



MISSION VALLEY News

Volume 10, Issue 10 Oct. 14 – Nov. 10, 2016

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Editorial / Letters
(619) 961-1969
jeff@sdcn.com

Advertising
(619) 961-1958
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PROGRESS AT CIVITA PARK



These structures at Cevita Park will have vines growing up them to provide shade for visitors. (Photo by Jeff Clemetson)

Dog park will be first facility to open

Ken Williams
Contributing Editor

A dog park is scheduled to open next month at Civita Park, the 17-acre public space in Mission Valley that has been under construction since 2015.

The pooch park will have two fenced-in areas, one for larger canines and another for smaller dogs.

Pets will be able to play off-leash on grass, rather than typical dog-park surfaces such as

decomposed granite, wood chips or dirt, said Mark K. Radelow, vice president and senior project manager for Sudberry Properties. Sudberry is the developer of Civita, the master planned community that stretches from Mission Center Road on the west to Interstate 805 on the east, and north of Friars Road to Serra Mesa on the summit.

The dog park is located near the crest of the Civita community, and close to the intersection of Via Alta and Franklin Ridge Road. In another piece of news, Radelow said the paving of Franklin Ridge Road should begin later this month and be completed by year's end.

Meanwhile, the dog park will be the first part of Phase 4 of Civita Park to open to the public.

From the dog park, a pedestrian tunnel under Via Alta leads to the top of a large, man-made waterfall, which has already been built. There, an overlook provides a spectacular view of the vast Civita development and the public park that will eventually become the heart of the community. Steps lead down to the park and the beginning of a trail system that will wind throughout the development.

To date, most of the existing housing units has been

See CIVITA PARK page 3

One step closer to Vision Zero

City auditor's findings on pedestrian safety

Jeff Clemetson
Editor

Last month, the Office of City Auditor (OCA) released the findings of a performance audit performed on San Diego's programs responsible for pedestrian safety.

The report is part of a broader push by the city to make walking around San Diego more safe after its adoption of the Vision Zero initiative last October. Vision Zero is an international campaign that's goal is to eliminate all traffic deaths by 2025.

"As we grow and more people are walking, more crashes

are happening," said Kathleen Ferrier, Circulate San Diego's director of advocacy. "So Vision Zero says these crashes are preventable and as we modernize and we grow as cities these traffic crashes and these deaths should not be acceptable."

Circulate San Diego led the effort to have San Diego adopt the Vision Zero program and also created the city's Vision Zero Task Force.

The OCA report used 15 years of data from a comprehensive pedestrian crash analysis, which revealed that in dense areas of city, pedestrians were 20 times more likely to be hit by a car than other areas of the city and in low-income

See VISION ZERO page 5



"No turn on red" signs improve pedestrian safety at intersections. (Photo by Jeff Clemetson)

Report on Community Plan Update

Jeff Clemetson
Editor

Because of a light agenda with no action items to vote on, the Mission Valley Planning Group used its Oct. 3 meeting to hear a progress report from the Mission Valley Community Plan Update Subcommittee.

Nancy Graham, city of San Diego community planner for Mission Valley, started the presentation by giving an overview of what the subcommittee has already accomplished. The

See PLAN page 4



MARK YOUR CALENDARS

• The Mission Valley Planning Group will meet at noon on Wednesday, Nov. 2, at the Mission Valley Library, 2123 Fenton Parkway.

• Mission Valley Planning Group's Design Advisory Board will meet at 3:30 p.m. Monday, Nov. 7, at the library.

• The Mission Valley Community Plan Update Subcommittee will meet at 3 p.m. Friday, Nov. 4, at the library. ■



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Waste not

Hazard Center pilots food waste composting program

Jeff Clemetson
Editor

Wood Ranch BBQ & Grill general manager Mike McCluney has to send multiple people to empty the trash, even though the bin is only half full. “Just food by itself is very dense and it is our protocol to make sure no one is injured,” he said.

The reason for the protocol is because Wood Ranch, and every other restaurant in Hazard Center, is part of a pilot program to implement the city of San Diego’s Commercial Food Waste Composting Program in shopping malls.

Food waste composting is not new to San Diego. The military was the first to participate in the program, followed by large commercial facilities such as the airport, convention center, hospitals, theme parks and grocery stores.

“The program has been on a voluntary basis until this year, when CalRecycle passed a resolution that requires the diversion of food waste, yard waste

and clean wood from commercial facilities in San Diego and yard waste and clean wood from multi-family facilities in San Diego,” said Ana Carvalho, environmental specialist from the city’s Environmental Services Department. “So now that it’s mandatory, a lot of sites are looking for solutions for their materials and the Hazard Center mall contacted us.”

Hazard Center has seven of its eight restaurants participating in the program — Joe’s Crab Shack, Starbucks, Intermezzo Espresso Café, Wood Ranch BBQ & Grill, Which Wich Sandwiches, Smashburger and Yogurtland. The one remaining restaurant, BJ’s Restaurant and Brewhouse, is located on a separate pad and is responsible for its own trash and recycling.

In addition to the restaurants, the UltraStar Theater will become the first movie theater to ever participate in the

food waste compost program, Carvalho said. “Achieving the seal of participation was no easy task,” said Lisa Gualco, Hazard Center’s general manager. “But our tenants were committed to doing their part to preserve the environment, and were able to not only meet but exceed expectations. We’re extremely proud of the work they’ve done.” That work included several steps involving the city, mall management, restaurant management and employees.

The first step was to inform the restaurants about the program, what the requirements were, the anticipated timeline, and get them to support it, Gualco said. The restaurants were informed about the reasons for and the history behind the program and the new CalRecycle rules. Managers attended multiple workshops held by the city of San Diego.

The next step was to make sure all of the restaurants were



Wood Ranch BBQ & Grill server Gabriela White scrapes food waste into a special container. (Photo by Jeff Clemetson)

currently recycling at least 50 percent of their waste — a requirement to enter into the food waste diversion program.

Pre-inspections of each restaurant were conducted to determine how they were doing and assistance was offered to help the restaurants in improving their recycling efforts, if needed.

“We also took this time to discuss with the managers how this was going to impact each restaurant and possible ways to set it up,” Gualco said. “They needed to get their thinking caps on and discuss this with their team.”

The restaurants then trained their staff, purchased food waste containers and applied the required labeling for all trash containers, and created a process and policy for the food waste and recycling.

Each food service shop was required to participate in city

inspections to ensure they met the 50 percent minimum recycling compliance and were properly set up for the food waste program.

Carvalho conducted training that included restaurant managers and anyone who would be involved with the food waste, including busboys and cooks.

The final step was a probation period that consisted of inspection of three to four consecutive food waste loads to determine whether they met the required purity of food waste.

“The implementation of the program relies a lot on the training of the participants and their understanding of how important this program is for the region and their participation in embracing it,” Carvalho said.

San Diego’s food waste composting program is considered one of the best in the United States and draws people from all around the world to study it, Carvalho said, because of the low amount of contamination it achieves — under 1 percent.

“There’s no paper allowed,” Which Wich manager Tim Stinson said. “There’s nothing else, just food — no plastic, none of that. We’re not even allowed to have a bag in the trash can.”

Stinson described the many training meetings with the city that he and his staff had to attend for the program as “torture,” but also informative as to why food waste composting is beneficial.

“I think it is a very good program,” he said. “We live in a very dense city and we need to do everything we can to keep it clean.”

Other shopping centers that would like to participate in the program will have to wait, because there is limited capacity at the Miramar facility, Carvalho said. The city is looking for ways to expand capacity but there is already a waiting list for large, single-business facilities, which are easier to implement than a mall with multiple food waste producers.

When the city does expand its capacity and more malls adopt the program that Hazard Center pioneered, Wood Ranch’s McCluney has some reassuring words for other restaurant managers who will add another protocol to their operations.

“It’s like anything else with business,” he said, “once you get it up and running it’s as if it’s always been there.”



Which Wich employees carry food waste down an elevator to these special dumpsters, said manager Tim Stinson (pictured). (Photo by Jeff Clemetson)



SKY DIVER.



Civita, a sustainable community of modern homes and apartments in the heart of Mission Valley, is going green in a big way. The gorgeous 14-acre Civita Park is officially underway. Think twilight concerts in the outdoor amphitheater, two basketball half-courts for Sunday afternoon pick-up games, a community garden to green your thumb, and a playing field to let the kids loose. And exclusive to all four-legged fetchers: leash-free bark parks. Life at Civita. Happily ever after.

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



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

► Civita Park, from page 1

built on the west side of the park, which is starting to take shape. While construction is running months behind schedule, Radelow expects Civita Park to open in 2017, either in March or April.

On Oct. 17, Radelow gave a hard-hat tour to Mission Valley News to show the work that is already under way at Civita Park.

Much of the early focus has been on installing the park's infrastructure, such as underground electrical wires, and water and sewer pipes.

Concrete sidewalks and steps are being poured, and lighting poles are going into the ground.

Fences, foot bridges and retention walls constructed of stones and mortar — which Radelow said are inspired by the area's historic Mission-era dams — have been built along the dry creek, which leads from the waterfall down the hill to a large retention area near Civita Boulevard and Russell Parkway. For most of the year, the creek will be dry except during the rainy season. In total, Radelow said, about 150 acres drain into Civita.

Phase 1 is under way

The lower portion of Civita Park, referred to as Phase 1, will feature an elevated outdoor amphitheater with low concrete walls for seating and a grassy knoll, which combined will accommodate up to 1,500 people for concerts, shows and other public gatherings.

Between the amphitheater and Civita Boulevard will be a 1,000-foot-long "living shade structure" modeled after a similar feature at a park in Brisbane, Australia. Radelow said flowering vines such as bougainvillea and wisteria would grow on cables over large trellis structures to provide shade. The space could be used for many things, such as a rest area or a place for a weekly farmers' market.

