



MISSION VALLEY News

Volume 10, Issue 9 Sept. 9 – Oct. 13, 2016

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INSIDE THIS ISSUE

LOCAL NEWS

Volunteers of America



Truman Project is looking for a few good men, women. **Page 3**

FITNESS

Don't go it alone



There are more than a few benefits to working out in groups. **Page 9**

DINING

Getting happy in Old Town



El Agave offers its "tequila museum" to happy hour specials. **Page 11**

FEATURE

Tribal art



Bazaar Del Mundo celebrates Native American craftsmanship. **Page 16**

ALSO INSIDE

Opinion.....	6
Politics.....	7
Business & Services.....	8
Pets.....	13
Calendar.....	15

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A stealth bomber flies off in the distance in a scene from "American Umpire." (Courtesy of filmmaker)

GI FILM FESTIVAL RETURNS FOR A SECOND YEAR

Ken Williams
Contributing Editor

Compelling stories about the lives of American troops from World War II to modern times are brought to life in movies, documentaries and shorts showing this month at the GI Film Festival San Diego.

Now in its second year, the annual festival returns Sept. 14-18 with screenings in Balboa Park, Mission Valley and Coronado.

Opening the festival will be the West Coast premiere of "USS Indianapolis: The Legacy," local director Sara Vladic's compelling documentary that features historical footage and exclusive first-person accounts from some of the 107 survivors of the devastating torpedo

attack on the heavy cruiser during WWII.

Vladic, co-producer Melanie Capacia Johnson and some of the survivors will attend the screening at 7 p.m. Sept. 14 at the Museum of Photographic Arts in Balboa Park and participate in the Q&A session and reception that follows. An encore screening will be at 3:30 p.m. Sept. 18 at UltraStar Cinemas Mission Valley at Hazard Center.

Another noteworthy documentary, "American Umpire," directed by local filmmaker James Shelley, asks a crucial question: Should the U.S. military remain the world's policeman? The film will be shown at 4 p.m. Sept. 17 at UltraStar Cinemas Mission Valley, as part of the "Facing Crisis" film block.

Vladic and Shelly discussed their work with San Diego Uptown News and Mission Valley News.

'USS Indianapolis: The Legacy'

The heavy cruiser USS Indianapolis was the flagship of the Fifth Fleet, carried a Navy admiral onboard and had a crew of more than 1,000. Late during WWII, the ship was sent on a top-secret mission from San Francisco to Guam, carrying, unknown to the crew, one of the atomic bombs that would soon be detonated over Japan. Not long after unloading the mystery cargo, the USS Indianapolis was sunk around midnight by six

See **TROOPS** page 4

Second Mission Valley dispensary gets approval

Jeff Clemetson
Editor

On Aug. 25, the San Diego Planning Commission voted unanimously to approve what will likely be the final legal medical marijuana dispensary allowed in the city of San Diego.

In getting the commission to approve the medical marijuana business, the Emerald Courtyard dispensary, which will be located at 3455 Camino del Rio South in Mission Valley, benefited from recent changes to the city's code regarding how to determine proximity to parks and a nearby church's lack of permits.

Getting approval has not been easy. In July 2015, Emerald Courtyard failed to



The medical marijuana consumer cooperative to be located in this building in Mission Valley may be San Diego's last to be approved by the Planning Commission due to strict guidelines where dispensaries can operate. (Photo by Jeff Clemetson)

receive a recommendation from the Mission Valley Planning Group and in October 2015, the Planning Commission also rejected the application, citing the dispensary location's proximity to the open space behind the building that local residents referred to as Indian Hill Park.

Emerald Courtyard appealed that October 2015 decision on the grounds that Indian Hill Park wasn't zoned residential, not listed in the community plan, or listed with the city as a current or

See **DISPENSARY** page 2

'Thumbs up' to Legacy Center redesign

Jeff Clemetson
Editor

At its Sept. 7 meeting, the Mission Valley Planning Group unanimously voted to support a redesign of the Morris Cerullo Legacy International Center by the architectural firm Carrier Johnson + CULTURE. The previous design was approved by the planning group, however issues with traffic and a design that was of deemed too out of the element for Mission Valley had troubled the project since the group first began reviewing it.

"I wish these guys would have been here three years ago when we started this. I think it would have started off on a much better note than it did," planning group member Randy Dolph said at a presentation of the Carrier Johnson design to the Design Advisory Board (DAB) meeting on Sept. 6.

Officials with Carrier Johnson presented the new plans for the religious-themed resort that will take over the Mission Valley Resort Hotel property at 875 Hotel Circle South.

See **LEGACY** page 2



MARK YOUR CALENDARS

• Mission Valley Community Update Plan Subcommittee will meet at 3 p.m. Friday, Sept. 9, at the Mission Valley Library, 2123 Fenton Parkway.

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

• Mission Valley Planning Group will meet at noon Wednesday Oct. 5, at the library. ■

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Artist renderings of an aerial view of the initial design (left) and the new design for the Cerullo Legacy International Center (Courtesy of Carrier Johnson + CULTURE)

► **Legacy**, from page 1

“What you’re going to see is a refinement that is designed to remove some of the challenging issues surrounding traffic and also to modify and enhance the architecture so the project will sit better with life in Mission Valley,” said Vincent Mudd, managing principal for Carrier Johnson.

The most pronounced change to the project is a reduction in floor plan area — from 538,000 to 391,000 square feet. This was achieved by “shrinking individual program spaces and the elimination and consolidation of some of the buildings,” project architect Michael Stonehouse said. The old plan, designed by architect Michael F. Hurrah at Caribou Industries, had six buildings and the new one has only four.

Even with the downsize, the Legacy Center will still include all its original uses: a religious museum, restaurants, religious training center, IMAX theater, gift shop, parking structure, and a hotel instead of a time share, Stonehouse said.

The other major change to the plan is the reduction of traffic, from an estimated net reduction of around 87 percent, which was achieved by downsizing the project and widening the roadway by roughly 28 feet. Other changes to the plan include: eliminating 200 parking stalls; moving the hotel forward so it doesn’t encroach on the hillside on the southern edge of the property; removing the entry monuments that were deemed a visual barrier; minimizing the water features; changing the circulation of cars and pedestrians; adding solar panels; and creating a new plaza area.

Along with major structural changes, the Legacy Center project’s aesthetic design was also reimagined.

Project designer Lina As’ad said the new concept for the project was to treat the campus like a garden with different themes throughout.

“We were able to do that by making the center area of the three buildings a pedestrian walkable plaza and pushing the surface parking to the edges and the parking structure all the way back to the hillside,” she said.

For the buildings, the goal of the design was to “create a look that is international and timeless,” As’ad said.

“We were able to achieve that by creating a duality of old and new.”

The buildings will incorporate open glass paired with stone offset with metal beams and spots of wood.

One of the design features is a vertical monument that will be next to a replica of the Wailing Wall in Jerusalem that will have the words “peace, faith and forgiveness” etched in glass in different languages from around the world. There will also be etched metal panels near the plaza, As’ad said.

After the Carrier Johnson team made the presentation, planning group members praised the new design before voting to support it as it moves forward to review by the city’s Planning Commission.

“Coming from the perspective as an architectural designer, I really appreciate what’s happened here,” planning group member Andrew Michajlenko said. “It’s a phenomenally improved project.”

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

► **Dispensary**, from page 1

future population-based park and is not ADA compliant.

In March of this year, the Planning Commission changed its rules regarding how distance to nearby parks are measured. Indian Hill Park is 750 feet away from the dispensary if measured as a bird flies, but new rules make the 300-foot topographical barrier — a steep cliff — between the park and the dispensary have to be measured by “most direct route,” which would be much further because the park is only accessed from Cromwell Court in the Talmadge neighborhood.

However, one resident disagreed with the Planning Commission’s assessment of the topographical barrier between Indian Hill Park and the new dispensary. Carol Green argued that the steep incline to Indian Hill Park is still being used as an access point to the park by people who climb the hill, even though it is not an official trail.

“It does meet the definition of a park and it is accessible as long as you are younger, fitter and wear the right shoes,” she said.

Another issue that could have prevented the Emerald Courtyard’s approval was its proximity to a nearby church. Word For Life Ministries began operating in an office building at 3505 Camino del Rio South, Suite 160 in June of this year. The location is within 250 feet of the dispensary. Code in San Diego prohibits dispensaries from operating within 1,000 feet of a church.

“It’s an open question whether [the church is] even an allowed use at all [at the office building],” argued Phil Rath, an attorney representing Emerald Courtyard. “We wish them no ill will and we wish them the ability to be there, but holding it against this application would be imprudent and patently unfair.”

Pastor Joel Bowden argued that Word For Life Ministries offers more than just spiritual guidance and that being close to a medical marijuana dispensary could hinder some of their community outreach programs, especially programs with schoolchildren.

“Obviously as a pastor and as a church, we would be concerned regarding the use of this facility for the intended purpose of medical marijuana distribution,” he said. “I do not believe that that would be compatible with the area.”

The Planning Commission, however, determined that the church did not obtain the proper change of use permits and staff recommended approval because the church was in violation.

The Planning Commission then voted to approve the dispensary, making it the city of San Diego’s 15th. Despite the fact that the city’s code allows for four legal dispensaries in each council district for a total of 36, the strict zoning laws about proximity to parks, schools and churches make any other dispensary unlikely to get approval. In fact, there are no other applications for new dispensaries at this time.

