



MISSION VALLEY News

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An aerial view of the proposed Discovery Center at Grant Park; (inset) San Diego River Park Foundation president and CEO Rob Hutsel (Photo by Jeff Clemetson, drawing courtesy of San Diego River Park Foundation)

Park, community center project celebrating river just around the corner

Jeff Clemetson
Editor

When San Diegans think about Mission Valley, they don't usually think about nature parks; traffic, shopping, Qualcomm Stadium and condominiums are what often come to mind. However, San Diego River Park Foundation

(SDRPF) president and CEO Rob Hutsel hopes that will change when the Discovery Center at Grant Park is finally built.

"We want to celebrate the river, create a gateway to the river where you can come down and learn about it — how it works, how it functions, where to go to enjoy it — and be a catalyst for change in Mission Valley about how we relate to nature," he said.

The Discovery Center at Grant Park will be built on an \$11 million property at the corner of Camino de la Reina and Qualcomm Way that was donated by the Grant family, who for generations have owned large parts

See NATURE page 2

Town and Country river park plan approved by planning group

Jeff Clemetson
Editor

A proposed park along the San Diego River at the site of the Town and Country Resort & Convention Center is a step closer to being built after the Mission Valley Planning Group voted unanimously to approve the park plan at its Aug. 3 meeting.

The 4.33-acre park will be built along 7.71 acres of restored river habitat and replace an existing asphalt parking lot at the north end of the Town and Country property.

The design of the park relied partially on community input at several public meetings where participants considered a number of possible layouts, themes and amenities for the park.

"The design was influenced by three design narratives selected through the community design process," said Lowe Enterprises vice president Todd Majcher. "These narratives reflect both the natural and

See RIVER PARK page 3

A new plan for Francis Parker

School gets added amenities despite complaints over new traffic light

Jeff Clemetson
Editor

On July 28, the San Diego Planning Commission voted unanimously to update the Master Plan for Francis Parker School's Linda Vista campus, despite a contingent of neighbors against the proposed changes to traffic circulation in the new plan. "[The update] will be used as the 'blueprint' for construction for up to the next couple of decades or more," said Francis



An artist's rendering of the proposed new entrance to the Francis Parker campus; view is from the security kiosk at the intersection of Linda Vista Road and Alcala Knolls, looking directly across the school parking lot. The new parking structure will be located underneath the two-story Student Life Center. (Courtesy of Francis Parker School)

Parker communications director Grace Sevilla. "In the short term, we are hoping to make some improvements to the heart of campus."

The planned improvements include a two-story Student Life Center with dining and

See FRANCIS PARKER page 3



MARK YOUR CALENDARS

• Mission Valley Community Update Plan Subcommittee will meet at 3 p.m. Friday, Aug. 12, at the Mission Valley Library, 2123 Fenton Parkway.

• Mission Valley Planning Group's Design Advisory Board will meet at 3:30 p.m. Tuesday, Sept. 6, at the library — due to the Labor Day holiday.

• Mission Valley Planning Group will meet at noon Wednesday, Sept. 7, at the library. ■



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► Nature, from page 1

of Mission Valley, including the land the Civita housing project is built on. The Grants donated the land to do something special for the community of Mission Valley, Hutsel said.

“Their whole thing was to build a place where kids could get dirty, get dirt under their nails, play hide-and-seek, get out in nature; a place where you can hide behind a tree, go down to the river and play with whatever you find down there,” Hutsel said. “They, in their mind, wanted to create something like that so that everyone would get an opportunity to get that kind of experience, which is important.”

Much of the 17-acre property will be restored to its natural habitat, by removing non-native plants, and preserved as a nature park.

“We want to bring back to health the site itself and use it as a way to do outdoor education with interpretive areas, view overlooks, a nice trail through it, those kinds of things,” Hutsel said.

In addition to the nature preserve, the Discovery Center will also have two buildings with just under 10,000 square feet of space housing classrooms for education programs, meeting rooms for the community, a refreshment stand, an interpretive area, a hands-on area for kids to research river-related topics, a conservation action workshop area and office space.

Just outside the Discovery Center buildings will be green space planted with low-water-using grasses.

“Between the building and the turf area will be a 100-foot-plus river play zone, which will be an interactive area for kids to get wet and dirty and learn about the river but in an incredibly fun way,” Hutsel said.

Although the focus of the Discovery Center will be to teach visitors about the San Diego River, the park is also intended to be used for other community activities — a decision that comes from a “shared vision” of the Grant family, SDRPF, local residents and businesses who all saw a need for more community centers.

“Mission Valley is woefully under-parked,” Hutsel said. “It’s got one public park in the western part of Mission Valley and it doesn’t really serve

the people in most of Mission Valley — it’s too far away.

“We came up with a vision together and the vision is simple: a combination of green space, a place to jog, a safe place to go and a place to have weddings or informal family gatherings, life celebrations, etc,” he said.

The Discovery Center is not a new project. The Grants and SDRPF conceived of the idea many years ago, Hutsel said. The original drafted plans were submitted to the city for a site development permit over two years ago.

“We never expected it to take this long,” Hutsel said. “It’s a very complex site because the river is right here and there’s environmental concerns.”

Concerns over bird habitat, the definition of wetlands, noise considerations and more have

investment in your project and in the community, when’s it going to open?” Hutsel, still?

Without a clear answer to those questions, Hutsel said SDRPF stopped fundraising a few months ago until the permitting is completed, which may be soon.

“Assuming we’ve responded to everything and there’s no additional comments then pretty quickly we actually start our notice for our mitigated negative declaration,” Hutsel said. “We’ve already gone through our original checklist with the city and as far as we can tell there’s no significant issues. We’re down to construction noise during nesting season, the potential of Native American burial sites, archeology, things like that. Those are the issues.”

FACTS	➤ 1.2 million - people live within 10 miles of the project
	➤ 234,000 - K-12 age children live within 10 miles of the project
	➤ 200+ - elementary schools are within 10 miles of the project
	➤ 38,000+ - people live within one mile of the project
	➤ 6,500 - K-12 age children live within one mile of the project
	➤ Mission Valley is below national standards for park acreage

put the project through 13 rounds of revisions to the initial plan, which has prompted several changes. For example, the original plan included a viewing deck at the river’s edge but the idea was nixed by the resource agencies, concerned about it interfering with bird habitats. Also, a band shell was recently added to the design to ensure that sound would be mitigated at any event with live music, such as a wedding.

The delays and revisions are not without cost.

“Our original cost estimates are just blown out of the water trying to address those challenges and those requests that have come from the permitting agencies,” Hutsel said, adding that right now he predicts the cost to build the Discovery Center and park to be around \$7 million.

Funding is expected to come mostly from private donations. So far the project has received only one public grant for \$500,000 out of the nearly \$2 million raised so far.

“One of the challenges of being in permitting so long is when you go to people to fundraise and you talk about the project and you want to get them inspired and they’re inspired but at some point they say ‘I want to make an

SDRPF has already submitted revised plans addressing those issues, so if there are no additional comments, the plan will finally get a hearing with the Planning Commission, Hutsel said, adding that the resource agencies and the city may be cautious about the plans for the park but he is certain they are supportive of the project.

“The Discovery Center also fills a need for the city’s River Park Master Plan, which calls for an interpretive center to be built along the river trail halfway between the ocean and the eastern city limit,” he said.

The Grant property happens to be perfectly located to fulfill that need; it is also perfectly located near public transportation, making it ideal to serve people from all over San Diego and from various economic backgrounds.

“Mission Valley has low-income residents here that can’t afford to go to some of the more expensive nature places that you have to pay for or become a member. We’re planning to offer all of our core programs for free,” Hutsel said. “We’re planning to serve over 25,000 kids a year with hands-on nature experiences — meaningful ones.”

—Reach Jeff Clemetson at jeff@sdenn.com. ■



A drawing of the proposed buildings at the Discovery Center at Grant Park (Courtesy of San Diego River Park Foundation)



(left) An aerial view of the current Town and Country property and an artist rendering (right) of the future park design from the same viewpoint (Courtesy of Lowe Enterprises)

► River Park, from page 1

development history of the San Diego River and are woven into the wayfinding signage and passive experiential moments located throughout the park.”

The park will be on both sides of the San Diego River and connected by a new bridge between Town and Country and the Fashion Valley Transit Center.

“The north side provides an opportunity to serve the adjacent transit station and includes a gateway to the overall park experience,” Majcher said. “The south side provides for unique interpretive components and plazas. All of these spaces are connected by the San Diego River Pathway and pedestrian paths.”

The park design will also incorporate the use of natural

materials and integrate benches, picnic areas and informal play areas that reflect the park’s passive nature and relationship to the San Diego River, Majcher said.

The Mission Valley Community Planning Group and Park Ad Hoc Committee unanimously supported the project and also discussed a desire to encourage MTS to work with the city and Town and Country to add to the aesthetics of the park by further enhancing the structural columns that hold up the Fashion Valley trolley tracks through the potential use of lighting or art work.

The proposed park project will now go before the Park and Recreation board sometime in the fall of this year. Majcher said he then expects the park plan to be reviewed by the Planning Commission and City Council, also by the end of 2016.

“We would like to begin park construction, as well as the enhancement and restoration of the river, in the spring of next year,” he said. “We estimate a 12-month construction process with completion in spring of 2018.”

Majcher said he is “very excited” to bring the park to fruition and was especially proud of the collaborative nature of designing it.

“We want to thank the Mission Valley community for participating in the design process,” he said. “We would also like to thank Robin Shifflet and Craig Hooker with the city of San Diego for their support and leadership. In addition, we would also like to thank Rob Hutsel with the San Diego River Park Foundation for his vision, guidance and enduring support for the San Diego River.”

