be available at both locations of King's Fish House in several ways: steamed; sautéed in peanut oil, jalapenos and peppercorns; or served chilled. (Water Grill will offer them chilled only on seafood platters.) A company rep says the seasonal crabs should stick around through the end of spring, or while supplies last. 825 Camino De La Reina, 619-574-1230, kingsseafood.com.

On Sunday, April 17 at 4 p.m., a new **Denny's** will open its doors in Mission Valley, unveiling its all-new, locally-inspired design and diner menu.

"We are excited to share all that Denny's has to offer with the San Diego community," Mohammad Kabir, Denny's franchisee, said in a statement. "Whether it's breakfast, dinner or dessert you're craving — Denny's will be ready to serve up great food and service any time of day." 10430 Friars Road.

Free pork tacos are up for grabs on a first-come, first-served basis starting at 1 p.m. April 17, as **The Heart & Trotter Whole Animal Butchery** in North Park celebrates its one-year anniversary. Lauded for its antibiotic and hormone-free meats, the shop also sells sandwiches on Thursdays, Fridays and Saturdays, although it may soon offer them daily according to manager Ben Zuba. 2855 El Cajon Blvd., 619-564-8976, theheartandtrotter.com.



Meaty sandwiches have entered into the equation since Heart and Trotter Whole Animal Butchery opened a year ago. (Courtesy of Assault Media Marketing)



Ashleigh Dinan of Wild Water is a new vendor at North Park Thursday Market. (Photo by Frank Sabatini Jr.)

The North Park Thursday Market debuted March 24 with several new vendors and a tent designated for cooking demos scheduled into the month of May. The weekly farmers market was re-branded through

a partnership between North Park Main Street and San Diego Markets. It moved several blocks west from its original location and now occupies nearly three blocks on North Park Way, between 30th and Granada streets.

"This gives us higher visibility and we're right next to the huge parking garage off 30th, which makes it a perfect location compared to the small lot we were in behind CVS Pharmacy," operations manager Brijet Myers said.

Among the newcomers is Ashleigh Dinan of **Wild Water**, whose first day of business coincided with the market's launch. She sells vacuum-sealed fruit — kiwis, Asian pears, blood oranges and mandarins — and the bottles used for infusing them into water.

J's Tacos & Ceviche is also new to the neighborhood market, as well as **Edible Alchemy**, which brings in kimchi and sauerkraut from a nearby kitchen.

There are about 65 vendors in total selling everything from produce and street foods to turkey eggs and crème brûlée. Myers says the new blueprint allows for future growth.

The cooking demos are held at 4 and 5:30 p.m. each week by a local chef. The lineup includes: Rich Sweeney of **Waypoint Public** on April 14; "Chef Norbert" from **Tiger! Tiger!** on April 21; and Joe Kraft of **Wow Wow Waffle** on May 5.

For more information and listings, visit northparkmainstreet.com.

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

BUSINESS SPOTLIGHT

Summer Camps at Arts District Liberty Station
LibertyStation.com/SummerCamps

The former Naval Training Center — where sailors once trained for military service — is now a place where a new generation of "recruits" can train in the areas of art, music, dance and more.

Classes and workshops for all ages are presented throughout the year by dozens of cultural groups, but this summer, Summer Camps at ARTS DISTRICT will be Where KIDS Get Creative.

Camps feature music, dance, theater, creative writing, hands-on art making, photography, and more ... all in Liberty Station's park setting.

"This summer, kids can explore and discover new skills in San Diego's burgeoning Arts District," said NTC Foundation Executive Director Alan Ziter. "We encourage parents to let their kids get creative with local artists this summer."

A FREE Summer Camp open house is set for Saturday, April 9, from 2 – 6 p.m., so parents can learn about the camps, visit the studios, meet instructors and explore the ARTS DISTRICT campus.

SAN DIEGO RIVER DAYS

May 14-22

Discover the San Diego River with fun, free outdoor events in your community!



Find an event near you:

www.sdriverdays.org

HIKE • BIKE • EXPLORE • LEARN • CREATE

This event is made possible with support from our non-profit partners and:



live in color
LITTLE ITALY • DOWNTOWN • SAN DIEGO
APRIL 30 - MAY 1, 2016
11AM - 6PM



FREE ADMISSION
MORE THAN 300 VISUAL ARTISTS • SAN DIEGO'S TOP MUSIC AND DANCE GROUPS
INTERACTIVE ART FOR FAMILIES AT KIDSWALK • LIVE VISUAL ART PERFORMANCES



MISSIONFEDERALARTWALK.ORG @ArtWalkSD

The lemon dilemma



The exterior of BJ's Restaurant & Brewhouse in Mission Valley (Photos by Dr. Ink)

Come On Get Happy! Dr. Ink

About a decade after Karl Strauss Brewing Company kicked off the local craft-beer scene on Columbia Street in 1989, a company to the north of us known for deep-dish pizza got in on the action to the benefit of San Diego beer drinkers preferring style over swill.

It was in the late-1990s that small-batch ales began appearing at BJ's restaurants from its newly installed brewery in Brea, California. As production grew, so did the brand, which is now established in more than 20 states under the name BJ's Restaurant & Brewhouse.

There are five locations in San Diego County, including one in Mission Valley that stands boldly and modernly at the entrance to the Hazard Center.

Patrons visiting for happy hour are steered to the raised bar lounge on the right, where booths, high tops and numerous bar stools afford ample seating under cathedral-high ceilings and a four-panel flat screen framed in orange lighting. For a chain of this magnitude, I find both the interior and exterior quite attractive.

The area leads to an outdoor patio as well, although I grabbed a booth inside and was greeted quickly by a waitress who rattled off the happy-hour deals too fast for comprehension. It wasn't until I found them listed inside a metal-ringed binder of food and drink menus that I learned all beer,

wine and cocktails are \$1 off; shareable appetizers are \$2 off; and mini deep-dish pizzas are half-price.

From more than a dozen brand varieties of suds, the Harvest Hefeweizen caught my eye, particularly the footnote stating "try it without a lemon." Priced regularly at \$6.25 for a non-cheater pint, I did as suggested for the first several sips.

I normally love the puckering tartness of citrus in this Bavarian-style beer because it eases the sometimes-heavy wheat flavor I've encountered from local producers. German brewers don't push the fruit like their American counterparts mainly because they've long nailed down the balance of yeast, malt and wheat.

