



Follow us on
Facebook and Twitter
sdcnn.com

MISSION VALLEY News

Mission Valley | Linda Vista | Old Town | Morena District

INSIDE THIS ISSUE

NEWS

The Aztec proposal



SDSU puts forth its own ideas for the Qualcomm Stadium site. **Page 4**

NEWS

Celebrate Civita Park



San Diego's newest park's grand opening plans and more in News Briefs. **Page 5**

FOOD & DRINK

St. Patty's Day, 365



McGregor's has your corned beef covered all year long. **Page 9**

PETS

End animal cruelty



Learn the ASPCA guidelines to help prevent abuse to animals. **Page 10**

ALSO INSIDE

Opinion.....	6
Fitness.....	9
Real Estate.....	11
Classifieds.....	12
Politics.....	13
Calendar.....	15

Editorial / Letters

(619) 961-1969
jeff@sdcnn.com

Advertising

(619) 961-1958
mike@sdcnn.com

www.sdcnn.com

San Diego Community News Network



Follow us on
Facebook & Twitter



An artist rendering of FS Investors' SoccerCity proposal to replace Qualcomm Stadium (Courtesy FS Investors)

PUBLIC WILL DECIDE SOCCERCITY

Planning group objects to initiative process

Jeff Clemetson

Editor

The decision whether to turn the Qualcomm Stadium site into a commercial, residential and entertainment hub centered around a Major League Soccer (MLS) stadium will be turned over to the citizens of San Diego on a special ballot this November. And just like previous initiative proposals involving professional sports stadiums, the SoccerCity proposal is generating controversy.

On April 5, FS Investors representative Nick Stone returned to the Mission Valley Planning Group to talk about the new initiative before the planning group voted on what action they would take about the proposal.

"As of [April 3] our group asked for the City Council to place us on the ballot for the Nov. 7, 2017 election to allow the people of San Diego to vote," Stone said. "It's something we've actually been working on the last two months and so it's really nice to that it's all kind of come together here."

Stone said his group changed its strategy for getting the SoccerCity proposal passed after MLS changed its deadline for San Diego to have a plan in place to build a stadium. Previously, FS Investors would have had to pass the proposal through the San Diego Planning Commission and then a vote by City Council by the fall, prompting critics to point out the rushed timeline for such a large project.

See SOCCERCITY page 3

Home Start's mission to prevent child abuse

Jeff Clemetson

Home Start CEO Laura Tancredi-Baese has lots of success stories about how the 45-year-old nonprofit has helped families throughout San Diego County — stories like this one:

"I'm here one night, it's like 7 o'clock, I'm working on a report and Liz the therapist comes to my door and says, 'There is somebody here that wants to talk to you.' I come to out the door and there is a young mother with a cutie 4-year-old son and she's holding her graduation certificate in her hand. She said, 'I needed to tell somebody else thank you. I just finished six months in therapy with Liz and it changed my life and changed my son's life.'"

Tancredi-Baese said the boy's father abused the woman until she left him when the boy was 9 months old. The experience left her traumatized and unable to adapt to life as a parent, and her son grew up with behavioral issues. But with evidence-based therapy, she was able to turn her life around and become a better mother.

Home Start, which is headquartered on Texas Street in Mission Valley, began 45 years ago as one of 16 demonstration projects related to Head Start,



Home Start CEO Laura Tancredi-Baese stands in front of the nonprofit's headquarters in Mission Valley. (Photo by Jeff Clemetson)

the national preschool program for low-income children.

"We knew Head Start was making a difference with low-income children by giving them an opportunity to have preschool and learn and grow," Tancredi-Baese said. "What if we also went into the homes and worked with the parents and worked with the families and taught

them parenting skills, parenting education and taught them about child development, those kinds of important things, what would happen?"

What happened is the program showed that working with parents proved to have even stronger results, so in 1977,

See HOME START page 14

Taste of Morena turns 10

Event features
culinary treats,
craft breweries,
food drive

Margie M. Palmer

The 10th annual Taste of Morena will take place on April 26 and as with Tastes of the past, this year's event will feature an array of savory food samples, drink specials and delectable sweets from several local eateries.

