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THE STATE OF SECURITY



William Ferris of Dotworkz explains his company's camera housings inside the demonstration van with computers and video screens. (Photo by John Gregory)

Mission Valley hosts conference featuring the latest security tech

John Gregory
Contributing Editor

A mysterious high-tech van with seven cameras mounted along its exterior was parked beside the Town and Country Convention Center. It wasn't a mobile command center or spy vehicle, but a video demonstration van — just one of the many displays at the inaugural San Diego Security Show, held Jan. 25 and 26 in Mission Valley.

Security.World, an online news website, produced the physical security and surveillance exposition which included demonstrations involving surveillance camera housing units, biometrics, video networking, GPS-based personnel tracking, and an ambitious schedule of guest speakers.

Camera housing units

William Ferris of Point Loma-based Dotworks was inside the mysterious van to

demonstrate his company's camera housing units. The van's interior was packed with an assortment of video screens, computer keyboards and control panels.

He described the cameras mounted on the outside, including two on the very front. "I've got a 4K camera on this. I've got an infrared sensitive camera on this one, so the vehicle itself can be driven [at night] while the lights are off," he said.

Dotworkz manufactures housings that enable cameras to go in rugged spots where

See **SECURITY** page 4 →

Homelessness along the river

Survey documents 41 percent increase

Rob Hutsel

Staff and volunteers of The San Diego River Park Foundation (SDRPF) are often asked about homeless people in Mission Valley, especially along the river. In fact, it is one of the most frequently asked questions, and it is usually followed by, "what is being done about it?"

As an organization dedicated to restoring the health of our region's namesake river, it is a question which we don't have a great answer for. In



A volunteer participates in We All Count in January along the San Diego River. The program put on by the regional Task Force on the Homeless found a sharp rise in homeless along the river in the Mission Valley area. (Courtesy of San Diego River Park Foundation)

See **HOMELESSNESS** page 3 →

Planning group votes on dispensary applications

Jeff Clemetson
Editor

If the Feb. 1 meeting of the Mission Valley Planning Group is any indication, the "green rush" for District 7's four allotted medical marijuana dispensaries has begun.

All three action items on the planning group's agenda were applications for dispensary permits. None of the applicants were approved, but two were given a chance to return to the next available meeting with more information.

During public comments before the presentations by the dispensary applicants, several community members voiced concern about more medical marijuana dispensaries setting up in Mission Valley.

"My big concern is the message that we are sending," said Scott Chipman of Pacific Beach, who frequently speaks out against marijuana dispensaries. "Sometimes your votes are symbolic, but sometimes symbolism is important to send the right message that we don't want drug dealers setting up commercial operations in our city."

Chipman pointed to issues with drugged driving, babies born with THC in their blood in places like

See **GREEN RUSH** page 13 →

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Local activists believe in the right to die with dignity

Delle Willett

Family physician, Dr. Mitsuo “Mits” Tomita, and CSI agent, Kerry Perkins, have several things in common, the most notable being that they both serve on the board of the Hemlock Society of San Diego, and believe in choice, dignity and control at the end of life.

Dr. Tomita, M.D. of San Carlos is retired from Kaiser Permanente where he was a popular family physician. Since retiring, he has worked part-time in community health centers in the San Joaquin Valley, and is an Assistant Clinical Professor on the voluntary faculty of the UCSD School of Medicine, where he continues to teach medical students and residents.

He also serves on the board of the Hemlock Society of San Diego, a right-to-die advocacy group, which he has been a member of since its beginning in the 1980s. He is responsible for finding local, national and international speakers who are leaders in their field to speak at the society’s free monthly presentations and discussion programs and film series.

Tomita, 68, believes that medicine has made great advances in extending our lives and fixing some disabilities. But, at some point, these advances involve prolonged dying.

“The ‘do no harm’ admonition attributed to Hippocrates is too black and white, whereas, the physician must always weigh the risks versus the benefits of any action taken or not taken,” he said. “Often, by offering more technology to extend life, we have caused suffering and misery. It would frequently do less harm to offer people a quick and peaceful death.”

Dr. Tomita feels we can do this now, for eligible patients, with California’s End of Life Option Act which permits doctors to provide a prescription for medication that can provide a dignified and peaceful, hastened death.

“Not utilizing this law often is doing harm and is more a violation of the Hippocratic oath than trying to do more and more to essentially prolong suffering,” he said.

Medical-aid-in-dying is the allowing of an individual facing an incurable and fatal disease the ability to request and receive medication to allow one to die peacefully. This has been allowed in Oregon for almost 20 years, and is now allowable in California. Dr. Tomita was actively involved in previous ballot initiative efforts in California to allow physician aid-in-dying, which preceded the success in Oregon in the 1990s.

Although previously opposed by the California Medical Association, the CMA took a neutral position on aid-in-dying. Polls of the public as well as physicians have shown progressive support for allowing



Kerry Perkins (Courtesy of Hemlock Society of San Diego)

medical aid-in-dying for those who choose to do so.

Kerry Perkins of Allied Gardens says her career has been a long string of various jobs and endeavors but two stand out as the most impactful on her. As an eligibility technician with the County of San Diego, deciding who can and cannot receive public social assistance, Perkins carried a case load of 50 families. Those were the most depressing two years of her life.

“However, I learned to deal with, and be understanding and compassionate about people from all walks of life,” she said.

From 2004 to 2014, in Perkins’ second impactful career as a crime scene specialist, the majority of her clientele were dead. She spent over 11 years investigating crime scenes and processing evidence in the lab.

“I became very comfortable with death,” she said.

Perkins, 63, says she can’t pinpoint a definitive moment in which she realized she supported self-chosen death with dignity, but she watched her mother struggle through three brutal years of dementia and Parkinson’s before her natural death.

“It was during that time that any vaguely positive feelings I had about death with dignity became crystallized,” she said. “When I learned about the Hemlock Society and met Mits at one of their programs, I was excited, and signed up to be a volunteer.”

Since then she has become a member of the board and has taken on the role of publicist for their monthly films and lectures.

“I joined the society to be a part of a larger movement that is actively working to change the public’s perception of death and to educate and empower individuals to live the end of life that they choose. I am honored to be an active board member in this endeavor. I’m fueled by my dedication to the cause and my desire to see the public become aware of and be educated in their end-of-life options. Everyone should have the legal right to choose his or her death with dignity and control,” she said.

San Diego’s Dr. Faye Girsh founded the Hemlock Society of San Diego 30 years ago. She served on Hemlock’s national board and essentially succeeded its founder, Derek Humphry, as executive director until it merged with a smaller



Hemlock Society of San Diego founder Dr. Fay Girsh (Photo by Richard N. Cote)



Dr. Mitsuo “Mits” Tomita (Courtesy of Hemlock Society of San Diego)

organization in 2004. Girsh and Humphry were two of the founders of another national organization, Final Exit Network.

In 2003, she was awarded Hemlock’s Lifetime Achievement Award. In 2016 she was the recipient of the Marilyn Sequin award from the World Federation of Right-to-Die Societies for her service in promoting death-with-dignity in the U.S. and internationally.

Dr. Girsh received her doctorate in Human Development from Harvard University. For 18 years, she practiced as a clinical and forensic psychologist in San Diego. For the last 25 years, she has appeared in debates and speeches all over the U.S. and Europe.

From the very beginning, the Hemlock Society has been offering the San Diego community information about their options for a peaceful death. Expanding choice, control and dignity at the end of life — which is their mission — has been happening gradually since they started.

Many members have been with the society since the beginning, including three members of the current board.

“Loyalty and commitment are exceptional assets; we’ve been fortunate to have abundance in our past and current board members and donors,” Girsh said.

There are two Hemlock chapters left, one in Florida and one in San Diego, which has always been one of the most active. The Hemlock Society of San Diego remains the only right-to-die group in the U.S. with free, public, monthly meetings which are held in at the Mission Valley Library. The society newsletters and web page bring the community the latest developments in thought, politics, and progress in choosing a peaceful death. Their speakers are local, national and international leaders. For more information, visit hemlocksocietyandsandiego.org.

—Delle Willett is a public relations consultant and freelance journalist. Reach her at dellewillett@gmail.com. ■

MISSION VALLEY
NEWS BRIEFS

College district adopts
supportive resolution

The San Diego Community College District (SDCCD) Board of Trustees approved a resolution reaffirming support of all its students, regardless of immigration status or religious beliefs.

The resolution urges President Donald Trump to continue the Deferred Action for Childhood Arrivals (DACA) program, which allows undocumented immigrants brought to the United States as children to work and study in the country without fear of being deported. In passing its resolution, the SDCCD joined a growing number of colleges and universities around the country taking similar stands.

In addition to affirming the district's support for its diverse student population, it commits the district to not cooperating with any federal effort aimed at creating a registry of individuals based on religion, national origin, race or sexual orientation. It also means the district will not allow immigration

officials on its campuses without legal authority, and pledges to avoid acting on behalf of federal agencies enforcing immigration laws.

"We value each and every one of our students, so our priority is to provide high-quality educational opportunities for all students, regardless of race, ethnicity, heritage, national origin, religion, immigration status, gender identity, or medical condition," said Board of Trustees President Maria Nieto Senour in a written statement.

Red Cross calls for
blood donors

The American Red Cross is making an urgent request for residents to donate blood to replenish and continue its winter supply. A special blood drive is underway now through Feb. 26. All blood types are needed. Anyone wishing to contribute blood may call 1-800-RED-CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment. Those who donate blood between now and

Feb. 26 are eligible to receive a \$5 Amazon.com gift card by email.

A blood donor card or driver's license or two other forms of identification are required at check-in. Blood donors can save time by using RapidPass to complete the pre-donation reading and health history questionnaire online. Visit redcrossblood.org/RapidPass.

A special blood donation event will be held Tuesday, Feb. 20 from 10 a.m. to 4 p.m. at San Diego State University, Aztec Walk, 5500 Campanile Drive.

The American Red Cross is also looking for volunteer transportation specialists who will deliver lifesaving blood products to local hospitals. To apply, call 909-374-1210 or visit redcross.org/volunteer.

Health care jobs for vets

The National Veterans Transition Services, Inc. is inviting military veterans to attend a panel discussion about career opportunities in the health care field on Feb. 14, 11 a.m. to 1 p.m. at the MLB Center for Military and Veteran Reintegration, 4007 Camino Del Rio South, Room 204.

See BRIEFS page 13

► Homelessness, from page 1

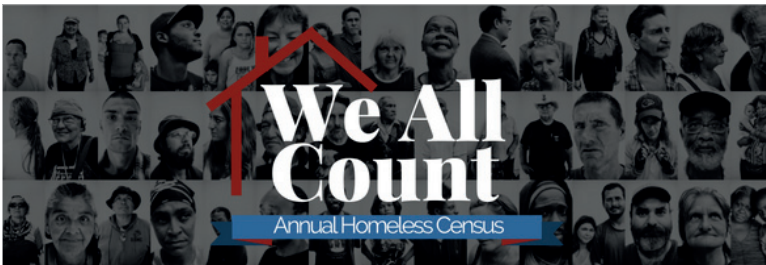
recent years, we have been increasingly pulled into this question as the future of the river and the planned 52-mile-long San Diego River Park and associated trail system become intertwined with the homeless population.