Nearby, a comfort station featuring restrooms with changing areas and showers has been constructed next to a parking lot, under which is a 2.3-acre-foot reservoir to

capture runoff water. Below that is a water fountain that will use runoff pressure to create a "jet" effect.

In the future, an 8,000-square-foot Civic Center will be built near this site. This will include a River Park Foundation museum to highlight the history of Mission Valley and the nearby San Diego River.

Also part of Phase 1 will be a large central plaza that Radelow described as the "urban core," featuring a hardscape instead of grass. Celebration Plaza will have rose gardens, a military memorial, a 100-foot flagpole, benches and concrete couches, and a game area for playing chess, table tennis and basketball.

A community garden will be set up for the public. Radelow



The Civita Park dog park will be open as soon as November. (Photo by Jeff Clemetson)

said he will locate a vintage 1957 Porsche diesel tractor on the site, for kids to enjoy and for photo opportunities.

Children will also be attracted to an interactive water feature, which Radelow described as a "fountain and splash pad" costing \$1 million. The recirculating fountain will have 45 jets, each individually lit.

"Kids will be able to run through it," he said, noting that the fountain will have a disinfectant system. "We will be able to do shows and to program the lighting."

Radelow emphasized that Sudberry is sensitive to California's drought issues, which is why the company is using a water recirculation system. "We're doing this in a confined area," he said, "and we think it's for the good of the community."

Phase 4

Visitors to Civita Park — which will be turned over to the city of San Diego after the project is finished — will be able to climb "grand steps" for about a quarter of a mile from Civita Boulevard all the way up the hill to the waterfall. The park's elevation rises over 165 feet. The wide path is also being marked to help the disabled.

Social nodes, which provide shade and resting areas, will be placed along the path so that visitors can follow their own pace.

Phase 4, which is the upper part of Civita Park, will include passive parkland and a Recreation Center, which will limit its membership exclusively to property owners. The center will have both indoor and outdoor pools.

Pedestrians from Serra Mesa will have access to Civita Park, Radelow said.

Other phases of Civita Park will bring additional children's play areas, a picnic grove, scenic lookouts, more restrooms, a plaza displaying equipment from the area's past as a mining quarry, and interpretive gardens based on colors, scents and attractions for bees and butterflies.

By the time Civita Park is finished, each community in the 230-acre urban village will have "finger parks," totaling 10 acres, that lead directly to the park.

"The whole idea," Radelow said, "is about connectivity: living, work and play."

To learn more about Civita Park, visit civitalife.com.

—Ken Williams is a contributing editor of Mission Valley 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.■



A view of Civita Park from atop the dry creek (Photo by Jeff Clemetson)

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Mission Valley Condo For Sale

Mission Valley - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help home sellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

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► **Plan**, from page 1

subcommittee formed last fall and starting in the spring it held a kickoff meeting, a community vision meeting, a Planning Commission workshop, stakeholder interviews, a design professionals workshop, and by summer the subcommittee began its regular meetings.

The update is currently in Phase 3, which consists of doing online outreach for input from the community and holding workshops on land-use alternatives.

"The last few months we've been putting together the building blocks of what [land-use alternatives] will look like," she said. "When those are ready, they will go to subcommittee and then a community-wide workshop."

At that workshop, the three alternatives will be combined and compromised into a preferred alternative. When the preferred alternative is done, it will come before the board for an endorsement because the final plan is written around the preferred alternative.

"What we don't want to do is be writing the plan without the endorsement of the board that

Andrew Michajlenko, another subcommittee member, said the committee looked at several concepts for development in Mission Valley.

A corridor concept would consist of an urban street with storefronts along the street and housing or offices above. This would create a central core for the valley and then there would be other areas east and west with different development.

The node concept would be "essentially like a string of pearls along the river" with higher density developments scattered throughout the valley with lower density developments between them.

A river edge approach would focus all the development along the San Diego River, and a district campus approach was mentioned as a possibility for Qualcomm Stadium.

Michajlenko then presented a drawing of what a possible redevelopment area might look like. The subcommittee focused on low-density and undervalued areas in Mission Valley to focus on first because they are the most likely to be redeveloped, he said. The site he presented was the area along Friars Road, north of

Graham replied that the subcommittee can't model a study until some assumptions are made on what future plan could look like first.

Randall Dolph encouraged subcommittee to do a model for the stadium area.

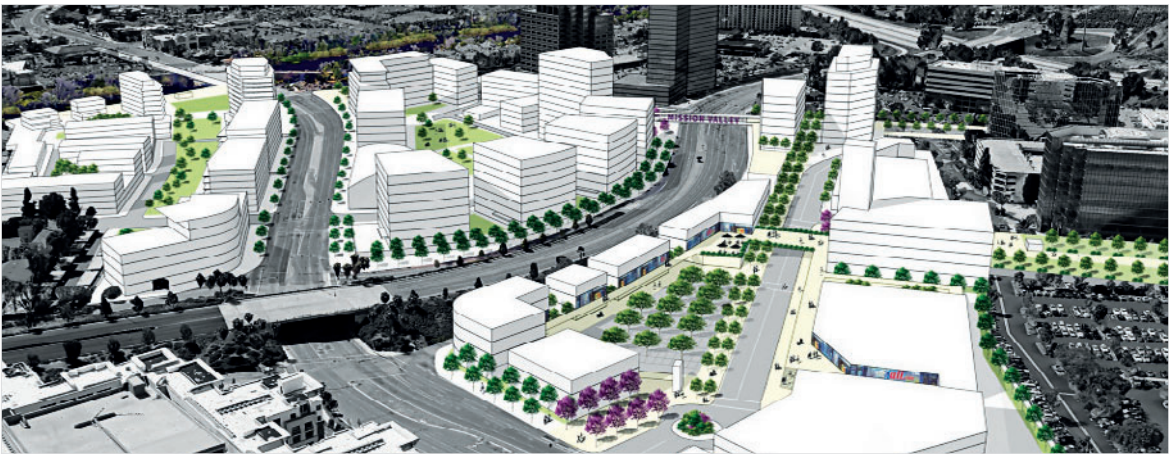
"That is the one thing — over the next however many years it will take to redevelop — that the community plan will probably have its biggest impact on helping to mold that."

Graham said the subcommittee has purposely avoided focusing on the Qualcomm site because of the uncertainty surrounding its future.

"The position of the city is that it is premature to put pictures out there when voters have not gotten to weigh in [on the Chargers stadium ballot measures]," she said. "So we have been intentionally silent on this issue because it's not fair."

Even though the Qualcomm Stadium site will potentially be the most affected by the Community Plan Update, Graham reminded the board that it is still important to continue the work.

"There is an incredible amount of redevelopment pressure in other areas of Mission Valley



A southwest view of potential redevelopment along Friars Road, north of the river, east of Hazard Center, west of Civita and south of the Fenton property (Courtesy of City of San Diego)

this is the direction that we want to be going," Graham said, adding that there may be a vote on the preferred alternative in the near future.

Subcommittee member Elizabeth Leventhal then gave a presentation on the goals of the Community Plan Update for mobility, recreation and urban form. Those goals include improving the pedestrian and bicycling experience; having a river focus that includes community open spaces and more active recreation facilities; creating a diverse mix of land uses while reinforcing the regional commerce; creating more housing options, including affordable housing; and creating a more "general urban experience."

Leventhal also outlined circulation improvements the plan would focus on such as different roadway connections, pedestrian/bicycle connections and potential new bridges along the river trail.

The subcommittee looked at dividing the valley into three areas — west, central and east, Leventhal said. The west side would be lower density with a nature preserve, parks, commercial and residential areas. The central area would be high density with a central business district, main street and mixed-use development. The east side would be medium density with parks, civic uses, mixed-use developments, a potential university or college, and potential entertainment-type facilities.

the river, east of Hazard Center, west of Civita and south of the Fenton property.

The mockup of the area used large urban blocks and because of the unlikelihood of Mission Valley adding new roadways, the planners used existing roadways but added pedestrian pathways and greenspace to connect back to the river, Michajlenko said. Also in the drawing, the Food4Less center would become a mixed-use development and Mission Center Road would be transformed into an urban Main Street.

Michajlenko reminded the board that this was just one of many potential plans as the subcommittee goes forward. "But this is a glimpse into where we're heading," he said.

Graham said the presentation was to give a picture of what a dense urban core could function as and allow people to see what a future Mission Valley could be and provide context for creating the alternatives, which is the next step in creating the Community Plan Update.

Graham then took questions and comments from the Planning Group board.

Marco Sessa asked why the presentation did not include a study on the impacts and effects of development and pointed to the need to improve sewage lines and other infrastructure if density increases in Mission Valley.

and [redevelopment projects] will continue under the existing plan if the future of the update is 100 percent tied to [the stadium] site," she said, adding that getting bogged down by the stadium could turn the update into a 10-year process as opposed to a three-year effort.

In the meantime, Graham said, the subcommittee will continue to focus on the underutilized areas like the Park in the Valley shopping center by the trolley station, a property on the south side of Interstate 8, and the Veterans Affairs Hospital site.

Because Mission Valley has unique roadways that do not fit on a traditional grid, the subcommittee is challenged in creating a cohesive plan, but it is also creates an opportunity to improve Mission Valley.

"So when you look at development, [Mission Valley's layout] points different directions, so development doesn't all fall in line with one another," Graham said. "Because of that, the plan has an opportunity to create an organizing framework so as new development comes along, it starts reflecting its neighbors better than it does now."

For more information on the Mission Valley Community Plan Update, visit bit.ly/1NAqQuN.