—Reach Jeff Clemetson at jeff@sdcdn.com. ■

► Francis Parker, from page 1

meeting spaces, and a two-level underground parking garage below that building. The rest of the immediate improvements are to common gathering areas, such as a central plaza, renovation of the exterior of the Amelita Galli-Curci Performing Arts Center, and a new pedestrian entrance to the campus that will provide a view into Mission Valley.

Additionally, there will be added sports facilities including a new sports deck, an aquatic center and a reorientation of the field to include a track.

The construction projects, estimated to cost around \$18 million, will add over 100,000 square feet in new buildings and redesigns of existing ones, allowing the school to enroll 940 more students.

“We are in an enviable position where demand for a Francis Parker education continues to grow and we want to afford the opportunity to have as many kids as possible have that education,” said Francis Parker head of school Kevin Yaley.

To allow for more students, the school must build the parking garage, which will add 517 more parking spaces. And to build the garage, the school must change its traffic circulation, which includes adding an exit from the school on to North Rim Court and a new traffic signal at North Rim Court and Linda Vista Avenue. The proposed changes were opposed by many North Rim residents.

“Francis Parker wants to add hundreds more vehicles onto

North Rim Court — our only lifeline to the outside community,” said North Rim Homeowners Association president Benjamin Davis. “Even worse, these extra vehicles will clog North Rim Court at the very time our residents are heading out to work.”

Also, Davis said, the new school exit will take away existing curb parking that is being used by residents on North Rim Court.

“The [members of the homeowners’ association] are not against the Francis Parker School,” attorney Craig Sherman said. “It’s just the thrusting of impacts onto North Rim Court and their community — expansion of lights and fields along the eastern edge; creating a circulation plan that goes through North Rim Court. It doesn’t have to be that way. It can be kept on Linda Vista. Other alternatives should be looked at. And the community plan provides that impacts to the residential community should be minimized, and this isn’t doing that. It’s thrusting the traffic problems and needs of Francis Parker to this street.”

Susan Davey, a Francis Parker parent and member of the school’s board of trustees, sees the new plan as an improvement to existing traffic problems associated with the school.

“One of the most stressful parts of my day is negotiating the morning traffic on the busy Linda Vista Road,” she said. “All of our proposed changes from traffic improvements to the increased availability to on-campus parking will significantly

benefit not only those related to Francis Parker School but also the surrounding neighborhood and greater Linda Vista community.”

Carolyn Wall, also a mother of a Francis Parker student, said the project’s added parking will keep students safer because they will no longer have to park in off-campus neighborhoods and cross busy streets without a signal to get to nighttime campus events, like football games.

The Planning Commission discussed the proposal and despite the objections of the North Rim residents, voted unanimously to approve the changes to the Master Plan.

“I don’t think that the homeowner association has an exclusive right to North Rim Court ... the Francis Parker School has just as much right,” said Planning Commissioner Anthony Wagner.

The Planning Commission did add a caveat to the plan, which would make Francis Parker School create a program to encourage ride sharing among its students, many of which live outside of Linda Vista.

As of now, there is no target start date for the campus construction or the new traffic signal on Linda Vista Avenue, because the school is still in the design and permit process for the projects, Sevilla said.

“However, we anticipate breaking ground before the end of the calendar year.”

—Reach Jeff Clemetson at jeff@sdcdn.com. ■

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Bringing human trafficking into the light



The public advertising campaign to stop human trafficking in San Diego highlights the human cost of prostitution. (Courtesy of TheUglyTruthSD.org)

Ken Williams
Contributing Editor

They run away from home or foster care, and then they run out of money for food and housing.

They run into trouble. Big-time trouble.

Desperate to survive on the streets with no support system surrounding them, they become easy prey for those who would exploit them.

They run headlong into the horrific underground world of human trafficking. Labor trafficking. Prostitution. Sex slavery. Or possibly worse.

It's a taboo topic, but one that needs to see the light of day, according to those on the front lines of fighting human trafficking in San Diego.

On July 20, the North Park Community Association hosted an educational forum at Plymouth Church, designed to raise awareness about "Human Trafficking." Speakers included U.S. Rep. Susan Davis (D-San Diego), District 3 Councilmember Todd Gloria, Assistant Police Chief Terry McManus, Chief Deputy City Attorney Jamie Ledezma, and Chief Deputy District Attorney Summer Stephan.

"This is a tough topic," Rep. Davis told the audience. "I know it's hard to come out and hear about it. It's not something you can see in your daily lives."

Slavery: big bucks

Human trafficking is a thriving \$810 million underground business in San Diego and it's largely run by organized gangs, organizers said.

How big is the problem? Astonishingly, that dollar amount represents about 3.5 percent of the local economy, moderator Joseph Balestrieri calculated.

Rich or poor, no neighborhood and no socioeconomic or ethnic group is immune from this unsavory criminal operation.

"They prey on the vulnerable; girls and boys, young women and young men, LGBT and straight," Stephan said.

"There is no gender distinction; there are men and boys who are also victims," Ledezma said, dispelling the notion that only girls and women are forced into sex slavery.

"This is a problem citywide and countywide," she said. "It happens in Poway, in Miramar, in La Jolla, in Del Mar and in North Park."

It's a growing problem across the U.S.

"President Lincoln thought he ended slavery when he signed the 13th Amendment" in 1865, Stephan said. "But human trafficking is in all 50 states today. We thought this only happened in third-world countries, and that we couldn't do much about it."

Worldwide, an estimated 27 million people are held against their will and forced into slavery, Stephan said, adding that the crime is grossly underreported because many of the victims exist in the shadows and aren't known to law enforcement.

Slavery in San Diego

The FBI has identified San Diego as having one of the highest rates of human trafficking in the U.S.

A three-year study conducted recently by the University of San Diego and Point Loma Nazarene University found that there are 3,000 to 6,000 victims annually in America's Finest City, and that organized gangs control 85 percent of the illicit business. Again, the experts believe those numbers are low.

"Those numbers got our attention," McManus said. "We were far behind the criminals, who had a head start."

Stephan called trafficking a lucrative business.

"This is an illegal industry driven by profit ... this is all about making money," Stephan said.

The landmark study surveyed 1,200 respondents, 800 victims and 146 traffickers. On average, each trafficker or pimp controlled four victims. And those trapped in sexual slavery were expected to earn from \$500 on a weekday to \$2,000 on weekends.

The predators target young people in particular. Locally, the average age of a first-time sex slave is 16.

"They are minors," Stephan said. "They are being raped."

"It does start with running away," Davis said. "You need somebody to help you. Often that means turning to the wrong people who only want to exploit you."

Councilmember Gloria said many residents don't think about the trafficking problem or know it exists.

"Initially, like other people, I thought it was a victimless crime," he said. "You would see a pretty girl on the street, and think nothing of it. But it is a horrible situation ... 13- and 14-year-old children are being enticed into prostitution by guys in passing cars."

"It's such a big business, and they prey on young people, and this also has a nexus to homelessness," Gloria continued, calling it "modern-day slavery."

Stephan and McManus outlined how the predators work.

Stephan said the traffickers use Snapchat and Facebook,

See **TRAFFICKING** page 5 —>



Billboards and even sides of trucks are used in the public ad campaign to make people aware of the issue of human trafficking. (Courtesy of TheUglyTruthSD.org)



(l to r) "Human Trafficking" panelists Summer Stephan, chief deputy district attorney; Councilmember Todd Gloria; U.S. Rep. Susan A. Davis; Terry McManus, assistant police chief; and Jamie Ledezma, chief deputy district attorney (Photo by Ken Williams)

► **Trafficking**, from page 4

for example, to make connections with gullible youth. The teenagers get invited to parties, where the traffickers ply them with booze and drugs as they cozy up to their potential prey. They make promises to them: "We'll take care of you. We'll show you how to make easy money. We'll be there for you." The victims get lured in, the traffickers photograph and market them online, and post ads on backpage.com, for example. McManus said the traffickers are experts at using social media to market their victims. "They used technology to stay under the radar for years," before the authorities figured it out, he added. "Technology is a wonderful tool to try to track the traffickers and the horrific nature of the crimes; but it's the same tool used by the traffickers," McManus said. "You

see them on the internet and in the digital world."

Fighting back

The San Diego County District Attorney's Office has been aggressively putting out the word about human trafficking through a website, TheUglyTruthSD.org, public service radio ads, bus stop signage, and posters in a number of languages spoken in San Diego. Stephan said the website crashed the day it debuted due to heavy web traffic, and that the site is now averaging 3,000 hits per day. Additionally, The Guardian newspaper did a big feature on San Diego's proactive response to fight sex trafficking. "The crime victims suffer in silence," Stephan said, explaining why the website was created. "No victim is calling 911 to report a crime. How do we let them know we care about them?"

The message the website presents is simple and effective: She explained how victims are often beaten, sexually abused, raped, and have a greater rate of HIV infection than the general population. Many are runaways or come from foster homes. "Bring human trafficking into the light," Stephan said. "The County of San Diego has done a masterful job educating the public," Gloria said.

Helping the victims

Another city program reaches out to victims who are arrested and charged with sex crimes. "First-time offenders are offered an educational program to teach them that this is not a victimless crime," Ledezma said. Participants in the program hear from former victims and experts, with the goal of encouraging the offenders to get out of the sex industry. "Since 2002, we've had 1,400 participants and 97 percent

of them have left prostitution," Ledezma said. "Only 38 people became reoffenders." But the people who return to their old ways often end up in more dangerous situations. "It's a gateway crime to worse offenses," Ledezma said. Victims include native San Diegans as well as people who don't speak English. "They come from any walk of life," Ledezma said. "They could be your co-worker, a fellow student, your neighbor or a newcomer to San Diego."