That goal is achieved in the Harvest, with enough natural fruitiness to forfeit the lemon entirely. With it, I actually found it less refreshing and more generic-tasting. Even my fast-talking waitress concurred, saying that she never adds lemon to the BJ's version.

Now, with a half-glass of regret under my chin, I paired the lemon-spiked Hefeweizen to an order of marvelously tender ribs glazed in root beer. Compared

BJ's Restaurant & Brewhouse
1370 Frazee Road (Mission Valley)
619-814-6350
bjsrestaurants.com
Happy hour: 3 to 7 p.m.,
Monday through Friday;
and 10 p.m. to midnight,
Sunday through Thursday

RATINGS

DRINKS:

In addition to a dozen company-produced craft beers, the list extends to "guest" beers on tap, plus wines, ciders and trendy cocktails.

FOOD:

The root beer-glazed ribs were exceptional, although if you're hankering for something heavier and saltier, the crispy potato skins loaded with cheese and bacon don't disappoint.

VALUE:

Other than the half-price mini deep-dish pizzas, the discounts are minor: \$1 off all drinks; and \$2 off appetizers.

SERVICE:

Within two minutes of reciting the happy hour specials with lightening speed, my waitress returned asking for my order. Why the rush when I was among only several other customers? On the plus side, my beer and food arrived without delay.

ATMOSPHERE:

Though part of an expansive corporate chain, the structure is solid and well-designed with towering ceilings, extensive seating options, and a large, attractive bar framed in dark-orange lighting.

to other noshes I've consumed at BJ's in the past — fried calamari, beef sliders, and chicken lettuce wraps — these five meaty bones rocked my taste buds and rank as my favorite. During happy hour, they're priced at \$7.95.

Other beers from the BJ's line include HopStorm IPA, Nutty Brewnette, PM Porter, and Berry Burst Cider. There's a separate list of "guest beers" from other brewers as well. In addition, the wine list is surprisingly diversified, and numerous cocktails are in the offing, all available at nominal discounts during weekday and late-night happy hour. ■



Harvest Hefeweizen craft beer, ribs with root beer glaze

A Favorite Since 1971



Mother's Day Specials
May 7th - 8th

Brunch Specials –
Shrimp and Crab Omelet
Fresh Berries and Cream Cheese
Stuffed French Toast

Dinner Entrees - Pan Seared Sea Bass
Broiled Lobster Tail • Pork Osso Bucco
\$1 Champagne and Mimosas May 7th

Beginning at 9 am Sat. only.
Reservations Suggested
www.bullyseastsd.com



2401 C AMINO DEL RIO SOUTH (MISSION VALLEY) RESERVATIONS @ BULLYSEASTSD.COM
619.291.2665
WWW.BULLYSEASTSD.COM

BEST MEXICAN FOOD IN MISSION VALLEY!

- Happy Hour Daily 4-7pm
- Free Appetizers
- Outdoor Patio
- Early Bird Specials 2:30 to 5pm
- Friendly Staff!



Just one mile east of San Diego's Old Town, The Amigo Spot proudly offers the finest in regional Baja Mexican Cuisine. Enjoy traditional fare from Delicious Tacos and Enchiladas to Sizzling Fajita Platters to Marinated Carne Asada and a variety of Seafood offerings.



The Amigo Spot
Family Style Mexican Restaurant

1333 Hotel Circle South
619.297.2231
Located at the Kings Inn
www.amigospotssandiego.com



Poke man

A celebrated Hawaiian dish comes to Mission Valley

Frank Sabatini Jr.



While putting the finishing touches on his first restaurant endeavor, Yohei Umezu admits he doesn't play by the rules when it comes to making poke, the raw seafood dish of Hawaii that will dominate his menu in many colorful adaptations.

The concept of his 900-square-foot eatery, San Diego Poke Co. — due to open May 1 at 10397 Friars Road in eastern Mission Valley — was essentially test-piloted over the past year at farmers markets in Scripps Ranch on Saturdays and Hillcrest on Sundays.

"I've found that half the people at the markets were familiar with poke, and the other half wasn't," Umezu said, noting that "poke eateries have been popping up everywhere in the Los Angeles area — but not so much here."

In its classic Hawaiian version, cubes of sushi-grade ahi tuna are dressed simply in sesame oil, soy sauce and sea salt, and they're typically embel-



Yohei Umezu is preparing to open the first restaurant in Mission Valley devoted exclusively to poke (Courtesy of Contour PR + Social)

lished with chopped seaweed and diced Maui onions.

Umezu, however, has become known for taking the presentation to a modern mainland level by incorporating ingredients such as Flamin' Hot Cheetos, fried onions, and a host of sauces that includes sweet chili coconut puree, wasabi cream and miso vinaigrette. "I've dabbled with a lot of different garnishes

and sauces that I'll be narrowing down for the restaurant," he said.

The protein options will be varied as well. Aside from ahi, customers can choose between raw albacore, octopus, bay scallops, salmon or a mix of them when customizing their bowls, which will be sold in three or five-scoop measures and accompanied by rice. The seafood



San Diego Poke Co.'s dressed-up ahi tuna bowl (Photo by Jersen Navasca)

is sourced from various vendors along the California coast.

Umezu is of Japanese decent and a native of Torrance, California. His knack for creative cooking began as a teenager, when he would sneak cheese into egg rolls or add it to Japanese-style pork cutlets.

"I've always enjoyed testing out recipes and using non-traditional ingredients," he said. "And since I was younger, I've seen a lot of people make poke in different styles."

Umezu previously worked as an electrician before securing spaces at the farmers markets with Chef Meljohn Sebastian, who trained for 10 years at La Jolla's Café Japengo under acclaimed sushi chef Jerry Warner.

Sebastian will serve as chef for San Diego Poke Co., which will maintain its presence at the weekly markets after the restaurant opens.

"We're selling, in total, about 150 bowls of poke per weekend," Umezua said. "It's been a good way of seeing if customers like our recipes, and they've reacted really well to them. I love telling

people about poke who have never heard of it."

Marinating raw fish, Umezu pointed out, is common in numerous countries and locales positioned along oceans. In Mexico, it's called ceviche; in Italy, it's known as crudo; and in Malaysia, it's hinava. As for the Hawaiian term, Umezu says consumers pronounce it either as "poke-ee" or "po-kay," adding that both are correct.

"Every culture makes it differently. There is no right or wrong way. I like to incorporate all styles," he said.