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

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► Vision Zero, from page 1

neighborhoods, pedestrians are 10 times more likely to be hit by a car.

“They also found that older adults and children were especially vulnerable and they were getting hit at a higher rate than other age groups,” Ferrier said.

The OCA report’s findings also show that many of the intersections with the highest incidents of collisions have not been modernized to improve safety, while low-risk intersections have been improved.

“A really interesting piece of data that was in the auditor’s report is how many repeat crashes are happening at so few intersections,” Ferrier said.



An example of an intersection with safety improvements, like a high-visibility crosswalk. (Photo by Jeff Clemetson)



The intersection of Friars and Frazee roads has the most collisions and injuries in Mission Valley. (Photo by Jeff Clemetson)

According to the report, 3 percent of intersections in San Diego — about 100 — had seen at least eight repeat crashes and some had up to 19 repeat crashes. At most of those intersections, the city had not modernized the crosswalks.

Another finding pointed to a low number of traffic tickets issued by the San Diego Police Department for the kinds of violations that lead to pedestrian collisions.

“We found out we weren’t really enforcing on the major intersections where a lot of these things occur like coasting through an intersection or turning right on a red light without really paying attention to what’s going on around you,” said City Councilmember Scott Sherman, who is the chair of the audit committee. “We saw a lot of that but not a lot of enforcement on the ticketing side of things.”

Sherman said the city needs to improve its priorities when it comes to where it puts its resources for intersection improvements.

“With the street up-grades, you see a lot of the

high-visibility crosswalks and bright lights but we weren’t really tying those to high-frequency pedestrian/vehicle interaction,” he said. “It was more tied to street contracts and when they were coming up, which makes sense — it’s very economical that way.”

Sherman said that with the data, the city can now take a “hybrid approach” where resources for crosswalk improvements will go to both upcoming street contracts and dangerous intersections “and try and make a difference right away.”

Other findings in the OCA report include mention that the city doesn’t have a pedestrian safety educational campaign and it lacks a strategy to finance Vision Zero’s goals.

The OCA report offered 18 recommendations, which include using data to identify problem intersections; setting safety goals; increasing the percentage of traffic citations for violations that cause pedestrian collisions; developing an educational campaign and website; and developing a financing plan.

“That’s one of the discussions we’ll have going forward is the whole education component as well and how much that is going to cost,” Sherman said. “That’s all part of budget and policy discussions ... ; and being fairly new, this is all getting off the ground and getting started, but I think we all agree on the end goal, which is to try and reduce and/or eliminate traffic pedestrian collisions here in San Diego.”

Ferrier and the Vision Zero task force members have an additional recommendation to achieve that goal.

“One thing that we absolutely want to see, that is so critical, is the release and implementation of this one-year strategy that we created with the task force,” Ferrier said. “We finished a draft in June, but it has not been released. Nothing has happened with it ... It’s only publicly available on our website [bit.ly/2e1c3xM]. Even that plan falls short of what the city auditor called for.”

Still, Ferrier said that the OCA report is a good sign that the city will start using the data to make a difference in pedestrian safety.

Problem intersections in the Mission Valley area (2001-15)

- Linda Vista Road and Genesee Avenue – 9 crashes, 8 injuries
- Linda Vista Road and Fulton Street – 8 crashes, 9 injuries
- Linda Vista Road and Ulric Street – 7 crashes, 8 injuries
- Mission Center Road and Mission Center Court – 7 crashes, 7 injuries
- Camino Del Rio South and Texas Street – 6 crashes, 6 injuries, 1 fatality
- Comstock Road and Linda Vista Road – 6 crashes, 7 injuries
- Friars Road and Frazee Road – 6 crashes, 6 injuries

“The city auditor does these audits all the time but we see this one as different,” she said. “By implementing these recommendations, the city can literally save lives, that’s different than improving the performance of the housing commission or the development services department or something like that.”

For more information on the OCA report, including links to the entire report, visit bit.ly/2dXcTXQ.

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



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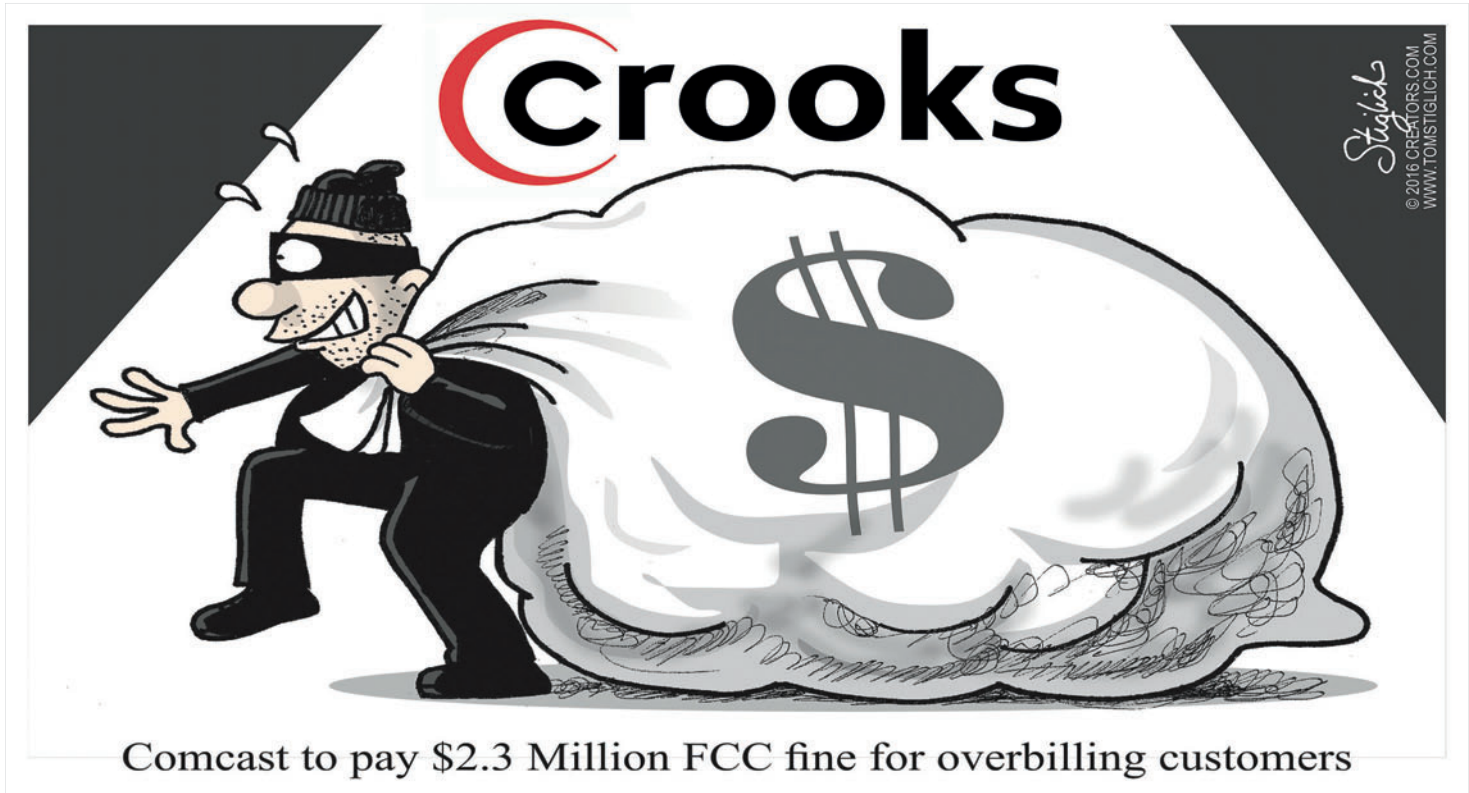
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Guest editorials

The civic importance of measures K and L

Charles G. Abdelnour

For 28 years I was privileged to serve as the clerk and chief elections officer for the city of San Diego. During that time, I oversaw a number of important election events. These included the city's switch from district-only primaries, which were then followed by a city-wide general election, to district-only elections — both in the primary and if necessary, a general election runoff. My staff and I helped bring San Diego into the digital age, advancing my commitment to transparency by putting city documents online for public access. And, I'm proud to be called the "father of the all-mail ballot," helping to draft and

champion the precursor to today's absentee ballot and the model for what is now commonly used in other jurisdictions. So, as I look at the November general election ballot, what strikes me as the most important opportunity for city of San Diego voters, are measures K and L. They represent a very simple — yet very significant — change in the way we make some of our most important decisions. Measure K reforms the process for candidate races, ensuring that our city's leaders are elected in November, when the most people vote — the same system we use to elect state and federal officials. Currently in the city of San Diego, these officials can

be elected in June, when as few as 20 percent of voters participate, and some candidates have been elected with support from as few as 11 percent of their constituents. The current system gives disproportionate influence to political partisans and special interests with their money and endorsements. Measure L reforms the process for deciding city ballot measures, and as we do for state ballot initiatives, requires that they be placed on the November ballot when the most voters are participating. I think we can all agree that democracy is best served when the most people participate, and clearly that happens in November. In fact, statistics show that turnout among the general population doubles

for the November general election. For voters, the choice is clear. Measures K and L bring the city in line with how California voters decide on state and federal elected officials and ballot measures. Measures K and L will eliminate confusion and empower the majority of voters. I am passionate about democracy and our voting process. I've fought for voters' rights issues since 1977. Measures K and L are the most important opportunities to come before city of San Diego voters in decades. Please join me in voting "yes" on K and L. —Charles G. Abdelnour is a former San Diego city clerk and chief elections officer.■