What we can do

"The missing piece is community involvement," Ledezma said. "We must get the community involved to stop the selling of flesh," Stephan said. "... If you see somebody in prostitution, ask yourself if they are doing this willingly. This is commercial sex slavery." Another place where sex crimes take place is inside illicit massage parlors where sexual acts are for sale, Ledezma said. People should report suspicious activity to law enforcement, she added, so authorities can contact landlords and tenants suspected of illegal activities. But for victims who want to escape their servitude, they need to find a safe and affordable place to live, in order to get out of this dangerous lifestyle, Ledezma said. Those resources are hard to come by in San Diego, where affordable housing is lacking. Gloria said residents must take up the cause of fighting trafficking. "This has emerged as a high-priority issue," he said. "We all have a role to play in this."

Finding help

- The San Diego County District Attorney website tackles human trafficking with helpful tips at bit.ly/2abHBfs.
- The D.A.'s "The Ugly Truth" campaign to fight human trafficking can be found at theuglytruthsd.org.
- Call the California Coalition to Abolish Slavery and Trafficking toll-free at 1-888-539-2373.
- Victims of slavery and human trafficking are protected under federal and state laws. To get help for yourself or a suspected victim, call the National Human Trafficking Resource Center toll-free at 1-888-373-7888.

"What can be done? You are our eyes on the street. Keep an eye out. Get involved," Gloria said, citing groups such as the Human Relations Commission, Citizen Patrols, community associations and Crime Watch. "We must be proactive and get the message out," he said. "This is still a clear and present danger in our community, particularly to young women."

—Ken Williams is a contributing editor of the Mission Valley News and can be reached at ken@sdcdn.com or at 619-961-1952. ■

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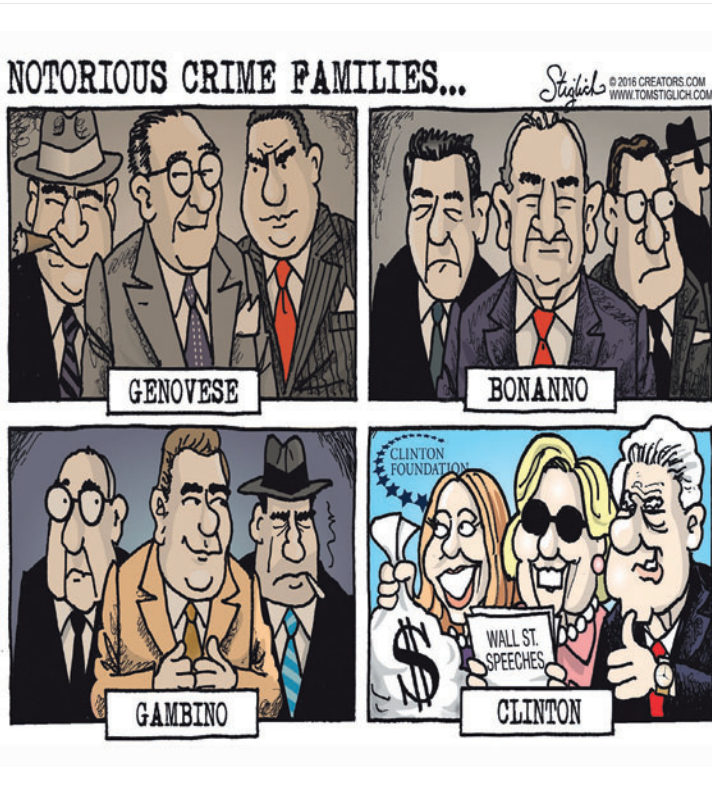
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Guest commentary

A Mission Valley persona?

Steve Rodriguez

A civic banner I recently saw flying from a Friars Road lamp post decreed “Mission Valley—Positively in the Middle of Things.” The banner’s slogan made me think hard about the distinctive characteristics of Mission Valley, and how Mission Valley residents define themselves. I must admit, I came away somewhat disappointed. Though Mission Valley presents many advantages to its residents (i.e. shopping malls, Qualcomm Stadium, easy access to freeways), I concluded this community lacks a certain distinctiveness. What I am talking about is the kind of distinctiveness that provides neighboring communities with their respective unique personas — the vivid identity residents can refer to with pride and say, “Yeah, that’s us! And we’re proud of it!”

Yes, Mission Valley happens to be in the middle of things, but with no particular persona of its own. Think about it — neighboring communities have firmly established their own distinctive and enviable brands. Linda Vista is known for its cultural diversity; Kearny Mesa has its numerous Asian eateries; Hillcrest represents the pride of the LGBT community; and North Park now has a national reputation for being a bastion of hipster cool. In this sense, Mission Valley is more like Switzerland, which we recognize as being conveniently in the middle of Europe, yet neutral, bland, and aloof. Indeed, if this is the case, we must consider that famous line from the classic movie “The Third Man,” the one in which Orson Welles’ character refers to the wonderful qualities of Switzerland, but then comments how the only thing that country ever produced “was the cuckoo-clock.” I am afraid that in

comparison to the personas of neighboring communities, Mission Valley cannot claim to rise beyond the level of cuckoo-clock prominence. “In the middle of things” lacks the requisite verve or élan. Furthermore, I fear bragging about being in the middle of things has the questionable taint of a self-serving appeal. It can be misinterpreted as meaning, “Hey, invite me over for dinner, because I can be at your table in a matter of minutes.” It can be taken as if we’re rubbing it in by saying, “Though we both undergo the daily agony of Mission Valley traffic, my daily commute is still probably much shorter than yours.” I guess you could say promoting the fact that Mission Valley is in the middle of things has its advantages. After all, it sounds much better than resorting to possible slogans pointing out the usual Mission Valley stereotypes such as “We Love Freeway Interchanges” or “If you think the traffic is bad now, you should drive through here during the

holiday shopping season,” or “If you’ve got rain, we’ve got flooding.” If being “close” is indeed the Valley’s most discernable quality, I suggest a somewhat catchier slogan for civic lamp post banners, one that reaches out to other San Diego communities while not being so self-serving. I offer the slogan “If you build it, we will come and spend money, because chances are good it is close to Mission Valley.” This slogan emphasizes the community’s proximity as a positive quality that benefits all concerned, not just residents of the Valley. In the meantime, let’s see what we can do about developing Mission Valley’s own special brand. We may never be as hip as North Park, but I am certain our community identity can be defined with a persona that goes beyond mere geographic location. —Steve Rodriguez is a high school English teacher and a part-time writer with a bent toward humorous commentary. Reach him at srodriguez2@san.rr.com.■

Supporting the families of our fallen police officers



Like the rest of San Diego, I recently awoke to the tragic news that two of our police officers were shot and one, tragically killed. I have a deep respect for our police force and recognize that the city of San Diego is blessed to have one of the best-trained and most professional police departments in the nation. The brave men and women of SDPD leave their homes every day to protect us, not knowing whether they will

come home to their families after their watch ends. Tragically, this was the case for the family of Officer Jonathan De Guzman. Officer De Guzman protected San Diego for 16 years as a police officer, now it’s our turn to support the family he has left behind. The San Diego Police Officers Association is collecting money on behalf of the De Guzman family through their Widows & Orphans Fund. The Widows & Orphans Fund Provides assistance to families of fallen police officers. Donations for the fund can be mailed to: San Diego Police Officers



Association, 8388 Vickers St., San Diego, CA 92111 or via its website at sdpoa.org/about-widows-orphans-fund/. SDPOA officials asked donors to include “Officer

Jonathan De Guzman” in the notes of the online donation or on the memo line of their check. In addition, a GoFundMe account for Officer Wade Irwin who was injured in the shooting has been created. Donations to aid in Irwin’s recovery expenses can be made at gofundme.com/irwinfamilyfund. I would like to give my sincere thanks and gratitude to all of our men and women in blue. Thank you for your service to our community and my deepest condolences for your loss. You will always have my support. —Scott Sherman represents District 7 on the San Diego City Council.■

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Issa suggests another ‘shut down’

Congressional Watch

Andy Cohen



In 2013, enraged by their inability to repeal the Affordable Care Act (aka Obamacare) after 50-plus attempts in Congress to scrap the first major health-care legislation since Medicare, and just as the law was about to take effect, Congressional Republicans decided to send a message and refused to negotiate on a federal budget unless Democrats agreed to repeal the law in its entirety.

Nevermind that such a provision had zero chance at passing through a Democratic majority Senate and would never have survived President Obama’s veto pen. The elimination of Obama’s signature healthcare law was never going to happen.

So, from Oct. 1 – 16, 2013, the federal government was shuttered, with all but essential services shut down. National parks were closed. Government oversight agencies were closed. Vital inspections by the EPA and FDA were put on hold. 850,000 workers were furloughed and never recovered the lost income. Those who were required to work, such as law enforcement and other critical defense-related personnel, did so without any guarantee of when — or even if — they would be paid.

That shutdown cost the country roughly 120,000 private sector jobs, all while the country was still recovering from The Great Recession.

Economists estimated that the U.S. economy lost between \$20 – \$24 billion in production and growth. And although House Republicans tried to blame the shutdown on the Democrats for not giving in to their hostage-taking tactics on Obamacare, the public at large blamed Republicans for the morass (which didn’t stop them from significantly expanding their majority in the House and taking the majority in the Senate in the 2014 midterm elections).

So let’s just stipulate that the 2013 government shutdown was a disaster — across the board — for a whole host of reasons.