A few years ago, we were asked by the Regional Task Force on the Homeless to participate in the annual homeless survey known as We All Count. As an organization, SDRPF has lots of survey experience and systems in place documenting the health of the river. We knew that our data has demonstrated that an increasing percentage of the trash we found in and along the river was sourced to homeless encampments. We also knew that previous surveys had undercounted this population. So we jumped at the opportunity. We believed that with better representation of the true count, additional resources might be identified for these people that live on the banks of our historic San Diego River.

Too many times we had assisted with rescues of people and their pets in flood water or came across bodies of homeless people who tragically had lost their life in homicides, fires or other means. We felt strongly that we needed to provide our expertise to be part of the solution.

In January, we once again organized volunteers to participate in the We All Count. Our thanks to all the wonderful people who got up before sunrise to join our staff in doing this year's count.

The results, while not surprising, are troubling. We documented a 41 percent increase from the previous year in the area from roughly Friars Road at the upstream edge of Mission Valley to Interstate 5. A total



(Courtesy of Regional Task Force on the Homeless)

of 246 people were documented either living in tents and other structures or out on their own. With recent weather, we assume this number was lower than truly reflective of the population that lives in this area.

These are 246 people that are someone's child and people that are part of the Mission Valley community. So what can be done?

The San Diego River Park Foundation is not an expert on addressing homelessness. But we want to be part of the solution. Thanks to our amazing volunteers, we already remove more than 200,000 pounds of trash annually from in and along the river. Property managers and public agencies removed many more tons. In an October 2016 survey that we conducted, more than 90 percent of the trash in and along the river in Mission Valley can be sourced to homeless encampments. Latrine sites are common along the river in certain areas and high levels of bacteria are associated with trash. Therefore, the health of the river and the community is clearly linked to reducing the number of people that live along this same waterway.

We suggest that homeless surveys happen more frequently to better understand the seasonal changes in the number of homeless people along the river. We call on our civic leaders to include Mission Valley in any strategies to reduce homelessness Downtown and elsewhere.

Finally, we ask that the community of Mission Valley ask how it can be part of the solution to take meaningful actions to reduce homelessness. Perhaps businesses, HOAs and others can pool resources to work more strategically. In addition, the community is going through a Community Plan update and homelessness should be part of that discussion.

We invite dialogue on this important issue and look forward to being part of the coordination of resources and integration of strategies. Much already happens. There are many hardworking, thoughtful people and organizations that are working to make a difference but as this year's We All Count showed, the number of homeless people has increased. Hopefully, one day we will have an answer to the question, "what is being done about it?" More importantly, we look forward to the day when progress has been made and people are only asking us about where the nearest river park or trail is located.

—Rob Hutsel is president and CEO of the San Diego River Park Foundation. Reach him at rob@sandiegoriver.org or by calling 619-297-7380. For more information about the San Diego River Park Foundation, visit sandiegoriver.org. For more information about We All Count, visit rtf-hsd.org/pitc/.

How to Drive Up the Price of your
San Diego Home Before You Sell

San Diego - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist home sellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation and make the best profit possible.

In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

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A talk with the police chief



Chief Shelley Zimmerman (Photo by John Gregory)

Shelley Zimmerman answers questions at San Diego Security Show

What topics concern you these days?

"All issues of cyber security ... Where are the boundaries now with cyber security when you talk about crime? So everyone has to not just physically secure your person, your residence, your business, but you also have to secure in the cyber world. ... There are no boundaries."

How do you keep large public events safe?

"It's using technology to assist us, and then old-fashioned police work. You have to use every possible legal tool that you can."

Does the SDPD use undercover cops at public events?

"As we like to say: We had additional resources that you would see and additional resources that you did not see, which would include cameras, it would include our undercover officers."

Does the SDPD use drones?

"Some departments are looking at drones. We are not. We do not have any drones."

What about the danger from drones?

"That's something that's definitely out there... If people want to use that for nefarious entities, that's something we do think about."

What's new and different in 2017?

"I wouldn't say 'new and different.' It's 'continue to do what we continue to do.' The criminal element that is out there that wish to do people harm, their expense account is wide open. They don't have a budget they have to deal with. So, we have to make sure we use the technology we have, our resources and, again, as a force multiplier, every single one of our public."

Does the SDPD get much federal funding?

"We do get several grants that we receive from the federal government that assist us with our technology and other tools that help deter crime."

Has anything changed now with Donald Trump in office?

"I'll tell you right now, we are not a sanctuary city. So, if someone is arrested they are taken to a jail where their immigration status is checked. I think we should be a model here in San Diego for our cooperation, our collaboration with our state, local and federal law enforcements partners. It's all of us working together sharing information to make sure we keep our entire region safe... We are one of the safest big cities in the entire United States and that is not by luck."

—John Gregory ■

► Security, from page 1

cameras don't normally go, places like patrol boats in a salt water environment.

"Our housings are unique because we have versions that actively cool, so they take heat out of the camera housing. We have camera housings that de-ice," he said.

The housings protect cameras for traffic monitoring, fence lines, city surveillance, school districts and police departments. In fact, Ferris said, one of their camera housings was mounted on a pole above a stoplight to monitor traffic just down the street on Fashion Valley Road.

Biometrics

The entrance to the Town and Country's exhibit hall featured a facial recognition device. Visitors could center their eyes in a digital green box on the small screen to record their facial traits, then Plexiglas gates of the turnstile would open to allow entrance.

This technology is known as biometrics — the measurement and statistical analysis of physical characteristics. Two companies joined forces to demonstrate the entry control technology: Delta Turnstiles, LLC of Concord, California; and ZK Access of Fairfield, New Jersey.

Vanessa Howell, representing Delta, said her company manufactures optical turnstiles and makes smart machines that integrate with ZK Access biometric vision readers.

Larry Reed, the CEO of ZK Access, explained the facial recognition exemplified by their turnstile demonstration is just one example of biometrics.

"Biometrics is using a biological characteristic that's unique," he said.

Examples are fingerprints, the iris or retina of the eye. Once your traits are recorded, the biometric reader will allow you access. Biometric readers for access control can be used for doors, gates, elevators and vehicles. It's better than using an access card, Reed explained.

"While a card can be lost or stolen, you can't lose your face," Reed said.

Video networking

Darren Giacomini and Chris Haun gathered around what looked like a large storage trunk standing on end with multi-colored cables connected to a bank of large video screens behind them.

Giacomini represented Avaya, a digital business communications company, and Haun was from BCDVideo, a company specializing in storage and protection of surveillance video. The companies partnered to create Titan Networking, a line of video surveillance switches powered by Avaya's network operating system software called Fabric Connect. The result of this joint venture is run-around technology that foils interruptions to video feeds. Giacomini demonstrated by unplugging a cable attached to the network box from a live surveillance camera. A look at the video monitor on the wall did not show a noticeable delay in the picture and the video feed remained uninterrupted even without the cable attached.

GPS-based tracking

Craig Park of Carlsbad-based Trak Assets explained two of his company's GPS-centered products with the purpose of tracking personnel.

The first, named Trak Time, works on a cell phone, tracks unsupervised personnel, and acts as a time clock and time sheet report. It has a "geofence" that can be drawn around the work area so that the employer can determine the exact position of a worker within a building or property.



(l to r) Darren Giacomini of Avaya and Chris Haun of BCDVideo demonstrate video networking solutions. (Photos by John Gregory)



(l to r) Larry Reed of ZK Access and Vanessa Howell of Delta Turnstiles

Trak Assets' other product was called Lone Worker and is meant for personnel working in dangerous environments. This also works on a cell phone and is useful when sending personnel into isolated areas alone. It's helpful for special law enforcement agencies, the military or even utility companies.

Movement parameters for position reports can be set in advance. The individual can be required to check in on a scheduled basis and an alert will be raised if check in is missed. A feature called Smart Man Down issues an alert if the individual remains motionless for a certain amount of time, and an S.O.S alert can be sent to preset destinations such as to 911, a boss or a commander — and a beacon will indicate the person's exact location.

Panel discussion

One of the most anticipated forums of the security show was titled "Things that Keep You Up at Night." The first subject was physical security challenges.

"Just about everywhere you go is a soft target," said Scott McCartney, project director of the Large Stadium Initiative and Active Shooter Training coordinator with the California Governor's Office of Emergency Services and Homeland Security.

San Diego Police Department (SDPD) Chief Shelley Zimmerman referred to San Diego's event-filled month of July 2016 as an example of a challenging time to keep the public safe, having multiple soft targets to protect. July's four weeks of mass gatherings in the city included the crowd-heavy Fourth of July weekend, the Major League Baseball All-Star Game, Pride Week and Comic-Con.

She said the SDPD utilized surveillance cameras to watch the crowds, and explained the importance of using physical barriers, including the positioning of police vehicles. She also said placing SWAT teams in over-watch positions was very useful and added to the command posts receiving real time information during the events. In addition, she credited the cooperation and coordination of local, state and federal law enforcement agencies as being critical.

Zimmerman said that with social media tools such as Facebook and Periscope, there is always the possibility someone had might share SDPD's tactical information in real time.

"Technology has gone so fast, information is shared so quickly," she said, adding that such technology was making things difficult for law enforcement.

Laura Hart, vice president of business operations for Qualcomm, defended the development and accessibility of such technology. She said she prefers to look at technological development as a way to solve problems.

Hart said technology is developing so fast that major breakthroughs will come in the next 10 years. For example, she said 5G networks are on the way.

"You will be able to download a full movie in 18 seconds," she said. "Devices will begin to reason, monitor [on their own], act intuitively and communicate with one another. These devices will get smarter."

McCartney wondered if the not-so-distant future might begin to look like the old cartoon show "The Jetsons," which parodied the future.

"How do we know we won't have cars floating [above] the street?" he said.

Mike Sannella, in charge of corporate security for LPL Financial, said he recalled a time when security personnel on duty didn't have communications devices of any kind, as compared to today's reliance on technology.

"I have a smartphone that will do everything I need in a law enforcement capacity that my office computer or car computer can do," Sannella said.

The internet has connected people so much, Zimmerman said, that "when something happens across the world, I get a notification," adding that she must always ask herself if it is some kind of globally-coordinated attack that could happen in San Diego as well.

"When something happens at a military installation, I'm immediately on the phone," she said.

—Reach John Gregory at john@sdcmn.com.■

More from U.S. Rep. Susan A. Davis

Congressional Watch

Andy Cohen



(Editor's note: This is the finale of a two-part interview with U.S. Rep. Susan A. Davis. Read the first part at tinyurl.com/z9qs82s.)