For just \$25, attendees will be able to partake in a culinary adventure that spans 23 restaurants, breweries and bars including Bay Park Coffee, Pita Pit, Andres Restaurant, Baci Ristorante, Bay Park Fish Company, Siesel's Old Fashioned Meats, Bull's Smokin' BBQ, Dan Diegos, JV's Mexican Food, La Gran Terraza, Luce Bar & Kitchen, Tio Leo's, Offshore Tavern & Grill, Sardina's Italian Restaurant & Bar, zPizza, Fiji Yogurt, Home Brew Mart by Ballast Point, The Clutch Bar, Side Car Bar, and Poseidon Project.

New participants include the cafe and bar at San Diego Tennis and Racquet Club, Pho Kitchen and tastes from Waters Fine Foods, which will be featured at Morena Storage.

Siesel's Old Fashioned Meats deli manager Robert Cabanas and Ballast Point Brewing Company Home Brew Mart general manager Jim Johnson said that being part of the Taste of Morena is something they enjoy doing for the community.

"We're part of the Bay Park community and if people don't know about us, they can come out and try some of the stuff we make here. It's all in good fun," Cabanas said.

"We participate because we are part of the local business community here, and have been for 25 years," Johnson said. "The Morena

See MORENA page 5

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

Grand Opening CIVITA PARK

Get your fun on!

Saturday, April 29th, 11 AM–3 PM

Join us for an afternoon of fun and games as we celebrate the opening of Mission Valley's new 14-acre park. Festivities start at 11 AM with a formal presentation by city officials, and the fun continues with live music, food trucks, exotic birds, hula hoops, tight-rope walking, yoga, basketball and kid's soccer. Bring your furry friends too, they'll love the new Bark Park! For a detailed schedule of events, visit civitalife.com.



Townhomes | Rowhomes | Single-Level Condos | Luxury Apartments



Civita Boulevard off Mission Center Road civitalife.com



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



► SoccerCity, from page 1

On March 28, a group of San Diego community and business leaders launched the Public Land, Public Vote coalition to force a public vote on the proposal.

One of the coalition’s leaders, Joe LaCava, spoke at the meeting and urged the planning group to reject the SoccerCity proposal, pointing to the fact that resistance from the coalition had already helped pressure MLS to change its deadline.

“So there apparently are opportunities to play on the deal points,” he said. “As a taxpayer, that’s where I think there is an opportunity to make a real difference. How much is still sitting on the table that we as taxpayers can claw back from this deal?”

LaCava wasn’t alone in criticizing the proposal. Planning group member Marco Sessa questioned whether an initiative process would allow for public input on the issues in the proposal because once the initiative is written and voted on, very little can be changed. He also pointed out legal language in the proposal that troubled him.

“I think there is really interesting language associated with affordable housing and whether any of the affordable housing will be built,” he said. “I think the traffic mitigation is really concerning. I don’t necessarily see that mitigation will occur as the development occurs — even though it’s implied that it will, but there is legal language that allows an out.”

Stone agreed that the initiative process is locked, but there are still aspects of the project that can be changed depending on public input.

“What is locked is that there is a \$40 million park. What is not locked is how we spend the \$40 million. What is locked is the total entitlements; what is not locked is where on-site housing exists versus where retail exists, et cetera,” He said. “So there is wide room on some level to move things around. There are also laws with respect to the total entitlements that we cannot go over. The answer, sadly, is not straightforward.”

Stone further defended the initiative process by pointing to the electoral process of campaigning for votes.

“At the end of the day, this is a process that allows the city of San Diego to vote and [groups] will actively spend money campaigning against us ... but that is the beauty of the citizen initiative process,” he said.

Sessa, who acknowledged to campaigning against the proposal, said that hiring consultants and lawyers to read the initiative and figure out what is legally binding is one of the problems with the process.

“You’ve put us in a situation to where we had to do those things,” he said. “If you went through the regular public vetting process, the city of San Diego traffic engineers would be reviewing your studies, identifying the fact that the trip distribution is not consistent with the study that was done, identifying the fact that road



FS Investors representative Nick Stone addressed the Mission Valley Planning Group on April 5. (Photo by Jeff Clemetson)

classifications in your study are not consistent with the future of our community plan, identifying the fact that there are no assurances that those improvements are going to get built.

“Yes, we’ve had to spend money. And, frankly, I believe the money we spent today has forced you to now say that you are going to do a public vote. I think it has also helped drive the language about \$40 million instead of \$20 million that you’ve committed to do parks and so if us spending money makes Mission Valley a better place, we’re going to continue to do it.”