Despite all this, **Darrell Issa (R-49)** thinks it would be a *great* idea if Congress shut the government down again if the FBI doesn’t meet his demands and charge Hillary Clinton with a crime.

After a more than yearlong investigation by the FBI into the use of a private email server (by then-Secretary of State, now Democratic presidential nominee) Hillary Clinton, FBI Director James Comey — a Republican and George W. Bush appointee — announced that, although there were instances of “extreme carelessness,” the investigation found no occurrence where Secretary Clinton “intentionally transmitted or willfully mishandled classified information,” which would warrant criminal charges in the case. As such, Comey said, “our judgment is that no reasonable prosecutor would bring such a case.”

Attorney General Loretta Lynch accepted the FBI’s findings, and no indictment was brought.

Congressman Issa, who is not a lawyer, disagrees and believes that Clinton should have been indicted. He is so enraged, in fact, that he is now calling for a government shutdown over the matter.

“We should be willing to shut down the government if the president won’t limit his power,” Issa told SiriusXM’s Breitbart News Daily.

Issa noted that the Republican Party had repeatedly been “willing to shut down the government over ending Obamacare and these other things,” which are “small points compared to the actual balance of our republic.” The implication here seems to be that President Obama somehow influenced the investigation to prevent the FBI from bringing an indictment, an accusation for which there is exactly zero evidence.

Some people will never learn.

However, there are signs that all hope is not lost for those

wishing that Congress would manage to function in a productive manner. On July 14, Issa introduced the “Protect and Grow American Jobs Act,” a bill that modifies how companies use the H1-B visa program.

The H1-B program allows companies to hire foreigners to fill vacant positions that require highly skilled workers. The program required that incoming workers had the equivalent of a master’s degree and received a salary of at least \$60,000 per year, a figure that has never been adjusted for inflation since its initial modification in 1998.

Companies whose workforce is consists of more than 15 percent of H1-B workers must show documentation that there were not enough American workers to fill those slots. It is a policy that has been widely abused in the ensuing years.

Issa’s update eliminates the master’s degree requirement, citing the ease by which many foreign workers can obtain such certification, and raises the salary requirement to \$100,000, making it more difficult to

undercut American workers, particularly if the goal is to save money on salaries.

Currently the bill has seven co-sponsors, evenly split between Republicans and Democrats, including the entire **five-member San Diego Congressional delegation** (which consists of three Democrats).

“The high-skilled visa program is critical to ensuring American companies can attract and retain the world’s best talent,” Issa stated in a press release. “Unfortunately, in recent years, this important program has become abused and exploited as a loophole for companies to replace American workers with cheaper labor from overseas. The bill we’ve put forward is simple, bipartisan and will go a long way to fixing one of the many problems with our broken immigration system.”

“This commonsense fix updates our high-skilled visas to reduce abuse of the system and ensure a level playing field for American workers,” said **Scott Peters (D-52)** in the same release. “I will continue to push for a bipartisan fix to our broken immigration system so we

can create economic opportunity and enhance our security.”

Duncan Hunter’s (R-50) troubles continue to mount. Hunter’s campaign finance irregularities have been extensively noted in this column over the past several months, leading to increased scrutiny across the board. The campaign recently hired a law firm specializing in political law to help navigate his growing legal problems.

Hunter has reimbursed his campaign \$12,000 for personal expenses in violation of federal law. However, an investigation by the San Diego Union Tribune found that neither Hunter, nor his family, had at any time since 2009, “reportable assets” in excess of \$1,000, calling into question the source of the \$12,000.

The Union Tribune also found that of the \$101,000 raised in contributions from 67 donors to his campaign since April 1, none came from within his San Diego area district, and all but six of his donors were from outside of California.

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



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Decoding credit scores for maximum mortgage savings

ASK KATHY

Kathy McSherry

Hi Kathy:

I have been renting for the past two years in Mission Valley and I have saved enough money for what I think is a reasonable down payment for a small condominium that I would qualify for. I have been told that the better my credit, the better interest rates that would be offered to me from a potential lender. I think my credit is somewhere around 705. Is it true that if my score were to raise to 740 or better, I would be eligible for the best interest rates? If so, what can I do to raise my credit score?

—Sage H.

Hi Sage:

You are definitely not alone when it comes to understanding one's credit or FICO score. Basically, your credit score is a complex formula that projects the probability of a person being 90 days late or more on any given account. According to FICO.com, there are five categories that can determine your FICO score:

Payment history accounts for 35 percent; amounts owed accounts for 30 percent; length of credit history or average age of your credit file accounts for 15 percent; new credit accounts for 10 percent; and the types of credit used accounts for about 10 percent.

- The numbers below are how FICO views your score:
- 800 – 850: Incredibly Good
 - 750 – 799: Excellent
 - 700 – 749: Really Good
 - 650 – 699: Good/Average
 - 600 – 649: Fair
 - 550 – 599: Poor
 - 500 – 549: Very Poor
 - 300 – 499: Exceedingly Poor

As you can see, 740 is considered really good. Assuming you are referring to a conventional loan with 20 percent as a down payment, a score of 740 or above will get you the best interest rates.

According to Frank Kriticos, credit expert at San Diego Credit Solutions, here are some tips you can do right now:

- Check your credit report. Get a free copy and really scrutinize it. Check for past and current addresses and any creditor that is showing. Check its history and accuracy. Dispute any item that is incorrect.
- Set up payment

- reminders so that you are on time.
- Reduce the amount of debt you owe.
 - Pay your bills on time.
 - If you have missed payments, get current and stay current.
 - Be aware that paying off an account will not remove it from your report.
 - Keep balances low because high outstanding debt can lower your score.
 - Don't open a number of new credit cards that you don't need in order to increase your available credit.
 - Do your rate shopping for a given loan, when they have to pull credit, within a given time. FICO distinguishes between a search for a single loan and a search for many, in part by the length of time over which the inquiries will occur.

- Re-establish your credit if you have had problems.
 - Apply for credit only as needed.
 - Have credit cards but manage them responsibly.
 - Enlist in the aid of a professional credit expert.
- Depending on your score, here are some reasons your score can be lowered:
- Maxing out a credit card – could move your score down 10 – 45 points.
 - 30-day late payment – could move your score down 60 – 110 points.
 - Debt settlement – could move your score down 45 – 125 points.
 - Foreclosure – could move your score down 85 – 160 points.
 - Bankruptcy – could move your score down 130 – 240 points.

Many people do not fully understand the impact that one's credit can have on them until they need it. It is unfortunate that credit is not taught in our school's curriculums.

Balancing a check book, healthy credit card use, avoiding the debt cycle, filing one's taxes and financial planning should be required before people leave for college; and not a big question mark as to what to do next when they enter our workforce, start looking to rent, and apply for a car loan. We tend to focus on the degree and not saving for the future. Money coaching would make a huge difference to our workforce if our young ones could learn financial competence before entering it.

Sage, the benefits of a strong healthy credit will be with you for a lifetime. If you ever need to borrow money for a home, a business and/or personal reasons, people are always going to defer to your credit. Taking the time now, to check its status and fix any inaccuracies, could save you possible headaches and disappointments in the future.

As Sir Walter Scott famously said: "Credit is like a looking-glass, which when once sullied by a breath, may be wiped clear again; but if once cracked can never be repaired."

For more advice on credit, Frank Kriticos can be reached at sandiegocreditsolutions.com/ or 619-916-3999.

—Kathy McSherry is a veteran Realtor in Mission Valley with Coldwell Banker West. Email your questions to ask-kathy@outlook.com. ■



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MVN Puzzles

MISSION VALLEY NEWS

Crossword Solutions on page 13

Crossword puzzle grid with numbers 1-63.

- ACROSS
- 1 Infant
 - 5 Gen. weight
 - 10 Semitic deity
 - 14 She: Fr.
 - 15 Dispatch boat
 - 16 Killer whale
 - 17 Twirled
 - 18 Irrelevant diversion
 - 20 Compass pt.
 - 21 Dry
 - 22 S. Am. mountains
 - 23 Charges
 - 25 New Haven college
 - 27 Silverfish
 - 28 Came after
 - 33 Characteristic practice
 - 34 Foolish
 - 35 Hurry
 - 36 Globes
 - 37 Mulish
 - 38 Stay
 - 39 Western Indian
 - 40 Tugs or pulls
 - 41 Paired
 - 42 Nail size
 - 44 Goafs
 - 45 Seaweed
 - 46 Sousa specialty
 - 47 Variegated quartz
 - 50 Ascend
 - 51 Unit
 - 54 Certain legumes
 - 57 Took to court
 - 58 Work for
 - 59 Vestment
 - 60 On the bounding main
 - 61 Peasant, in India
 - 62 Dogma
 - 63 Duration
- DOWN
- 1 Former first lady
 - 3 European mountains
 - 3 First prize
 - 4 Longing
 - 5 Metier
 - 6 Declares
 - 7 Take the bus
 - 8 Ember remains
 - 9 Digit
 - 10 Island in the Malay Archipelago
 - 11 See 21 Across
 - 12 Skin ailment
 - 13 Falls behind
 - 19 Acquire fresh vigor
 - 21 Proofreader's direction
 - 24 Cuckoo-like birds
 - 25 These are never used in angle food
 - 26 Cohort
 - 27 Fire, as a gun
 - 28 Winter Bret
 - 29 Young female horse
 - 30 1600 Pennsylvania Avenue
 - 31 Kind of duck
 - 32 Acts
 - 34 Finnish bath
 - 37 Gun sound
 - 38 Judge's seat in court
 - 40 Feminine name meaning bright one
 - 41 Additional
 - 43 Plan
 - 44 Kind of hound
 - 46 Chop
 - 47 Maturing agent
 - 48 Between black and white
 - 49 Air, prefix
 - 50 Weather word
 - 52 -do-well
 - 53 Dutch cheese
 - 55 Flying mammal
 - 56 Uncle: Scots
 - 57 Calendar abbreviation

Sudoku Solutions on page 13

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.