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



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Truman wants YOU

Changing the world, one idea at a time

Morgan **Hurley**
Contributing Editor

On the surface, Shawn VanDiver and Kristen Kavanaugh couldn't be more different; VanDiver is a straight, white, animated and often raucous former enlisted Navy sailor and a single dad; Kavanaugh is a lesbian of color, a calm, cool and collected former Marine Corps finance officer, and happily married.

When you scratch that surface, however, you find they have a lot more in common than meets the eye. Serendipitously thrown together as colleagues, the two became fast friends; they provide balance to each other and are committed to effecting change across the globe — together.



Kristen Kavanaugh and Shawn VanDiver pose on the jetway of Vice President Joe Biden's plane (Courtesy of Shawn VanDiver)

Kavanaugh and VanDiver are the co-chairs of the local chapter of the Truman National Security Project, a community of likeminded, progressive individuals focused on innovative policies and political advocacy with the overall goal of “a safer, more prosperous world.”

The Truman Project is currently in the midst of a nationwide membership drive that will last through Sept. 29, and VanDiver and Kavanaugh are looking for kindred spirits to join them.

According to its website, Truman membership consists of veterans, policy experts, front-line civilians and political professionals with a shared worldview: “America is strongest when we utilize all of our tools — defense, diplomacy, development, and democracy — to engage the challenges and opportunities of the 21st century.”

Truman members call it the “4Ds.”

Launched in 2004, the Truman Project is a 501(c)4 nonprofit organization based in Washington, D.C., established after John Kerry lost the presidential election, “in order to close the security gap that the Democrats had lost on,” Van Diver said.

It was the brainchild of Rachel Kleinfeld and Matt Spence — “two really smart people who understand the nuts and bolts of national defense” — who

Van Diver said recognized that we need to take a more “holistic approach” to national security, which is where the 4Ds come in.

“We believe that to have true national security you have to have all four of those,” he said. “If you are missing even one, everything falls apart.”

The name “Truman,” obviously came from President Harry S. Truman.

“Yes, he was a humble guy from Missouri, but it's about his work,” Van Diver said. “It's about the Truman Doctrine and the Marshall Plan — it's about that whole worldview that we're not alone and we can't be. We can pick up our cell phones and we can connect to a resistance fighter on the ground in Syria who needs a car. We can get on Twitter and find one. The idea that we can be [an] isolationist

country, America first, that just doesn't work.”

While membership — currently at 1,500 nationally — is the heart and soul of the Truman Project, it is extremely competitive to get accepted and though there is no age requirement, applicants tend to be between the ages of 27 and 40.

“We're looking for mid-career professionals who kick ass and take names, who want to continue changing the world, and are looking for an outlet to do that,” Van Diver said. “And they should have a national security bent. Whether it's working in national security, they are in the military or were in the military, or interested in national security.”

Van Diver emphasized that an “interest in national security” includes clean energy, transportation, cyber security, border and immigration, and even human rights.

The local chapter, launched two years ago by Kavanaugh, VanDiver and Matti Miranda, who now lives in Washington, D.C., is 21 strong and currently recruiting its third class.

After an extensive application process, those selected must attend an orientation and annual conference in D.C. before fully being vested in their membership.

VanDiver and Kavanaugh said the Truman Project has provided them a valuable and

necessary outlet for their personal aspirations.

“If an individual has a specific focus either in their professional career or their personal lives or something like that, Truman is a vehicle by which people can go out and make change,” Kavanaugh said. “I don't do politics in my professional life, but there are things that I am interested in and through Truman, I can work on these things or connect with people who can effect change or help me effect change if I'm not doing it on my own.”

“That is the special part for me,” she continued. “You don't have to be sitting on Capitol Hill or in the White House or something like that in order to make a difference.”

While VanDiver had spent several years in the public relations, media and political arena, his exploits hadn't gotten him into the circles he yearned for.

“I got out of the military; I didn't know anyone in D.C.,” he said. “I have a masters degree in homeland security and I've been teaching and I've been engaged politically, but I certainly had no business running around the Pentagon or doing anything like that. Truman has given me the opportunity to get in the room and have those discussions. As a former enlisted man in the Navy, that [enlisted] perspective is important when generals and admirals are the only ones giving input. It's offered me a voice.”

Other local members include Councilmember David Alvarez, Councilmember-elect Chris Ward and attorney Gil Cabrera.

The group conducts closed meetings attended by members only — such as a recent roundtable with U.S. Rep. Tammy Duckworth who is running for a Senate seat in Illinois; open meetings that consist of various activities and allow others to learn more about Truman; and what VanDiver calls “public-facing events,” such as their annual “Memorial Day Rose Drop,” which in just one year went from 1,000 roses and about 25 attendees to 6,500 roses and 120 attendees.

On a national scale, VanDiver said two of the largest initiatives the Truman Project has had a measurable impact were on are women in combat and the Iran deal.

Truman members get together, discuss the issues, devise plans of action and then go out into the world — writing articles, talking to people at the Pentagon, knocking on doors of members of Congress, and reaching out to the public — to gain consensus. They also act as a resource for elected or government officials; like when Rep. Duckworth recently needed some veterans of Afghanistan to go on record. The San Diego Chapter delivered five names to her within a few hours.

Kavanaugh's connections with Truman helped get her a coveted prime time position on stage at the recent Democratic National Convention, just before former Secretary of Defense Leon Panetta.

“It was pretty cool; I approached it from a very Marine Corps perspective,” the Naval

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► TROOPS, from page 1

torpedoes fired from a Japanese submarine commanded by Capt. Mochitsura Hashimoto.

The attack killed 1,196 people, and 317 sailors and officers tried to survive in shark-infested waters for five days until they were miraculously rescued by a passing pilot who didn't even know the ship had sunk.

The story of the USS Indianapolis is not widely known, and Vladic explains why.

"I believe the primary reason is that many of those involved didn't talk about it for decades after the war, and some not even until recently," she said. "That, along with the fact that the sinking was announced on the same day as the end of the war and overshadowed, really kept it out of the public eye."

Vladic, a full-time filmmaker and writer who lives in San Marcos, said it took 10 years to make the documentary.

"Interviewing over 100 people takes time, but not only that, this film was entirely self-funded — so I'm sure you can imagine how much work and resources that takes to complete



The survivors of the USS Indianapolis share their stories about their ship's tragic history. (Courtesy of the 'USS Indianapolis: The Legacy' filmmakers)

something of this magnitude," she said.

"Both Melanie, my producing partner, and I worked really hard and called in a lot of favors from work friends to help bring this film to life. It's also part of a bigger-picture multimedia project that we have in development surrounding the USS Indianapolis story, and attention has been divided among those projects in equal measure."

Vladic describes the movie's genesis.

"I have always been interested in history, and the story of the USS Indianapolis was one story in particular that drew me in from an early age," she said. "From the first time I heard about it when I was about 13 years old, I thought that it would make an incredible movie. Years later, after graduating college, I decided to find out if there were still any living survivors and I found Paul Murphy, the chairman of the [USS Indianapolis] Survivors Organization. He invited me to their reunion in 2001, and from there, I got to know these men personally, and they really became like family. They asked me to be the one to tell their story, and I was not going to let them down."

Like other survivors of horrific military tragedies, the men of the USS Indianapolis largely kept silent for many years, not sharing the horrors of war and keeping their life-and-death struggles to themselves. Vladic said she is honored they trusted her to tell their stories.

"The events that transpired affected each of the survivors differently, but it is without doubt that most all of them carried — and still carry — the story with them throughout their lives," she said. "Some were destroyed by the experience, while others found a way to better themselves because of what they lived through during those days in the water."

"Without question, sharing their stories, and especially being able to get together at reunions and talk to their fellow crew members helped them heal throughout the years," Vladic continued. "More than anything, I would say that just spending time with the men and building a friendship with them first, allowed me the opportunity to interview them beyond what others have done in the past. The men have always come first for me, when telling this story, and I think they really understood that and trusted me when we sat down in front of the camera."

Vladic hopes audience members come away with a deeper appreciation of those men and women who have served our country.

"USS Indianapolis: The Legacy' is not just a story about shark attacks and survival in the open sea. It's the story of President Roosevelt's Ship of State and Admiral Raymond Spruance's Flagship — the ship

For a complete listing of all GI Film Festival events, visit missionvalleynews.com/gi-film

that led the largest and most powerful fleet in history, even to this day," she said.

"Beyond that, it's important to educate current and future generations about the sacrifices that have been made for our freedom. The best way to comprehend the events of war is to hear first-hand accounts from those who lived through them. And last, but certainly not least, I hope people understand the importance of never giving up, no matter what the situation."

'American Empire'

The film's director, James Shelley, who is pursuing his master of fine arts at San Diego State University, said he has always been interested in U.S. foreign policy.

"After reading Elizabeth Cobb's book, 'American Empire,' I realized that there was an important story to tell about how and why the U.S. became the world's policeman," Shelley said. "It occurred to me that the U.S. often gets into more trouble when it tries to impose some type of order to a military conflict overseas."

"For example, Bin Laden's No. 1 reason for launching an attack on 9/11 was to get U.S. bases out of Saudi Arabia. Those bases were there at the request of the Saudis. If we hadn't had those bases, there might have never been an attack on the U.S. Foreign military intervention is a very complicated and dangerous strategy for the U.S."

Shelley's documentary makes an excellent historical point that the so-called "Washington's rule" — named after our first president — called for the U.S. to be neutral in conflicts that did not involve our country. The Washington doctrine held forth until President Harry Truman changed U.S. policy after WWII, embracing the idea that the American military would become the "world's policeman." But as Americans grow weary of seeing U.S. troops dying or being gravely wounded in foreign conflicts, public opinion appears to be changing and the issue has even surfaced in the 2016 presidential race. Shelley sees a generational divide on the issue, with millennials in particular opposed to the Truman Doctrine. And a recent Pew Poll showed that 57

percent of all Americans believe that the U.S. should stay out of other country's problems.