The small restaurant, which features a sidewalk patio and black and red accent colors, will seat about 20 guests. Hours will be 11 a.m. to 9 p.m. daily. Umezu said he will eventually obtain a beer and wine license after first introducing smoothies, teas and boba drinks.

As for the bill of fare, it's entirely chilled, clean fish adorned with flavors and textures designed to give poke traditionalists something more to think about.

"The only warm item on the menu will be the rice," Umezu said.

For more information, call 619-584-4786, or visit sdpokeco.com.

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

THE SECRET IS OUT- THE PARTY IS HERE

Happy Hour Daily

M-F: 10-7pm • Sat: 9-7pm • Sun: 9 till Close



NOW FEATURING
A new line of
LOCAL CRAFT DRAFTS



TUESDAYS- 1st & 3rd-
TOM's Band Camp- LIVE JAM
4th- Theo & Zydeco

Wed- Fri
KARAOKE 9pm-1:30am

LETS DANCE
LIVE BANDS

Every Saturday Night 9pm - 1:30am



PAL JOEYS
COCKTAILS

(619) 582-6699

CHECK OUR WEBSITE FOR DAILY ENTERTAINMENT SCHEDULE

619-582-6699 • www.PalJoeysOnline.com

5147 Waring Rd. OFF HWY 8

SDSU

artsalive.sdsu.edu



More than 300 public performances, concerts, and exhibitions every year!

Cathedrals: Jeff Ray

A multi-sensory installation exploring how large architectural spaces and natural caves can be used to create soundscapes

April 7 - June 12
SDSU Downtown Gallery

Free Admission
art.sdsu.edu

University Dance Company

April 29 - May 1
Dance Studio Theatre, SDSU

Tickets \$10/\$15
dance.sdsu.edu

The BFG (Big Friendly Giant)

Theatre for all ages from the book by Roald Dahl

April 22 - May 1
Don Powell Theatre, SDSU

Tickets \$15/\$17
theatre.sdsu.edu

ARTS ALIVE
SDSU

Just add water



Erica Moe

It's too hot. I have a sports injury. I have back pain. I'm pregnant. I have arthritis. All are excuses that seem worthy of skipping a workout. Or are they? Actually, there's no need to skip that workout anymore. Instead, just add water. The buoyancy of water can reduce bodyweight by about 90 percent, making exercise more doable and enjoyable, but still challenging. What's more, you can avoid much of the pain that's brought on by weight-bearing exercise.

Not just for rehab

Water is an environment that welcomes all levels of exercisers, from beginner to advanced. Similar to "land" exercise, a workout in the water offers benefits in cardiovascular fitness, muscular strength, flexibility, core stability, balance and cognitive health. "Water exercise is not just for rehab, and it's not just for injured runners," stresses Kari Lorraine Scott, lead aquatic personal trainer and water exercise instructor at Mission Valley YMCA. Scott teaches a deep-water running class at the Y, and wants the running community, particularly those training for the upcoming Rock 'n' Roll Marathon, to take a dip



The YMCA water exercise program significantly reduces bodyweight and is designed to help people who can't do weight-bearing exercise. (Courtesy of the YMCA)

in the pool. "It's a great way to extend the life of your running legs without losing that competitive edge. And," she added, "Meb does it!" (San Diego's Meb Keflezighi recently became the oldest American to qualify for the Olympics in the marathon.)

In addition to seeing athletes improve performance, Scott coaches countless people through training in the water both before and after knee and hip surgeries. "People who work in the water prior to surgery find it much easier and faster to rehab," Scott said. "And they are so pleased to be able to get back to regular activities like cycling, rock climbing, golf or just walking."

Try a class

Try a heart-pumping, deep-water class with the assistance of a flotation belt or a low-impact water class. How about Zumba or a mind/body session in the water? These classes are usually held in chest-high water, so you don't have to be a star swimmer to participate. You don't even have to get your hair wet!

Log some laps

Swimming laps is a great way to improve your heart

and lung capacity while being gentle on those joints. It can tone all your major muscles and is a great way for runners and cyclists to cross train. Find open swim time at the pool or join a Masters swim team ("masters" just means ages 18 and older) for coached workouts.

Take the plunge

It's spring. It's getting warmer. Get outside, cool off and get an incredible workout at the same time. Remember, the harder you push, the harder the water pushes back. "You can't out-push the water!" remarks Scott.

Get in sync

Here's something different and fun: Mission Valley YMCA is home to the Synchronettes, a synchronized swim team that practices twice weekly. New members are always welcome, and you can see the team perform at a free show at 3 p.m. Saturday, April 16 at the Y.

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

Is your pet on medication or supplements?

Sari Reis



If you have a dog or cat taking regular medication and you are planning to travel, it is important that you engage appropriate care for your pet. As our companion animals age, many of them require medications or supplements to keep them healthy, manage their illnesses, or to keep them pain-free. For diabetic animals requiring insulin injections and those requiring subcutaneous fluids, a vet tech or other experienced professional pet sitter should be employed. Even when an injection is not required, it is still important that you seek an experienced pet sitter who is comfortable with the health requirements to care for your furry kid. Since medications come in various forms, you should always advise your pet sitter, in advance, that your pet requires medicine and how it is to be administered. Some medications are given orally, as with a pill or liquid syringe. Some are transdermal, often the inside of the ear. Or in the case of many flea treatments, applied to the skin on the back of the animal. Some are drops or ointments that are put into eyes or ears.

- To assist your pet sitter in caring for your pet's medical requirements as efficiently, effectively and safely as possible, I suggest you do the following. Make an easily readable list of the medications/supplements listing:
1. How to administer: pill pocket, pill popper, placed directly in the mouth, wrapped in food (specify food, such as cheese or meat), syringe for liquids, mixed with their food, etc.
 2. When to give the medication: Some medications need to be a specific number of hours apart. Some are to be given with food, others on an empty stomach.
 3. Does the medication/supplement need to be refrigerated?
 4. List name and purpose of the medication: What condition is being treated. Also, please be sure the medication has not passed its expiration date.
 5. List specific dosage of each medication: If pills are used and the dosage is one-half or one-quarter pill, please pre-cut the pills and have them ready in the container. If syringe, please make a noticeable black mark on the syringe for the correct dosage.
 6. Clearly mark all bottles and containers with the name of the medication or supplement. Pharmacy labels are often hard to read.