Stone said that even though the initiative process will sidestep the regular entitlement process, FS Investors is not ducking CEQA, the California Environmental Quality Act.

“The work is the same,” he said. “The work was done by the same engineers that do CEQA analysis all over the city of San Diego. They follow the same CEQA guidelines and I think that the important thing to remember about the initiative process is that our threshold is higher. We have to clear a vote of the people, not just a vote of nine people on City Council and not just a vote of a planning group.”

During public comments, planning commissioner Theresa Quiroz said the public is being “misled” by the initiative’s claim that there is no public subsidy involved in paying for the project.

“The devil is in the details. Right now, the property is zoned not very dense and it’s just commercial and there’s not much that can be done. This initiative is going to really, really upzone it. And the value of the property once you upzone, it is huge,” she said. “But the actual initiative says

that it will be sold and leased to FS Investors at today’s value; that’s \$200 million. But it’s going to be worth somewhere around \$500 million, so they’re getting a \$300 million subsidy.”

Stone said the price of the property is fair market value determined by the mayor’s process.

Planning group member Allan Grant took issue with how the initiative process will circumvent the planning group’s input while the group is in the middle of updating the community plan.

“Every other development in the valley, every other redevelopment that may come forward would now need to take into account what you’re doing, which is outside the community plan and that to me is troubling in the very least,” he said.

Grant said that even though the regular vetting process for projects is “sometimes challenging,” it is one that works for most people, most of the time.

“Never is anything going to be right for everybody but I would like to see the community have been consulted from day one,” he said. “I think it’s a better process.”

After comments were done, the planning group voted to take two actions on the SoccerCity proposal. The first was to form a subcommittee to study the initiative and look for places where the planning group would still have some input, such as the design of the proposed park and the look of the buildings.

The second action was to pen a letter to the City Council expressing the group’s concern over the initiative process that “trivializes” the work of the planning group.

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

WELCOME HOME

REDUCED PRICE!
NOW \$650,000.00!

Best of the Best! At The Courtyards!

5875 Friars Road #4203, 92110

Must see this rarely available spacious 3 bedroom/2 bath penthouse with 1969 sq ft of living area! Newly renovated! New paint, carpet, molding, bathrooms! Large Master suite with sitting area and fireplace! 3 balconies w/views and 2 with storage! Dual zone heating/air system for economic efficiency. West facing unit that is filled with natural light~ overlooking a serene pond. 2 Assigned, side by side parking spaces. 2 pets okay at less than 35 lbs. Resort style, gated community!

Donna Weissaupt
Allison James Estates and Homes
BRE 01430256

The Courtyards!

5875 Friars Rd. #4216, 92110

A light/bright corner unit with West facing views overlooking the ponds! This comfortable, single level home is roomy at 1430 sq ft has 3 bedrooms, 2 baths and a cozy fireplace in the living room! Eat in kitchen with new quartz counter top, Bamboo flooring and newer Stainless appliances Spacious Master suite with a South facing balcony and much closet space! Smooth ceiling and sit down views of the lagoon area! 2 assigned side by side parking spaces near the elevator! Resort style, gated complex has all the amenities! 2 pets welcomed under 35 lbs. Complex is FHA approved!

619-227-9147

MINIMAL TIME MINIMAL DISCOMFORT MINIMAL RETAINER WEAR

A LOT can happen in 20 WEEKS...

LOW COST with FAST RESULTS.
CALL FOR MORE INFORMATION!
Free Implant & Fastbraces Consultation

Saturday and Evening Appointments
FREE Implant Consultation • FREE 2nd Opinion

We specialize in smile makeovers, implants & oral surgery

Ronald S. Lessem, DDS
619-255-7480 • www.drlessem.com
Fellow of Implant Dentistry • Convenient La Mesa Location!
7557 El Cajon Blvd. Suite A • La Mesa, 91942

MISSION TIMES COURIER BEST OF 2016

CALLING ALL EXPLORERS, VOYAGERS & ADVENTURERS!

We Have Affordable Summer Camps With Exciting Theme Weeks & Field Trips For Everyone!