Sudoku puzzle grid with numbers 1-9.

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Prepare your lawn and garden for fire season

Gary Jones

Due to a unique combination of climate and terrain, California will always suffer from wildfires. But with appropriate planning, planting and maintenance, these fires won't be devastating to homeowners. A large portion of our state is a Mediterranean-type climate, situated in a region close to the sea with hot, dry summers, recurring winds and mountainous terrain. All of these create favorable conditions for fire. In drought conditions, the risk of fire is even greater. Wildfires can destroy everything in their path if they are not stopped quickly. It has been shown time and again that the proper selection of landscape plants and good maintenance will go a long way toward reducing fire danger. Behind roof type, the plants surrounding a house have an enormous influence in determining a home's survival during a wildfire. "Firescaping" rationale states

that vegetation will either lead a fire to a structure or stop it. One of the greatest impacts a homeowner can have on protecting property and personal safety is to create and maintain a fire-resistant landscape. Planning ahead and consistent maintenance can help stop devastating property loss and even loss of life. With careful planning, a home garden or landscape can be both fire-resistant and water-wise. As you make plant choices for fire-prone areas, remember that there is no such thing as a fireproof plant — only fire resistant. Just about any plant will burn if temperatures get hot enough. Also, keep in mind that it takes about a year for plants (water-wise, fire-resistant or not) to become established. Here are helpful preventative steps to take in firescaping your lawn and garden:

- Understand which plants are fire-resistant. Research their fire retardant abilities as well as their drought tolerance.
- Remove any dead, diseased or dying trees or shrubs.
- Flammable trees and shrubs should be replaced even if they have adapted to require little water.
- Keep brush and dried grass removed from the perimeter of your property so that you have a firebreak.
- Keep shrubs and trees thinned out. Dense brush leads to dead debris buildup and more fuel. Keep skirts removed from palms.
- Keep irrigation systems in good working order and regularly check for adequate coverage. Even in a drought, do not stop watering. Water within the guidelines and restrictions of your city or local municipality.
- Keep your landscape in good condition: Feed with organic fertilizers to reduce quick, soft growth that often results from high-nitrogen chemical fertilizers; keep plants free of pests and diseases, reducing damaged or dead growth; and keep yards and gardens free of weeds.
- Reduce thatch buildup (dead leaves and stems) on groundcovers like ivy and



Plant your yard in zones with the least amount of fuel near your home to reduce the risk of fire. (Courtesy of Armstrong Garden Centers)

lantana. Mowing every two years will keep the dead material removed.

- Keep roofs and gutters free of dead leaves and other debris.

As you plan your water-wise, fire-resistant garden, think in terms of four zones. Each planting zone is designed around a particular purpose. Zone 1 is the *Garden Zone*, the space next to your home outward to 30 feet. It is best to keep this space open. Plants in these areas will be the highest water users of your low-water palette, a typical practice of Mediterranean-climate gardens. Moving away from your home from 30 to 70 feet, plants should be able to stop a ground fire. Zone 2 is called a *Fuel Break*. Plants chosen for this zone should reach a height of only 18 inches and be able to resist embers. Zone 3 is a *Transition Zone* and designed to slow fires. It is approximately 71 to 120 feet

from the house. It is composed of drought-tolerant plants and is typically not watered once established. It might be comprised of, for instance, a barrier planting of shrubs like rockrose that can survive on rainwater. For residents whose gardens adjoin foothills or natural, open spaces, these *Natural Zone* areas make up Zone 4. If your home and garden is surrounded by other homes, you won't have a natural area. Not all wildfires can be prevented, but we can all certainly help deter wildfires from our homes and do our best to keep everyone safe.

—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. ■

New classes offered at SDCCD schools

From event management and filmmaking to learning how to manufacture guitars, San Diego City, Mesa, and Miramar colleges, along with San Diego Continuing Education, are offering an array of new degrees, certificates, and programs for students when the San Diego Community College District's (SDCCD) 2016-17 academic year begins Aug. 22. Many of the programs were developed in collaboration with local industry and are aimed at meeting employer demands. "A key component of the San Diego Community College District's mission is in workforce development, as we play a major role in growing the regional economy," said SDCCD Chancellor Constance M. Carroll. Here is a list of new programs in the district:

City College: Advanced Arts Entrepreneurship (Certificate of Performance), Arts Entrepreneurship (Certificate of Performance), Sports Management (Certificate of Performance), VITA Tax Preparation Training (Certificate of Performance), Conflict Resolution and Mediation (Certificate of Achievement), Nail Technician (Certificate of Performance), Broadcast News (Certificate of Achievement), Documentary Film (Associate of Science), Media Management and Marketing (Certificate of Achievement)

Mesa College: Event Management (Associate of Science), Event Management (Certificate of Achievement), Phlebotomy (Certificate of Performance)

Miramar College: Emergency Medical Technician (Certificate of Performance), Graphics-Visual Production (Certificate of Performance)

Continuing Education: Windows System Administrator Program, Small Business Growth Program

The district anticipates an estimated 1,000 additional students at City, Mesa, and Miramar colleges, and Continuing Education during the coming academic year. Its budget calls for more workforce preparation programs, additional course sections, and increased initiatives aimed at ensuring student success, along with reinstating intercession January, 2017. ■

Zone Summary

Garden Zone – 30 feet around the house. Use simple designs and, ideally, large open spaces so fire-fighters can move around freely. Landscape should be watered and kept green.

Fuel Break – 31 to 70 feet from the house. Must be able to stop a ground fire. Plants need to withstand fire and not be over 18 inches high.

Transition Zone – 71 to 120 feet from the house. An un-watered area, this zone should slow the fire. Use a barrier planting of shrubs, such as rockrose.

Natural Zone – Remove natural vegetation regularly. This zone only applies to homes bordered by foothills or other open, natural areas.



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Frank Sabatini Jr.

True Foods Kitchen in Fashion Valley Mall has made significant upgrades to its menu, which remains driven by the principles of Dr. Weil's popular anti-inflammatory diet. New and re-invented dishes include a series of meat, seafood and vegetarian bowls, plus summer squash pizza, grilled avocados, a roasted vegetable "summer ingredient" salad with Manchego cheese, and an organic egg sandwich with smoked turkey that is available on the brunch menu.

In addition, the restaurant's turkey lasagna now uses chicken Bolognese instead, and the bison burgers have been replaced by grass-fed patties. 7007 Friars Road, Ste. 394, 619-810-2929, truefoodkitchen.com.

Famous for its vegan cinnamon rolls, Cinnaholic debuts in San Diego on Aug. 12 in Westfield Mission Valley mall via a kiosk serving dairy and egg-free rolls crowned with flavored icings and various toppings of choice. The company, which launched several years ago in Berkeley, has since branched into Las Vegas, Atlanta and Southlake, Texas. Plans are in the works for two other local outlets in the Gaslamp Quarter and Pacific Beach. 1640 Camino Del Rio North, cinnaholic.com. ■

Q and ale

Come On Get Happy!

Dr. Ink

Before the local barbecue craze took hold, there was Frankie the Bull's BBQ, which opened nearly eight years ago on an inconspicuous frontage road that runs along West Morena Boulevard. It was launched in part by Frank Terzoli, the vivacious contestant from Bravo's "Top Chef" (season two), who eventually bailed to pursue other endeavors locally and abroad.

After a name change to Bull's Smokin' BBQ, the establishment still endures in the same modest structure that visually transports you into cowboy land when passing through its saloon doors.

Bull horns and other Western bric-a-brac abound throughout the main dining

Bull's Smokin' BBQ

1127 W. Morena Blvd.
(Morena District)

619-276-2855
bullssmokinbbq.com

Happy Hour:
2 to 6 p.m. daily



A half-sandwich of pulled pork and side of coleslaw paired to Eye of the Hawk amber ale (Photo by Dr. Ink)

area and dog-friendly patio. Canines are afforded free rib bones while humans enjoy the perks of a generous happy hour featuring pints of craft beer and wines by the glass for \$4, meaty sliders for \$2 sliders, half-sandwiches for \$3, and french fries smothered in pulled pork for \$5.

A chalk board encircled by photographs of customers drinking and sinking their chops into smoked meats shows about a dozen rotating craft beers on tap. Amid the usual suspects such as Stone Delicious IPA and Stella Artois Pilsner was the gently malted Eye of the Hawk amber ale by Mendocino Brewing Company.

Familiar with its moderate sweetness and buzz-worthy alcohol content (8 percent), I chose it specifically to augment the smoky essence of pulled pork on my sandwich made with a halved, grilled sub roll.

(Other meat choices include beef brisket, chicken and andouille sausage.)

The ale was expectedly crisp and slightly creamy, and without the raging hops of a San Diego-brewed IPA, which would have competed aggressively with Bull's three barbecue sauces I applied along the way.

The "aioli" version outperformed the "sweet" and "original" recipes with its peppery notes that complimented the fruity tasting malts in my pint glass. So delightful, I squirted some of it onto a side of fresh coleslaw (\$3) topped with slivered almonds.