Tell your pet sitter how to correctly medicate your cat or dog. (Via Wikimedia Commons)

7. List possible side effects: Let the sitter know if it may cause diarrhea, sleepiness, etc. Always prepare the needed supplements and medications and tools for delivery (pill poppers, spoons, syringes) ahead of time and have them in one place, except refrigerated items. If specific food is to be used to hide pills, make sure you have plenty on hand. Leave the contact information for your veterinarian readily available and the best number to reach you in an emergency. Providing the special care your animal needs to stay healthy and comfortable is not a problem if both you and your pet sitter are well prepared.
- 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.■

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 Handlery Hotel's 950 Lounge. Free. 5 p.m. 950 Hotel Circle North, Mission Valley. SD.Handlery.com.

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

CLASSICAL

April 17: "Much Ado About Music: Shakespeare and The Symphony" – a Family Festival Concert at Copley Symphony Hall. \$15+. 2 p.m. 750 B St., Downtown. SanDiegoSymphony.org.

April 23: "Spotlight on the Piano" with Mark Danisovszky, a benefit concert at Vision Center for Spiritual Living. \$20 7:30 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. VisionCSL.org.

May 1: Quartet Nouveau at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

ALTERNATIVE/ROCK

April 14: Adler & Blackburn performing Joni Mitchell songs at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

April 16: B-Muse (Muse tribute band) and Epic (Faith No More tribute band) at Navajo Live Bar. Free. 9 p.m. 8515 Navajo Road, San Carlos. NavajoLive.com.

April 28: Christopher Dale performing The Eagles songs at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

April 30: Buckfast Superbee, Furious IV, Diamond Lakes and UJBOD's 3 Iron at Casbah. \$12-\$14. 9 p.m. 2501 Kettner Blvd., Little Italy/Middletown. CasbahMusic.com.

POP

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

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

April 15: The Summer Set, Handsome Ghost, Royal Teeth and Call Me Karizma at The Irenic. \$17-\$20. 6 p.m. 3090 Polk Ave., North Park. TheIrenic.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.

April 17: Lillian Palmer (vocalist) at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

April 22: Legends of Metal at Navajo Live Bar. Free. 9 p.m. 8515 Navajo Road, San Carlos. NavajoLive.com.

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

Vision
A CENTER FOR SPIRITUAL LIVING
visioncsl.org
TRANSFORMING LIVES THROUGH PRACTICAL SPIRITUALITY

4780 Mission Gorge Place
San Diego, CA 92120
619.303.6609

Sunday 10:00 am
Wednesday & Thursday 7:00 pm

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

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

www.gethsemanesd.org
858-277-6572

Stressed Out
about your rental property?

ALL SERVICE PROPERTY MANAGEMENT
AllServicePropertyManagement.com
Colleen McDade - Director of Real Estate
BRE#01427165

Over 20 years of satisfied clients
Call us today for a FREE 3-month trial and your peace of mind
619.655.3924

BUSINESS SPOTLIGHT

Summer Learning Adventure Camps
Birch Aquarium at Scripps
June 27 - Aug. 26
\$229 - \$419 per week
(discounts for Birch Aquarium members)
Ages: 4 - 15

Make a splash with Summer Learning Adventure Camps at Birch Aquarium at Scripps!
From the classroom to the aquarium, our accredited camps merge scientific exploration with hands-on fun and learning. Campers investigate marine habitats, create ocean art projects, learn about careers in oceanography, and combine the science and sports of surfing and snorkeling.
We take pride in offering a fun and safe learning environment for campers to connect with nature while developing an awareness and respect for the ocean.
Register today at aquarium.ucsd.edu.

PUZZLE ANSWERS FROM PAGE 14

SUDOKU

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

CROSSWORD

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



The cast of "Richard O'Brien's The Rocky Horror Show" at Cygnet Theatre (Photos courtesy of Cygnet Theatre)

Revisiting 'Rocky Horror'



Amy Perkins as Janet and Jacob Caltrider as Brad

Charlene Baldridge

Anyone here not remember the plot of Richard O'Brien's 1973 "The Rocky Horror Picture Show"? Soon after the show's London debut, it was adapted into what became a classic cult film musical devoted to B movies and science fiction of earlier decades.

My nearest seatmate at Cygnet Theatre's March 19 opening of "Richard O'Brien's The Rocky Horror Show" had seen the film 10 times. Ask her. Or ask my teenage high school student just before she graduated high school in 1978. She dressed in drag at midnight every weekend and went with a girlfriend to see it. They had the show and all its moves memorized.

At Cygnet's concession stand, one may purchase "performance enhancer props" prior to the show. Feel free to shout out, as one woman did incessantly opening night, much to the annoyance (I think) of Artistic Director Sean Murray, who wears the sequin shoes, directs and plays the transvestite scientist who's master of the castle, Dr. Frank 'N' Furter. Also feel free to get on your feet and do the Time Warp at the end of the show. It will fully take you back to another era and introduce those who weren't there to the cult experience.

It's a rainy night and the car carrying the virginal Brad (Jacob Caltrider, who is really funny) and Janet (Amy

miniscule gold lame, seems to have a mind (or at least half a one) and lusts of his own. He proceeds to pleasure others of both genders. Frank 'N' Furter takes his dis-pleasure out on all his minions, resulting in the (hysterically chaotic and visually amazing) destruction of the entire Rocky world. The carnage is as vast as that of "Hamlet."

Cygnet Theatre was absolutely made for "The Rocky Horror Show," much more so than past venues such as the Old Globe (audience was mostly dumbfounded in a wonderful way) and Diversionary, which were too small.

The show has a great rock score such as "Damn It, Janet" and "The Time Warp" and "Sweet Transvestite," with music and lyrics by O'Brien.

Perhaps more than any other seen by this observer, Murray breaks one's heart, especially this time, as the thwarted, defeated Frank 'N' Furter. Sociologically, the film engendered talks we all needed to have regarding gender identification and acceptance of those different than we. I like to think it made my daughter and her friends better people.

Others in the beautifully, lavishly produced, already extended Cygnet production (who knew there were so many sequined shoes?) are Michael Cusimano as Riff Raff, Sarah Errington as Columbia, Jim Chovick as Criminologist, and Bets Malone as Magenta. Brian Banville and Katie Sapper are backup singers, who perform aloft, moves and all, with the crackerjack band conducted by Patrick Marion. David Brannen is choreographer, Jennifer Brawn Gittings engineers wondrous costumes, Peter Herman creates wigs, and Andrew Hull, the scenic design. Chris Luessman is sound designer and Chris Rynne the lighting designer.