Know the risks before selecting a roommate

Alan Pentico

One of the best ways for renters to find a good deal in San Diego is to share an apartment or house with roommates instead of living alone. Where a typical one-bedroom apartment may cost \$1,050, splitting the cost of a two-bedroom unit can bring each roommate's share of the bill closer to \$850. For many people, that \$200 savings is worth the inconvenience of having to share a kitchen and a living room. Choosing to live with a roommate, however, may be a greater financial risk, especially if you have not carefully vetted your roommate. When you sign a lease with another person, you are entering into a binding financial agreement with both that person and the landlord. It's a decision that should be taken carefully, especially

when you consider that most leases assign "joint and several liability" to the tenants. That's a legal term that essentially means everyone and anyone on the lease can be held liable for any and all money owed. In practice, this means that if you've been paying your rent on time every month but your roommate hasn't, the landlord has the right to collect the entire amount of the unpaid rent from you. It also means that if your roommate throws a party while you're away and the partygoers damage a wall, both you and your roommate can be held responsible for the cost of repairs. If your roommate moves out and doesn't find a suitable replacement, you could be on the hook for the entire rent amount. The shared liability built into leases with multiple tenants can also complicate things

when it comes time to return the deposit. Landlords typically prefer to return the deposit in one payment to one tenant after the home has been vacated. Few landlords are willing to cut separate checks or mediate disagreements between tenants over who paid what when they moved in. You should be able to trust that your chosen roommate will return your fair share of the deposit when you move out. Speaking of security deposits, keep in mind that a renter's insurance policy may cover unintentional damage. If you choose to live with a roommate, talk to your insurance agent about whether to list your roommate as an "additional insured" on your renter's policy or whether it's better for each roommate to get their own insurance policy. Many renters are naturally inclined to choose a roommate they already know and trust, such as a friend, family

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



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

EDITOR Jeff Clemetson (619) 961-1969 jeff@sdccnn.com	CREATIVE DIRECTOR Todd Kammer (619) 961-1965 graphics2@sdccnn.com
CONTRIBUTING EDITORS Ken Williams, x102 Morgan M. Hurley, x110	SALES & MARKETING DIRECTOR Mike Rosensteel (619) 961-1958 mike@sdccnn.com
COPY EDITOR Dustin Lothspeich	ADVERTISING CONSULTANTS (619) 519-7775 Lisa Hamel, x107 Andrew Bagley, x106 Sloan Gomez, x104 Lionel Talaro, x113
WEB & SOCIAL MEDIA Jen Van Tieghem, x118 jen@sdccnn.com	PUBLISHER David Mannis (619) 961-1951 david@sdccnn.com
CONTRIBUTORS Charles G. Abdelnour Charlene Baldridge Andy Cohen Dr. Ink Ursula Kroemer Kathy McSherry Erica Moe Alan Pentico Sari Reis Frank Sabatini Jr.	PUBLISHER EMERITUS Jim Madaffer

WEB DESIGNER
Kim Espinoza
kim@kespinoza.com

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



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Gitsham: a ‘New Age’ Republican

Congressional Watch



We’re just over one month away from Election Day and it’s been an election year unlike any other. While the Trump vs. Clinton circus rightfully takes center stage, there are other races that will be decided on Nov. 8, as well. They don’t have nearly the entertainment value or generate anywhere near the level of anxiety that Trump’s candidacy has [and let’s face it, plenty of Republicans are just as horrified as Democrats], but these are important races that could have a significant impact locally.

Last month we discussed the race for the California 49th Congressional District, where incumbent Darrell Issa is facing his toughest challenge since he was first elected to Congress in 2000.

However, no race has arguably been as competitive, expensive and as closely watched throughout the last two election cycles as the one for the 52nd Congressional District, a seat currently held by Scott Peters.

The 52nd is a swing district that is roughly evenly divided between registered Democrats, Republicans, and Independents.

Peters is reasonably well liked, particularly among the local business community; he has a solid record despite having served in the minority his entire tenure; and he has been one of the more active members of Congress, particularly among the local delegation.

Enter Denise Gitsham, the latest candidate to take a shot at Peters’ seat.

Gitsham is young, attractive and smart. She earned a law degree at Georgetown University, served on George

W. Bush’s first campaign for president, and later in the Department of Justice, under former Attorney General John Ashcroft. She often touts the national security experience she would bring to office, having worked to help develop and implement the Patriot Act and the Violence Against Women Act, among other projects (which she said are “secret”).

But listen to her speak and it quickly becomes clear that this is not a candidate — unlike her predecessors — prone to foot-in-mouth disease.

Gitsham held a town hall gathering on Oct. 4 and it was there I discovered she was not what has previously passed as a typical Republican in today’s day and age.

For example, on the issue of marriage equality, while her religious beliefs (she is a Christian) personally give her reservations, she said it is a settled law and “likely won’t be changed anytime soon.”

On abortion, Gitsham artfully danced around the issue, accepting that the Supreme Court decided the matter in 1972, but noted that in many states, that right has been chipped away. Then she said, while she believes

that “God created us and gave us a purpose in this world,” she can also understand how an unexpected pregnancy can be a source of enormous stress for a woman who, for whatever reason, feels she is not prepared to bring a child into this world.

But where do we draw the line, she asked? In her mind, that point of no return is when the “child” can feel pain. [The trouble with that is there is no scientific consensus as to the point of the pregnancy when that occurs.] Religious conservatives insist that it comes at the point of conception. Gitsham, for her part, admitted that the line is very opaque.

With regard to Planned Parenthood — among the biggest “boogeymen” in conservative politics — Gitsham clearly breaks with the Republican Party line. Planned Parenthood, she acknowledged, has done “so many good things for low-income women.”

The organization, she said, provides vital health care services to people who otherwise would not have access. But while she is supportive of the organization on the whole, she insists that taxpayers should not foot the bill for abortions.

[And they don’t. Congress insured that with the Hyde Amendment in 1976, which means that abortion procedures are not covered by Medicaid, or Medi-Cal in California.] I suspect she knows this, but spoke as if government funds pay for millions of abortions.

A very engaging speaker, Gitsham is also very adept at avoiding direct answers to controversial questions. [I’ve had the opportunity to speak with Rep. Peters a number of times, and one thing I have found is that he will answer tough questions directly, even if he knows the answer might not be popular.]

For example, when asked whether she would support the Trans Pacific Partnership (TPP), Gitsham expressed her general support for free trade agreements — NAFTA, she noted, brought a net of 25 million jobs to the U.S. economy — but deftly evaded leaning one way or another on TPP, stating, “It depends on what iteration of the agreement” is being voted on.

Gitsham also excoriated the incumbent for his vote in support of the Iran nuclear deal, bemoaning the \$150 billion that was released as a part of the treaty.

[It was their money in the first place, frozen as a part of the harsh sanctions that were

implemented to derail their nuclear program.] She said Iran is a state sponsor of terror [something widely accepted as true] who she claims we are in the middle of a war with [we’re not]. She offered no alternative course of action to halt Iran’s nuclear program.

Gitsham also refused to say whether she supports Donald Trump, the de facto leader of the Republican Party. Trump “has become some sort of litmus test for candidates,” she said, but she prefers to focus on this race because it has far more direct implications for constituents.

Throughout the town hall event, Gitsham spoke on many hot button issues, such as immigration, education, taxes, and the economy, but offered no policy proposals to get behind. She spoke articulately, even eloquently, but did not offer much of substance.

She also panned Congress’ approval rating, which currently measures around 20 percent — but failed to mention that Republicans are the ones in complete control of Congress.

Does she have enough support to flip a competitive district? Time will tell.

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

PUZZLE ANSWERS FROM PAGE 8

SUDOKU

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

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R	I	E	C	A	V	E	S	G	E
H	A	S	I	L	T	L	A	N	A
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M	B	H	A	V	S	D	A	L	L
H	E	R	A	W	E	H	A	N	N
P	E	S	L	O	N	Y	O	H	A
T	I	T	A	D	V	A	B	E	S
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Don't be haunted by your home's value

ASK KATHY

Kathy McSherry

Hi Kathy:
My bank has a property value assessment feature that is updated every month. Last month the bank stated the home market value as \$666,400 and the tax value as \$604,586. How are these values determined and how reliable is the market value estimator?
—Timothy S.

Hi Timothy:
I have often asked myself that same question. First, let me differentiate between assessed value and market value. Assessed value typically refers to a percentage of the appraised value of your home that will

determine your property taxes. The market value refers to what your home might sell for and is typically the number used if you were to list your home. Assessed values tend to be lower than market values.
Market value estimators used by banks or online sites take advantage of publicly provided data and run it through computer models and possibly an algorithm to derive at their estimated value. This is typically proprietary information and comes from many sources like the MLS and public records. According to Stan Humphries, chief analytics officer at Zillow, the margin of error is 7.9 percent, but varies by location.
To us, the homeowner, we may receive tax information about our properties from the

County Assessor's office or website information and are shocked to see the assessed value less than the market value. One wonders if the "assessor" is blindfolded and slinging darts at a board to establish these values. Such is not the case. Property taxes get assessed based on the price that was paid for the home. (Remember my article on Prop 13 a few months ago?) When a property transfers ownership, a new assessment is triggered. The County Assessor is not driving by your home and evaluating on a regular basis, rather he gets "triggered" to reassess based on new ownership.
One of the true ways to establish the value of your home is to hire a licensed

appraiser. This would provide you with an appraised value. Appraisers have been professionally trained to compare, discriminate and adjust the value of your home based on square footage, surrounding comps, and any upgrades or features that would add or subtract to the property's value. However, it is still an opinion. You could call three appraisers and obtain three different outcomes. Appraisers may also factor in replacement cost, which would include the land and the cost to replace the structure as well as price per square foot. Lenders use appraisals to protect their mortgages and therefore the appraisal value should be fairly close to market value.
Most homeowners do not order appraisals out of the blue. They wait until they are ready to sell their home, and then appraisals are ordered by the lender for the buyer. Lenders are not allowed to speak to the appraiser directly as they are not allowed to influence their decision.