ULTIMATE Summer CAMP
Boys & Girls Clubs of Greater San Diego

CAMPS FOR ALL AGES
EXPLORERS : Ages 5-7
VOYAGERS: Ages 8-10
ADVENTURERS: Ages 11-13

WHY CHOOSE US?
Affordable Prices
Trained & CPR Certified Staff
Fun & Structured Activities

REGISTRATION BEGINS MAY 1st AT ALL OF OUR LOCATIONS
Including Clairemont, Encanto, Linda Vista, Logan Heights & National City

SDYouth.org

Celebrating 75 YEARS OF CHANGING LIVES

858-866-0591

SDSU proposes to buy, lease Qualcomm Stadium property



Erik Anderson, Christopher Underwood

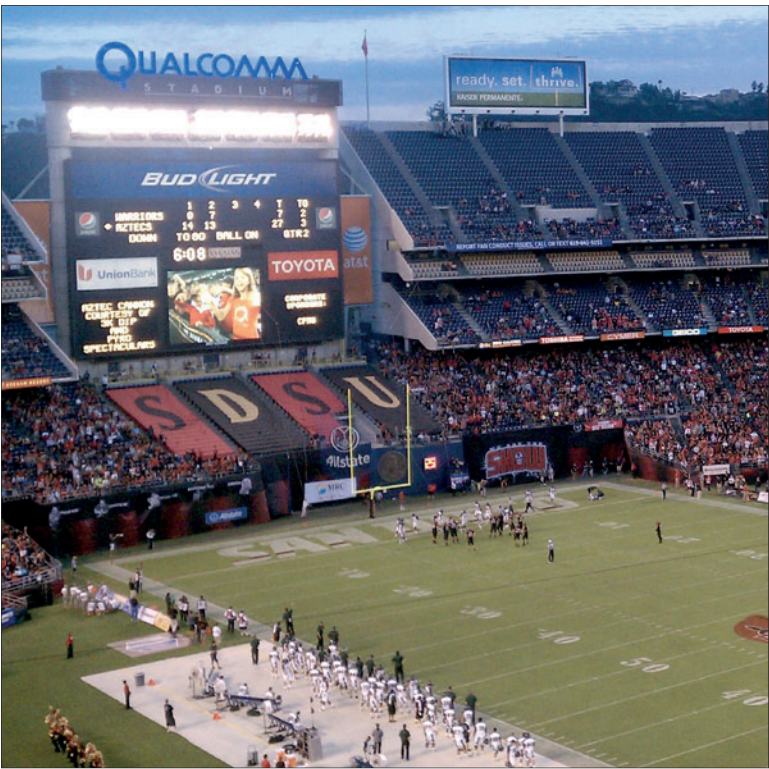
San Diego State University issued a proposal on March 20 for the redevelopment of the Qualcomm Stadium site in Mission Valley. The university is interested in buying or leasing 47 acres of land at the site to build a football stadium and expand the school's campus. San Diego State officials met with Mayor Kevin Faulconer on March 20 before discussing what they refer to as a two-page position paper. "Mayor Faulconer appreciated meeting with San Diego State University to hear their thoughts on Mission Valley," said Jen Lebron, Faulconer's press secretary, of the hour-long get-together. "As a proud Aztec, the mayor plans to keep an open dialogue with SDSU as well as meet with other stakeholders as he continues to review the initiative." Faulconer has said it's important to keep the two sides talking so they can work out an agreement, and that it's important to find a permanent home for the Aztecs football program.

The school wants to buy or lease 12 acres of land to build a 35,000-seat football stadium that could be expanded to 40,000 seats. There would be 5,000 nearby parking spaces. San Diego State is interested in 35 additional acres for future school expansion. The university also wants to control all rights to all collegiate sporting events at the stadium. There is no mention of sharing the stadium with an MLS soccer team. University officials say they would work with other developers to complete the site's facelift, which could include housing, commercial space and a park. FS Investors is proposing a \$1 billion redevelopment that includes housing, commercial space, a river park and a soccer stadium that could be used by the university. School officials have repeatedly indicated the proposed soccer stadium is too small and doesn't meet their needs to expand the school's 240-acre campus. Doug Manchester is also proposing to redevelop the site. His plan calls for Qualcomm Stadium to be renovated at a cost of \$600 million.