You may want to see it twice.

—Charlene Baldridge has been writing about the arts since 1979. Follow her blog at charlenebaldridge.com or reach her at charb81@gmail.com. ■



Sean Murray as Dr. Frank 'N' Furter and Danny Hansen as Rocky

Perkins, who looks great in her period white bra) breaks down in a rainstorm in the forest. They go to a nearby mansion to use the telephone (triple A, anyone?), and meet a bunch of people dressed in freaky duds who don't seem interested in allowing them to use telephone. Brad and Janet feel threatened, although soon they lose their virginity (not with each other!), start to enjoy themselves, and are not quite so eager to leave.

It seems that Frank 'N' Furter, the chief dragster, having created the defective initial model from a guy named Eddie (played by Steve Gouveia, who also portrays a scientist who drops in at the 11th hour) has created a new boy toy for himself, name of Rocky Horror (Danny Hansen). Rocky, dressed

sdCNN
SAN DIEGO COMMUNITY NEWS NETWORK, INC.

Vital step: Attracting pollinators to your garden

Gary Jones

Bees, butterflies and other insects go about their quiet work with little appreciation. But without them, our gardens would be a lot less colorful and bear fewer fruits and vegetables. To increase the presence of pollinators in our backyards and realize their benefits, plants that provide nectar and pollen need to be planted. Nectar is loaded with sugars and is the pollinators' main source of energy, while pollen provides protein and fats.

Perennials and shrubs are the best sources of pollen and nectar.

Seasonal flowers (annuals) are generally not good sources. Hybridization has made most of them sterile or very low in pollen and nectar.

It is wise to have a wide variety of plants. This will provide a range of flowers (food) through the growing season. Native plants are among the best for attracting bees.

The French style of kitchen gardens with flowers inter-planted among vegetables and herbs is a perfect way to attract pollinators and increase your edible harvests. This type of garden is gorgeous, too. If planned well, there is no reason to hide your vegetables. Just combine them with pollinating flowers and celebrate the abundance of color and edible abundance.

Many types of perennial flow-



(top) Agastache Acapulco Deluxe Rose, (left) Gloriosa Daisy and (right) common Salvia are three plants that will bring pollinators to your yard. (Courtesy of Armstrong Garden Centers)

ers can be planted during spring that will be highly attractive to bees, butterflies and other insect pollinators. Lamb's ears, salvia, Russian sage, lavender, cone-flower, cerinthe, Aster x frikartii, Agastache, gloriosa daisy, bidens, Centaurea, sedum and ice plant are some of the most beautiful.

Many herbs are great for pollinators: basil (don't remove the

flowers), borage, oregano, spearmint, hyssop, lavender, rosemary and thyme. Heirloom varieties of herbs and vegetables are more likely to attract pollinating insects. Flowering shrubs that butterflies and bees love include bluebeard (Caryopteris), Mexican orange (Choisya ternata), privet, orange jessamine and pride of Madeira. Citrus trees of all kinds

attract pollinators. Many California native plants are highly attractive to pollinating insects. Among the best are California wild lilac, wild buckwheat, California poppy, coyote mint, coffeeberry and native penstemons. Some research shows that native plants are four times more attractive to native bees than exotic flowers.

A few annuals do have abundant pollen and nectar including natives like clarkia and gilia, cosmos, common sunflower and sweet alyssum.

The following tips will help maximize your success in attracting butterflies, bees and other pollinators:

- If you must use pesticides, use the least toxic and follow the directions. Don't use when temperatures are above 90 degrees. Nor should you use on plants that butterfly caterpillars feed on.
- Plant several colors of flowers. This helps pollinators find the flowers. Bees are especially attracted to blue, purple, violet, white and yellow flowers.
- Plant flowers in clumps of one species. This will attract more pollinators than individual plants scattered around. Ideal clump is four feet in diameter.
- Include flowers of different shapes. There are 4,000 species of native bees in North America — of all sizes and with different tongue lengths. Various sizes and shapes of flowers will attract various pollinators.

• Have a diversity of plants and flowers during all seasons. Most pollinators are generalists and this will accommodate all types.

• Plant where pollinators will visit. Most prefer sunny spots with shelter from strong winds.

• Consider planting white Dutch clover in your lawn. This will attract dozens of pollinators (and fix nitrogen for your lawn).

• Plant larval host plants. For example, milkweed is vital to the larval stages of Monarch butterflies.

• Avoid hybrid varieties for reasons previously noted.

• Leave open patches of mud if possible. (Near fountains or faucets) Ground-nesting bees need these areas for homes or building materials.

• Provide a water source.

• Provide nesting sites. Collections of reeds or holes drilled in blocks of wood provide great nesting sites.

• Put a flower pot on every porch. The more plants that are available, the healthier our pollinators will be. This is especially important in densely populated, new housing areas.

—Gary Jones is the 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. ■



Canine Education

A Holistic Approach to Raising a Dog.

In-home professional dog training service.



COMPLIMENTARY ASSESSMENT
Now booking morning sessions

619-630-5260
Fernando Steffey/Canine Educator/Founder
www.CanineEducationSD.com

Mr. Peabody's
BURGERS & ALE



ALWAYS HAPPY HOUR.



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

YOUR PADRES PITSTOP
Catch ALL MLB games with us!

28 flat screen TVs

Oggi's
SPORTS | BREWHOUSE | PIZZA



TAX- RELIEF- Break
HAPPY HOUR 3-6PM and 8-Close
Food and Drink to cheer you and your team!

MORE THAN JUST PIZZA
Taco Tuesdays \$2
\$3 Pints on Most of Oggi's handcrafted beers
3Pm to close

2245 Fenton Pkwy #101 (Fenton Marketplace in Mission Valley)
619.640.1072 • oggi.com

We Deliver Our Entire Menu (within 5 mile radius) Order online now!



Appetizers Flatbreads Soups & Salads Lighter Side House Specialties Pizza Pasta & Calzone

The great getting-together place.



► Climbing, from page 1

and climbers laugh and joke in between their time on the wall.

But there's more to Mesa Rim than just rock climbing. The center offers a wide range of facilities, including bouldering — an equipment-free style of climbing — training walls, treadmills, stationary bicycles, weights, weekly free fitness classes, yoga classes, a party room and a gift shop, all of which are included in a membership.