As a new Congress begins its two-year term, Democrats have their work cut out for them. As the Trump era begins, Democrats will be hard-pressed to counteract the policy changes brought about by the Trump administration and his Republican allies in Congress. The first skirmishes have already begun. Only hours after taking the oath of office, Trump signed executive orders that began the process of repealing the Affordable Care Act (ACA) — or Obamacare — despite the administration's and Republicans' complete lack of an alternative to replace it. The new administration has made vague overtures about a replacement plan that Trump says will provide insurance for everyone, but no details on such a plan have been offered. While the ACA is in no danger of disappearing immediately, it may be just a matter of time before 20 million Americans who have gained insurance on the exchanges nationwide will lose it. In San Diego, that means 300,000 will

lose their insurance; twice that number of Medi-Cal recipients could lose access to coverage, according to U.S. Rep. Susan A. Davis (D-53) of San Diego. The fight to preserve and improve, rather than dismantle, the ACA has been a particular focus for Democrats — and even some Republicans — since the presidential election on Nov. 8. On Jan. 15, Davis and Scott Peters (D-52) held a joint press conference at Sharp Memorial Hospital in San Diego to discuss the threat that gutting the ACA presents. In attendance were a number of doctors and ACA beneficiaries, each of whom considered Obamacare a saving grace; all expressed intense concerns over the ramifications of a repeal of the ACA. "I can't tell you how many San Diegans I've heard from who are scared to death of losing their health care," Davis said at the press conference. "We all need to remember that this won't just impact those who obtained insurance through the law. Repeal would affect virtually everyone who has health insurance." In the days since the Obama administration began to wind down, the former president's signature health care reform legislation has found new popularity, something it never did enjoy since the law's passage in 2010. "We have to learn from why our message [on Obamacare] didn't resonate. We have to

understand better what made the difference for people [to vote for Trump]," Davis said. "Some of it doesn't seem related to what was occurring in the economy or even in their own communities." Also of grave concern to Davis and her Democratic colleagues is the future of Social Security and Medicare. "In San Diego, we have strong numbers of people on Social Security and Medicare. We know that's critically important. What policies you support means something to the people who receive (those services)." Davis noted Republican efforts to privatize Social Security. "There are maybe some changes that can occur, but we don't believe it should be privatized," Davis said. The economic impact of privatization, she said, could be devastating: 40 percent of seniors in San Diego would be living in poverty without Social Security. "There is \$6.6 million spent in San Diego by recipients every month that boosts our economy. That's important to me and it's certainly important to the people I serve." While Social Security and Medicare have a significant impact on the local economy, military spending packs the real wallop. According to the San Diego Regional Economic Development Corp., military spending accounts for 22 percent of all jobs in the San Diego

region. It would seem, then, that new president's insistence that our military is woefully unprepared and dilapidated (they're not, according to Davis) would seem to bode well for the locals. Part of Trump's campaign rhetoric involved significantly increasing military spending. Throwing money at the problem, real or perceived, however, may not be the sole answer. Davis, who sits on the House Armed Services Committee, believes that the country may be due for another round of base relocations and closures (BRAC), with an eye on efficiency. "San Diego has benefited more from BRAC than it hasn't," she said. "But on the other hand, we have many installations [nationwide] that have more facilities than they need." Closures and/or downsizing can be done in a manner that boosts, rather than decimates, local economies. "San Diego has downsized where we could," Davis said, specifically pointing to the portion of Naval Training Center on Point Loma that is now known as Liberty Station, a mixed-use development that is viewed as a success story. The trick, she said, is to find other industries that are willing to come in and fill the economic void left by a base closure, much like what happened in San Diego. Still, Davis said, despite the number of military installations in the county, San Diego is likely safe from another BRAC. "We are not in as much jeopardy as other areas around

the country. There are other facilities that are outdated and not being used, and they should be looked at," she said. And despite the periodic fervor for a new international airport at Miramar, Davis said that is not on anyone's radar. "We need Miramar," she said. "Miramar is functioning well." Also looming ominously are the Trump administration's policies on immigration. Trump has already issued executive orders banning refugees and immigrants from several majority Muslim countries — an action that has been met with enormous backlash. Trump also signed an executive order paving the way for his favorite pet project, a wall running the length of the U.S.-Mexico border. Yet to be determined is the fate of nearly 11 million undocumented residents, many of them living in California. "People here in California are very concerned about what's going to happen," Davis said. "Schools in my neighborhood, kids are going to school and asking their teachers 'what happens if I go home and my parents aren't there?' They believe that's a possibility, even if they know they themselves were born here. Parents are making plans for what could happen." Deferred Action for Childhood Arrivals (DACA) and Deferred Action for Parents of Americans (DAPA) have had fairly extraordinary success, Davis said, with over

See DAVIS page 7 —————>



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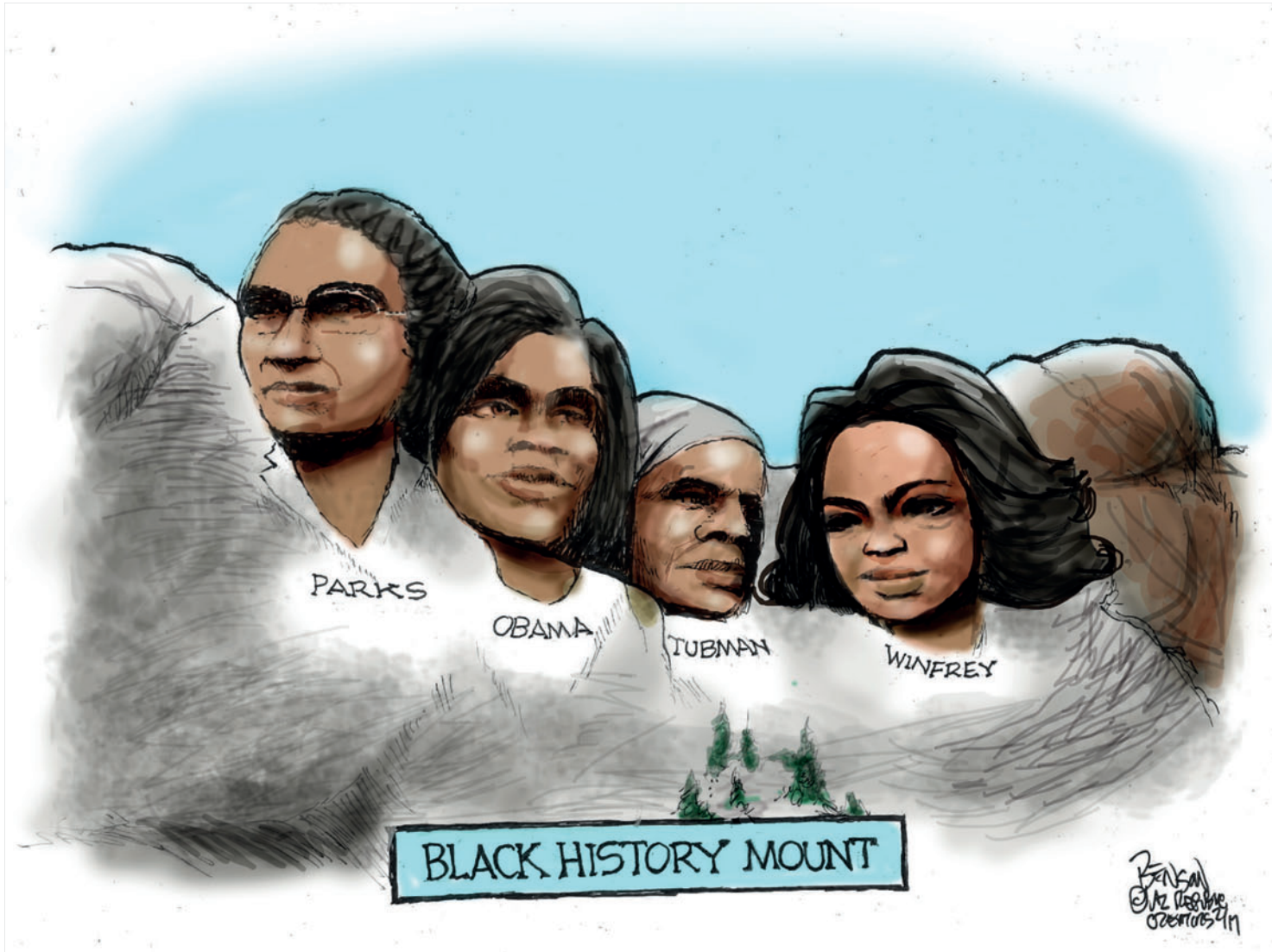
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The Chargers stopped caring about San Diego two years ago

Tony Manolatos

[Editor's note: This column was first published on Jan. 17 in the Voice of San Diego.]

I was tired of listening to Mark Fabiani. For more than an hour, he arrogantly presented a series of rigid deal points on behalf of Chargers owner Dean Spanos to Mayor Kevin Faulconer's newly formed stadium task force. I had heard enough so I quietly opened my laptop to check Twitter. What I saw surprised me.

The memo Fabiani had prepared for the task force was all over Twitter. He had given it to the media before our morning meeting two years ago at the U.S. Grant Hotel.

After the Chargers stadium point man wrapped up and left, I turned my laptop around. "He released his memo to the media before sharing it with us," I said to a stunned room.

That was our first meeting with the Chargers and it set the stage for everything else, including last week's announcement that the team was moving to Los Angeles.

It was clear early on that Spanos was not going to work at staying in San Diego. His strategy focused on creating a path to Los Angeles — where the worth of his \$2.1 billion franchise is expected to soar — and placing blame for his exit with Faulconer.

Throughout 2015, Fabiani worked tirelessly to sabotage any stadium progress in San Diego. He did so because Spanos needed to prove to

NFL owners that a deal could not be reached in San Diego. Standing in the way of that was the truth. A deal could be struck, but Spanos wasn't interested in one.

After more than a decade of hand-wringing and false starts, the mayor's Citizens' Stadium Advisory Group developed the first financing plan for a new stadium. It also selected the existing Qualcomm site in Mission Valley because building a new stadium there would take less time and cost hundreds of millions less compared with a downtown stadium. CSAG also went with Mission Valley because Fabiani assured us — at that meeting at the U.S. Grant — that the team did not have a site preference.

"When it comes to location, the Chargers are agnostic," Fabiani famously said.

CSAG's plan did not increase taxes or require a public vote. The Chargers quickly dismissed it. The mayor and County Supervisor Ron Roberts then presented Spanos with a plan that included \$350 million in public money for a new stadium in Mission Valley. Spanos responded by ending negotiations that had barely begun.

He traveled to Houston for an NFL owners meeting believing his plan with the Raiders for a new stadium in Carson would win the day. Spanos miscalculated. Badly. The owners voted 30-2 to approve a competing plan in Inglewood, funded by Rams owner Stan Kroenke.