"As for the 2016 election, use of foreign military power has not been a big issue — other than the proposed use of tactics by Donald Trump that are generally regarded as war crimes: carpet bombing, killing civilian relatives of terrorists, increased use of torture, etc.," he said.

"According to a recent Pew Poll, about 75 percent of Americans believe that the U.S. is the leading military power. Bernie Sanders was in favor of pulling back U.S. overseas presence but mostly campaigned on domestic policy issues. That said, the next President will define U.S. foreign policy going forward. Congress has completely shirked any responsibility for foreign policy and delegated basically all decision making to the executive branch."

Shelley rounded up a number of high-profile experts to discuss the issue, including former secretaries of state Condoleezza Rice, Madeleine Albright and George Schultz. Former PBS news anchor Jim Lehrer narrates the documentary.

"We interviewed a total of 18 foreign policy experts in San Francisco, New York, Boston, Washington, D.C. and Milan. To avoid any partisan slant, we stayed away from politicians or individuals who represented a political point of view," Shelley said. "We targeted foreign policy experts in the government, military and academia with a strong knowledge of the issues. That resulted in over 25 hours of interview footage, which had to be cut down to under 30 minutes. That was the biggest challenge. Another big challenge was getting compelling archival footage. I wanted really powerful clips and images that had not been widely used and would help move the story forward. Finding the right archival footage is very difficult and time consuming. But I'm very pleased with what we got."

By far, the U.S. has the largest military budget and the biggest fighting force in the world. But Schultz suggested during his interview that the world would fall apart if Congress downsized the military and stopped policing the planet, as

See GI FILMS page 9 →

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Speaking the language of success and peace

Wendy Lemlin

Southern States University founder Carmen Gomide has nurtured success by helping foreign students learn English, while at the same time fostering cultural tolerance. When she was 23 years old, Gomide herself came to California from her home in Sao Paulo, Brazil, to study English at UCLA.

“The courses were very expensive, and it gave me the idea to someday open a school where students could affordably learn the language from native speakers, while also receiving an excellent education,” Gomide said.

After UCLA, Gomide returned to Brazil, but in 1987 her position with Xerox Corporation moved her back to the U.S., where her entrepreneurial spirit kicked in. She launched her own company, exporting Xerox equipment to Brazil. Eventually, Gomide married, divorced, and, as a single mother on her own with two very small children, finally realized her dream in 1999 when she opened the International Academy of English in Downtown San Diego.

In 2005, Gomide purchased the small, non-accredited Southern States University in Mission Valley and her dream expanded. Today, through years of focus and overcoming



(inset) Southern States University president and founder Carmen Gomide (Facebook); SSU Mission Valley campus (Courtesy of SSU)

a myriad of challenges, both schools are fully accredited, and at any one time serve about 1,500 students from all over the world on seven campuses.

Southern States University also has campuses in La Jolla, Pacific Beach, and Newport Beach and offers not only English language courses, but also accredited undergraduate and graduate degrees in Information Technology (IT) and Business Administration, and certificate programs in various IT and business and marketing disciplines. The International Academy of

English, in San Diego and Las Vegas, provides non-native speakers with quality English language instruction.

Down-to-earth, warm and friendly, Carmen Gomide doesn't measure her success by the homes she owns in San Diego, Las Vegas, and Brazil, or any of the other material manifestations of her accomplishments.

“My greatest joy,” she said, “comes from being able to interact with students from all over the globe, with diverse religions, lifestyles and cultural backgrounds. This has resulted in giving my children,

who are now 24 and 25, as well as myself, a high sense of tolerance and understanding.”

She sees this growth of tolerance in her students, as well.

“I love walking into a class, or even a nearby coffee shop, and witnessing young adults from, say, Saudi Arabia, Japan, India, Brazil and Russia, all engaged in lively conversation, speaking with the universal language of friendship. It's beautiful to see how they assimilate into each other's cultures.”

As a foreigner who herself found success in the U.S. through much hard work and

determination, she welcomes the opportunity to be an advocate of the “American Dream.”

“I am so proud to positively impact the lives of the students who come here and to show them how great life in this country is. They leave here with a greater appreciation of what this nation is, and bring it back to their respective countries, further spreading tolerance, goodwill, and hopefully, peace.”

—Wendy Lemlin is a San Diego-based freelance writer. Reach her at wendy@wendylemlin.com.■

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Guest editorial

Renters can run a child-care business from home

Alan Pentico

The availability of affordable child care has become a hot-but-ton issue in San Diego, where the cost of living can make it difficult for families to get by unless both parents are working. For some families with children, the solution is to offer home-based child care for friends and neighbors who need it.

In California, the need for child care is considered so vital that state law gives renters the right to operate a family day-care business from the home regardless of whether their lease or rental agreement prohibits the “business use of property.” The law applies to all rentals, from single-family homes to apartments and condos.

Of course, renters who wish to run a day-care business out

of their home must be sure they’re following the letter of the law and communicating the details with their landlord or property manager. For example, before anyone begins operating a child-care service, they must obtain a license through the California Child Care Licensing Program, which has a local office in Mission Valley. This license specifies the number of children the provider is allowed to watch.

Renters must provide 30 days’ advance notice to their landlord or property manager before they begin operating a child care service from the home. The state license application includes a form that renters can use to provide this notice.

It’s important to note that landlords are legally allowed to charge a higher security deposit to tenants who run a day-care

business from the home. Landlords may want to charge a higher security deposit because of the higher risk that young children may damage the property. The California maximum limit on security deposits still applies (no more than double the monthly rent for an unfurnished unit, or triple the monthly rent for a furnished unit).

In addition to sharing licensing information with the landlord, the renter must also share evidence of financial responsibility. There are three ways to demonstrate financial responsibility: obtain liability insurance; secure a bond of at least \$300,000; or get signed affidavits from each child’s parents acknowledging that they are aware of the lack of liability insurance or bond.

Beyond these key initial steps, child-care providers

should be conscientious and respectful of their neighbors’ right to the quiet enjoyment of their own homes. Take steps to control or manage excessive noise, and be mindful of anything that could damage the property.

For more information on this topic, the California Department of Social Services has a guide for family child care and tenant rights that can be downloaded from www.cdss.ca.gov. For more information about finding affordable or subsidized child care in San Diego, visit the County’s website at http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_care_administration.html.

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

Letters to the editor

Worth a thousand words?

Re: “Discover nature in Mission Valley” [Volume 10, Issue 8 or bit.ly/2bCUBJ2]

Read your piece in the Mission Valley News concerning the proposed River Park and want to comment.

I hope you keep a copy of the of the photo of the

aerial view of the proposed River Park that accompanied the article for future reference. Developers here in San Diego have made it a business model of “bait and switch” when it comes to civic improvements and I’m sure the final product will look nothing like the artist’s rendering. It’ll be quite smaller, if indeed it comes off at all.

One need not travel far from the proposed River Park, the Civita eyesore, to see an example of a developer promising the community much, but when actual ground is broken, the project takes another course.

Promised parks and public infrastructure do not make money for a developer and more often than not an

artist rendering is just a way for a developer to sell his/her project to those that will make the decision to approve a project, as well as those in the surrounding community that will be impacted by the project. It’s just “eye candy.”

—Stuart Rachmuth, San Diego■

Mission Gorge Road emergency repair work update



As many residents know, a segment of Mission Gorge Road between Old Cliffs Road and Greenbrier Avenue has been closed off in response to soil settlement problems, causing a significant increase in traffic. The City is concerned that the settlement could progress to something much worse, perhaps a sinkhole. The two south and two northbound lanes, and the median, were closed June 1,

with emergency work to investigate the cause of the settling begun June 7.

While the final report on the investigative work is not complete, preliminary results indicate various complex conditions located at different points of the street that may have contributed in part or whole to the soil settlement. One such condition is damage to a 600-foot-long segment of sewer main, which is 25 feet deep, and will be repaired as part of the restoration.

The restoration work is anticipated to be complete later this year, possibly in the fall. The next step includes

the installation of monitoring/dewatering wells in the next couple of weeks at the project site. The wells will draw down the existing ground water levels so that the City’s contractors can excavate and repair the sewer main. After the wells are installed, major construction activities will not be visible at the site for a week or two until the results from the wells are tabulated.

Every effort will be made to complete the work as quickly and safely as possible. In order to expedite, construction activities for this project are currently underway from 7 a.m. to 7 p.m., seven days per week.

Lane closures will remain in effect until Mission Gorge Road can be restored to a safe condition. Please be aware that no left turns or U-turns will be allowed at Mission Gorge Road and Greenbrier Avenue beginning Sept. 1 and continuing for approximately one month. Additional roadwork signs will be posted ahead of the work area later this week, to encourage drivers to use alternate routes.