The gym even switches the placement of the walls' hand-grips every few weeks to keep the facility dynamic. Bates said the gym aims to help their members and visitors master the walls they work on, but also challenge them with new pathways. Mesa Rim members have the option of attending more than 24 yoga classes throughout the week. Bates said most members — and usually more men than women — practice yoga in addition to climbing because of the added mental and physical discipline in balance.

"Climbing's a really cool sport in that there's just as many women almost as men pushing the limits and getting stronger, and so the gender roles in a lot of ways don't play as big a part," Bates said. "Going to yoga they just see as another aspect to ... becoming a better climber."

According to the 25-year-old coach, it's normal for people who once considered themselves only a yogi or only a climber to eventually attempt the other to enhance their skills.



James Stang holds the ropes as Trisha M. climbs. (Photo by Tori Hahn)

The rock-based sport has expanded immensely in recent years and might even make it to the 2020 Olympics, Bates said.

"The facilities have grown quite a bit ... the climbing gyms have been popping up all over the country and [have gained] popularity because of that," she said. "The youth kids programs are facilitating this growth of ... a family environment, so the whole family will come in and climb."

The growth is evident in the numbers: Three years ago, seven kids participated on Mesa Rim's youth team, which has since grown to 90 kids in 2016, Diller said. Indoor gyms like Mesa Rim have increased in popularity, she said, due to amplified media exposure and the inaccessibility of outdoor rock climbing venues nearby.



Mariya Ioffe almost reaches the top of the rock wall at Mesa Rim's Mission Valley location. (Photo by Tori Hahn)

"Climbing gyms are kind of the logical first step in a lot of ways for people who are living in a city," Bates said.

"Because of limited access in some areas to the outdoors, indoor gyms started popping up and so people are being introduced to rock climbing through the indoor community now," Diller said. Bates says indoor and outdoor climbing

have evolved so differently, they're almost two different sports. Whereas rocky terrain outside is unpredictable and unforgiving, handholds on manufactured walls are carefully designed and strategically placed.

For now, the social setting at indoor gyms like Mesa Rim can provide a viable option for climbers until they reach what

Bates says is their ultimate goal: conquering landscapes outside.

Mesa Rim in Mission Valley is open seven days a week. Visit mesarim.com for more information about the company.

—Tori Hahn is an intern with SDCNN and a senior majoring in journalism at San Diego State University.■

BUSINESS & SERVICES





PLUMBING



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

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

COMPUTER SERVICES



Call Us Anytime!
We're Here To Help You!
TIM FRONCZEK
619.713.7422
TheComputerAdmin.com
Follow us on Facebook at:
[Facebook.com/TheComputerAdmin](https://www.facebook.com/TheComputerAdmin)

LAWYER

The law offices of
KANE HANDEL
AUTOMOBILE ACCIDENTS & INJURIES

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

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

FREE CONSULTATION!
(858) 756-5195

Call Andrew Today
to Advertise!
Andrew Bagley
(619) 961-1956
andrew@sd cnn.com



HOMES FOR SALE

FIRST TIME BUYERS

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

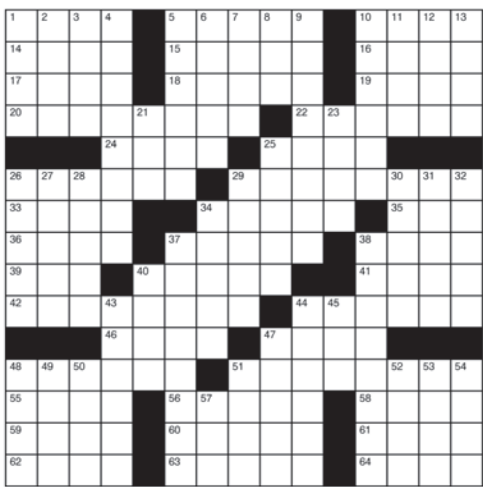
OR

Free recorded message
1-800-273-8613, ID #2051
*some conditions apply
Jeff Kim, Quality First Real Estate, CalBRE Lic #01959539



MISSION VALLEY NEWS

Crossword Solutions on page 11



ACROSS

1 Aircraft carrier
5 Quips
10 "___, the Herald
Angels Sing"
14 Century plant
15 Famed TV dragon
16 Essayist
17 Coarse glazed
thread
18 Homeric poem
19 Orient
20 Speed it up
22 Best-selling author
24 Nights preceding
holidays
25 On the sheltered
side
26 Arabian Nights city
29 Filling beyond
capacity
33 Sloth
34 Spurious
35 And not
36 Dolt
37 Threesomes
38 French father
39 Common suffix
40 Bargained
41 Gaelic

DOWN

1 Wits
2 Came to rest
3 Part
4 Became lively
5 United with
6 Havelock ___,
author
7 Narrow opening
8 Spanish aunt
9 Persistent
10 Paid attention to
11 Turkish regiment
12 Venture

ACROSS

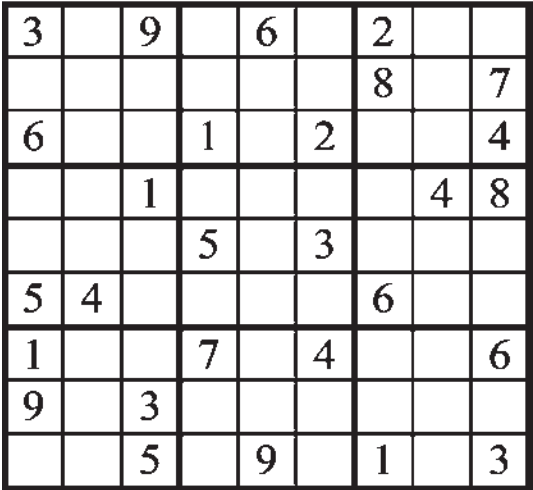
42 Comes down
44 Whirlybird, for short
46 Tams or fedoras
47 Fish
48 Resembles in fea-
ture
51 Conquered
55 Sashes
56 Courage
58 Percentage
59 Staple food
60 Bay window
61 Seth's son
62 Sharp
63 City problem
64 Musty

DOWN

13 Kiss Me, ___
21 Eggs
23 Benches
25 Jargon
26 Publicly conveyed
27 Aromatic seed
28 Card or board ___
29 Twines
30 Lifelines
31 Scandinavian
32 ___ Garson
34 Wire nails
37 Entertainment of
another day
38 Pelted with shot
40 Precious
43 Korea's former name
44 Chess piece
45 Scrap
47 Mark of omission
48 Division of a road
49 Anne Nichols char-
acter
50 Evil
51 But: Fr.
52 Frog genus
53 English school
54 Escritoire
57 Epoch

Sudoku Solutions on page 12

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.