That was a year ago. Since that time, Spanos and

Fabiani privately doubled down on their plan to move to Los Angeles while publicly attempting to convince Chargers fans they were committed to San Diego. Their gamesmanship could not have been more transparent.

Negotiations between San Diego and the Chargers following the vote in Houston never materialized, an important point when you consider the Chargers never really negotiated with San Diego before Houston. Remember, in 2015, the team did all it could to make its case for Los Angeles and that included publicly criticizing Faulconer and others working to keep the team here.

Following the Houston vote, the mayor and Roberts put their offer back on the table. Spanos requested \$200 million more from the city and county. The mayor and Roberts did not blink. The league inquired and was told the same thing — \$350 million would be the largest public subsidy for an NFL stadium in California history and, yes, it was the best and final offer.

Spanos responded by hastily cobbling together Measure C, a one-sided deal that would have raised taxes in San Diego by more than \$1 billion to a build a downtown stadium and convention center annex. Voters rejected the measure in November.

The Chargers did a terrible job of selling the measure, and that was after they spent 2015 poisoning the well in San Diego. But at least now they can say they tried, which was their goal all along.

Please do not bother reminding me Spanos spent \$10 million on the Yes on C campaign. A lot of that money was spent qualifying the measure for the ballot. It also makes perfect sense for a billionaire to spend a small share of his profits to try to win back fans he dumped on for a year while he pursued Los Angeles. Remember, Spanos earn tens of millions a year in profits.

I worked on the No on C campaign, and our goal was to keep the measure below 50 percent to provide San Diego with the certainty it needed to craft a better stadium deal instead of wondering if Spanos could get his tax measure approved in court. Measure C needed 66.6 percent to pass — an impossible threshold — but a related state Supreme Court case gave it a shot at passage if it received a simple majority.

Given all the drama, it is not surprising to see where we are today. Spanos and Fabiani set all this in motion two years ago.

Spanos and Fabiani did leave us with a parting gift. They dropped their news on the same day as the mayor's State of the City address. That wasn't by accident. They wanted to step on the mayor's news. It was their way of ensuring everyone in town would be talking about their departure and not the city's success stories.

It was a cheap shot but not a surprising one. Spanos stopped caring about San Diego two years ago. We're better off without him.

—Tony Manolatos was the spokesman for the mayor's stadium task force and the No on C campaign. He is a partner at Manolatos Nelson Murphy Advertising & Public Relations.■

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Housing Summit marks beginning to fix San Diego’s housing crisis

District 7 Dispatch



Scott Sherman

San Diego is facing a severe housing crisis. Unless we begin working together to help fix this problem, working families will continue to struggle to make ends meet.

In fact, the cost of housing has reached unimaginable numbers. The average cost of rent in our region has reached \$1,743 a month and the median cost of buying a home has surpassed half a million dollars. It has gotten so bad that San Diegans now spend more of their annual income on housing than San Franciscans!

This high cost of housing has grave negative implications on our future local economy. Current conditions are forcing families to make the painful decision to relocate and seek more affordable areas to live.

All of these statistics mean that the status quo is no longer acceptable. We need widespread reform to housing policy to turn this situation around.

To begin the work, I teamed with Councilmember David Alvarez and others to hold a Housing Summit where the public offered input and presented solutions to our housing crisis. We took the ideas offered from the participants at the summit and are developing a comprehensive work plan to

► **Davis**, from page 5

750,000 people registered under DACA alone to go to school and stay in the U.S.

“It would be ideal if, as even George W. Bush advocated, that we could find a path to citizenship,” Davis said. “That works for businesses and for families.”

Some of Trump’s policies have also placed the San Diego region’s border economy is at risk, she said.

“We have to ensure that Trump doesn’t harm that symbiosis,” Davis said, referring to the growing interdependence in a region with the single busiest land port of entry in the world.

It remains to be seen how effective congressional Democrats can be in staving off some of the policies of the Trump administration they view as overly extreme over the next four years.

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

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respond to the housing crisis in our city this year.

There is no one solution to combat the housing crisis. We need a multifaceted approach to increase the number and affordability of homes. The city must incentivize developers and property owners to increase housing stock.

Over the course of the year, we will also explore streamlining requirements and processes within our city departments to promote housing affordability. Creating strategic master plans, restructuring fees, and utilizing new technologies will help lower the cost of housing.

As a native San Diegan, this issue is personal to me. This is why I am excited to take this challenge on. There has never been a better time to improve housing affordability. The future of the middle class in San Diego is on the line.

—Councilmember Scott Sherman represents the District 7 neighborhoods of Mission Valley, Allied Gardens, Grantville, Del Cerro and San Carlos on the San Diego City Council.■

Guest editorial

Putting a face on what repeal of health care law looks like

Rep. **Susan A. Davis**

Opponents of the Affordable Care Act took a major step closer toward repealing the law last month.

Republicans, with Democrats unified in opposition, passed a budget resolution that will allow the repeal of the health care law with just 51 votes in the Senate.

Within hours of assuming office, President Trump signed an executive order directing federal agencies to look for ways to begin dismantling the health care law.

We cannot allow ourselves to get so caught up in the politics of the moment that we ignore the human tragedy of repealing health care.

I get frustrated that the political conversation in Washington often skips over the real impact that repeal will have on our communities.

I have been hearing from constituents fearful of losing their health care coverage. They’ve shared countless stories of how access to health care has

improved, and in some cases, saved their lives.

Elizabeth Silva wrote me about her rheumatoid arthritis that is attacking her organs. She has been in and out of the hospital, and relies on the health care law to help pay her medical bills.

Cancer survivor Tim Mork would not likely be able to get affordable health insurance because of his pre-existing condition.

These are just a couple of the hundreds of people contacting me.

On Jan. 15, thousands of supporters of the health care law gathered across the nation to rally Americans to voice their support of the Affordable Care Act, also commonly known as Obamacare.

In San Diego, I was joined by U.S. Rep. Scott Peters, local health care leaders and constituents to add our voices in support.

Both Elizabeth and Tim told their stories. But their fear was not just for themselves but also for others in the community who could lose health care coverage.

In San Diego, 300,000 people get health insurance because of the Affordable Care Act. More than 250,000 in our region have benefitted from the expansion of Medicaid.

These aren’t just statistics. These aren’t Democrats or Republicans. These are our neighbors. Our children. Our veterans.

The uninsured rate among veterans and children has fallen by half over the last six years.

Some people don’t realize that many veterans leave the service without guaranteed health insurance from the Departments of Defense or Veterans Affairs. Who is going to make sure they get the care they need?

Repeal of the health care law would have a devastating impact on the American people, not to mention our economy as a whole.

A recent report from the Congressional Budget Office estimates that repeal would result in 18 million Americans losing their health care.

The CBO says the number of uninsured could reach 32 million over the next 10 years and that premiums would double over that time.

See REPEAL page 12 —————>



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Housing affordability in San Diego County

ASK KATHY



Kathy McSherry

Hi Kathy:
I keep hearing that there is no inventory here in San Diego and that is why prices have continued to go up. I also heard that affordability in San Diego is so high that people must spend over 45 percent of their income on housing making it more difficult to buy. What is the latest information on the real estate market regarding these two issues?
—Marty E.

Hi Marty:
That is a great question, considering a new administration and rising interest rates in “America’s Finest City,” San Diego. With San Diego being one of the most desirable places to live in the country, we should expect higher than average housing prices. According to the California Association of Realtors, the median price for a single-family home in San Diego for December 2016 was \$568,000. As prices rise, fewer people can afford their first home. Even if one can afford to purchase a home, studies show they must spend a larger portion of their income to acquire the home, thereby having less money to spend in other areas. These higher prices are great for people that own a home but can drive rents up as the affordability remains high.



(Stock image)

Essentially, the median home in San Diego is unaffordable for the median income. In addition, companies must pay higher wages to attract people to come here which will now add to their labor costs. Higher housing prices may discourage good talent from moving here, which again can drive up rents for young professionals and students. Quality of life and commute must now take a back seat to affordability. One element that has helped affordability for many Californians has been our historically low interest rates these past few years. In 2000, many people were paying over 8 percent; and up until recently that number was in the mid threes. What many people fail to recognize is that interest rates have

a direct impact on payments. Even if the price is higher than you would like, if you can afford to make the payments, you will have still gotten into the game of real estate. Home ownership can provide you with equity and long-term wealth building. Your other concern was inventory. Supply continues to be low. Clearly when supply is limited, then the demand is greater and that makes us still in a seller’s market. High density, sustainable, urban communities where people can work and live and walk are proving to be successful. Civita, in Mission Valley, has been an amazing success with several more years of growth and planning yet to come. When Origen, it’s first new home community,

opened in 2012, pricing was in the low \$400,000s. Now, you will not find any homes in the Civita Master Plan priced under \$600,000. With that being said, where else can you have sunshine and great weather year-round, with beaches, restaurants, culture, renowned zoos, parks, breweries, wine, year-round sports, and much more? With new guidelines in place for different loan programs, there are many ways to purchase a new home. Speak to a lender for all the latest requirements regarding borrowing money for a home loan. Borrowing limits may have gone up and mortgage insurance premiums may have lessened, all depending on the type of loan you need,

which again can help you afford a home. You know my favorite real estate quote: When is the best time to buy real estate? Answer: Yesterday. When is the second-best time to buy real estate? Answer: Today. Rates are still historically low and it’s never too late to get into the game of real estate! For a good resource on market trends in San Diego, visit the market data page of the California Association of Realtors website at car.org/marketdata/. —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 14

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
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- CREATORS NEWS SERVICE
- ACROSS
- 1 Unpleasant situation
5 Shah
10 Drop or gas
14 Passageway
15 Mother's kinsmen
16 Plunder
17 Japanese city
18 Conferred
19 Being 1.
20 Correct text
22 Carried away
24 Valley
25 Mild expletive
26 Hindu poet
29 Hurry up
33 Unique
34 Incentive
35 The Thin Man's wife
36 Bore
37 Taxes
38 Etiquette
39 Burrows, of a
40 Hastened
41 Mr. Rockne
42 Resound's
44 Della, and family
45 Upstart
46 Criticizes
47 Furnish
- 50 Shorter period than usual
54 Hindu instructor
55 Ridiculous sham
57 Hyaline
58 Prognostic
59 News item
60 Como used?
61 Commanded a horse
62 Lexicographer
63 Noticed
- DOWN
- 1 Horse hair
2 Cheese
3 Beget
4 Be steadfast
5 Delight
6 Yoke
7 Wash
8 Summer in Canines
9 Those who misplay at bridge
10 Offend
11 Berlin
12 Church recess
13 Clarinet device
21 Be bold enough
23 Enfold
25 Music study
26 Mongolian
- 27 Offer a defense
28 Bridge expert
29 Sudden outburst
30 ordo seclorum
31 Furore
32 of a Wayside Inn
34 Offer pompously
37 Advocated
41 Illustrator Rockwell
43 Isaac Newton
44 Most uncommon
46 Covenant fr.
47 Excitedly
48 Rage
49 Release
50 Fussy one
51 dirt
52 Seaman
53 Dash
56 Original Aussie

Sudoku Solutions on page 14

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.