If you would like to be added to the Mission Gorge Project Information list, please email Paula Roberts at paula@humanability.biz.■



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

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Congressional Watch

So why is a safe seat suddenly not so safe anymore? It may

**PUZZLE
ANSWERS
FROM PAGE 8**

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

[illegible]

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



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Talking title and title insurance

ASK KATHY

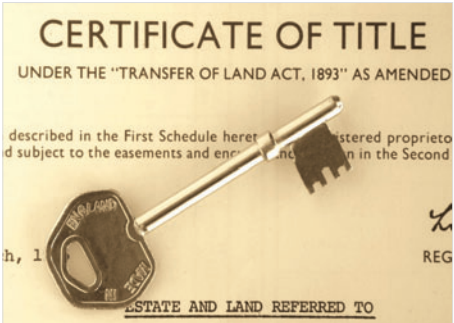
Kathy McSherry

Hi Kathy:
My partner and I recently purchased a new home under construction. We will not close on the home for approximately eight months as they are just beginning to build it. When we were signing the purchase agreement, the sales agent briefly went over taking title to the property and asked how would we be holding title? She spoke so fast that we didn't understand exactly what title was all about and the fact that we needed title insurance. It would help so much if you could explain what does holding title mean and why do I need title insurance. The sales agent said I wouldn't have to decide until I signed my loan documentation at closing. Any clarification would be greatly appreciated.
—Joe Willy M.

Hi Joe Willy:
Oh, I am so glad you asked me that question. If I could tell you how many people get confused over how to take title to a property, you would certainly not feel alone.
First, one of the reasons it may have appeared that the sales agent glossed over the issue of taking title to a property, is that Realtors are not allowed to tell you how to take title to a home, as there are tax implications involved and rights of survivorship. A professional

real estate agent will always direct you to a certified public accountant or attorney who can explain all of the differences. I can certainly give you an overview. Start with this description of a title from Wikipedia: "In property law, a title is a bundle of rights in a piece of property in which a party may own either a legal interest or equitable interest. The rights in the bundle may be separated and held by different parties. It may also refer to a formal document, such as a deed, that serves as evidence of ownership."
The five most common ways to take title in the State of California are sole ownership, tenants in common, joint tenancy with rights of survivorship, community property and living trust.
It is fairly simple if one single person wants to purchase a property in their name and no one else is involved in the transaction. However, imagine having been married a couple times with children from different marriages and/or different relatives that you may want to bequeath your share of the property to. Or, maybe if something were to happen to your partner on title, the interest may go directly to you (being the partner on title); or based on how you hold title, the court can force you to sell the property and take the equity and disperse from there. Maybe one owns multiple properties and there is a tax advantage or disadvantage to taking title to strengthen one's

financial portfolio. Can you see why a professional Realtor will defer you to a certified accountant or attorney?
Joe Willy, you have plenty of time to explore all of the options that are available to you before you close on your new home in eight months. A fabulous outline on the various forms of title can be found on the First American Title website, Firstam.com:



"Title Insurance is an insurance policy or contract issued by a title company. It protects you, the purchaser or owner, against a loss that may arise by reason of a defect in your ownership or an interest you have in real property. (clerical errors, mistakes, undisclosed heirs, omissions in deeds, unknown liens or fraud involving deeds, etc.)
"In addition, the title insurance company agrees to defend you in court if there is an attack on your title. It will cover attorney and court expenses or pay a loss caused by the defect in title up to the face amount of the policy subject to the terms listed in your policy.

For the average property owner, there are two different types of title insurance policies that you need to be aware of:

- Owner's Policy of Title Insurance
- Loan Policy of Title Insurance

"Since most property owners mortgage or borrow money at the time of purchase or during ownership, the lender can be expected to request protection of its investment against loss.

Lenders know that many things can cause loss of title and that expenses are incurred while defending an attack. They insist upon a Loan Policy of Title Insurance to protect their stockholders' and investors' investment in your property."

"An Owner's Policy of Title Insurance protects your investment (equity) as the buyer or owner of the property. As the owner, you should want to have the same assurance as the lender that the investment you have made cannot be lost because of a problem or defect with the title."

I hope this helps to clarify a few things for you Joe Willy. My best to you and your partner and good luck with your new home purchase!

—Kathy McSherry is a veteran Realtor in Mission Valley with Coldwell Banker West. Email your questions to Kathy@kathymcsherry.com or call 702-382-9905.■

Mission Valley's Orchids & Onions

The San Diego Architectural Foundation (SDAF) has released its 2016 list of Orchid & Onion Award nominees and let's just say it stinks for Mission Valley.

The only two building projects to make this year's list are up for Onion Awards — The Homewood Suites by Hilton Mission Valley located at 445 Camino del Rio South and the iFly San Diego indoor sky-diving facility located at 2385 Camino del Rio North.

For those who agree, or disagree, with SDAF's assessment that these buildings are less than easy on the eyes, there is a chance to vote on this year's nominees for a People's Choice Award.

Voting for the People's Choice award opened on Sept. 1 and will continue through Sept. 15. The public can vote for their favorite Orchids & Onion online at orchidsandonions.org, at various voting booths in farmers markets throughout the San Diego region, as well as at the People's Choice Event at Quartyard in San Diego's East Village neighborhood on Sept. 15 from 4 to 7:30 p.m. This event is free to the public with food and beverages available for purchase.

The winners will be announced on Oct. 13 at the 2016 Orchid & Onion Award Ceremony held at Horton Plaza Park and Spreckels Theatre starting at 5 p.m.■

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MVN Puzzles

Crossword Solutions on page 7

Crossword grid with numbers 1-62.

- ACROSS
- 1 Informal discussion
 - 5 Our: Fr.
 - 10 Sack
 - 13 Time of day
 - 14 A narcotic
 - 15 Novelist Victor
 - 16 The A in A.D.
 - 17 Free-for-all
 - 18 Seed covering
 - 19 Peevishly ill-humored
 - 21 Object used to clean a pistol
 - 23 Offers
 - 24 Serene
 - 25 Black furs
 - 28 Schools of higher learning
 - 32 Kind of wrench
 - 33 Attired
 - 34 Wander
 - 35 Untruths
 - 36 The fourth estate
 - 37 Jason's ship
 - 38 Airy fabric
 - 39 Makeshift boat
 - 40 Carroll's nonsense creature
 - 41 Grossly disrespectful
 - 43 Group of songs played together
 - 44 French river
 - 45 Money factory
 - 46 Nebraska river
 - 49 Twists out of shape
 - 53 Country road
 - 54 Swiss river
 - 56 Catch, as a thief
 - 57 Affirm
 - 58 Bravery
 - 59 Arizona
 - 60 Steer wildly
 - 61 Corundum
 - 62 Twist about
 - 15 With great force and violence
 - 20 Legal claim
 - 22 Everybody
 - 24 Land along the sea
 - 25 Ragout of game
 - 26 A foreigner
 - 27 Consecrate
 - 28 Divided, split
 - 29 Goat antelope
 - 30 Tidal bore
 - 31 Great Mountains
 - 33 Lifting device
 - 36 Keep from destruction
 - 40 Dispatched
 - 42 Kindled
 - 43 Wretchedness
 - 45 Juvenile
 - 46 Drama
 - 47 Molten rock
 - 48 Afresh
 - 49 Distribute
 - 50 Train track
 - 51 Slate
 - 52 Type of salad
 - 55 Amateur radio operator
 - 1 Guy
 - 2 Sharpen
 - 3 A relative
 - 4 Emergency repairman
 - 5 Desert wanderers
 - 6 Takes the cover away
 - 7 Cant
 - 8 Bitter herb
 - 9 Green jewels
 - 10 Irish brogue
 - 11 Exchange premium
 - 12 Precious metal
- DOWN

Sudoku Solutions on page 7

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 grid with numbers 1-9.

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► GI FILMS, from page 4

other experts suggested in the documentary.

“As a filmmaker, I see my responsibility at making a fair presentation of both sides of the argument,” Shelley said. “If I had to draw any conclusion, it would be that the world is a very different place than it was in 1947. Security risks have changed. The major risks today come from failed states and terrorism. So I think we need to think about the world differently. What is the best strategy to protect our citizens from these risks? The British have been fighting terrorism since the 1950s — IRA, etc. But they didn’t use battleships and tanks.”

That said, Shelley hopes his documentary has an impact on its viewers.

“I hope that ‘American Umpire’ will begin a national conversation about our foreign policy,” he said. “Too often that conversation breaks down into a false dichotomy: You are painted as either an All-American, red-blooded interventionist or a yellow-bellied isolationist. Those are not our only choices. Let’s come together as a nation and figure out what is the best path of the U.S. and the world going forward.”

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

Better Together

Erica Moe

Me, myself and, of course, I. Surely one of us can figure this out. “This” is an exercise routine. And what I need to figure out is how to stick with one. I thought I could do it by myself. However, the cycle ends up being exercise; lose weight; try to keep it off; repeat. I have a degree, several certifications — and a hard time sticking with the routine. But why? Maybe, you are like me and need a super-natural power outside of yourself. We may need the power of a group. Ever wonder why 60 percent of people are drawn to exercise as a group?

Benefits to your body and your brain

Oxford’s Institute of Cognitive and Evolutionary Anthropology tested several people on a rowing machine. Half of the participants exercised by themselves and the other half did the exact same workout as a group. Even though the workouts were the same, the rowers who worked out together had double the pain tolerance over those working out alone. One explanation is that working out with a group triggers an increase in endorphins.

Other benefits associated with a being in a group include being more punctual, having better attendance and working harder with less fatigue. One study showed that group exercise was better than individual therapy for chronic low back pain. Other studies show that group exercisers have elevated moods and are associated with more altruism.

Groups make exercise seem easier and workouts go by more quickly — all while improving outlook/mood. And they’re fun! Not convinced, yet?

The Four E’s:

Experience — Being part of a group allows the opportunity to meet new people, increases social camaraderie and creates lasting relationships. People who work hard together, play hard together.