© 2014 Janric Enterprises Dist. by creators.com



SAN DIEGO COMMUNITY NEWS NETWORK, INC.

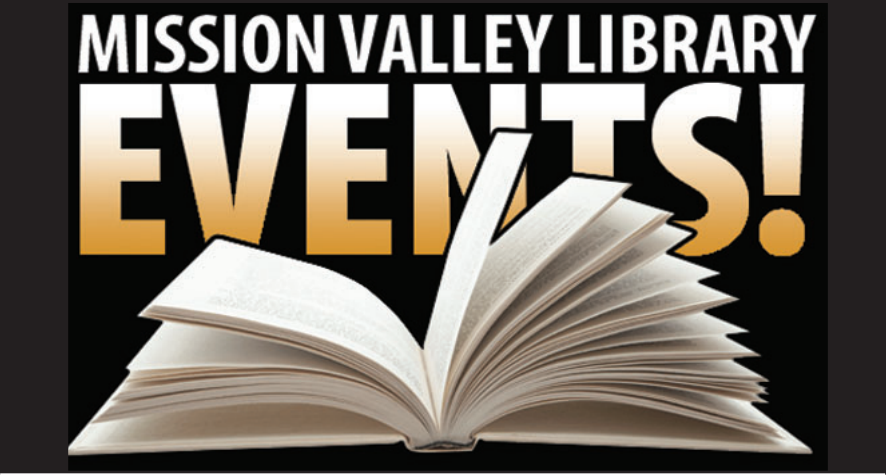
PENIS ENLARGEMENT
FDA Medical Vacuum
Pumps - Gain 1-3
Inches Permanently.
Free Brochures
(619) 294-7777 www.drjoelkaplan.com
(Discounts Available)



CARIBBEAN • SOUTH PACIFIC • EUROPE • MEXICO
AUSTRALIA • NEW ZEALAND • ALASKA • SOUTH AMERICA

NCPtravel.com
Loren Colburn & Cassey Recore 877-270-7260
Cassey.Recore@cruiseplanners.com

CRUISE PLANNERS
Your Cruise and Land Specialist
FST#ST39068 / CST#2034468-50



Assemblymember Weber's mobile office
Second Tuesday of the month, 6 – 8 p.m. and third Monday of the month, 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 renters and homeowners assistance programs, property tax issues, consumer complaints, unemployment and disability insurance. No need to make an appointment; just stop in.

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.

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. April: "A Paris Apartment" by Michelle Gable. May: "Under a Flaming Sky" by Daniel James Brown.

Preschool storytime and craft
Thursdays, 10:30 – 11:30 a.m.
Preschoolers are invited to a storytime followed by a fun craft.

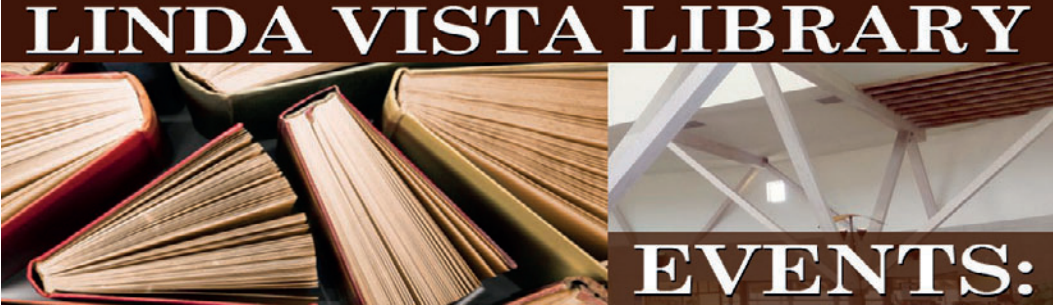
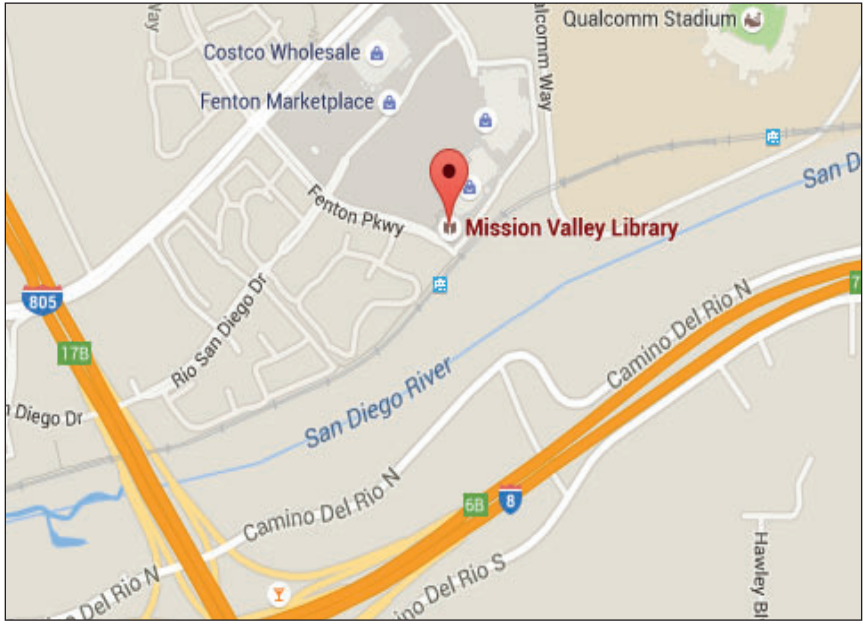
Tax Clinic
Tuesdays, April 12 and 19, 1 – 7 p.m.
Free tax-filing assistance for seniors and low-income residents. Program conducted by SAY San Diego through April 12. Make reservations at 858-565-4148, extension 280.

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

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

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

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



Chinese language storytime with Mr. Enyu
Saturdays, 10 – 10:30 a.m.
Come enjoy exciting stories told in Chinese.

Spanish language storytime with Ms. Rosa
Saturdays, 11 – 11:30 a.m.
Come enjoy exciting stories told in Spanish! Venga a disfrutar de emocionantes historias que se cuentan en español!