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

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Get sweaty with your sweetheart



Erica Moe

It is great when your partner or spouse can cheer you on from the sidelines. However, research shows that when they get in the ring with you, the results can have an overwhelming positive effect. Working out with your partner or spouse helps you stick with it — 92 percent of couples in one study completed the workouts compared to only 50 percent of singles. If that isn't convincing enough to get sweaty with your sweetheart, Psychology Today reports working out with your partner can create the feeling of a shared experience, which can make couples feel more satisfied with their relationship and more in love with their partner.

Buddy benefits

Personalized motivation — Encouragement is more effective when it comes from someone who knows you. Enjoy receiving it, and be sure to return the favor to your partner.

Let off steam together, not at each other — If you take out the day's stress in the gym, that can translate into less tension at home. A huge benefit of exercise is the physical release. You're less likely to take it out on each other — you take it out in sweat, instead.

Spend more time together — After-work activities and time with kids or hobbies can force one-on-one time to take a back seat. Multitask by having time with your partner and burning calories at the same time. Trying something new and different



Exercising is easier to stick with when you partner up. (Courtesy Mission Valley YMCA)

together can bring you closer. A fitness adventure like taking a new class or training for an event may be just what the date doctor ordered. Speaking of dates, who doesn't love a date night at the gym where you get to wear yoga pants?

Increased safety

Working out with a partner, you have a built-in spotter, which can reduce your risk for injury and lead to better results. Add bonus points for helping each other with form to maximize your gains.

Friendly competition

Studies shows that when you work out with a partner, you perform better. Kick it up a notch by challenging another couple to some friendly competition to keep it interesting.

Reap the rewards together — Santa Clara scientists state that people who work out with a partner feel more comfortable with, and more energetic and happier, than those who work out alone.

Accountability — Enjoy keeping each honest by sharing the same healthy food and meal

plans. Finding gifts for your fitness-minded partner just got easier — think waterproof headphones, fitness trackers and more to help you both stick with the plan.

Learn to work as a team — Create a fun experience with partner exercises.

Grow stronger together, literally — According to the Annals of Behavioral Medicine research, exercising with a partner can double your performance.

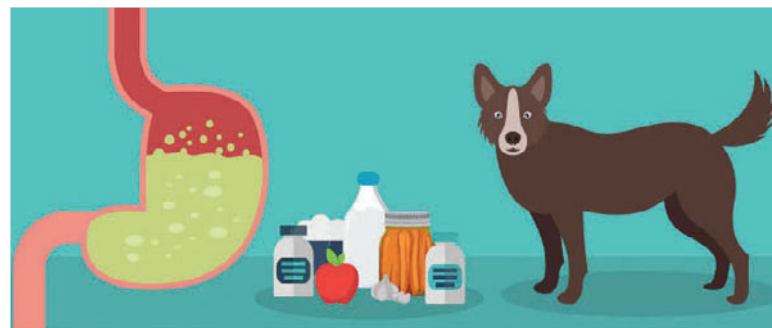
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Celebrate your successes

Share your sweaty sweetheart pics — from your most recent mud run, yoga class, at the summit or in the waves. Post at facebook.com/MissionValleyYMCA.

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

What you need to know about antibiotics, probiotics for pets



(Courtesy of DNM Nutrition)

Sari Reis

Chances are, if you have a dog or cat, you have used antibiotics at some point in time to treat an ailment your pet has had. But how much do you really know about them?

Antibiotics are a group of medications used to fight bacterial infections in the body. They fall into two basic categories. There are bacteriostatic drugs, designed to inhibit or prevent the growth of bacteria, and bactericidal drugs, designed to kill the bacteria outright. The bacteria that cause disease — bad bacteria — are called pathogenic. There are also bacteria that are good, called nonpathogenic.

Recently, there's been considerable debate concerning the misuse and over-use of antibiotics in the treatment of pet illnesses. Most of the worry pertains to an increased risk of acquired antibiotic resistance. In other words, the "bugs" become adept at avoiding the effects of the drugs meant to kill them, and are therefore not responding. Other reasons why antibiotics don't work are: insufficient dosage, inappropriate route of administration, and using the wrong drug to treat a particular infection. To avoid this from happening, pet parents

should always administer the drugs exactly as directed; only use antibiotics when absolutely necessary; and have a bacterial culture done to determine which antibiotic is appropriate.

Although most people are aware that antibiotics destroy the harmful, pathogenic bacteria, many may not realize that antibiotics also exterminate the nonpathogenic, beneficial bacteria. These useful bacteria that live in our pets' digestive tracts, are an important part of the immune system. Some of them are also vital in the manufacture of certain vitamins such as K and B vitamins. Martin Blaser, Chair of the Department of Medicine at N.Y. University Langone, wrote an article in Nature titled "Antibiotic Overuse: Stop the killing of beneficial bacteria." In this article, his focus was less on bacterial resistance and more on the permanent changes to the protective (beneficial) flora which he believes could have more serious consequences.

After a pet has completed a round of antibiotics, it is important to restore the good bacteria by providing a course of probiotics. This helps the natural flora in the gut get back into balance. However, not all probiotics are created equal. According to Dr. Karen Becker, of Healthy Pets on Mercola.com, you should choose a probiotic that meets the following criteria: There should be 10 or more strains of beneficial bacteria to promote optimal health. There should be at least 20 million or more beneficial bacteria per serving. You should check for viability, potency and purity by ensuring the probiotic you select has certification from Good Manufacturing Practices, (GMP) indicating it meets the necessary requirements.

Clearly, antibiotics cannot be avoided and they can absolutely save lives. If your veterinarian recommends antibiotics, use them exactly as directed and start probiotics as soon as the last antibiotic is finished. The goal is to get your furry kid back to optimal health as soon as possible.

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

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'Teen Iron Chef' finds a new home in Mission Valley



(l to r) Juan Rios, Jose Valdivia and Jazmyne Lyons of Garfield High School won top honors with a silver fork (Photo by Lauren Loeffler)

Frank Sabatini Jr.

For the first time in its 13-year history, a culinary competition open to local high school students, and tailored after Food Network's high-energy "Iron Chef America" series, was held Jan. 19 in the spacious, gleaming kitchens of Mission Valley's Art Institute of California – San Diego.

The annual event, Teen Iron Chef, tests the cooking skills of students from San Diego Unified District high schools as each team prepares three-course meals for a panel of judges from the food and restaurant industries. The challenge is further intensified by a secret ingredient students must use in at least one of the courses.

In honor of the Girl Scouts' 100th anniversary, this year's secret ingredient was Trefoils shortbread cookies, a sweet departure from calamari, prosciutto, brie and tofu required in past competitions.

The students — most of them enrolled in culinary courses at their high schools — took over two of the five professional kitchens at the institute, which offers certificate programs in culinary arts and management, as well as fashion, design and media.

Since the competition's inception in 2004 at Mira Mesa High School, and with support from the San Diego Chapter of the California Restaurant Association, it has come to include teams from various Unified District schools. Past venues for the event included a local restaurant, the SDG&E Innovation Center, and the test kitchen of Jack in the Box.

"This was a natural place

for the competition to be held, and we've offered to host it again next year," said Lauren Loeffler, the Institute's director of campus relations. "It was also good for our own students to see what these younger-generation high school students were doing. They're a force to be reckoned with."



Salad, lamb chops and dessert presented by Morse High School (Photo by Frank Sabatini Jr.)

Six high schools took part in the 2017 competition, including Garfield High School, which won the contest for a second year in a row. Its three-member team wowed the judges with seafood pozole, pan-roasted chicken, and chocolate pot de crème, which was laced with the Girl Scout cookies.

The other teams were from Morse, Hoover, Mira Mesa, Madison, and San Diego high schools. They were joined by a competing posse of first-year students from the Art Institute.

With an hour-long deadline to cook, the students presented their final outcomes to several judges seated down the hall in the Institute's student-run restaurant, The Palette.



High school students scurry under the clock at the Art Institute of California – San Diego (Photo by Frank Sabatini Jr.)



Griffin Rodfold of the Art Institute's team chops Girl Scout cookies used in shrimp salad (Photo by Frank Sabatini Jr.)

As the clock ticked down, Madison High School student, Xavier Cabus, 16, applied the finishing touches to his team's dark chocolate fondant with passion fruit mousse. At another station, Hoover High School student, Rubie Perez, 17, piped salmon mousse onto fresh sheet pasta for making ravioli.

Many of the dishes resembled those served in fine-dining establishments, with others including pistachio-crusted lamb chops accented by red wine and cherry demi glace (Morse High School), calamari fritti with fried capers (San Diego High School), and pan-seared quail with lemon-herb sauce (Mira Mesa High School).

"This competition creates a great platform for the teens to discover flavors, ingredients, and nutritional knowledge," said Marine Room executive chef, Bernard Guillas, a repeat judge for the event. "They have great energy."

San Diego Unified School District program specialist Lance Larson concurred, adding that the students are also tasked with purchasing all of the ingredients used in their meal courses.

The food budget, he notes, is provided in part from the school district, the San Diego Chapter of the California Restaurant Association and through fundraisers held at some of the high schools. Of the 20-plus high schools comprising the district, seven of them have culinary programs.

In regards to moving Teen Iron Chef to the Institute, at least through next January on a date yet to be determined, Larson feels the venue is ideal.

"The Institute provided greater space and equipment compared to past venues. The staff has a lot of experience doing similar competitions with their own students, and the location in Mission Valley is great because it's very central."

The Art Institute of California – San Diego is located at 7650 Mission Valley Road. Its second-floor Palette restaurant is open to the public from 11 a.m. to 1 p.m., Wednesdays and Thursdays. Reservations are recommended. For more information, call 858-598-1405 or visit artinstitutes.edu/san-diego.

—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. ■

21st-century cantina

Frank Sabatini Jr.

It was one of those nights when hubby and I couldn't decide between Mexican, Italian, Mexican, Asian or Mexican. It soon became apparent we'd end up somewhere with chips and salsa under our chins.

I suggested a place we hadn't tried yet, Primos Public Corner, which opened in October with an interior design that doesn't exactly scream Mexico, but rather gives the impression of a taqueria saturated with urban-American soul.

Our appetites were instantly whetted when first previewing online such menu items as roasted jalapeno corn bisque, New York strip steak tacos, bourbon-Sriracha flautas, and other dishes constructed with curious flair.

Located in Mission Valley's Fenton Marketplace, in the generically modern structure previously occupied by Playa Grill, customers enter into a sporty bar lounge replete with flat screen televisions, limited high-top seating and overly bright lighting.