Education — Typically, a group activity is led by an instructor who provides safe and effective workouts. During each workout, a knowledgeable leader is giving recommendations and helpful information, all while advising on proper form and technique. The instructor can help the group create and achieve goals together. Typically, no prior exercise knowledge or experience is necessary.

Enjoyment — Try going to the movies or going out to eat alone. Boring. Go with a group and, *voila*, instant party. In addition to having fun, positive



Group workouts have better results than working out alone. (Courtesy of Mission Valley YMCA)

group experiences, including exercise, can build confidence and self-esteem.

Encouragement — We are our own worst critics. Let go of the inner critic and use that energy to encourage others during the routine. Members of the group will encourage consistency with the routine and, ultimately, create instant accountability partners.

Opportunities:

Group exercise can take many shapes and forms. It could be joining a training group to run a 5K or marathon. It may be boot camps on the beach or activities at the Y like small-group personal training, Team Challenge or Get Real Weight Management. All of these are group opportunities. Create a community with common goals today and let your body and brains enjoy the benefits!

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

88% of People Recover From Slipped Disc

Advertising Feature

Are you suffering from back pain, arm or leg pain, numbness, tingling, or weakness in your arms or legs? Then it’s likely you’re suffering from a Slipped DISC. That’s when one of your spinal discs is bulging or herniated and causing these, sometimes severe, symptoms because of the effect the disc is having on your nerve system.

You may have already had this diagnosed on an MRI and thought that there is little that can be done about it and that’s a major problem: bad information, because **in the right hands a lot can be done for you.**

To end the misery caused by slipped discs you must have the right information. **Pay close attention because I’m going to destroy some important myths and give you the facts.**

MYTH: Slipped discs will just “go away” with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a slipped disc specialist *immediately*. Left untreated a slipped disc can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with slipped discs.

FACT: In severe cases, slipped discs can lead to the inability to control your bowels, bladder and sexual potency - leading to embarrassing situations.

MYTH: You must take pain medications to deal with slipped discs.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure slipped discs.

MYTH: “I must have done something wrong to cause my disc to slip.”

FACT: Physical work or simply sitting at a desk for long periods can lead to slipped discs. Accidents and trauma can also be the culprits. Pregnancy can cause damage. A slipped disc can happen to anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and Olympic superstar Usain Bolt.

MYTH: Stop exercising and get several weeks of bed rest to let the slipped disc recover...

FACT: Staying active can help to the slipped disc recover and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: Slipped discs require surgery.

FACT: NO! There’s been a huge breakthrough in the treatment of slipped discs. It’s a new procedure called Non-Surgical Re-Constructive Spinal Care. The excellent results from this treatment have been published in major medical journals. Success rates are up to 90%.

MYTH: “There’s nothing anyone can really do. I’m just stuck with this for the rest of my life.”

FACT: With the correct treatment from a healthcare professional who specializes in slipped discs, you can find relief from the core cause - and the symptoms.

MYTH: Getting slipped discs properly diagnosed is expensive.

FACT: Not true. Gerald Palmes DC in Mission Valley is currently offering an initial consultation with one of their specialists for **Just \$90.**

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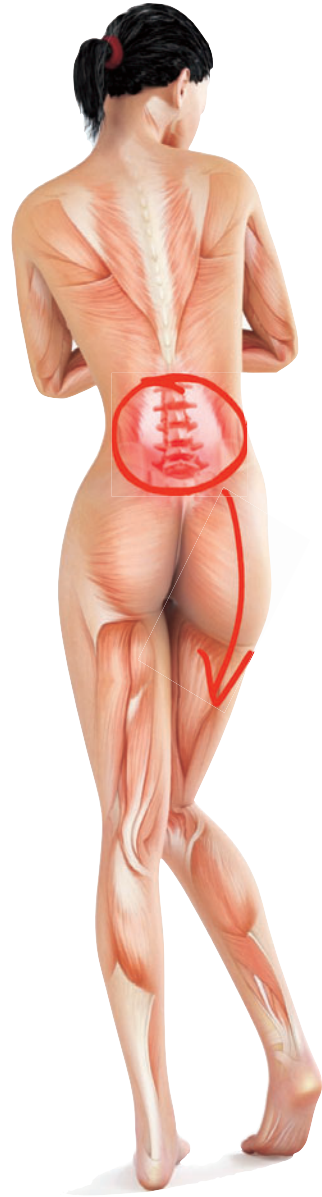
This procedure does not require a hospital stay and in most cases you’ll be able to continue with your normal daily activities with little interruption. The focus is on finding - and correcting - the original cause of the slipped disc.

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couple of weeks.”

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Call now at (619) 758-5820 and cut out or tear off this valuable article and take it to your appointment. You’ll be on your way to safe, lasting relief!

You can even call on the weekend and leave a message on the answering machine to secure your spot and he promises to return all calls. During the week staff can be very busy helping patients so if they don’t pick up straight away, do leave a message.

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Seafood yearnings

Restaurant Review

Frank Sabatini Jr.



The annual Maine “lobster festival” at King’s Fish House had sadly ended by the time I could no longer endure seeing yet another unrelated television commercial showing beads of fresh lemon juice bouncing off shellfish in captivating slow motion.

So instead of succumbing to those compelling ads for Red Lobster, which for value reasons often disappoint, I steered my appetite to King’s for its current celebration of wild salmon from Alaska.

This long-established family-owned seafood house taps into nearly every hedonistic pleasure the oceans have to offer. With nearly a dozen locations scattered mostly throughout Southern California, including Mission Valley and Carlsbad, the regular menu offers everything from sashimi and sushi rolls to assorted oysters, South African lobster tails and red rockfish from the Pacific Northwest.

There are also steaks, chicken and burgers. And many of the side dishes such as grilled zucchini and corn cut fresh from the cob prove to be more than just boring footnotes on the plate.

King’s Mission Valley in the Westfield shopping plaza is contained within a free-standing brick structure that looks invitingly antiquated. Take away the urban density surrounding it, and you might envision the rocky coast of Maine as the backdrop.

The atmosphere is casual; perhaps a touch corporate in its template, but there is ample seating that extends comfortably to a large bar lounge and spacious patio.

Visiting as a twosome for a weekday dinner, the vibe was low-key and quiet enough to converse effortlessly despite a soundtrack of soft rock playing at medium volume. We were seated in a roomy booth, close to a tank of live East Coast lobsters, though now in shorter supply and with fewer weight choices compared to when they were in peak season over the past three months.

A large Castrovilla artichoke, grilled and quartered, was a luxurious

primer to our meal, considering few restaurants bother serving them. The meaty leaves were drizzled in basil vinaigrette, providing enough twang as to skip over the pesto-mayo dipping sauce altogether. Right down to the joyous tender heart, it was a well-trimmed beauty cooked perfectly.

Lump crab cocktail is presented with a generous slick of classic cocktail sauce on top. The chilled crab was sweet and reasonably abundant, but in relation to the deep well of diced celery and cucumbers underneath, it might give the impression you’ve been shortchanged.

As an interlude we slurped down a couple of fresh Kumamoto oysters, my favorite variety because of their buttery, oceanic flavor. Perched on ice alongside mignonette sauce and shaved horseradish, we could have easily consumed two dozen in the absence of everything else we ate, which included an overload of complimentary house-baked sourdough bread served warm with every table delivery.

The seasonal Coho salmon, trolled from St. Nicholas Channel in southeast Alaska, is available for the time being in four different ways — pan seared, in cake form, in “summer salad” or roasted with Creole dry spice. I chose the latter with some concern that the dry rub might overwhelm the fish.

It didn’t. The spice was like a gentle kiss to the fish, imparting a sweet and piquant essence but without violating its wild pureness. Of the two sides I chose, the elongated slices of grilled zucchini reinforced the fact that charred squash tastes better than steamed. The mac ‘n’ cheese, however, quickly lost precious moisture halfway into eating it.

My companion became love-struck over his walnut-crusted white sea bass. And for good reason. Coated also in panko

King’s Fish House

825 Camino de la Reina
(Mission Valley)
619-574-1230
kingsfishhouse.com

Prices: Oysters and other raw bar items, \$2.30 to \$3.10 per single serving to \$14.25 to \$35.25 per dozen; sushi rolls, \$7.95 to \$13.50; small plates, soups and salads, \$3.75 to \$17.95; meat and seafood entrees, \$18.45 to \$45.95

crumbs and Parmesan, the exterior offered the crunch of a thin potato chip and the flavor of toasted cheese. The texture of the fish was wonderfully firm, and the lemon sauce dressing on it gave rise to everything else on the plate — creamy mashed potatoes and buttery corn straight off the cob.

We ended with a sizable slice of high-calorie key lime pie made in-house. I’m guessing a payload of condensed milk was incorporated into the curd. Accented with an equally rich graham cracker crust, we weren’t complaining.

The booze offerings at King’s include a decent wine list featuring selections from respectable labels such as Stag’s Leap, Justin and Seghisio. There are also craft and domestic beers, plus plenty of signature cocktails to satisfy most urban hipsters.

Happy hour is held in the bar area from 3 — 6 p.m. Monday through Friday. The deals apply to various drinks and food items listed within four price categories: \$4, \$5, \$7 and \$9. Lobster and salmon dishes aren’t among them, but you can indulge in California rolls, burgers, oyster shooters or crispy calamari for a fraction of the price, and with a select glass of wine or cocktail to boot.

—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.



Walnut-crusted white sea bass in lemon sauce with corn and mashed potatoes
(Photos by Frank Sabatini Jr.)