Crafts for kids
Tuesdays, 4 – 5 p.m. [Note: Class for April 12 has been canceled]
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.

Friends of the Linda Vista Library meeting
First Saturday of the month, 11:15 a.m. – 12:30 p.m.
Attendees will enjoy snacks, coffee, juice and lively discussion. Help the library by becoming a "friend."

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 – 6:15 p.m.
Join Miss Kim for a fantastically fun program containing crafts, music and stories for babies and toddlers.

Lego Time
Fridays, 4 – 5 p.m.
Kids: build, build, build to your heart's content! Skyscrapers, automobiles, airplanes, spaceships: create these and more! Learn basic building science while having loads of fun!

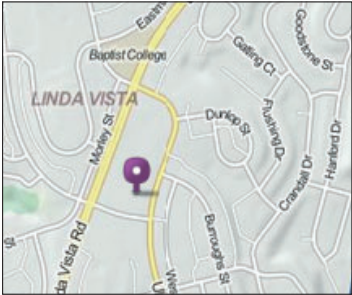
Morning storytime with Kathie
Mondays, 10:30 – 11 a.m.
Children and their families are invited to join us for stories, rhymes and songs.

Patio Pix
Wednesday, March 2, 6-8 p.m.
Watch a family film outside on the library's patio (weather permitting).

Story time with Mr. Luan
Fridays, 10:30 – 11:15 a.m.
Energetic story time that is fun, interactive and educational. The session will include singing and maybe a little dancing.

Tai Chi
Mondays and Thursdays, 10 – 11 a.m.
Improve your balance and mobility with slow, controlled movement!

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



Community Calendar

APRIL 10 **APRIL 16** **'San Diego Humane Society Kitten Shower' and tours**
Sunday, April 10 and Saturday, April 16

The San Diego Human Society is throwing a virtual shower during the month of April to collect supplies needed for their Kitten Nursery. This nursery provides 24-hour care for orphaned kittens. It is the first program of its kind and has been a model for other shelters since its inception in 2008. There are online wish lists of items needed at sdhumane.org and on Amazon (amzn.to/1W6z27v). You can also opt to make a monetary donation –with one-time and monthly donation options available. To see the 'kitten' nursery, donors can also RSVP for one of two tours that will be given on Sunday, April 10 and Saturday, April 16. Tours start on the hour from 10 a.m. – 4 p.m. Visit bit.ly/1W6Ah6E for more information on the kitten shower.

APRIL 22 **APRIL 24** **Gem Faire**
Friday, April 22 – Sunday April 24

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. There will be a special wholesale preview on Friday from 10 a.m. – noon. The general admission 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 for more information

APRIL 23 **'Hops Over The Vine'**
Saturday, April 23

This event will feature tastings of boutique craft beer, wine and spirits from local producers. There will also be gourmet bites

provided by San Diego eateries. Everything will be served under the stars at the Cabrillo National Monument (1800 Cabrillo Memorial Drive, Point Loma) with views of the ocean and city plus live entertainment. Along with ticket sales, a silent auction and raffle will be held to benefit the Cabrillo National Monument Foundation. This event fundraises for the park's programs and celebrates the foundation's 60th birthday. Tickets are \$60 for members and \$75 for nonmembers. Each ticket comes with eight wine, beer and/or food tastings. Visit cnmf.org for more information.

APRIL 23 **APRIL 24** **'Ladybug Weekend'**
Saturday, April 23 and Sunday, April 24

Armstrong Garden Centers will host a class on Saturday, April 23 at 9 a.m. on beneficial insects for your garden. The class, titled "Ladybugs and Other Good Bugs" will coincide with Armstrong's "Ladybug Weekend." The stores will be giving away a packet with 150 ladybugs with any purchase on Saturday and Sunday while supplies last. The Mission Valley/Grantville store is located at 10320 Friars Road; there are several other San Diego Armstrong locations. Visit ArmstrongGarden.com for more information.

APRIL 28 **Dining Out for Life San Diego**
Thursday, April 28

The Center presents the 10th annual Dining Out for Life San Diego with more than 100 participating restaurants, bars, coffee houses and nightclubs. These locations pledge 25–100 percent of their proceeds for the day to The Center's HIV/AIDS services and prevention programs. Participating establishments in and near Mission Valley include: Sammy's Woodfired Pizza & Grill (1620 Camino de la Reina, Mission Valley), Panama 66 (1450 El Prado, Balboa Park), Pampas Argentine Grill (8690 Aero Drive, Suite 105, Kearny Mesa), and many more in the Uptown, Downtown, and North County areas. Visit events.thecentersd.org/dofl for a full list of restaurants and more information.



AMAZING FURNITURE PACKAGES FOR YOU

8-Piece Packages

\$999

Bladen Coffee



Sofa & Loveseat

PLUS

Cocktail Table, 2 End Tables, 2 Lamps & Area Rug



\$1099

Janley Slate



Sofa & Loveseat

PLUS

Cocktail Table, 2 End Tables, 2 Lamps & Area Rug



\$1299

Montgomery Mocha



Sofa & Loveseat

PLUS

Cocktail Table, 2 End Tables, 2 Lamps & Area Rug



\$1299

Arietta Shitake



Sofa & Loveseat

PLUS

Cocktail Table, 2 End Tables, 2 Lamps & Area Rug

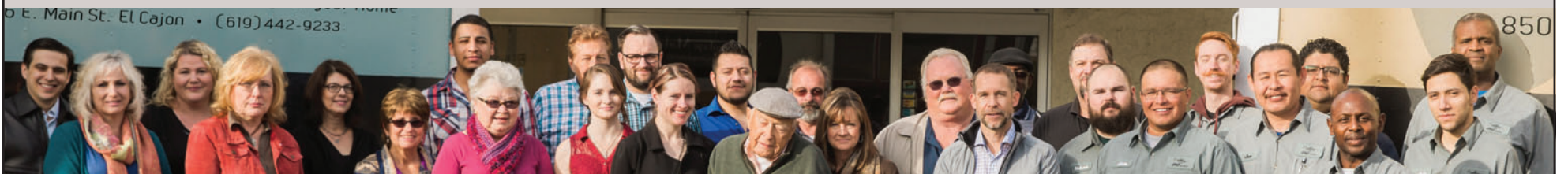


A large eclectic mix of priced-right furniture.

C&C Furniture

Brands you know... Prices you love!

850 East Main Street
El Cajon, CA 92020
619-442-7706



www.CandCfurnishme.com