We took a table in the dining area further back, beneath a

domed ceiling offering a bit of architectural detail. The painted skyline encircling the dome's base, combined with our view of a stylish fire feature on the outdoor patio, left us scratching our heads over the establishment's skewed identity. Sports bar?

Trendy industrial-style hangout?

Or a custom-

ary plaza-restau-

rant

sprinkled

with touches

of pizzazz?

Complimentary chips are served on cookie sheets with a trio of excellent salsas. The chips, however, signaled the start of a sweet, sugary undercurrent that ran through most of the dishes we ordered.

Dusted in what looked like paprika, our waitress at first told us they're sprinkled with the sugar and salt mix used on the rims of margaritas glasses. She later clarified the seasoning was chipotle-based, which I'm guessing was in

addition to — not instead of — the sugar-salt mix.

The roasted jalapeno corn bisque was too thick and cloying for my liking, but hubby lapped it up with wild abandon.

I also surrendered to him my bourbon-Sriracha flautas after a few bites. They were filled with shredded chicken and draped in appealing black bean puree and fresh crema. Yet the



Pineapple salad

Flautas with black bean sauce (Photos by Frank Sabatini Jr.)

promise of booze and hot sauce lurking inside these delicate flour tortilla tubes went unnoticed on my palate. Maybe it was my imagination, but the flavor of confectionary sugar surfaced, as though I was eating a Monte Cristo sandwich.

In exchange for the flautus, I seized his "Messi" burrito, a hefty thing bursting with cubed New York strip steak, scrambled eggs, beer-battered French fries and "50/50" cheese, which is a blend of Jack and cotija.

Finally, the savory flavors I had craved — and with some

decent bites of steak to boot. I didn't mind the heavy ratio of fries and scrambled eggs to the beef, which interacted nicely to traces of zesty chimichurri sauce also tucked inside. I also forked eagerly into a side of extra-creamy refried beans, flavored seemingly with lard and cumin, as hubby made the flautas go poof.

Indeed, the burrito and beans eradicated the sweet aftertaste plaguing my tongue from everything that came before it, including the few sips I took of an Amor-Rita cocktail laced with heavy measures of pomegranate liquor and rather syrupy Mexican limonada.

For many, like my spouse, a touch of sugar in savory recipes makes them mysteriously appealing, especially when contrasted with salt or citrus. And though our waitress couldn't confirm whether sugar goes into any of the dishes we tried, I suspect it does and will order differently next time.

—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.■



Corn soup



Burrito

Drinking against the tide

Come On
Get Happy!

Dr. Ink

It was a mellow afternoon at Gordon Biersch Brewery Restaurant, the international chain that rooted itself in San Diego's beer culture more than a decade ago with German-style "biers" adhering to that country's ancient purity laws.

There's only one location in San Diego among nearly 30

others spread throughout the country, plus a few in Taiwan. I've been here often for full meals, combining them usually with the company's smooth, malty Marzen, a Bavarian-style lager that offers a breather from our city's glut of hoppy IPAs.

This visit, however, was different, quieter and cheaper. I came specifically for happy hour, held on weekdays in the spacious bar lounge, where tunes by U2, Steely Dan and Bob Dylan were playing at soft volume.

Though after hopping on to a raised, cushy banquette flanked by fellow customers collectively sipping the suds, I became the rogue customer in the room when the "handcrafted" grapefruit mule I ordered came to my table.

No doubt, everyone was smitten over the fact that a 21.5-ounce glass of beer from the Gordon lineup sells for only \$4 during happy hour. The choices, which rotate periodically, included Mosaic Session IPA,



(l to r) Bratwurst and roast beef sliders

Czech Pilsner, Dry Irish Stout and a few others.

Yet cocktails are an easy \$6 from a rather lengthy list I've never given much attention in the face of the restaurant's looming beer tanks. The mule, it turned out, proved that the combination of Skyy grapefruit-infused vodka, ginger beer and fresh lime triggers rapid sipping, and hence a quick buzz. Served in a customary copper mug, it was super refreshing and tasted terrific.

Sitting at my left were two middle-aged businessmen alternating between Polish and broken English in their conversation. They had just



A free-standing brewery in the heart of Mission Valley (Photos by Dr. Ink)

ordered a second round of mini bratwurst sliders. When one of them caught me eavesdropping, he began chitchatting a bit, if only to relay his love for the brats. Coming from an Eastern European country, I was sold.

The sliders are \$3 apiece during happy hour. They also include grass-fed beef and sliced roast beef, which is served French dip-style with au jus. I ordered the latter and enjoyed it. But not as much as the bratwurst, which was served on a small pretzel roll, and smothered in grainy mustard and braised

onions. The casing was thin, almost undetectable, and the meat was ultra-lean and possessed the flavor of malt and hops.

When I asked one of the waitresses if beer goes into the sausage, she wasn't sure, but said it's definitely added into the mustard.

"Maybe the onions, too," she said on second thought. "We actually put beer into a lot of things here."

So without drinking it from a glass on this visit, I got my fix anyhow, and without complaint.■

Gordon Biersch Brewery Restaurant

5010 Mission Center Road
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gordonbiersch.com
Happy hour: 3 to 6 p.m.
Monday through Friday;
and 10 p.m. to close,
Sunday through Thursday

Art exhibits celebrate African-American History Month

Kit-Bacon Gressitt

Preservation of cultural history is a human tradition that spans ancient oral inquiry through contemporary digital archives. The recorded history of African-Americans, however, has suffered from the disregard of slavery and subjugation, hence the need for National African-American History Month, also known as Black History Month. It originated in 1926 as a designated week, observed primarily within black communities.

In 1976, it was expanded to a national month-long acknowledgement and celebration of, as then-President Gerald R. Ford wrote, “the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

Today, locally, the month is recognized with special events and performances, film viewings and classroom lessons, and, thanks to Platt College San Diego, an exhibit of student artwork installed at three public libraries: Mission Valley, Spring Valley and Vista, in North County. All of the installations will be up through February.

The show, titled “Kaleidoscope: Designing Unity,” celebrates accomplishments in two ways.

“One, is to get the students’ work out there,” said exhibit curator and Platt librarian, Nicole Lewis. “They’re always so proud to show their work, and they get used to producing art. But also, it’s awareness and unity — everybody uniting together to celebrate Black History Month ... celebrating how far we’ve come



Artist Jonelle Crowder (Courtesy of the artist)



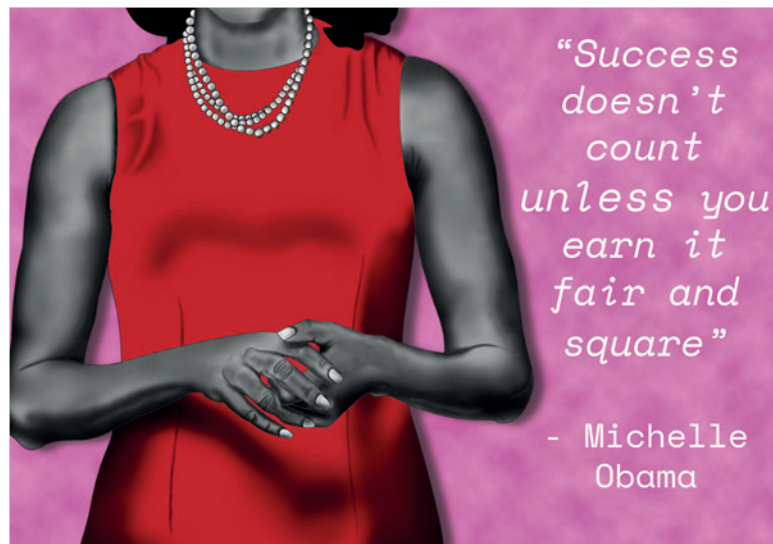
“Prince 3” by Jonelle Crowder (Courtesy of Pratt College)



“Michael Jackson” by Jonelle Crowder (Courtesy of Pratt College)



Gilberto Gonzalez (Courtesy of the artist)



“Divine Strength!” by Gilberto Gonzalez (Courtesy of Pratt College)

from slavery to the civil rights movement.”

With such topics as racism, xenophobia and white nationalism currently prevalent in the news media, it is no surprise that students were eager to have their work in the exhibits.

“When I announced this show, the diverse hands that were raised to participate were heartwarming to see,” Lewis said. “Sometimes the students are less enthusiastic, but this one, they were very enthusiastic. Definitely, they want to let out their voices. It’s also educational. They’re looking up African-American figures and learn a lot about them.”

Featured artist Jonelle Crowder, 19 years old, has two portraits in the show, of Prince and Michael Jackson, favorite artists her father introduced to her. She created the works in Photoshop using a technique called “geometric portraiture.”

“I wanted to do a different style, seeing how Prince’s music is different than any other person’s. He inspired me. I wanted a unique style for him — and for the Michael Jackson piece. I wanted to do a different kind of piece, dedicated to both of them.”

In addition to her favorite musicians, Crowder is also cognizant of the contributions made by heroes of the civil rights movement.

“African-American History Month, it points at the different triumphs and successes African-Americans have made, to make it how it is today. Today, I get to do things and explore things and be the person I am, without the restrictions of the past. People like Martin Luther King, Rosa Parks, Malcolm X, they make me happy to be the person I am today.”

Crowder’s outlook is tempered only a little by current politics.

“I do have a bit of concern — it’s not a good, positive vibe,” she said. But she thinks the public will appreciate the students’ work and learn from it. “This art show will give people a lot of feelings about African-American history, a lot of history, important people in our history.”

Artist Gilberto Gonzalez, 24, includes contemporary history in his contribution to the show, celebrating the strong African-American woman in his piece

“Kaleidoscope: Designing Unity” Through February

Mission Valley Library
2133 Fenton Parkway, San Diego, CA 92108
858-573-5007

Spring Valley Library
836 Kempton St., Spring Valley, CA 91977
619-463-3006

Vista Library
700 Eucalyptus Ave., Vista, CA 92084
760-643-5100

“Divine Strength!” The portrait quotes first lady Michelle Obama’s speech at the 2012 Democratic National Convention.

“Michelle Obama, herself, is strength,” Gonzalez explained. “Everything she does is all about empowerment and improving yourself. I would have voted for her, 100 percent, and it’s not just because she’s a woman, but because of what she accomplished next to President Obama. ... I believe it’s important to represent not only the past heroes, but also our present. ... And her backstory, from having nothing to accomplishing all this, it’s inspiring for everyone.”

Like Crowder, Gonzalez expects the show to capture people’s hearts and hopes.

“If they have a dream, they can say ‘I believe in myself, I can do this, too, whether it’s art or business. These people have done it before me, so it’s my time now.’ Some of us come here with a dream, to give our families a better opportunity. So I believe the art will bring more people a better understanding of different types of people.”

The public can see these and other students’ creations during regular library hours.