My only complaint was that the sandwich could have withstood another ounce or two of the juicy pork. Although after visiting this time-honored barbecue joint a few times over the years, I can attest that what's lifted from the smoker and tapped from the beer handles never disappoints. ■

RATINGS

Drinks: ★★★★★

Nearly a dozen taps dispense craft beers from local and stateside breweries; all poured into true pint glasses. A modest selection of wines and bottled beers are also available.

Food: ★★★★★

Meats are smoked onsite for up to 10 hours, and the tables are stocked with three excellent barbecue sauces made in-house. A half-sandwich of pulled pork had terrific flavor, and the coleslaw I ordered from the regular menu was exceptionally fresh and crispy.

Value: ★★★★★

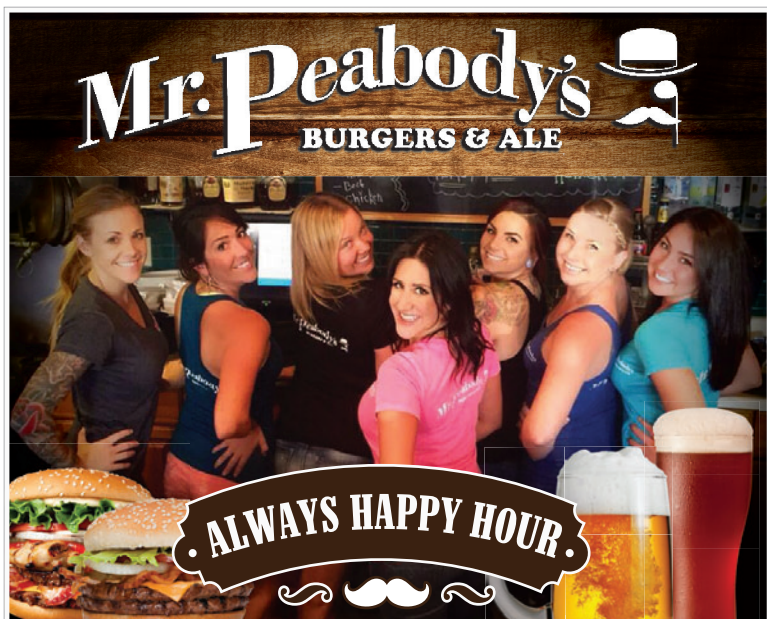
A pint of craft beer and a half sandwich of beef brisket, chicken, pulled pork or andouille sausage rings in at less than \$8.

Service: ★★★★★

With a focused beer list and food menu, the operation runs without complications. Staffers are friendly, and orders come out rather quickly.

Atmosphere: ★★★★★

Bull horns, wagon wheels and other Texas-themed décor pervade throughout the quaint, indoor dining area and spacious dog-friendly patio.



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FilAm Comedy Slam to celebrate culture and humor

Katie Callahan

The PASACAT Philippine Performing Arts Company will share both Filipino culture while sharing something more universal come Aug. 19 — laughter.

“When Filipinos gather, it’s all about the food, the music, the karaoke. It’s all about performing, and with the comedians, that’s just another extension because when you go to Filipino parties, the aunties and uncles are always telling stories and they’re always laughing,” said Ana Cabato, executive director of the PASACAT Performing Arts Company. “We’re storytellers.”

The FilAm Comedy Slam San Diego will feature headliner Edwin San Juan and multiple openers, including his wife Shaye San Juan, and locals Shain Brenden and Oliver Bascos, at its one night, two-show event at The Comedy Palace in Kearny Mesa. Comedian Michael Quu will host the event.

Edwin said some of his jokes come from observation and things that happen in his life, like family dynamics, and becoming a father to his baby daughter.

“That transcends or goes across different nationalities, not just Filipino. The other parts of it are also that I am Filipino, and some people don’t know the difference between Japanese, Chinese, Korean and Filipino,



Filipino comics Edwin San Juan (left) and his wife Shaye will be performing at the FilAm Comedy Slam on Aug. 19. (Courtesy of PASACAT)



so it’s kind of educational and informative as well,” said Edwin San Juan, who is also resident headliner at the Las Vegas Live Comedy Club. “People will see that we’re really the same more than we are different through family dynamics.”

Shaye San Juan is a comedian, but she is also a cosmetologist, professional makeup artist, creator of an artistic YouTube channel and a producer, writer and host of the podcast, “Ed Said Shaye Said.” She is also a San Diego native, excited to see family and friends and to show people that comedy transcends and to support charity.

“For one thing, with the show, it’s just the show itself, it goes

to great cause, it’s going to a great charity and also just to kick back, relax and enjoy life, enjoy some humor,” Shaye said. “I mean, the world is a crazy place. If you watch the news, there’s a lot of things going on that we kind of want to escape from, so it’s good to just kick back and have some fun.”

The event will serve as a fundraiser for PASACAT, a nonprofit organization in National City that provides youth and young adults with Philippine dance and performing arts education and understanding. The company is well-known across the United States and in the Philippines for its Philippine dancing, according to Cabato.

PASACAT stands for Philippine American Society and Cultural Arts Troupe. The company will try to raise \$32,000 to repair its building, namely flooring, woodwork, electrical paneling and an outdoor stage. Sarap Tikman, a tasting of Filipino fusion food, was the first fundraising event held by PASACAT in June.

This is the second year PASACAT has hosted a comedy show over the summer. Last year, the first of the two shows sold out at 200 people, with the second following closely behind. This also comes after the Balboa Bicentennial where they hosted three comedians.

“We’re primarily a cultural arts organization so going in this direction is just about presenting artists and we always want to give artists an opportunity to share their talent, to share their gifts with the community,” Cabato said. “Because they’re Filipino they have a very different perspective of their stories when they give their performance, so we hope that people will get glimpse of the culture through that and appreciate it as well.”

A 2015 report from Asian Americans Advancing Justice, Los Angeles that uses 2010 census data states that the Filipino population in San Diego County is the third largest concentration of Filipinos in the United States, but the largest Asian population in the county.

Oliver Bascos is a comedian who has been performing in San

Diego since 2006 but moved from the Philippines in 1994. Bascos has opened up for comedians from Comedy Central, Def Comedy Jam and BET’s “ComicView,” among others. His goal every show is to make people laugh and help people forget about their problems, he said, and this show is also a nice way for some of the rising stars in the Filipino community to be discovered.

“It’s a great way for the community to get together and just honor the culture,” Bascos said.

Bascos brings his urban style into his jokes. He hopes this event can encourage young people away from trouble and into PASACAT, an escape he never had as a kid.

“I want to build a name here first, so that way people from the Philippines know who I am and I can inspire a kid over there,” Bascos said. “I’m not here for the money or the fame. I just want to inspire someone.”

Tickets for the two shows at 7:30 p.m. and 10 p.m. will sell for \$22 through Aug. 14 and \$25 at the door. More information can be found at the Arts Alive Events Facebook page or by calling 619-477-3383. The shows are open to all audiences.

PASACAT’s next event is the PASACAT Extravaganza, a 90-minute performance of Philippine dance theater, on Oct. 8.

— Katie Callahan is a San Diego-based freelance journalist who spends her free time on craft beer, hiking, books and local eats. Reach her at katie.anne.callahan@gmail.com or check out her latest at katieanecallahan.weebly.com. ■



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Aug. 19 Cardinals Arizona Cardinals (Preseason)
Qualcomm Stadium, San Diego, CA 6pm HOME GAME

Aug. 28 Vikings at Minnesota Vikings (Preseason)
U.S. Bank Stadium, Minneapolis, MN 4:00pm

Sep. 1 49 ers San Francisco 49ers (Preseason)
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Theater Review

Charlene Baldridge



Haver and Louise, the world-renowned stripper, Gypsy Rose Lee.

Seeing a production played by anyone other than a splendid Rose is an excruciating experience, fraught with worry. Linda Libby is a top performer in any production anywhere (she performed the role at ion theatre in 2011). The woman has the supreme acting chops, the vocal capacity, and, yes, the balls to bring it off in Murray's meticulously cast production.

One may worry about certain areas of potential vocal strain, especially amid a vigorous schedule such as Cygnet's (seven performances each week), but there is never a doubt that experiencing Libby's performance is mountaintop, and all one can do is sit, awestruck in the dark.

Manny Fernandes is priceless as Herbie, the love-smitten manager of Rose's vaudeville troupe. He sticks with her and the kids through their childhood, providing stability and common sense. He stays long after his hopes of marrying Rose are dashed, throughout the prolonged death of vaudeville, and after the departure of June.

Finally, once Herbie witnesses the appalling desperation of Rose's hopes for Louise (Allison Spratt Pearce), he leaves.

The kids, young and older, are buoyant and believable, with Danny Hansen outstanding in the adult role of Tulsa, the dancer who strikes out on his own and elopes with June.

Many critics claim that "Gypsy, a Musical Fable," the 1959 Broadway musical loosely based on Gypsy Rose Lee's memoirs, is the perfect musical to emerge from the last half of the 20th century.

It has a book by Arthur Laurents, lyrics by Stephen Sondheim, and music by Jule Styne. Readers may judge for themselves through Sept. 4 at Cygnet Theatre in Old Town as performed by a company of 25 and a band of six, including conductor/keyboard Terry O'Donnell.

Several things are evident: "Gypsy" has an iconic role in Gypsy Rose Lee's mother, Rose (originally played by Ethel Merman); it contains a poignant, unrequited love story; it has a dandy musical score that advances the plot; and it has one of the greatest 11th-hour songs ever written ("Rose's Turn").