Ever since the market crash and the housing recession, strict guidelines were put into place to prevent underhanded deals where someone involved in the transaction could influence the value of a property so that they could obtain a loan or take money out of the property without the real value being there.
To recap: Fair market value is fair value that someone would want to pay for your home today, or the most probable price that a particular parcel will sell for in an open competitive market. It is based on the forces of supply and demand.
Assessed value is based on the purchase price of a property for property taxes. Here in California, it is 1 percent of what the purchase price plus any

special bonds or assessments. The County Assessor's office is in control of this. Taxation is its sole purpose.
And appraised value is based on the opinion of a qualified appraiser to be used privately by a homeowner, or by a lender to assess a value upon a parcel of property.
All in all, fair market value is what a qualified, knowledgeable, and able buyer is ready to pay an otherwise knowledgeable and able seller. Hope this helps Timothy!
—Kathy McSherry is a Realtor at Coldwell Banker Residential Brokerage. Email your questions to Kathy@kathymcsherry.com or call 702-382-9905.■



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MVN Puzzles

MISSION VALLEY NEWS

Crossword Solutions on page 13

Crossword puzzle grid with numbers.

ACROSS

1 Entertain
5 up: in hiding
10 Normandy town
14 Kind of examination
15 University of Maine location
16 Exclamation
17 Very black
18 French painter
19 Network
20 Garland
21 Chinese dynasty
22 Natural weapons
23 December song
25 Blue dye
28 Actor James
30 Immunizing agents
31 Serv. cement. abbr.
34 Anything of value
35 Sheepish sound
36 Compass pt.
37 Spanish rivers
38 I like some eyes
39 Mine entrance
40 Greek letter
41 Calloused
42 Sk. locale
43 Massachusetts cape
44 Impressed deeply

45 H ker
46 TV hit program
48 Exclamation
49 D rt
51 European capital
53 World power
56 Miss Turner
57 Mature
59 Mighty monarch
60 Incites
61 Light craft
62 Abundant
63 Loch
64 Terminated
65 Refrigerates

DOWN

1 Thwart
2 Sex eagle
3 Finding out how things stand
4 English cathedral city
5 Sermon
6 Algerian city
7 Eastern body of water
8 Compass dir.
9 Dowry
10 Small branch
11 Julie Andrews movie

Sudoku Solutions on page 13

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

Sudoku puzzle grid with numbers.

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Photo of people enjoying a cruise.

Asian Film Fest highlights adoption, comedy, rap music



(clockwise from top) Awkwafina is one of four rappers featured in "Bad Rap"; comedian Randall Shorts will appear at the festival; Dan Mathews in a scene from "A.K.A. Seoul." (Courtesy of San Diego Asian Film Festival)

SDCNN Staff

This year's San Diego Asian Film Festival (SDAFF) will present more than 140 films in 18 languages. The 10-day festival runs Nov. 3–12 at several venues around San Diego, including Mission Valley.

Pacific Arts Movement, presenter of the annual SDAFF, has selected films and programs touching on themes of injustice interwoven in immigration, family, art, sexuality and even the music industry. The SDAFF is known for attracting casts, crews, directors and viewers alike who enjoy Asian and Asian-American thrillers, comedies, documentaries, dramas, horror films and more.

The SDAFF will be at six venues including the film festival's home base of the UltraStar Mission Valley at Hazard Center; opening and closing night films at the Museum of Contemporary Art (MCASD) in La Jolla; special programs at UCSD's Calit2 and the Museum of Photographic Arts; its gala and awards ceremony at Westin Gaslamp Quarter; and its final day at the historic La Paloma Theatre in Encinitas.

Highlights include the following events:

Opening night film: "The Tiger Hunter"

Nov. 3, 7 p.m., MCASD

It's 1979 and Sami arrives in the U.S. with a leisure suit, a new job and a suitcase full of expectations. He loses two of those three within hours of touching down, so it'll take grit, ingenuity and some hilarious friends to get back on his feet and, if the stars align, impress his sweetheart back in India.

Director Lena Khan is scheduled to attend

Centerpiece film: World premiere of "A.K.A. Seoul"

Nov. 6, 5:30 p.m., UltraStar

Five Korean adoptees raised all around the world arrive in Seoul, where their complex identities — professional, sexual, cultural — emerge out of their interactions with the culture and terrain of the city. "A.K.A. Seoul" rewrites the adoption narrative beyond the tearful reunions and towards bold new ones of self-determination and self-expression.

Director Dan Matthews is scheduled to attend.

"Randall Park in Shorts"

Nov. 6, 3 p.m., UltraStar

Before he was Louis Huang on "Fresh off the Boat" or Kim Jong-un in "The Interview," Randall Park was the undisputed king of comedy. Join him on a walk down memory lane lined with conjoined twins, crime-fighting babies and sir-fried cocaine.

Randall Park is scheduled to appear.

"Bad Rap"

Nov. 5, 2:45 p.m., UltraStar

Four Asian-American rappers seek to carve their place on the music map, only to find that self-doubt and a reluctant industry often get in the way of their passion for spitting fiery lyrics, weaving catchy beats and flaunting a bold new fact for hip-hop.

Rappers Awkwafina, Dumbfounded, Rekstizzy and Lyriicks are scheduled to appear.

Gala Awards Night and Afterparty

Nov. 5, 7 p.m., Westin Gaslamp Quarter

More than 600 celebrities, community and business

leaders will attend as the community leaders and celebrity presenters announce film award winners. Proceeds will benefit Pac-Arts' Reel Voices, a documentary filmmaking program for high school students in the San Diego area and other year-round programs.

Closing night film: "Mifune: The Last Samurai"

Nov. 11, 7 p.m., MCASD

Actor, legend and long-time Akira Kurosawa collaborator Toshiro Mifune is perhaps Japanese cinema's best-known international star. Oscar-winning director Steven Okazaki pays tribute to Mifune's craft and legacy in this documentary, as much a portrait of an artist as it is a history of one of Japan's major contributions to world cinema: the samurai film.

Oscar winner and director Steven Okazaki is scheduled to attend.

Tickets will be available online and can also be purchased on-site at specific screenings one hour before show time. For all screenings at Ultrastar, tickets can be purchased at the box office (members \$9 or \$12) starting Oct. 28. Student, military, senior and group discounts are available at the door.

Opening, centerpiece and closing-night tickets are \$15 for general, \$12 for members. Limited All-Fest passes are available for \$250. For ticketing info, full film details and schedule, please visit festival.sdaff.org on or after Oct. 10; or call 619-400-5911.

For more information about Pacific Arts Movement, visit pacarts.org.■

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Around the world in 90 minutes



(clockwise from top left) French onion soup; Cuban sandwich and fries; basil linguini pasta; empanadas
(Photos by Frank Sabatini Jr.)

French onion soup, typically a precursor to beef bourguignon or coq au vin, was our gateway to the cuisine of several countries far removed from the hexagon nation. Not since visiting Hanna's Gourmet in Normal Heights have I witnessed a menu so globally ambitious and well executed than what exists at Red Card Café.

The restaurant is nestled within a row of home-design businesses along the northern end of Morena Boulevard, in a modest, industrial structure previously occupied by Kitchen 4140. Owner and Parisian native, Caroline Sternberg, gave it a chic redo that resulted in clean lines and a gray-and-red color scheme that feels exceptionally calming. She also re-stylized the bar, which is now rigged with 14 beer taps.

The overall design is a nod to world soccer, with the "red card" used customarily by referees for declaring player penalties. Here, a mini version of the card is slotted into your check holder as a fun embellishment. There are also a few flat screens used for streaming seasonal soccer matches as they occur.

"Soccer ties into international street food," Sternberg explained of her menu, which was created by Chef Drew Lopez, a culinary graduate of the Art Institute of Colorado.

Lopez makes everything from scratch, and brings to the café a broad spectrum of food knowledge after working in a number of San Diego restaurants that included S&M Sausage & Meat, Green Acre, and the former Lei Lounge.

"I was ready for this opportunity," he said, while pointing out a few spins he gives to certain dishes.

For his French onion soup, capped with coveted, gooey

Gruyere cheese, he de-glazes the onions after they're cooked with sherry vinegar. The unexpected tartness tasted akin to fresh citrus, diminishing to a degree the sweetness of the onions.

The pork shoulder comprising his Cuban sandwich is brined in lemonade for two days, yet without robbing the meat of its desirable, succulent flavor. The acidity factor was inconspicuous, just enough to balance the generously buttered baguette roll, which also captured Gruyere, house-made pickles and creamy Dijon mustard.

tangy inside — and without the inundation of five spice I often encounter by other American chefs that attempt them.

A return to Europe landed us in Italy with a most memorable bowl of house-made basil linguine tossed in almond pesto, basil oil and chili flakes. Lopez hits the dish with a little marinara sauce, which tempers the monotony of basil's sweet, peppery essence. Thank you, chef, for catering to folks like me who love the herb, but don't want it governing every strand of soft, precious noodle coiling my fork.

The menu reveals a good deal of wanderlust in other dishes we didn't try, such as chicken mole tacos, Hawaiian poke in yuzu juice, Jamaican jerk chicken, North African lamb sausage (merguez), plus a few stateside dishes such as a bacon-wrapped hot dog, a bone-in pork chop with green apple sauce, and a roasted turkey sandwich with avocado, pickled red onions and alfalfa sprouts.

Lopez doubles as the café's pastry chef. We tried the seasonal-berry tart sporting a velvety, lemon curd, plus lip-smacking chocolate mousse amplified by a strong measure of espresso. No need for a cup of jitter juice if you get it.