Spice-rubbed wild Alaskan salmon with grilled zucchini and mac ‘n’ cheese



A pair of Kumamoto oysters on ice

Hats off to a happy hour debut

**Come On
Get Happy!**
Dr. Ink

At nearly 20 years old, El Agave in Old Town just introduced its first-ever happy hour to the tune of very strong Cadillac margaritas, Mexican beers and a menu that raises the bar on south-of-the-border cuisine.

The restaurant calls itself a “tequila museum” because of its dazzling collection of nearly 2,000 labels displayed throughout the dining room in all sorts of nifty bottles. Happy hour, however, is available only at the intimate five-stool bar near the entrance or on the charming patio overlooking San Diego Avenue.



Chips and salsas complement a Cadillac margarita and bottled Pacifico beer (Photo by Dr. Ink)

Located in a small strip plaza above a liquor store, El Agave’s enticing ambiance goes easily undetected by tourists on the hunt for fajitas and cheap tacos, which you won’t find here. Many out of towners don’t wander this far south on the drag anyhow. Yet for locals in the

know, the place is a gastronomic gem.

My tagalong, who resides a block away, ordered the Cadillac margarita containing two and a half ounces of Semental blue agave tequila and a full ounce of Grand Marnier. It was an icy, delicious thing capable of rendering you silly if drinking two.

During happy hour it sells for \$9, which is about \$5 less than regular price.

With a few hours of work still ahead of me that afternoon, I stuck to Pacifico beer priced at \$4 a bottle, a buck under normal cost.

More so with beer than margaritas, I can devour a hefty basket of table chips faster than it takes to fry them. These might have been baked, however. They were thick and non-greasy. Better yet, they were served with three salsas: tomatillo, habanero-tomato, and black bean.

El Agave

2304 San Diego Ave.
(Old Town)
619-220-8405,
www.elagave.com

Happy Hour:
2:30 to 5:30 p.m.,
Monday through Friday

The cost for various salads, appetizers, tacos and burritos drop down between \$2 and \$5 from their normal prices, with the ultimate bargain being the \$10 langosta lobster burrito. Our dapper waiter said it’s normally about \$15. Stuffed generously with chunks of tender meat, the jalapeno tortilla also folded in pimento, chipotle sauce and a touch of cotija cheese.

My friend ordered two items at \$10 each: a trio of nicely spiced carne asada street tacos, and a trio of sopos de pulpo created expressly for the happy hour menu. Their masa bases were rather dense, although the medley of sautéed octopus, guajillo peppers, red onions and edible flowers crowning them presented a terrific example of fine and authentic Mexican cooking that you won’t find down the street from here.

Given the restaurant’s vast inventory of tequila, the liquor appears only in the margaritas during happy hour. But I’m told that might change once the public becomes more aware of the existing bargains, after which we could see flights or sipper shots enter into the equation.■

RATINGS

Drinks: ★★★★★
The bar makes one of the best Cadillac margaritas in Old Town, using 100 percent blue agave Semental Tequila and a good dose of Grand Marnier.

Food: ★★★★★
Dishes exceed everyday Mexican fare in terms of flavor, quality and presentation. Choices include mussels in tequila sauce, grilled sea bass tacos, plump lobster burritos and sopes topped with octopus, guajillo peppers and black beans.

Value: ★★★★★
Customers save \$4 to \$5 on the margaritas and certain tacos and burritos during happy hour. In addition, complimentary table chips come with three types of salsa.

Service: ★★★★★
The waiters are well-dressed and take a formal, professional approach to the service they provide.

Atmosphere: ★★★★★
Happy hour is available at the five-seat bar or on the charming patio overlooking San Diego Avenue. But don’t leave without poking further inside to marvel at the mind-boggling tequila selection, which is exhibited throughout the pub-like dining room.



Lobster burrito in a jalapeno tortilla (Photo by Dr. Ink)



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Nissan Stadium, Nashville, TN 5:00pm PST

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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Autumn's Arrival

10 plants with beautiful fall color for San Diego

Gary Jones

Can't tell by the look of your garden when fall arrives? You must be missing those important trees and shrubs that provide gorgeous fall color in San Diego. As Southern Californians, we need to look

Sweet Gum (*Liquidambar*) – Many people confuse this for a maple since the leaf shape is so similar. But liquidambar are more vertical in shape and they also have a distinct and rather large, spiny seed pod that falls almost year-round. For that reason, it is best not to plant them near sidewalks, patios or courtyards. In very late fall, the colors are stunning—from red tones to orange and peach. The foliage of *Palo Alto* turns bright red to orange-red.

Oakleaf Hydrangea – The flowers as well as the leaves provide beautiful color each fall. Huge, conical flower clusters of white take on bronze and pinkish-red tones as the flowers mature. As the summer season wanes, the large, deeply cut leaves turn bronze and red and even

Roger's Red Grape – This selection of California's native grape, *Vitis californica*, turns a delightful red in the fall. Plant it where it can be back lit by the low autumn sun, but not where

beyond the classic maples and deciduous oaks that other climates revel in each autumn, since most don't grow well here.

However, we do have our own fall beauties to enjoy. Here are 10 tried-and-true plants that will provide years of colorful autumn leaves.



Burgundy provides deep, red-dish-purple leaves. *Festival* will give you a range of autumnal hues including peach, rose, orange, yellow and red.



stay on the plant for a very long time.

the fruit drops on a patio or sidewalk. *Roger's Red* is fast-growing and splendid in both fruit and flower. The small fruit is edible, but has large seeds and birds absolutely love it.

Boston Ivy, *Green Showers* – Clothe an unsightly or boring wall with this verdant, shiny-leaved ivy. You will be enveloped in a rich robe of green. This self-clinging vine turns rich red in fall and covers a lot of area fast.

Chinese Pistache – Pistaches provide a wonderful, umbrella-shaped canopy of feathery shade all summer. Come fall, leaves turn red, orange or yellow, depending on the climate. Chinese pistaches are very adaptable to soil types and a wide range of water conditions, including very little.

Lombardy Poplar – These deciduous trees make a strong vertical statement. They are softer and wider than Italian cypresses, but punctuate landscapes in much the same way.

Crape Myrtle – You certainly get a unique color combination with crape myrtles. It includes wonderful white, lavender, pink and red flowers from summer into fall and brilliant orange and red fall foliage. If you live near the coast, be sure to plant a variety bred to be resistant to mildew. There are ten or more resistant varieties to choose from.

Pomegranate – The arching branches of this large shrub sport magnificent red fruit by autumn that will stay on long after the tiny leaves turn orange, red and yellow then drop. Pruning will keep pomegranates smaller. They will tolerate poor soil and considerable drought if needed.



Bright green in spring and summer, its leaves turn golden yellow in the fall.



Maidenhair Tree (*Ginkgo*) – A mature ginkgo tree in full fall color is a sight to behold. The color is pure, clear yellow. It seems as if every leaf has been formed from the same sheet of bright construction paper. This angular, architectural tree is a beauty all year—with or without leaves. Be sure to plant male trees only for tidiness.



Callery Pear – *Bradford* is the most common variety of this tidy growing, inviting spring-flowering pear, but newer forms have much better fall seasonal colors. Consider columnar types *Whitehouse* (purple-red fall color) or *Capital* with its copper fall leaves. Rounded varieties are *Aristocrat*, *Chanticleer* and *Trinity*, all with autumnal shades ranging through orange, yellow and red.

—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.■

► Truman, from page 3

Academy graduate said of the experience. "I was there to do a mission; I didn't have time to go hang out with my friends and go schmooze like everyone else was doing, which looked like a lot of fun. I was there to deliver a message. Once I deliver the message, then I can hang out with my friends and enjoy the moment."

The application fee for Truman is \$35 and annual dues are \$250, but VanDiver is quick to dispel any concerns, stating that scholarships are available and they also offer donated airline miles to the convention.

"Money should never be a reason not to apply," he said.

As for Kavanaugh and VanDiver's differing personalities and backgrounds, the former Marine and the former sailor appear to have many more years ahead.

"That's why it works," Kavanaugh said. "He makes me do things that make me uncomfortable and I reel him in when I need to."

"The major tenet [of Truman] is that everyone is willing to give more than they get," VanDiver said. "We're a community and we all very much care about each other."

To learn more, visit truman-project.org. If you have questions about the local chapter or the application process, contact VanDiver at shawn.vandiver@gmail.com or Kavanaugh at kristenkavanaugh@yahoo.com.

—Morgan M. Hurley can be reached at morgan@sdenn.com.■

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MUSIC NOTES

Sept. 9–Oct. 13, 2016

JAZZ

Thursdays and Fridays: Antonio Fe at the Cosmo in The Cosmopolitan Restaurant and Hotel. Free. 6 p.m. 2660 Calhoun St., Old Town. OldTownCosmopolitan.com.

Fridays: Jazz Happy Hour at Handlery Hotel's 950 Lounge. Free. 5 p.m. 950 Hotel Circle North, Mission Valley. SD.Handlery.com.

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

CLASSICAL

Oct. 2: San Diego Symphony Chamber Group at Mission Trails Regional Park Visitor Center Auditorium. Free (donations accepted). 3–4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

Oct. 14 – 16: Opening weekend with Gil Shaham at Copley Symphony Hall. \$25 and up. 8 p.m. on Friday and Saturday, 2 p.m. on Sunday. 750 B St., Downtown. SanDiegoSymphony.org.