If women had them, "Gypsy" would be a ball-buster: It is exceptionally demanding vocally and decidedly iconic. Rose is quite simply a lioness training, guiding and propelling her not-so-talented kittens, Baby June (Katie Whalley Banville) and Louise (Allison Spratt Pearce) into vaudeville. In real life, June became actor June



Linda Libby as Rose, the character based on the memoirs of Gypsy Rose Lee. (Photo by Ken Jaques)

David Kirk Grant excels as all the fathers, uncles and impresarios, and finally as the jaded strip-show stage manager where the act finally breaks up and Louise/Gypsy makes the talent and personality transformation that allows her to become a singular star on her own.

Marlene Montes, Kendra Truett, and Marci Anne Wuebben score indelibly as the trio of strippers that encourage her with "You Gotta Get a Gimmick."

Other songs are "Let Me Entertain You," "Some People," "Small World" "Together,

Wherever We Go," and "Everything's Coming Up Roses."

Sean Fanning creates a snazzy proscenium scenic design replete with footlights; David Brannen is choreographer; Jeanne Reith, costume designer; Peter Herman, wig and makeup designer; Chris Rynne, lighting designer; and Dylan Nielsen, sound designer.

Other performers are Scotty Atienza, Emily Sade Bautista, Josh Bradford, Max Cadillac, Giovanni Cozic, Gabriella Dimmick, Sophia Dimmick, Hanz Enyeart, Matthew Garbacz, Hourie Klijian, Dallas

"Gypsy, A Musical Fable"

By Arthur Laurents, Stephen Sondheim and Jule Styne
Directed by Sean Murray

Wednesdays through Sundays, through Sept. 4
Cygnet Theatre
4040 Twigg Street,
Old Town State Park

Tickets
cygnettheatre.com
or 619-337-1525

Perry, Claire Scheper, Bailey Sonner, Lauren King Thompson, and Catalina Zelles.

Over the long life of "Gypsy" — film versions and numerous stage productions worldwide — there have been many endings, with or without dialogue, that leave doubt, or no doubt, as to whether Gypsy and Rose reconcile after Rose admits she was wrong and did it for herself in "Rose's Turn."

Libby made me sob, and I doubt I was the only one.

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



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Acupuncture for pets, really?

Sari Reis

Acupuncture is a non-drug treatment that was developed in China about 5,000 years ago. Its goal is to encourage the body to heal itself by correcting energy imbalances that exist. The philosophy is based on the concept of “Qi”, the life force of energy, which when out of balance, causes disease.

By inserting tiny metal needles into “acupoints,” physiological changes occur. These acupoints run along meridians which connect the entire body and are pathways through which the Qi circulates.

Acupoints in dogs are sometimes called transpositional points because they have been transposed from humans to canines. The benefits of acupuncture include enhancing blood circulation, spurring the release of pain-controlling endorphins and the release of natural anti-inflammatory hormones.

Dr. Fleckenstein, a Cornell graduate certified in veterinary acupuncture, has incorporated acupuncture into her practice for two decades. She believes that since pet owners have experienced the benefits of integrative medicine in their lives, they want the same type of care for their pets. More and more veterinary colleges are seeing an increase in enrollment in acupuncture training, as hundreds of studies have



Hundreds of studies have shown acupuncture's effectiveness on animals. (Courtesy of buffaloholisticvet.com)

shown its effectiveness in animals. The American Academy of Veterinary Acupuncture was recently admitted to the American Veterinary Medical Association's House of Delegates. Although the interest in acupuncture for animals continues to grow, the International Veterinary Acupuncture Society stated: “Further research must be conducted to discover all of acupuncture's effects and its proper uses in veterinary medicine.”

Meanwhile, anecdotal reports on the use of acupuncture therapy in animals continue to grow showing benefits in: arthritis, muscle spasms, degenerative joint disease,

Cushing's disease, hypothyroidism, diabetes, heart, kidney and liver disease, ruptured discs, dermatological conditions, asthma, epilepsy, and even provides supportive care in cancer patients. Veterinary acupuncturists state that many of the pets actually fall asleep during treatment.

One might ask if acupuncture is safe for pets. The answer is a resounding yes if the acupuncturist is licensed and has received formal training. Acupuncture causes no undesirable side effects and works well in conjunction with Western medicine. Since each animal is unique and each condition is different, the frequency of treatment and

the duration of treatment will vary. Sometimes a positive response can be seen after just one treatment, but more often, more treatments are needed to get a noticeable result. Treatments are usually provided in a quiet room where they may last from 10 minutes to 30 minutes. Sessions can vary in cost from \$70 to \$150. Some pet insurance companies will cover it, but if you have pet insurance, it is best to check with them in advance.

Dr. Karen Becker, a well-known holistic vet, has been using acupuncture for years. She stated that about 25 percent of her patients experience a very positive response showing major improvement to the point of full recovery. About 50 percent of patients have a dramatic improvement but with some lingering symptoms, while 25 percent have no response at all. Based on these statistics, it would appear it is definitely worth giving it a try if your pet has not responded as well as you might like from traditional medicine. After all, isn't she/he worth it?

—Sari Reis is a Certified Humane Education Specialist and the owner of Mission Valley Pet Sitting Services. For more information on where to find a certified Veterinary Acupuncturist, please contact her at 760-644-0289 or missionvalleypetsitting.com.■

Sit and be fit



Erica Moe

Are you scratching your head, yet? If not, you should.

You may just think that calories are those pesky things that sneak into your closet at night to sew your clothes together more tightly. However, a calorie is simply a unit of energy. When we consume calories, they stay with us until we use them. Imagine how much stored up energy you are carrying with you right now.

Where do calories go? Your body has three ways to use that energy. We use 60 percent of our calories at rest while sleeping or sitting. Consider this your metabolism. Digesting food uses 10 to 15 percent of our calories, which is a good reason to eat more frequent, but smaller, meals. The rest of the calories, anywhere from 15 to 50 percent, get used during physical activity — exercise and non-exercise activity. Non-exercise activity? Yes. And focusing on non-exercise activity is a strategy that is not only burning calories, but also saving lives.

The science In one study, participants were overfed by 1,000 calories (about two Big Macs) a day for eight weeks. With exercise held constant, the unsurprising results showed that the participants gained weight — 3 to 6 pounds of it. When overfed, some individuals naturally started to burn more calories through activities of daily living, postural changes and even fidgeting. These movements are all considered to be

See CALORIES page 16 —————>

Internet Speeds: How much do you really need?

At its onset, Internet was relegated to dial-up connections that provided very slow speeds. Those old enough may recall the times of busy signals and interrupted connections due to shared phone lines. As technology changed, a broadband connection offered much higher speeds and uninterrupted connections. Extremely slow connections may be measured in kilobits per second (Kbps), although most speeds are now measured in megabits per second (Mbps). The higher the number of bytes you are able to download per second, the faster your connection.

In order to fully understand how Internet speeds work, let's define a few key terms:

- **Streaming.** Content you stream is audio or video data transmitted continuously and refers to the delivery method, not the data itself. Streamed content is not saved anywhere on your device.
- **Downloading.** When you download a file, whether it be a movie, a song or something else, the item is copied onto your device from another source. This is typically done over the Internet.
- **Uploading.** When you upload a file, you are copying it from your device to another location, such as uploading your weekend photos to your social media accounts.

Perhaps you stream, download and upload, maybe you only do one of these. There are several factors to keep in mind when determining how much Internet speed your household needs, including the number of users, the types of use (basic web browsing, media sharing, streaming content, file downloading, online gaming, video chat, cloud

storage, streaming music, etc.), frequency of use and the number of devices in your home. Keep in mind that even if you live solo, your home may have several devices connected to your home Internet, including mobile devices, TVs, gaming systems, laptops, tablets and other electronics.

- 10 Mbps speeds are good for light Internet users who check email and surf the Internet a few times a week and have one standard-definition television.
- 100 Mbps speeds are good for more advanced web browsing and watching high-definition video streaming.
- 300 Mbps speeds are good for gaming, teleconferencing, ultra-high-definition streams, and a household of high end users.
- Gigabit Internet speed is the next generation of broadband Internet service, delivering speed to power all your devices in the home at the same time, whether you're using your mobile devices, video streaming, gaming or have a home office.

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How can I be sure I have the appropriate Internet speed?

Now that you have a clearer picture of Internet speeds and how much your household needs, it's best to consult an expert. Visit cox.com/speedtest and use the Cox Speed Advisor tool for a customized look at your needs or visit a Cox Solutions store today to discover the Internet speed package that's best for you. You could save time, money and bandwidth!



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PUZZLE ANSWERS FROM PAGE 8

SUDOKU

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

CROSSWORD

B	A	B	C	A	R	A	T	B	A	A
E	L	L	E	A	V	I	S	O	R	C
S	P	U	N	R	E	D	H	E	R	R
S	S	E	S	E	R	E	A	N	D	E
	R	A	T	E	S	Y	A	L	E	
S	H	I	N	E	R	F	O	L	L	O
H	A	B	I	T	S	I	L	L	I	
O	R	B	S	B	A	L	K	Y	B	I
O	T	O	H	A	U	L	S	M	A	T
T	E	N	P	E	N	N	Y	B	O	N
	A	L	G	A	M	A	R	C	H	
A	G	A	T	E	R	I	S	E	O	N
G	R	E	E	N	B	E	A	N	S	S
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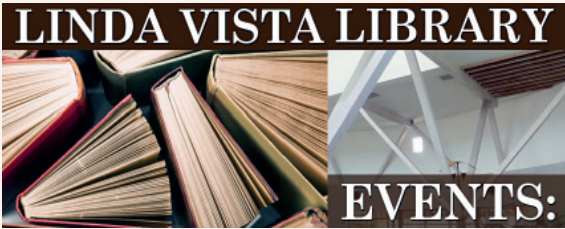
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Italian Cuisine: _____
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Live Theater Venue: _____
Leather Bar: _____
Lunch: _____
Mexican Cuisine: _____

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Romantic Dining: _____
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Hatha yoga for adults
First Thursday of the month, 11 a.m. – noon
Aryn Rannazzisi leads a gently paced class combining breath work and postures to promote strength, flexibility and balance. This all-levels class will include inversions, backbends and

sun salutations. Please bring a mat or large towel and a hand towel or strap to class.