Condensed into one dinner sitting, Red Card Café affords visitors an extensive journey filled with some of the tastiest, most celebrated foods the world has to offer — and achievable without packing a suitcase. It is open seven nights a week and also serves lunch from 11:30 a.m. to 4 p.m., Monday through Friday, and brunch from 9 a.m. to 3:30 p.m., Saturdays and Sundays.

—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. ■

Red Card Café

4140 Morena Blvd., Suite A (Bay Park)

858-291-8030, redcardcafe.com

Dinner prices: soups and salads, \$6 to \$16; sandwiches and street fare, \$8 to \$16; entrees, \$14 to \$20

Argentina is represented by empanadas filled stoutly with braised beef hiding customary green olives. Their house-made dough casings were glossy, light and skillfully crimped. Served alongside was a robust dipping sauce of guajillo chilies, tomatillos and smoked paprika. A few dabs were fine. Beyond that, the admixture committed something of a penalty kick in playing with these half-moon beauties.

We then diverted to China with an order of char siu pork buns accented with cabbage slaw and ginger aioli. Their texture and flavor scored better than any I've had all year — airy and spongy on the outside, sweet and

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Margarita gluttony

Come On
Get Happy!
Dr. Ink

Since learning about the humungous margaritas and free happy-hour nibbles at The Amigo Spot in Hotel Circle in Mission Valley, it finally floated to the top of my list for appraisal.

The restaurant sits off the beaten track for locals, but not so much for tourists staying at the nearly 60-year-old Kings Inn, which is also home to the more popular breakfast-lunch diner, The Waffle Spot.

That restaurant was recently remodeled along with the hotel's rooms and lobby. The Amigo Spot, however, remains colorfully frozen in time with the exception of a new donkey mascot standing at the entrance and a few flat-

screen televisions perched over the bar area.

This used to be a steak-house called Kings Grille. It was supposedly fronted by a mini-moat and faux draw-bridge before its current owners converted it into a Mexican restaurant in the mid-1990s.

As was the case when it opened, and still is now, the place takes its margaritas very seriously.

They're available in small, medium and large. The latter weighs in at 32 ounces and contains a generous splash of Triple Sec and three Torada Silver Tequila shots, depending on the bartender or waiter you ask. Priced normally at \$15.50, you can get giddily drowned in one for an easy \$13 during happy hour.

I was leery over whether my gut could solely handle that much boozy liquid in a fairly short visit. So I got a St. Archer IPA on draft for \$5 and shared

The Amigo Spot

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(Mission Valley)

amigospotsandiego.com
619-981-7968

Happy Hour: 3 to 6 p.m.
Monday through Friday

the oversized margarita with my companion.

It came as no surprise when our waiter told us the drink's mix is made in-house. We were immediately impressed by its natural citrus essence and balanced tang. Indeed, a dangerously easy margarita to drink had I ordered it only for myself.

While looking over a menu of reduced-priced appetizers falling mostly within the \$4 to \$8 range, our curiosity was piqued by a small table on the other side of the room. Lo and behold, it was free munchies,

RATINGS

Drinks: The margaritas use a bright and citrusy house-made mixer that is exceptionally refreshing. Draft and bottled beer choices are limited to Corona Light, Pacifico, Dos Equis Amber and St. Archer IPA. The wine list is negligible unless you're a fan of the Sutter Home label.

Value: You can essentially eat for free if sticking to the chimichangas, raw veggies and house-made ranch dressing on the small buffet table. Drinks and regular appetizers, however, are reasonably priced, dropping down on average by \$1.50.

Service: Aside from a 15-minute disappearance by our waiter toward the end of our visit, he was personable, fast and efficient.

Food: The complimentary, mini chimichangas filled with rice, beans and cheese offered a pleasant and unusual smoky flavor. From the happy hour menu, an order of guacamole appeared and tasted freshly made, and the pulled chicken inside our quesadilla was tender and plentiful.

Atmosphere: The restaurant and bar are comfortable in the now-outdated style it adopted when opening in mid-1990. The high-back booths are draped in colorful fabrics; chairs are made of rattan; and most the walls are paneled in mirrors.



Fresh guacamole on the cheap

The 32-ounce margarita

which I rarely encounter anymore along the happy hour trail.

So in addition to ordering fresh-made guacamole and a decent chicken quesadilla, we augmented our snack fest with complimentary mini chimichangas and small piles of raw veggies that received heavy swipes through Amigo's addicting house-made ranch dressing.

All told, we ate and drank exceptionally well for \$30, and with a free trip into the last century thrown in as a fun bonus. ■



A wagon and spotted donkey mark Amigo Spot's entrance (Photos by Dr. Ink)

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Every other day doesn't cut it

Sari Reis

As a professional pet sitter I have cared for more than 200 cats during the eight years I have been in this business. I consider that to be a vast amount of experience in knowing how to assess potential problems when kitties are left at home.

When booking services with clients, I am often asked if I will come every other day or every third day, if they are going away for a week or more. My answer is always the same. No. We will only care for the kitties if we get to see them every day. The pet parents tell us they have an automatic feeder, a water fountain and sometimes even an automatic litter box cleaner, so why would we need to visit the kitty every day?

My answer: Because bad things can happen from one day to the next, and since it is my responsibility to ensure the safety and health of their felines during their absence, I need to visit with them daily. So what kinds of bad things can happen?

For one thing, the automatic feeder may not work. I have seen that happen so many times and I end up feeding the kitties manually. If I wasn't there for a couple of days, those kitties would be starving and could become very ill.

What else can happen? In a recent 24-hour period, I have had



Don't rely on pet feeders when you leave town, they sometimes get jammed. (Courtesy of cats.com)

two major incidents with cats that if I hadn't been there to visit them daily, they might have died. One kitty was accidentally locked in a closet by the owner while he rushed out of his home to make an early flight. I am not sure how long the cat was in there but he had no access to food, water or his litter box. If I had been hired to come every second or third day, I hate to think the shape that kitty would be in.

Recently, I have been caring for two cats. One is elderly and the other is a 6-month-old kitten. I have been going daily and the cats have been doing fine. Until today, I couldn't find the kitten anywhere, and he is not a hider. When I finally found him, I could clearly see he was ill. The day before he was happily eating, drinking and playing, but this morning he was lethargic. I immediately took him to the vet. He

has pneumonia and is being treated at the VCA. I cannot bear to think of what would have happened if I hadn't seen him that day.

I have also seen cats climb into places they couldn't get out of and cats that have injured themselves while exploring in their home when no one was there. Last but not least, social kitties need TLC every day.

Trust me; it is irresponsible to leave a cat without a reliable caretaker coming every day while you are away. It may cost a little more but the peace of mind you will gain is worth it.

—Sari Reis is a certified humane education specialist and the owner of Mission Valley Pet Sitting. For more information you can reach her at 760-644-0289 or missionvalleypetsitting.com.■

Sometimes the best ride is inside



Erica Moe

Just like an In-N-Out restaurant, where diners can choose to eat inside or take out, exercisers have the same choice. Take cycling, for example. You can brave the roads outdoors or tackle a stationary cycle indoors. It's all about choices.

Harvard Medical School research states that stationary cycling is one of the best calorie crunchers around, burning up to 466 calories per hour for a 185-pound exerciser. That's about 155 more calories per hour than outdoor cycling.

How can that be?

The wind through your hair during an outdoor ride is an incredible feeling — until that headwind or tailwind sabotages your workout. During an indoor workout, there is constant effort, with no wind

to interfere with the plan. Indoors, each rider works harder because there is no coasting, which can be 10 percent to 20 percent of a workout. According to that stat, a 60-minute class could be equal to 75 minutes outdoors. Therefore, an indoor cycle workout can be more effective in a shorter amount of time, making it an efficient option. And, American Council on Exercise research says that indoor cycling keeps heart rate at 75 percent to 95 percent of maximum consistently.

American Ironman Andy Potts likes it because there are no stoplights or traffic. In addition, there is no need for daylight or watching the weather forecasts for each workout. Best of all, no flat tires.

You, the rider, are in the driver's seat. All the control is in your hands, literally. You can choose your own resistance levels and speed so you can build up your fitness level over time. You decide which hills to do, or not.

Need an extra push? Try an indoor cycling class led by an instructor who will lead you through a challenging routine with motivating music. You can still modify to suit your fitness level while enjoying the camaraderie of a group workout.

Cycling opportunities

Join the YMCA and the Challenged Athletes Foundation for a fun and sweat-drenching four-and-a-half-hour stationary cycling marathon with 100 riders and over 50 challenged athletes at the Tour de Cove on Sunday Oct. 23. Visit challengedathletes.org/events/tour-de-cove-2016/ for more information.

Come out for the inaugural Trick or Treat, Sunday, Oct. 30 at Copley-Price Family YMCA. This fun event, costumes encouraged, features a swim, run and bike on stationary cycles — all at the Y. Visit ymca.org/copleyprice/tott.html.

Try one of the brand new Stages cycles during one of the 24 weekly classes at the Mission Valley YMCA. And, start training now for the Mission Valley YMCA Bike-A-Thon in January 2017.

If you have a stationary cycle at home or have a trainer for your road bike, consider following along on your tablet or iPad for a great workout. Les Mills On Demand has a free, 10-day trial called RPM. The On Demand instructor takes you on a journey of hill climbs, sprints and flat riding.