ALTERNATIVE/ROCK

Sept. 15: David Wilcox with Joe Rathburn at Vision Center for Spiritual Living. \$20. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

Sept. 20: Luneaux, Le Chateau and Grim Slippers at The Merrow. Free. 9 p.m. 1271 University Ave., Hillcrest. TheMerrow.com

Sept. 22: Peter Bolland performing the songs of Neil Young at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

Sept. 29: Erika Wennerstrom (of Heartless Bastards) and Peter Ericson Stakee at Casbah. \$13+. 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.

Sept. 16: Carla Morrison at the Observatory North Park. \$30. 7 p.m. 2891 University Ave., North Park. Visit ObservatorySD.com.

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

Training a dog with leash reactivity

Sari Reis

Does your sweet sociable canine turn into Cujo when he sees another dog while walking on leash? If so, he is likely displaying “leash reactivity.” I have met numerous dogs that are as sweet as can be off leash at the dog park but unruly and obnoxious when walking on leash. This type of erratic behavior can be very unsettling for the handler as well as embarrassing and stressful. Unfortunately, many owners display anger or punish their dog when he is “acting out.” This is not the way to change the behavior.

Leash reactivity is an emotional response to stimuli in the environment when the dog is walking on leash. It is an overreaction that persists because it has become a rewarded behavior. It can occur in any dog for a variety of reasons.

Regardless of the cause, the dog develops a behavior of over-excitement, of frustration or fear that has been reinforced inadvertently by his handler. In order to modify the behavior, you have to change the dog’s emotional response to the stimuli (another dog), from a negative one to a positive one. If you reprimand the dog for his reaction, the encounter with other dogs will continue to be associated with bad things. If you are able to counter condition the dog’s response to a

positive association, you can likely change the behavior. The best way to make this happen is by working with a professional trainer.

Angie Fonseca, CPDT-KA, the owner of SDK9, offers specialized training for leash-reactive dogs.

“When dogs meet off-leash, they greet side by side in order to sniff each other,” she explained. “They use soft eyes and to dogs this is considered polite and appropriate behavior. When dogs greet on leash, especially if their handler is holding the leash tight, the encounter becomes face to face. This is considered forward greeting by dogs and can trigger the over-reactive response.”

All leash-reactive dogs have triggers. Your job is to find out what those triggers are as well as their threshold level (i.e. the distance before they start to react emotionally). Your trainer can help you with that.

“It is important for you to teach your dog to stay focused on you during your walks and then reward him for staying focused,” Fonseca said.

You can use a kissy sound or say look at me to get his attention, but keep your voice upbeat and positive. When he sees a dog but has not yet reacted, get him to look at you and reward him with a high-value treat.

You want him to associate seeing another dog with something positive. Give him lots of



Punishing your dog or getting angry when he/she is reactive on a leash is the wrong approach. (Courtesy of Positively.com)

space around other dogs. Don’t permit face-to-face encounters with other dogs. If necessary, cross the street or walk in another direction to prevent an incident while your dog is in training. Keep his leash loose when you are walking and stay positive. If you react nervously when you see another dog approaching, so will your dog.

Most importantly, remember that his reactivity didn’t happen overnight and it will take

time, patience and training to get him comfortable when seeing other dogs on leash. For more information or help with training, please contact Fonseca at sd-k9.com.

—Sari Reis is a Certified Humane Education Specialist and the owner of Mission Valley Pet Sitting Services. You can contact her at 760-644-0289 or www.missionvalleypetsitting.com.

Gig Life Illustrated in Cox Home of the Future

Do you know how much internet speed your home needs? Today, the average household is connecting six devices in the home to the internet, from laptops and tablets to gaming and multiple smartphones, and that number is expected to increase in the near future. Cox Communications recently hosted an event in San Diego to demonstrate how gigabit speed is quickly turning the home of the future into the home of today for busy families, work-from-home professionals, gamers, budding musicians and future chefs.

What does “gigabit speed” really mean? Gigabit speed is internet that’s 100 times faster than the average speed. With gig speed, you can download 100 songs in three seconds, a full-length HD movie in less than 60 seconds or upload 1,000 photos in about a minute.

Cox Communications has been delivering gigabit internet speed to business customers for more than a decade, and now it’s focusing on providing ultra-fast gig speed to all of its residential customers. The Cox event at The Pinnacle on the Park apartment community showcased how Cox Gigablast speed provides reliable, quality service of 1,000 megabits per second.

Demonstrations at the event ranged from competitive gamer Tyler Burnette playing Rocket League to Madonna’s violinist Jason Yang streaming music lessons. Local food blogger Whitney Bond, now a television and internet star with more than 150,000 monthly views on her website, demonstrated how

Gigablast service allows her to quickly load photos and stream videos to her blog and social media pages.

“Without it, my business would be impossible!” she says.

Schools of the future may well look like the STEAM (science, technology, engineering, arts and math) Maker Workshop’s demonstration. STEAM Maker uses virtual reality and other emerging technologies to teach students new ways to learn, with gig speed powering the workshop’s projects and experiments.

The event also showcased Reflexion Health Inc.’s use of virtual reality to guide patients on proper techniques for at-home physical therapy. Dr. Edward Greene from Sharp Rees-Stealy Medical Group conducted in-home patient consultations via web conferencing. Other demonstrations included architects from BNIM highlighting how they use high speed internet to power their business and provide employees with improved work-life balance. The stations - along with WiFi enabled gadgets, computers and tablets all running simultaneously - were possible only because of super-fast Gigablast speed.

Cox Homelife home security and automation products were also on display. Homelife cameras can stream live video so you can monitor for intrusions, fire and other emergencies. It also lets you raise or lower the temperature in your home remotely, control indoor and outdoor lighting and access other programs using a smartphone, tablet or computer.

The New Contour from Cox has ushered in a new age of television viewing, offering entertainment like never before. The New Contour offers voice-controlled remote controls as well as sports, traffic, news and weather apps viewed simultaneously. You get smart search that predicts what you want to watch, parental controls customized to your children’s ages and interests, and the option to start a program in one room and finish it in another.

With Gigablast internet speed, families can run all their devices at the same time without impacting each other’s internet experience. Just as the home of the future is already here, Gigablast is now available to homeowners throughout San Diego County. Start living the Gig Life today.

For more information visit www.cox.com/gig.



Dr. Edward Greene from Sharp Rees-Stealy Medical Group conducts an in-home patient consultation via web conferencing.



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MAIL BALLOTS TO: Mission Valley News, 123 Camino de la Reina Ste. 202 East, San Diego, CA 92108

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DINING & ENTERTAINMENT

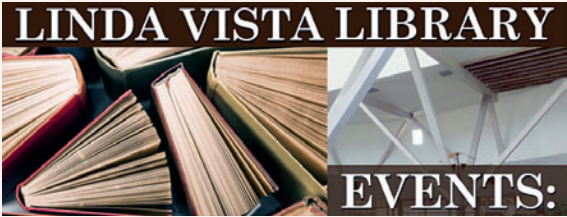
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- Beer: _____
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- Dessert: _____
- Dinner: _____
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- Japanese Cuisine: _____
- Late-night Dining: _____
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- Live Theater Venue: _____
- Leather Bar: _____
- Lunch: _____
- Mexican Cuisine: _____

- Micro Brewery: _____
- New Restaurant: _____
- Night Club: _____
- Outdoor Bar: _____
- Outdoor/Patio Dining: _____
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- Pizza: _____
- Romantic Dining: _____
- Salad: _____
- Seafood: _____
- Spanish Cuisine _____
- Sports Bar: _____
- Steakhouse _____
- Sub/Sandwich: _____
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BUSINESS & RETAIL

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Crafts for kids

Tuesdays, 4–5 p.m.
Stretch your imagination and create fabulous crafts. The craft is different every week.

Do your homework at the library
Mondays and Thursdays, 3–6 p.m.; Tuesdays

and Wednesdays, 3–7 p.m.
Branch library has help. Students from kindergarten through eighth grade can receive free personalized assistance.

Hatha yoga for adults
First Thursday of the month, 11 a.m.–noon
Aryn Rannazzisi leads

a gently paced class combining breath work and postures to promote strength, flexibility and balance. This all-levels class will include inversions, backbends and sun salutations. Please bring a mat or large towel and a hand towel or strap to class.

Hopscotch tiny tots
Tuesdays, 5:30–6:30 p.m.

Join Miss Kim for a fantastically fun program containing crafts, music and stories for babies and toddlers.

Lego Time

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

Morning storytime with Kathie
[Note: Storytimes on Sept. 12, 19 and 26 are 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.

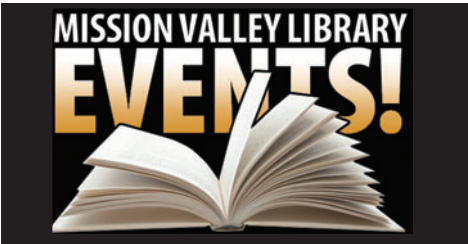
Storytime with Mr. Luan

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.■



Mission Valley Library Events: Sept. 9–Oct. 13, 2016

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.

Death Café
Wednesday, Sept. 21, 1–3 p.m.
This unique event offers an “agenda-free” opportunity to discuss life and death with a group. This is a safe and friendly group who discuss death, dying and end-of-life concerns. This is not a grief-therapy group. Visit deathcafe.com 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. September title: “Thunderstruck” by Erik Larson. October title: “The Luminaries, by Eleanor Catton.

Picture This: “Gates of Heaven”

Wednesday, Sept. 28, 6–8 p.m.
A screening of Errol Morris’ debut documentary which chronicles the rise and fall of two California pet cemeteries. The film profiles the proprietors and the bereaved in this unique film.