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

Lego Time
Fridays, 4 – 5 p.m.
Kids: Build, build, build to your heart's content! Skyscrapers, automobiles, airplanes, spaceships: Create these and more! Learn basic

building science while having loads of fun!
Linda Vista Planning Group general meeting
Monday, Aug. 22, 5:30 p.m.
This is an open meeting of the Linda Vista Planning Group and the public is encouraged to attend. Visit lindavista.org/lvpg.

Morning storytime with Kathie [Note: Storytime on Aug. 22 is canceled]
Mondays, 10:30 – 11 a.m.
Children and their families are invited to join in

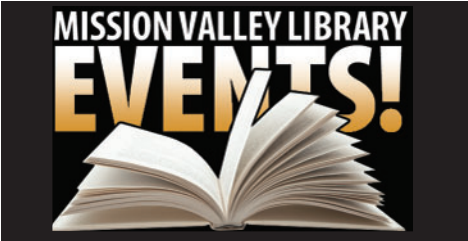
for stories, rhymes and songs.
Silver Chair Yoga
Thursdays, Noon – 1 p.m.
Designed so that seniors can safely practice yoga at their level of comfort.

Storytime with Mr. Luan
Fridays, 10:30 – 11:20 a.m.
Energetic storytime 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 facebook.com/lvlibrary or sandiego.gov. ■



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.



'Departures (Okuribito)'
Sunday, Aug. 21
Hemlock Society of San Diego is presenting this award-winning Japanese film about a young man who happens into a job working as a Japanese ritual mortician and is shunned by friends and family. The film won an Academy Award for Best Foreign Language Film. The screening is free and followed by a chat with the Hemlock Society. Event starts at 1:30 p.m. Visit HemlockSocietySanDiego.org for more information.

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. August title: "The Lobster Chronicles" by Linda Greenlaw. September title: "Thunderstruck" by Erik Larson.

OASIS Presents: 'Dark Chocolate, Red Wine & Heart-Healthy Eating'
Tuesday, Aug. 16
A talk by Vicky A Newman, M.S., RDN on the latest research on heart-healthy eating, including information on the role of inflammation and the protective components in dark chocolate and red wine. Practical dietary suggestions to reduce risk and progression of heart disease will be provided, including strategies for reducing inflammation and lowering LDL cholesterol (the "bad" cholesterol). Perspective will also be offered on the continuing controversies regarding vegan diets (elimination of all animal foods), egg consumption, and saturated fats like coconut oil.

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

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. ■

Community Calendar

Gardening classes at Armstrong Saturdays
For these free gardening classes, Armstrong Garden Centers will give tips and tricks on various topics and areas of interest. The Mission Valley/Grantville store is located at 10320 Friars Road; there are several other San Diego Armstrong locations. Sessions start at 9 a.m. Upcoming classes include:

- "Plants to attract birds and butterflies" on Aug. 13
 - "Growing succulents and cacti" on Aug. 27
- Visit ArmstrongGarden.com for more information.

Civita Friday Movie Night with 'Back to the Future'
Friday, Aug. 19
Mission Valley housing community Civita will wrap up their summer movie series with this event. This edition features a screening of the 1985 sci-fi classic, "Back to the Future," starring Michael J. Fox and Christopher Lloyd. This event is open to the public and attendees are invited to bring their own picnic or partake in free popcorn. The film will start at about 7:45 p.m. at Civita's temporary park located at the corner of Civita Boulevard and Via Alta. Visit CivitaLife.com for more information.



Gem Faire
Friday, Aug. 19 – Sunday, Aug. 21
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 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 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

Outdoor Family Movie Night: 'Inside Out'
Saturday, Aug. 20
Mission Trails Church (4880 Zion Ave., Allied Gardens) is hosting one last family movie night on their front lawn. Attendees are invited to bring lawn chairs and blankets. Popcorn and fun will be provided. Visit missiontrailschurch.com for more info.

'Taste of OASIS'
Wednesday, Aug. 24
San Diego OASIS – a local non-profit that supports successful aging – is hosting this event at their headquarters, located on the third floor of Macy's Mission Valley (1702 Camino Del Rio North). The event from 10:30 a.m. – 12:30 p.m. will celebrate the kick off of OASIS' fall 2016 trimester. There will best class demonstrations, an opportunity to meet OASIS members and instructors, and more information on classes. This event is free and open to the public. Visit sandiegoasis.org for more information.



'America's Finest Corporate Dash'
Thursday, Aug. 25
Corporate wellness, team building and happy hour come together with this unique event at Qualcomm Stadium (9449 Friars Road, Mission Valley). Local companies will build teams to walk, jog or run in the Corporate Dash 5k race. Following the race there will be an after-party (also at the stadium) with a craft beer garden, food and live music. The event will raise funds for the PEERS network – a San Diego-based nonprofit. Event check-in starts at 5 p.m. with the beer garden opening at 6 p.m., first wave of the race at 7 p.m. and post-race celebration from 8 – 10:30 p.m. Visit bit.ly/2aGYLRP to register.

TICA 'All Breed Championship and Household Pet Cat Show'
Saturday, Sept. 3 – Sunday, Sept. 4
The International Cat Association's annual cat show will feature cat breeds from all over the world; plus vendors, an education ring and more. Town and Country Resort & Convention center (500 Hotel Circle North, Mission Valley) will host the two-day event. Get more information and make reservations at tica.org. ■

► **Calories**, from page 13

a part of Non-Exercise Activity Thermogenesis (NEAT). This increase appears to be at least partly responsible for up to 50 percent of the difference in weight gain. People, who tap their feet, prefer standing to sitting and generally move around a lot burn up to 350 more calories a day than those who sit still. That can add up to nearly 37 pounds per year.

How many hours do you sit during your typical day? Don't be surprised if the total time sitting is in the double digits. You sit to eat, drive, work, meet friends, watch TV, surf the web and so much more.

How does this work? NEAT is directly correlated with calorie intake. As calorie intake increases, NEAT increases. As calorie intake decreases, perhaps during a diet, NEAT decreases. NEAT is a factor of both environment and genetics. Regardless of your genetics, you can change your

environment and your behaviors in that environment. Ideas to increase your NEAT

One study showed that those who manually washed dishes, walked to work and climbed the stairs burned an extra 120 calories per day over those who used a dishwasher, drove and took the elevator. That adds up to 12 pounds of fat per year! Other ideas:

- Stand at your desk or have a standing meeting.
- Pace while you talk on your cellphone or watch your kids at athletic practice.
- Take a walk break instead of a coffee break.
- Just because you sit does not mean you have to sit. But if you do sit, be sure to move other parts of your body by chewing gum, tapping your feet, fidgeting or changing your posture.

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



Replacing the usual sit down meeting with standing meetings is a good way to add non-exercise activity to your day. (Courtesy of Mission Valley YMCA)

Top cop



(l to r) National City Police Chief Manuel Rodriguez; Officer Javier Cornejo, San Diego Scottish Rite Law Enforcement Officer of the Year; and John Schneidmiller, personal representative of the Sovereign Grand Inspector General (Courtesy of Bryan Meyer)

On July 27, the San Diego Scottish Rite held its 23rd annual Law Enforcement Recognition Night at the Scottish Rite Event Center in Mission Valley.

The evening program – attended by several hundred guests – included introduction and reading of the resumes of the 16 nominees chosen by their respective law enforcement agencies from around San Diego County.

The San Diego Peace Officer of the Year for 2016 chosen by San Diego Scottish Rite is Officer Javier Cornejo of the National City Police Department. The 11-year veteran was selected after careful consideration by a committee composed of Scottish Rite members who are past and present peace officers, lawyers and judges. He was recognized, in particular, for his heroic and timely actions in saving the life of his partner when an individual wanted on a felony warrant backed his vehicle over the other officer.

The event acknowledges the hard work and sacrifice of all law enforcement officers serving our community. ■



MUSIC NOTES

Aug. 12 – Sept. 8, 2016

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

Aug. 19: "Raiders of the Lost Ark" concert/screening at Embarcadero Marina Park South. \$49 and up. 8 p.m. 200 Marina Park Way, Downtown. SanDiegoSymphony.org.

Aug. 28: "DreamWorks Animation in Concert" at Embarcadero Marina Park South. \$23 and up. 8 p.m. 200 Marina Park Way, Downtown. SanDiegoSymphony.org.

Sept. 2 - 4: 1812 Tchaikovsky Spectacular at Embarcadero Marina Park South. \$23 and up. 7:30 p.m. 200 Marina Park Way, Downtown. SanDiegoSymphony.org.

ALTERNATIVE/ROCK

Aug. 28: Todo Mundo at Civita. Free. 5:30 p.m. Corner of Civita Boulevard and Via Alta, Mission Valley. CivitaLife.com.

Sept. 1: Taken by Canadians, The Paragraphs, Mrs. Henry and The Hiroshima Mockingbirds at Casbah. \$5. 9 p.m. 2501 Kettner Blvd., Little Italy/Middletown. CasbahMusic.com.

Sept. 4: Peter Sprague (guitar) at Mission Trails Regional Park Visitor Center Auditorium. Free (donations accepted). 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

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.

Aug. 25: Sunny Jim ("trop rock") at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

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

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