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

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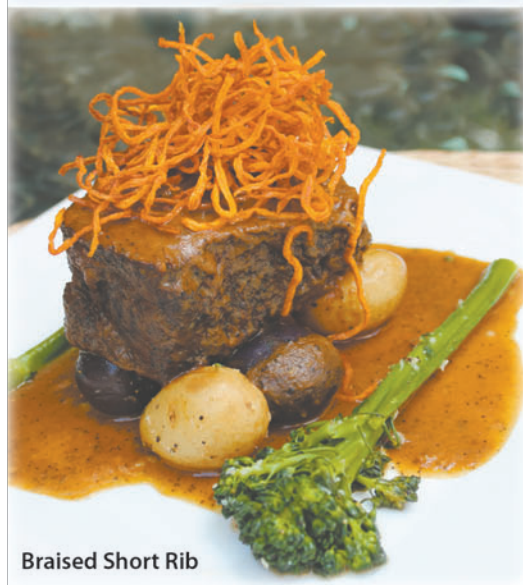
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Stagecoach Smash

Mesa College opens green student commons building

Ursula Kroemer

Students and faculty at Mesa College returned to classes this fall to the opening of an expansive new student commons building that will serve as a welcoming gateway to the campus as well as house labs and classrooms.

“Those of us who have been on campus watching this building come out of the earth and watching it open this semester know it has changed the pattern of how our students and all of us experience this campus,” Mesa College president Pamela Luster said at a dedication ceremony held on Sept. 14. “It’s really a remarkable space where students are finding their space and place on our campus, and that’s exactly what Mesa is all about. We want them to come here, and we want them to be in community with one another and with all of us.”

The new \$44.3 million, 73,000-square-foot Mesa Commons project serves as a student hub, housing the college’s state-of-the-art culinary arts management labs and classrooms, modern student-run M-Fusion Dining Café, expanded new cafeteria and food court, campus bookstore, convenience store, coffee café, faculty and student lounges, and conference rooms. The new facility, funded through the San Diego Community College District’s \$1.555 billion construction bond program, also includes the campus stockroom, mail and printing services. Ava Fakhrabadi, president the Mesa College Associated Student Government, praised the Mesa Commons as a place that “feels less like a school and a little more like home.”

“Every year, Mesa proves more and more that it’s not a commuter school but a community. Student government this year wants to work more closely with students and give them more opportunities to be involved on campus. And with the community that the Mesa Commons has given us, we know that this is going to be totally possible,” she said. “We want to make Mesa a home for everyone here. With all of the amazing people surrounding us, we know there is no limit to what we can achieve.”

Constance Carroll, SDCCD chancellor, reflected on when she served as Mesa College president.

“What a great day for the students of Mesa College. It makes my heart proud to look around and see all of these new facilities, especially what is now the new heart of the college, the Mesa Commons,” she said, also thanking local voters for their support of the bond measures that made the project possible. “These bond measures were the result of bold action on the part of our board, bold action on the part of the entire community, and bold action on the part of the voters of San Diego.”

“I have now been on this board since 1990, so I’ve seen the transformation to our



The new Mesa Commons building at Mesa College serves as a gateway to the campus. (Courtesy of Mesa College)

district because of these wonderful measures,” said Maria Senour, president of SDCCD’s Board of Trustees. “This is a wonderful addition to the campus. This is a place where they can meet with their peers, they can study together. We all know one of the parts of retention of students is their sense of community within the campus, and this building helps to create more of that sense of community within the campus that already exists. We’re very proud of this achievement.”

A hallmark of the SDCCD bond program is sustainability through its Green Building

Policy, and the Mesa Commons has extensive “green” features:

- Permeable paving utilized throughout the hardscape areas reduce site stormwater runoff; landscape areas are designed to capture and filter runoff.
- Landscaping design incorporates computerized irrigation system, and, when coupled with selection of native and drought-tolerant plants, will save an estimated 300,695 gallons of water annually.
- 270,000 gallons of condensate water is estimated to be collected annually from HVAC equipment that feeds below ground cisterns as well

as a 700-gallon water storage tank at the second floor organic roof garden. The tank provides irrigation for the organic food planters that will be managed by the Culinary Arts Department for use in their student-run M Fusion Restaurant.

- A 37 percent reduction in water use with low-flow toilets, urinals and restroom and kitchen sinks compared to more traditional fixtures, saving an estimated 148,380 gallons annually.

- Approximately 630 million BTUs of clean energy generated annually through an

on-site solar thermal system, offsetting 6.7 percent of the total building energy use. High efficiency LED lighting with integrated dimming, occupancy, and daylight sensors are used throughout building to decrease energy use in lighting when not needed.

- Solar tracking skylights use solar powered GPS sun-tracking controllers that accurately calculate location and follow the sun’s position regardless of weather or season to reflect the most natural light possible into the building. They provide comfortable daylighting and reduce electricity use.

- The project maximizes the use of materials with recycled content and sustainably harvested materials, including wood slat ceilings, composite wood fencing, cork flooring, tectum ceiling panels, and carpets and structural steel fabricated with high recycled content.

The new Commons was funded through the district’s \$1.555 billion construction bond program, and is one of seven new academic and career training facilities, four major renovations, numerous infrastructure projects, parking facilities, and public safety enhancements at Mesa College.

—Ursula Kroemer is the public information and outreach manager for San Diego Community College District’s Propositions S and N construction bond programs. ■

WiFi Hotspots 101:

A recent Cox Business survey found that 59% of respondents said WiFi is the best perk that small businesses can offer their patrons - not a surprising statistic considering that people use the Internet to stay connected with their world, whether at home or on the road.

As more and more people use WiFi hotspots to stay connected, it’s important to know the basics of how to safely connect to a hotspot.

What is a WiFi hotspot?

A WiFi hotspot is an Internet access point that allows you to connect to the Internet wirelessly through your mobile device.

How does a WiFi hotspot work?

A wireless access point communicates with computers or mobile devices using radio signals. The access point is connected to the Internet and usually connected to a router or server. Most current mobile devices will recognize wireless networks that you can connect to.

Should I be concerned about my online security when connected to a WiFi hotspot?

There are many advantages to connecting to WiFi hotspots, including saving money on your mobile data plan, and accessing the Internet on the go. However, some activities could put your security at risk since not all hotspots offer a secure connection.

How do I know if a WiFi hotspot has a secure connection?

Examples of secure connections include hotspots that require a password before you can connect. Other security settings may be seen by hovering your mouse over each WiFi connection in your WiFi settings.



Cox tech installs Cox WiFi hotspot at Liberty Station in San Diego.

The name, signal strength and security type will display. WPA2, WPA and WEP are three types of secured connections. Others will say ‘unsecured.’ Once connected, be sure to select ‘Public network’ when prompted to select a network location. This will block some common routes for potential hackers. But, remember that even password-protected WiFi hotspots are not as secure as your home network.

What can I do to protect my information?

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

- Update your device when prompted. Often, these contain security updates to keep your device protected.
- Verify that you are connecting to a legitimate connection. For example, Cox enabled WiFi hotspots are named ‘Cox WiFi’ or ‘CableWiFi.’ In other instances, ask an employee the name of the business or store hotspot before connecting.

How do I connect to a WiFi hotspot?

Depending on your mobile device settings, your phone may prompt you when wireless networks are available. WiFi connections can be found in the network settings on your mobile device. Often times, coffee shops, restaurants, parks and other public places will provide WiFi hotspots for customers, and may require a password and accepting a terms of use agreement before you connect.

To help its Internet customers stay connected with their world wherever they are, Cox Communications has been building WiFi hotspots in the communities it serves. In San Diego, Cox Internet customers have free access to more than 1,000 hotspots countywide, including in Balboa Park and downtown San Diego.

Cox Internet customers also have free access to more than half a million hotspots nationwide through CableWiFi. Just find ‘Cox WiFi’ or ‘CableWiFi’ in your WiFi settings. Non Cox customers can access the hotspots through a free one-hour trial.

To find a Cox WiFi hotspot, visit www.cox.com/hotspots.

'More than what's on stage'

A visit with San Diego Opera's general director

Theater Review

Charlene Baldridge



October ushers in the first full production in San Diego Opera's 2016-17 season. For an opera company that nearly closed in 2014, creative endeavors are booming, with an expansion of what makes a season plus several new programs and activities that are more than enough to discombobulate the usual general director.

Although he claimed to be crazed, exclaiming "It's like back to school week here!" when interviewed at the Downtown office of San Diego Opera (SDO) on Sept. 9, General Director David Bennett (who came aboard in June 2015) was loquacious, enthusiastic and positive when assessing where the company is, what and how it's doing, and where it's going.

Gleefully, Bennett described the scene when the Opera on Track ensemble presented an outdoor touring version Rossini's "Cinderella" at the Santee trolley station days before. Nearly 200 people turned up, among them preschoolers. Each child received either a tiara or a handlebar mustache and the adults received vouchers for discounted tickets to "Cinderella" (kids get in at half-price) and trolley rides to the Civic Theatre.

These activities are emblematic of Bennett's intention to make SDO a meaningful part of the San Diego community; nonetheless, the season is the thing, and here it is:

Gioacchino Rossini's "La Cenerentola (Cinderella)," Oct. 22-30 at San Diego Civic Theatre.

The title role is played by Lauren McNeese, a graduate of the Ryan Opera Center at Chicago Lyric Opera; while Alidoro is played by SDO veteran Ashraf Sewailam, a native of Egypt who recently became director of opera at San Diego State.

West Coast premiere of David T. Little's "Soldier Songs" conducted by UC San Diego professor Steven Schick, Nov. 11-13 at Balboa Theatre.



"Soldier Songs"

KPBS will do a live telecast of the "Soldier Songs" performance Nov. 12, providing everyone an opportunity to see this important opera by composer David T. Little based on interviews with and letters written by veterans of five wars.

In these interviews, the most common statement was, "I don't talk about this with anybody," and indeed that is how Little starts his opera, scored for Everyman Soldier (baritone David Adam Moore, who recently sang Silvio in SDO's "Pagliacci"), two actors, and an

instrumental group of 10 conducted by Schick, who called the work "a mirror rather than a message."