Preschool storytime and craft

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

San Diego Book Arts Workshop: Create an accordion fold book
Tuesday, Sept. 27, 1:30–3 p.m.
Class members will learn how to make a simple, soft-cover accordion with content created by each student based on the “moon” theme of the San Diego Book Arts current library exhibit. Adults and children over the age of 10 are welcome. Class size is limited. Registration required by calling 858-573-5007.

San Diego Opera presents: Opera on Track
Saturday, Sept. 17, 10 a.m.
San Diego Opera’s young artists will perform a 30-minute version of Rossini’s “Cinderella.” Families with children are invited to attend.

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:
● “Garden basics” on Sept. 10.
● “Fall container gardens” on Sept. 24.
● “Cool season veggies and herbs” on Oct. 1.
● “Pumpkin with succulents – make and take” on Oct. 22.
Visit ArmstrongGarden.com for more information.

Dan Navarro
Saturday, Sept. 10
With many musical years under his belt, singer-songwriter Dan Navarro is preparing to release his first solo studio album, “Shed My Skin.” The folk-rock artist – once half of Lowen & Navarro – will make a tour stop at Grassroots Oasis (3130 Moore St., Midway) to showcase old and new tunes. The show starts at 8 p.m. and tickets are \$20 in advance; \$25 at the door. Visit grassrootsoasis.com for more information.

Volunteers of America Southwest’s 17th annual Celebrity Golf Classic
Monday, Sept. 12
This all-day event will be held at the Country Club of Rancho Bernardo (12280 Greens East Road) with a tee time of 11 a.m. The Mission Valley nonprofit Volunteers of America Southwest is a faith-based organization and part of a national network. Visit voasw.org to register.

National Medicare Education Week
Thursday, Sept. 15–Wednesday, Sept. 21
Educational events will take place throughout the week to help Medicare beneficiaries, their families and caregivers better understand the system. The annual observance begins one month before the Medicare open enrollment period (Oct. 15–Dec. 7). On Thursday, Sept. 15, UnitedHealthCare representatives will be answering questions and offering one-on-one assistance at Mission Valley OASIS at Macy’s (1702 Camino Del Rio North) at 5 p.m. Walgreens will offer pneumonia and/or flu vaccinations at the event and there will

be fitness demonstration with the SilverSneakers program. To RSVP, visit NMEW.com. The event is free but registration is required.

Derryck Smith, MD, on assisted dying in Canada
Sunday, Sept. 18
This meeting sponsored by The Hemlock Society of San Diego will feature Dr. Derryck Smith – a Vancouver-based psychiatrist and right-to-die activist. He will discuss how Canada – and especially Catholic-dominated Quebec – got ahead of the U.S. in assisted dying. The event is free and will be held at the Scottish Rite Event Center (1895 Camino del Rio South, Mission Valley). Visit hemlocksocietysandiego.org for more information.

Just Between Friends of San Diego children’s consignment event
Thursday, Sept. 22–Sunday, Sept. 25
Shoppers can prepare for cooler weather at this special consignment event and families can also “recycle by reselling” items their children have outgrown. Items available will include: Halloween costumes, holiday clothing, gifts, shoes, toys, games, books, kids clothing, baby equipment, furniture and more. The event will start with an early shopping time on Thursday from 6–9 p.m. which costs \$10 in advance or \$15 at the door. The sale will continue from 3–6 p.m. on Friday, 9 a.m.–6 p.m. on Saturday and 9 a.m.–noon on Sunday. Tickets for Friday and Saturday are \$3 and Sunday is free. The event will be held at the Scottish Rite Event Center (1895 Camino del Rio South, Mission Valley). Visit bit.ly/2c8CKwx for more information.

‘All Out for Her’ ovarian cancer fitness fundraiser
Saturday, Sept. 24
The Clarity Foundation is holding this fitness fundraiser that will take place at multiple San Diego Orangetheory Fitness studios in an effort to raise awareness and money to support women with ovarian cancer. The event will consist of hour-long dynamic training sessions. Individuals of all fitness levels are encouraged to register. The money raised will help ovarian cancer patients receive genomic information to improve their treatment options. Orangetheory Fitness Mission Valley (7510 Hazard Center Drive, Suite 401) will be participating from 12:30–1:30 p.m. Registration is \$24. For additional details and participating locations, visit clarityfoundation.org/news-events.■

Going to market

Exquisite Native American wares featured in Old Town outdoor fair

Joyell Nevins

Take in the sights, sounds and rich art of Native American culture at Bazaar del Mundo's 35th annual Santa Fe Marketplace.

The outdoor fair brings two dozen vendors of Native American arts, crafts, décor and jewelry every year to Old Town. Wares come from the Navajo, Cherokee, Hopi, Pima, Isleta Pueblo and Santo Domingo Pueblo tribes.

Some vendors are crowd favorites, some are talents spotted by the Bazaar coordinators throughout the year and some are found through the

national Indian Arts and Crafts Association (IACA). This year, five of the Marketplace artists are previous "Artists of the Year" through the IACA.

"Every year, we try to bring exciting artists and new people in," explained Leslie Gregory, manager of The Gallery at Bazaar del Mundo and co-organizer of the Santa Fe Marketplace.

One of those new artists is Veronica Benally of Gallup, New Mexico. Benally makes intricate inlaid jewelry, primarily with turquoise and coral: stabilized turquoise mostly, as American turquoise became a rare and expensive item when the mines closed down (also see many American turquoise items at returning vendor Silver Sun's booth). Benally notes that in the Navajo, the color turquoise represents prosperity and wealth.

"It's how the holy people recognize someone in the spirit world," she explained. Turquoise allows the holy people to offer that person protection and bring good things.

Benally works with her husband, Ernest, who makes larger, more extravagant pieces, in a studio behind their house. They have their own equipment to cut and refine stone to fit their imagined designs.

"It's like putting our own puzzle together," Veronica said.



The Santa Fe Marketplace will feature vendors with a bent toward Native American arts and crafts. (Courtesy of Bazaar del Mundo)

Other jewelers will also be showing their talents. Frederico brings bold pieces of turquoise, red coral and pearl. Kim Yubeta uses vintage beads in a variety of gemstones, such as lapis, oyster, amber and jet, in her necklaces. Lester Abeyta's engraving and stonework includes beaded necklaces and lightweight earrings. And that's just to name a few.

Concho belts are another popular item at the marketplace. Some are made by the vendor displaying them, like Veronica's unique designs. Last year, a belt she made with spiny oyster shells and sleeping beauty turquoise won "Best of Show" at the Museum of Man's native market in Balboa Park.

Some have unknown stories behind them. Art Quintana of Art Quintana's Indian Trading Company brings his "dead pawn" for perusal. At his pawnshop in New Mexico, people use jewelry and other goods for collateral to borrow money. While most loans are paid off, less than 5

percent of these items do go unclaimed. After 14 months and two official notices, the unclaimed collateral becomes available for sale. Quintana has been bringing boxes full of these items to the Santa Fe Marketplace for more than 30 years.

"People just like digging through the boxes," he said. "It's like a treasure hunt."

Treasure shoppers find include handmade sterling silver trinkets, squash blossom necklaces, bolos and concho belts. He has many other goods on display as well for those who don't want to forage for their wares.

Quintana will also be doing appraisals of fine jewelry and family heirlooms — up to two pieces per person. He noted that one time, a woman brought in two gold pieces by a renowned designer that had been in her family for years: They ended up being worth more than \$20,000.

Handmade art will also be in the marketplace. Harry and Isabelle Benally are

award-winning wood carvers who work with red juniper, aspen, cottonwood and alabaster. Jesse Hummingbird brings his "intertribal fantasy" acrylic paintings, and John Balloue's acrylic and mixed media paintings have been featured in museums across the country.

Even pottery, hand-woven rugs, blankets and runners will be for sale. Plus, aqua fresca, tostadas and street tacos to keep attendees and vendors satiated.

Although the Bazaar del Mundo organizers still scout for new artists and vendors, they now have vendors coming to them to take place in this evolving marketplace and collector's haven.

"The word's out," Gregory said.

Quintana added, "They do a beautiful job of setting everything up. We look forward to it every year."

—Joyell Nevins is a freelance writer who can be reached at joyelle@gmail.com. Find her blog *Small World, Big God* at swbgblog.wordpress.com.



Native American pottery (Courtesy of Bazaar Del Mundo)

Santa Fe Marketplace

Bazaar del Mundo,
4133 Taylor St. (Old Town)

10 a.m. to 8 p.m.
Friday and Saturday,
Sept. 16-17
10 a.m. to 5 p.m.
on Sunday, Sept. 18

bazaardelmundo.com

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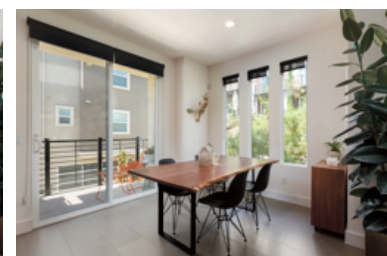
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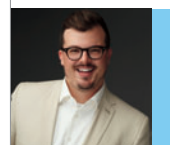
FOR SALE



Style in CIVITA

Perfectly sited on a corner lot, this home is in Mission Valley's most sought after neighborhood, Civita - conveniently located next to parks, shopping, and transit. This eclectic townhome has a modern aesthetic featuring expansive windows, a spacious open floor plan, 3 outdoor living areas, a 2 car garage, and a private corner lot with views of the lush landscaping.

2 Bed - 2.5 Bath - apx. 1547 sqft
Priced at **\$649,500**



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