—Kit-Bacon Gressitt is a local arts freelance writer who has been published in multiple publications. She also hosts the Fallbrook Library’s monthly Writers Read authors series and open mic. Reach her at kbgresitt@gmail.com. ■

► Repeal, from page 7

Repeal would affect all of us in another important way — hospitals, clinics and doctors stand to lose hundreds of millions of dollars if the law is repealed.

The health care sector makes up 20 percent of the U.S. economy and a lot of jobs in the San Diego region. It doesn’t take an MBA to know that financial losses and uncertainty will hurt our economy and could impact quality of care.

The health care law is not perfect and there are no doubt things we can do to make it better to the benefit of the American people.

Democrats stand ready to work together to find areas of

improvement. We are willing to look for ways to expand coverage to even more people as well as look for ways to lower premiums.

Right now, we simply do not have a willing partner in Congress. Congressional Republicans are focused on one task: repeal. And that’s unfortunate to the millions Americans for whom the Affordable Care Act is working.

Let’s put aside the politics and take a hard look at the human side of this issue. I think if more of my colleagues do that they will see that repeal is not the answer.

—Rep. Susan A. Davis represents Congressional District 53. ■

The Stand opens at Mesa College



(Courtesy of Mesa College)

The Stand, a food pantry and clothing resource to help students in need, held a grand opening Thursday, Feb. 2 on the Mesa College campus.

The Stand helps students who lack food or clothing while attending college. Resources at The Stand are intended to fill the students’ needs so that they can fully concentrate on their studies. The Stand also has professional and business casual clothing for students so that they will be properly dressed when they go to work, attend career fairs or job interviews. The items are free to enrolled students based on a point system. Students are allowed 16 points to spend at The Stand each week.

“Food insecurity impacts students every day, and we will now be able to help our students stay focused on their academic journey,” stated Mesa College President Dr. Pamela T. Luster in a press release.

The Stand is located on the second floor of the Student Services Center, next to Parking Lot 1, off Marlesta Drive and Genesee Ave. To donate items or to learn more, call 619-388-2759 or visit bit.ly/2kTgX11. ■

► **Green Rush**, from page 1

Colorado where marijuana is legal, and increased use among high school students as reasons for his urging the planning group to not approve the applicants.

Kathleen Libbon took issue with the process to establish 36 total permits in the city.

“It is unfortunate that they have done things like redefining what a park is or redefining what is and isn’t child-oriented to accommodate the [dispensary] projects,” she said, contending that neighboring businesses are not properly notified when the applications come up.

Judi Strang, who serves on the health committee of the Ninth District PTA serving San Diego and Imperial counties, warned that medical dispensaries will become recreational dispensaries now that Californians passed Prop 64 legalizing recreational use.

“In the parent world, we are very concerned about the commercialization of marijuana

and what that means,” she said.

Sean St. Peter of SDMM was the first applicant to present. His proposed dispensary would be housed in a 5,074-square-foot space in a commercial building located at 1233 Camino del Rio South.

The location is in a commercial zone and backs up to a steep hill. St. Peter said the city staff verified that the location is 1,000 feet from any parks, schools, churches or child-oriented establishments but when the planning group asked to be presented the verification, St. Peter didn’t have any document with him.

The planning group also discussed the number of application in Mission Valley when there are already two operating dispensaries.

“Technically ... there are two approved in Mission Valley but zero approved in District 7,” vice chair Marco Sessa said. “The ordinance does not differentiate between community planning areas and number of dispensaries. The ordinance

says that there shall be no more than four per council district.”

There are already two dispensaries approved on the eastern edge of Mission Valley, south of Interstate 8, which are in District 3.

“Those are open and approved and I think our group supported them,” Sessa said. “I don’t think the group ever thought that all of a sudden it was going to be the only location within the council district plus the other districts that would house them all.”

The planning group then voted to not approve the application and invited St. Peter to return to the next meeting that has an opening, so he can produce a 1,000-foot boundary map with surrounding businesses for the group to look over.

Attorney Gina Austin then presented for Stone Age Farmacy’s dispensary application for 3456 Camino del Rio North. The proposed 1,889 square-foot space would include security upgrades, mitigated parking and an owner with

experience in operating shops in Los Angeles.

Despite the thorough presentation, the planning group voted to not approve the application because the location is within 1,000 feet of a building owned by the San Diego Unified School District. Although the school district building is currently vacant, an application for an Audeo Charter School is pending and the planning group cited the growing need for schools in Mission Valley as reason to vote against approving a dispensary that would neighbor the potential school.

Rob Hutsel also pointed out that the location is also close to land that might be potentially turned into park space in the future.

Because the planning group’s decisions are only advisory, Stone Age Farmacy can still present its case before the city’s Planning Commission and because the charter school has not been approved yet, the dispensary still has a chance of approval.

Blake Marchand’s proposed Valley Greens Corp at 2835 Camino del Rio South was the final application before the planning group. Marchand’s project was different in that he is in the process of purchasing the building where he will set up a 2,183-square-foot dispensary in the 17,767-square-foot building.

Several of the current businesses that are tenants of the building came to urge the planning group to not approve. The businesses include an art therapist, a language school and a healing collective that consists of yoga instructors and massage therapists. They voiced concerns about students and clients choosing to stop patronizing them if a dispensary opens in the building.

The planning group voted to not approve the application because Marchand also did not furnish a map of the 1,000-foot buffer around the location. He can present again at the next available meeting.

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

► **Briefs**, from page 3

A panel of experts in the health care field will explain the many opportunities available for veterans in this expanding industry. Some of the opportunities are pharmacists, optometrists, physician assistants, physical therapists, dental hygienists, radiation

therapists, dietitians and nutritionists. To register, visit contacc/2kK5Wjg.

IKEA installs fuel cell system

Home furnishings retailer IKEA completed installation of a biogas-powered fuel cell system at its Mission Valley store, 2149 Fenton Parkway. Three other IKEA stores in California

have fuel cell systems. The system supplements the onsite solar array on top of the San Diego store. Used together, they will help generate a majority of the store’s energy.

“Utilizing fuel cells will reduce our carbon footprint and help create an even more sustainable community here in San Diego,” stated IKEA San Diego store manager Jim Tilley in a press release.

IKEA chose Sunnyvale-based Bloom Energy to design, develop and install the fuel cell system, which is a little bigger than the physical size of a commercial back-up generator. The 200-kilowatt, biogas-powered project will produce about 1,665,101 kilowatt hours of electricity for the store each year. That’s the equivalent of reducing 877 tons of carbon

dioxide, which is equal to the emissions of 185 cars, or to provide electricity for 130 homes yearly.



The IKEA in Mission Valley has installed fuel cell systems to power the store. (Courtesy of IKEA)

Tips for Improving WiFi in the Home

Getting great performance and optimal security out of your home WiFi can be tricky. Even if you’ve been setting up the basics for years, here are some quick tips that can help you get the most from your wireless connections.

- 1. Place your router in the best location possible.** Most people just plug in the router and toss it on the nearest desk, or worse, into a drawer. A wireless router needs open space, away from walls and obstructions. Heavy-duty appliances like refrigerators, washers, dryers or other electronics that are close to the router can impact WiFi performance. Avoid placing your router near a functioning microwave, as it can greatly impact your signal.
- 2. Update your router’s firmware.** Manufacturers constantly update the software that runs your router. Keeping this software up-to-date is just as important as keeping your Windows or Mac OS up-to-date for security, features and speed. Most routers have a quick “Update Firmware” option built right in to the router’s settings, making this a painless process.
- 3. Replace your router’s external antennas with directional antennas.** This can provide a significant boost

in signal coverage overall, but is particularly useful for people who have their router on one side of the home and their computers and devices on the other. By default, most routers come with omnidirectional antennas, which means the wireless signal is broadcast at roughly the same strength over 360 degrees. Replacing the default antennas with directional antennas redirects all the signal strength to a 180 degree arc to better power your home – that means more range, better signal strength and likely faster speeds.

- 4. Secure your network.** Make certain your network has a password and your router is secured using WPA2. This keeps you safe and ensures your speeds are not compromised by unauthorized users. If your devices support the standard, make certain you use WPA2-PSK (AES) as the most secure router option. If you have older devices, they may only work with versions of WPA or WPA2 with TKIP. Keep in mind that if you use older devices, your WiFi network may be limited to 54 Mbps, regardless of your signal.
- 5. Consider other options.** If your network still has issues with speed or coverage in your home, it may be time to look at wireless extenders or access points.

These devices can extend your network by using your home’s electric lines or network cabling, or by using the coaxial cable your home already has.

- 6. When in doubt, call an expert.** If you continue to have issues with your in-home WiFi, contact your local service provider. Cox customers, for example, now have access to Panoramic WiFi, in-home wall to wall coverage that provides the strongest WiFi signal ranges. Panoramic WiFi uses devices and tools to ensure the best speed, coverage and connectivity for all your devices, including the MyWiFi mobile app that allows you to see the state of your home’s WiFi health from the palm of your hand.

To learn more about Panoramic WiFi and Cox High Speed Internet, **visit cox.com/wifi or call (888) 557-1740.**



Ashlynn Ball (Courtesy of RBTK LLP)

Ashlynn Ball promoted to partner

Mission Valley-based CPA firm RBTK LLP recently promoted Ashlynn Ball to partner. Ball will be responsible for managing and leading the audit and accounting services.

“Ashlynn has excelled in every role she has taken on at RBTK and we are thrilled to name her a partner at the firm,” said RBTK managing partner Kevin Brown in a written statement.

Ball joined RBTK in 2008 in the position of senior staff accountant. She was later promoted to accounting supervisor and accounting manager, respectively. RBTK is located at 4909 Murphy Canyon Road, Suite 120.■

Five things to know about integrative heart care

Leonel Sanchez

Heart disease is the leading cause of death among both men and women in the United States, taking the lives of 610,000 Americans every year. While conventional medicine can offer heart patients the very latest technology in terms of medications, surgeries and interventional procedures to treat heart attacks and other acute heart conditions, preventing those problems is often less precise and sometimes more complex.

“Certainly risk factors such as family history, blood pressure, cholesterol levels and genetics are important, but often there are other, less obvious aspects involved as well,” said Poulina Uddin, M.D., an integrative cardiologist at the Scripps Women’s Heart Center, which is scheduled to open in January. Dr. Uddin is on the medical staff at Scripps Mercy Hospital, which has campuses in Hillcrest and Chula Vista.

Here are five things to know about integrative heart care, which focuses on caring for all aspects of a person’s health:

Look beyond the physical symptoms

“If someone comes in with a heart attack, I ask what happened that day. Were they angry with someone? Was there a stressful event?” Dr. Uddin said. “All of the physical risk factors are important, but why



Dr. Poulina Uddin (Courtesy of Scripps Health)

did it happen on this particular day? And the majority of the time, there is some emotional or environmental trigger.”