Verdi's "Falstaff" Feb. 18-26 at Civic Theatre.

"Falstaff," based on Shakespeare's colorful character, is a Chicago Lyric production, which Bennett de-



"Falstaff" (Photos courtesy of San Diego Opera)

scribes as looking like a wooden architectural model of the Globe Theatre.

"It has riots of color in terms of costumes and projections, modern touches in a very traditional work," he said.

Verdi fans love the opera for its humor, melodic vocalism and magnificent orchestrations. The title role is sung by a SDO debutant, acclaimed Italian baritone Roberto de Candia. Daniele Callegari ("Aida," "Don Giovanni") returns to conduct.

Peter Brook's "La tragédie de Carmen (The Tragedy of Carmen)," a distillation of Georges Bizet's opera, March 10-12 at Balboa Theatre.



"La tragédie de Carmen"

Part of the Shiley Détour series, "La tragédie de Carmen" (sung in French with projected English translations) features the excellent Southern California mezzo-soprano Peabody Southwell, seen frequently at LA Opera and Long Beach Opera.

Verdi's "La traviata," April 22-30 at Civic Theatre.

Directed by Marta Domingo (Placido's wife) Verdi's well known and popular "La traviata" tells the story of an aging Courtesan named Violetta (Corinne Winters) who is beloved of a much younger aristocrat named Alfredo Germont (American

tenor Joshua Guerrero).

Bennett said that though it's an LA Opera production, it was built in SDO's scenic studios. The action is updated to the flapper era. Southwell reprises her LA Opera role as Flora, Violetta's friend.

Bennett waxed ecstatic about numerous young American singers cast in all the above. Clearly, he could not be more enthusiastic or supportive.

"It should be a great year of good, young American singers at the cusp of their careers, which is very exciting to see," he said. "What we're putting on stage this season is going to be traditional, but look fresh. Each production has yet to be seen in San Diego.

"Voice is the centerpiece of what we do," Bennett continued. "Voice is at the heart of opera. That's the over-riding nature of our thinking, plus trying to find work that really speaks to our community's several experiences and to their issues, and gives voice to those experiences in ways that you don't expect opera to do."

That having been said, the 2017-18 season opens with "Hansel and Gretel." Just so you know, there will be accompanying discussions of childhood homelessness.

"It makes me feel like we are doing more than just what's on stage," Bennett said. "And that I love."

For more information and tickets, visit sdopera.org.

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



"La traviata"



MUSIC NOTES

Music Notes: Oct. 14 – Nov. 10, 2016

JAZZ

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

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

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

CLASSICAL

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.

Oct. 16: Pomerado Brass Quintet at Mission Trails Regional Park Visitor Center Auditorium. Free (donations accepted). 3-4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

Nov. 6: San Diego Clarinet Quintet at Mission Trails Regional Park Visitor Center Auditorium. Free (donations accepted). 3-4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

ALTERNATIVE/ROCK

Oct. 23: Chicano Batman, SadGirl and Madly at Casbah. \$15-\$18. 9 p.m. 2501 Kettner Blvd., Little Italy/Middletown. CasbahMusic.com.

Oct. 27: Matt Silvia and Cathryn Beeks of The Ordeal performing the music of Gillian Welch at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

Oct. 28: Dead Feather Moon, The Midnight Pine and Trouble in the Wind at Music Box. \$10. 9 p.m. 1337 India St., Little Italy. MusicBoxSD.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.

Oct. 14: Casbah presents The Helio Sequence and Genders at The Hideout. \$15. 8:30 p.m. 3519 El Cajon Blvd., Normal Heights. CasbahMusic.com.

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



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LINDA VISTA LIBRARY

EVENTS:

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: Storytime on Oct. 17 is canceled]
Mondays, 10:30–11 a.m.
Children and their families are invited to join in for stories, rhymes and songs.

Silver Chair Yoga
Thursdays, noon–1 p.m.

Designed so that seniors can safely practice yoga at their level of comfort.

Storytime with Mr. Luan
Fridays, 10:30–11:20 a.m.
Energetic storytime that is fun, interactive and educational. The session will include singing and maybe a little dancing.

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

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

MISSION VALLEY LIBRARY

EVENTS!

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.

"Live and Let Go: An American Death"
Sunday, Oct. 16, 1:20–3:30 p.m.



The Hemlock Society of San Diego Right to Die Film Festival presents a film about independent, patriotic, realistic, optimistic, terminally ill Sam Niver who plans his own death with help of his two adult children. For more information, visit hemlocksocietyofsandiego.org.

Death Café
Wednesday, Oct. 19, 1–3 p.m.
This unique event offers a “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. October title: “The Luminaries, by Eleanor Catton.

Picture This: “Salesman”
Wednesday, Oct. 26
Documentarians the Maysles brothers profile the lives of door-to-door Bible salesman in the cinema verite powerhouse.

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

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

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

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

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

Community Calendar

Pumpkin Station
Through Monday, Oct. 31
The Mission Valley Pumpkin Station at Westfield Shopping Center (1640 1/2 Camino Del Rio) is open now through Halloween. Pumpkin Station is set up in the parking lot of the mall and is free and fun for all ages. Attractions include two giant slides, a swing ride, ferris wheel, train ride, petting zoo, pumpkin patch and more. It is open Monday – Thursday from 11 a.m. – 9 p.m. and Friday – Sunday from 9 a.m. – 9 p.m. Visit bit.ly/2d1S2BN for more information, to purchase tickets for the various attractions and print coupons.

Benchley Weinberger \$1 Day Fundraiser Sale
Saturday, Oct. 15
This sale will include clothes for kids and adults, toys, household and sporting items, tools and more — all for \$1 each. Donation items will be accepted the day of the event. This event will be held at Benchley Weinberger Elementary School (6269 Twin Lake Drive, San Carlos) from 11 a.m.–3 p.m. and benefits the school. Email questions to catchus@cox.net.

Big Boys Toy Show
Saturday, Oct. 15
Join hundreds of other guys in over 5,000 square feet of vendor space in the “ultimate guy’s playground.” Presented by Sycuan Golf Resort and Broadcast Company of the Americas, this is an entire day filled with cars, motorcycles, trucks, luxury RVs, boats, Segways, the latest in hover boards, electronics, gaming, hobby crafts, home theaters and other furnishings, dozens of local sports celebrities, sports team cheerleaders and much more. Food trucks, offering pizza, seafood, tacos, ice cream and other desserts will also be on hand, as well as a craft beer garden. Tickets \$10 for adults, children under 14 free with paying adult. Proceeds go to Computers 2 San Diego Kids. Port Pavilion at the Broadway Pier, 1000 N. Harbor Drive, Downtown, 10 a.m.–6 p.m. For more information, visit thebigboystoyshow.com.

Parent Connection Family Swap Meet
Sunday, Oct. 16
Parents with infants or young children as well as expecting parents will find bargains at this biannual event held at Qualcomm Stadium, 9449 Friars Road, 8:30 a.m.–2 p.m. Admission is \$2 per person and free for children under 12 and for anyone who downloads the Cose5 app to their mobile phone. The app can be found at sandiegoparent.com. Proceeds go to Parent Connection families in crisis.

San Diego Costume Guild annual costume sale
Sunday, Oct. 16
This sale will be held from 10 a.m.–3 p.m. at the Scottish Rite Event Center (1895 Camino Del Rio South, Mission Valley). The entrance fee is \$3 for guests ages 12 and older and free for ages 11 and under. Separate vendors will display their wares with items available for cash purchase. Items for sale will include vintage clothes, props, accessories, fabric, jewelry and more. Visit bit.ly/2drfGem for more information.

FA16 The Luxe Show
Wednesday, Oct. 19
Fashion Valley Mall (7007 Friars Road, Mission Valley) is hosting a runway show featuring the season’s top trends from the mall’s retailers including: Neiman Marcus, Bloomingdales, John Varvatos, MaxMara, Salvatore Ferragamo, Nordstrom, Gucci and Louis Vuitton. A pre-party will begin at 6:30 p.m. with the runway show at 7:30 p.m. and a post-party hosted by Louis Vuitton running until 9 p.m. Visit bit.ly/2drfko8 to RSVP.

Mountain Health ‘Healthy Futures’ fundraising luncheon
Thursday, Oct. 20
Mountain Health is holding this fundraising luncheon at Handlery Hotel (950 Hotel Circle North, Mission Valley) from 11 a.m.–2 p.m. with lunch served from noon–1 p.m. This event will raise money for a new health center in Campo. Mountain Health is working to raise \$1 million for the design and construction of a 23,500-square-foot facility for primary health care services plus dental, vision, x-ray and pharmaceutical services. Tickets start at \$75 per person. To RSVP contact Zabrina Weisiger at 619-445-6200, ext. 160 or zweisiger@mtnhealth.org.

BOO! Parade
Saturday, Oct. 29
San Diego’s only Halloween Parade returns to the College Area for the 12th year. The free, family-friendly event features a parade of ghoulish floats, unique vintage cars, costumed characters, live music and more. The parade begins on Rolando Boulevard and travels west on El Cajon Boulevard to its end on 60th Street. Tickets are being sold for seats in the parade grandstands located at a central location for the best viewing experience. Tickets are \$10 for children and \$20 for adults. The parade will be held from 10 a.m. to noon with the AfterBOO! Carnival (also free) from 11 a.m.–2 p.m. at the east parking lot of College Avenue Baptist Church (4747 College Ave.). The carnival will feature play structures; carnival rides and game; food vendors; live entertainment and more. Visit collegeareabid.com/boo and cabc.org/carnival for more information. ■



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