According to Dr. Uddin, who is board certified in both cardiology and integrative medicine, an integrative approach to heart care takes all of those factors — physical, emotional, psychological and social — into consideration when determining treatment and crafting an individualized care plan for each patient that reflects and acknowledges their unique lifestyle.

Make nutrition and exercise realistic and achievable

Physicians often instruct heart patients to eat well, exercise and live a healthy lifestyle, but patients may not have the knowledge and tools they need to follow through on those instructions, Dr. Uddin said. A



(Stock image)

patient who is depressed, for example, is unlikely to stick to an exercise program unless the depression is addressed. Nutrition and cooking classes, for example, can help patients learn to make heart-healthy meals. Dr. Uddin recommends being very specific about dietary recommendations.

“I actually ask the patients what they are eating, make a list, and then give very specific recommendations for substitutions, portions, and problem foods,” she said. “For example, replace your white rice with brown rice or quinoa, or eat only half of what you have taken on your plate. This makes it much easier for people to get started in the process.”

Learn effective ways to manage stress

Stress and anger can be major risk factors in heart disease,

and learning to deal with these negative feeling can lower risk and benefit overall wellness.

“I am a big proponent of dealing with stress. I send plenty of patients to acupuncture or healing touch, a therapy that focuses on the energy field surrounding the body. And I teach breathing exercises in my office,” Dr. Uddin said. “I often recommend yoga, and I recently became a certified yoga instructor myself because I want to be able to set up classes for my patients who are apprehensive about doing it on their own. A lot of patients just need that support.”

Complement conventional medicine rather than replace it

Dr. Uddin noted that the integrative approach complements rather than replaces conventional heart care. For a generally healthy patient who

may be slightly overweight and have high cholesterol, lifestyle changes such as improving their nutrition, exercising and managing stress may be enough to lower their risk, and having a personalized plan to follow makes that more realistic.

If after six months there is no improvement, it may be time for medication — and that often raises questions about prescription versus supplements or “natural” products.

Use natural supplements wisely

Natural supplements such as fish oil and turmeric have a proven anti-inflammatory effect on the body and can help reduce risk, but for someone who has already had a heart attack or a stent placed in an artery, standard medications such as aspirin and statins are part of the recommended treatment. Some patients, however, may be reluctant to take prescription drugs, preferring instead to use herbs or supplements. While these alternatives may do the same thing as prescription medications, they tend to be far less regulated and tested for safety and effectiveness than prescription drugs.

“Red yeast rice, for example, can be a substitute for statins, but the chemical effect on the body is essentially the same, and you’re still taking a pill that may or may not be as safety-tested as a prescription,” Dr. Uddin said.

Successful integrative heart care starts with an open, honest dialogue with your physician, and creating a care plan that addresses your unique physical, emotional, social and spiritual health.

—Leonel Sanchez is public relations specialist for Scripps Health. This “To Your Health” article is a product of the physicians and staff of Scripps. For more information, please visit scripps.org/SNS or call 858-914-2297.■

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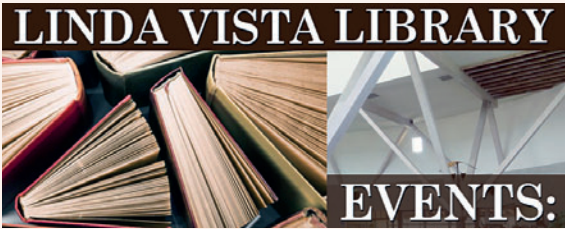
PUZZLE ANSWERS FROM PAGE 8

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Monday, Feb. 20
Closed for Presidents Day

Tai Chi for seniors
Mondays and Thursdays, 10 a.m.
Improve your balance and mobility with slow, controlled movement.

Morning story time with Ms. Kathie
Mondays, 10:30 a.m.
Children and their

families are invited to join in for stories, rhymes and songs.

Do your homework at the library
Mondays and Thursdays, 3-6 p.m.; Tuesdays and Wednesdays, 3-7 p.m.
The branch library offers help. Students from kindergarten through eighth grade can receive free personalized assistance.

Crafts for kids
Tuesdays, 4 p.m.
Stretch your imagination and create fabulous crafts. The craft is different every week.

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

Adult yoga
First Thursday of the month, 11 a.m.
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.

Silver Chair Yoga
Thursdays, 12:15 p.m.
Silver Chair Yoga is designed so that seniors can safely practice yoga at their level of comfort.

Valentine's Day Event
Friday, Feb. 10, 3 p.m.-5 p.m.
Make something sweet for your sweetie! Valentine's Day crafts and film. Visit bit.ly/2jZX5oX.

Story time with Mr. Luan
Second and fourth Fridays, 10:30 a.m.; Third Saturday, 10:30 a.m.
Energetic story time that is fun, interactive and educational. The session will include singing and maybe a little dancing. Preschoolers on Fridays; Toddlers on Saturdays.

Lego Time
Fridays, 4 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 fun.

Friends of the Linda Vista Branch Library meeting
First Saturday of the month, 11:15 a.m.
General public invited; newcomers always welcome. Visit lindavistalibrary.org.

The Linda Vista Branch Library is located at 2160 Ulric St. It 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. ■



Monday, Feb. 20
Closed for Presidents Day

Toddler Story Time
Mondays, 11 a.m.
A story time designed for toddlers, featuring songs, rhymes and finger plays.

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

Yoga for Adults and Teens
Tuesdays, 6-7 p.m.
Learn yoga, an easy to learn workout program that requires little or no equipment and soothes your soul while toning your body.

Knit-a-Bit Knitting 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.

Friends of the Library Meeting
Third Wednesday, 6 p.m.
Join members of the Friends and the Mission Valley Library and library staff to discuss ongoing projects, library goals, fundraising and to learn how the Friends support the library's operations.

Picture This: "Gimme Shelter"
Wednesday, Feb. 22, 6-8 p.m.
A screening of the rock documentary about the Rolling Stones. The film is notable for showing the band reduced to powerlessness as a tragic show slowly spirals out of control.

Preschool Story Time & Craft
Thursdays, 10:30-11:30 a.m.
Preschoolers are invited to a story time followed by a fun craft.

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

The Mission Valley Branch Library is located at 2123 Fenton Parkway. It 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 6 p.m.; Sunday 12:30-5 p.m. For more information, call 858-573-5007 or visit facebook.com/mvlibrary.■

Community Calendar

11th Annual Father Daughter Dance for Military Families
Friday, Feb. 10
The Armed Services YMCA San Diego (ASY) hosts a dance for active duty fathers and their daughters. The event will feature live entertainment, a magic show, a candy bar and more. 5:30 to 8:30 p.m. at the Town and Country Resort, 500 Hotel Circle North. Visit asysd.org.



Art work like this piece by Kenyatta A.C. Hinkle will be on display in the Mesa College Art Gallery for Black History Month. (Facebook)

Art Exhibit: "Impressions: African-American artists and their connection to African Art"
Friday, Feb. 10 to Thursday, Feb. 23
Mesa College's art exhibition will showcase artwork inspired by African-American culture and history. The collection features pieces from artists Andrea Chung, Kenyatta A.C. Hinkle and Robert Pruitt. Gallery hours are Monday-Wednesday 11 a.m. to 4 p.m. and Thursday 1 to 8 p.m. at 7250 Mesa College Drive, D101. Visit bit.ly/2jZa9uW.

Healthcare Panel for Veterans
Tuesday, Feb. 14
Veterans are invited to an expert panel about job opportunities



Black Market Trust will bring jazz to Dizzy's on Feb. 17. (Courtesy Black Market Trust)

in the health care field. Potential occupations include pharmacists, physician assistants and dental hygienists. 11 a.m. to 1 p.m. at MLB Center for Military and Veteran Reintegration, 4007 Camino Del Rio South, Room 204. Visit conta.cc/2jZ5dWW.

The Black Market Trust concert
Friday, Feb. 17
Dizzy's presents the American pop/vocal jazz band The Black Market Trust. The group is currently on tour with their sophomore album "II." \$15 cover. 8 p.m. at Dizzy's at Arias Hall, 1717 Morena Blvd. Visit dizzysjazz.com

Hemlock Society Presents 'Still Alice'
Sunday, Feb. 19
Hemlock Society of San Diego's Right to Die Film Festival will screen "Still Alice," a film about Alzheimer's disease. A group discussion will follow. Starts at 1:30 p.m. at Mission Valley Library, 2123 Fenton Parkway. Visit bit.ly/2kizjFz.

Open Mic: Poets Speak Out
Tuesday, Feb. 21
The annual open mic is open to students, faculty and the community. One student winner will have his or her poem performed by Dr. Ron McCurdy. 6 to 9 p.m. at San Diego Mesa College, Room TBD, 7250 Mesa College Drive. Visit bit.ly/2jZp5Jy.

Ruffin Canyon Enhancement Planning Field Trip
Saturday, Feb. 25
San Diego Canyonlands will host a field trip for their next workshop to enhance Ruffin Canyon. Wear sturdy shoes with ankle support, hat, sunscreen and water. 9 a.m. to 11:30 a.m. at 9296 Shawn Ave. Visit bit.ly/2jZ3iBI.

Veteran's Job Fair
Thursday, March 2
RecruitMilitary and DAV will host a free hiring event for veterans, transitioning military personnel, National Guard members, Reserve members and spouses. 11 a.m. to 3 p.m. at Scottish Rite Event Center, 1895 Camino Del Rio South. Visit recruitmilitary.com

Civic Meetings

Linda Vista Planning Group
Monday, Feb. 27
The Linda Vista Planning Group will hold its general meeting at 5:30 p.m. at the Linda Vista Branch Library, 2160 Ulric St. Visit bit.ly/2jZpXh5.

Mission Valley Planning Group
Wednesday, March 1
Mission Valley Planning Group will hold its general meeting at 12 p.m. at the Mission Valley Branch Library, 2123 Fenton Parkway. Visit bit.ly/2jZs7gA.■

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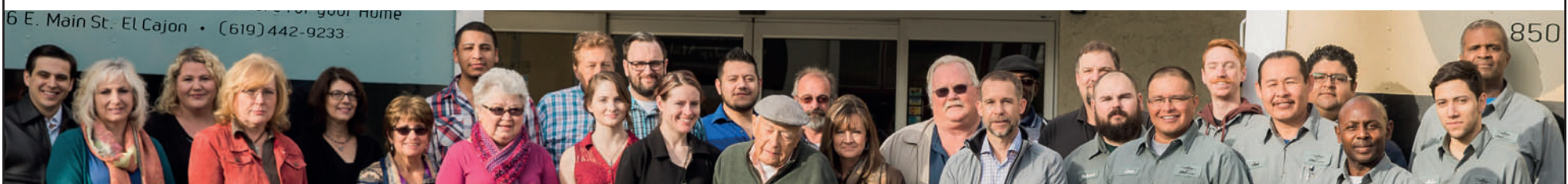
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