The seven points of the SDSU proposal:

1. SDSU will purchase fee simple title or commit to a 99-year lease for a 12-acre

- multi-use stadium site. The 12-acre site will be free and clear of any development constraints for design and construction of a multi-use stadium.
2. As SDSU does not intend to be the sole owner/lessee of the Qualcomm site, we know that there will be a partner of some kind. Any partner must agree to move forward with design and construction of a multi-use stadium within 90 days of land transfer. Failure of partner to participate forfeits any rights in stadium and allows SDSU to move forward with design and construction of multi-use stadium.
3. Per CSU regulations, a competitive process to pick the architect of record for the design of the multi-use stadium will begin upon agreement to begin stadium design and construction process. The design process will provide up to 35,000-seat multi-use stadium that accounts for expansion to 40,000 seats.
4. SDSU must be granted unilateral ability to expand the stadium to 40,000 seats at any point in the future.
5. Appropriate parking will be constructed and opened at the date of the first full stadium event. Dedicated parking for the stadium adjacent to the facility that meets 50 percent of stated parking need, 25 percent within a two-block radius of



SDSU has put forth its own stadium proposal to replace Qualcomm stadium where the Aztecs football team currently plays. (Wikimedia Commons)

the stadium and the other 25 percent may be spread throughout project. All spaces must be dedicated to stadium events when a full bowl event is scheduled.

6. The city will grant all rights emanating from SDSU sporting events and other collegiate sporting events at Qualcomm Stadium to SDSU and/or the appropriate collegiate event host.
7. SDSU will purchase fee simple title or ground lease

35 acres of developable land exclusive of stadium property for future university expansion.

[Editor's note: City News Service contributed to this report]

—Erik Anderson is environmental reporter and Christopher Underwood is web producer for KPBS, reach them at kpbs.org/staff.■

ONLY CALIFORNIA HOSPITAL RANKED AMONG AMERICA'S 100 BEST FOR ORTHOPEDIC & SPINE SURGERY 4 YEARS IN A ROW

Superior outcomes, high patient satisfaction scores, top regional orthopedic surgeons and the latest advances in technology have created the premier destination for orthopedic and back surgery in California – *right here in San Diego!*

LEARN MORE: AlvaradoHospital.com/Spine-Joint
CALL: (800) ALVARADO / (800) 258-2723

Alvarado Hospital Medical Center
Advanced Spine & Joint Institute

6655 Alvarado Road, San Diego 92120
AlvaradoHospital.com / (619) 229-4548

AMERICA'S
100 BEST
ORTHOPEDIC
SURGERY™
2017

★★★★★
healthgrades

AMERICA'S
100 BEST
SPINE
SURGERY™
2017

★★★★★
healthgrades

MISSION VALLEY
NEWS
BRIEFS



Crews finish construction on the first phase of Civita Park. (Courtesy Sudberry Properties)

Civita Park plans grand ribbon-cutting event

Civita Park, the largest city park in Mission Valley, will be unveiled at 11 a.m. Saturday, April 29, with a civic ceremony and ribbon-cutting. The park is located on Civita Boulevard at Russell Parkway, just north of Friars Road. The public is invited to attend.

The festivities, which will run until 3 p.m., will feature live music, circus performers, a gardening presentation, photo opportunities with exotic birds, tai chi demonstrations, food trucks and activities for the kids.

A drawing for spots in the 38-plot community garden will take place at noon. The public may enter the drawing that day.

The Arbor Day weekend festivities mark the grand opening of the first two phases of Civita Park, a 14.3-acre park that cascades down the former quarry site.

“Civita Park is the centerpiece of Civita’s network of parks, open space and trails that encompasses nearly one-third of the community,” Marco Sessa, senior vice president of Sudberry Properties, master developer of Civita, said in a press release. “We’re delighted to unveil this park, which has been in the planning and construction stages for over a decade.”

The first two phases of Civita Park encompass more than 10 acres and feature a number of highlights including an outdoor amphitheater; a lighted water feature with 48 jets; a large plaza; picnic tables and outdoor living rooms; a community garden; a restored 1956 red Porsche tractor on display; a dog park; multi-purpose fields; two half basketball courts; exercise stations and extensive trails and walkways; a waterfall that runs during the rainy season; and public art throughout the park.

“The next phases of the park, which will open next year, will include two playgrounds, more fields, a bocce court, the “Mining Relic Terrace” with historic mining equipment and a Caterpillar D8 bulldozer, and three gardens,” said Mark Radelow, vice president for Sudberry Properties. “We’ve done our best to create a park that serves the community with sports and recreation opportunities, and places for quiet relaxation, entertainment, community events, gardening, socializing, and meeting friends. We believe that it will be a major contribution to community life in Civita and throughout Mission Valley,” he said.

► Morena, from page 1

district has seen fantastic growth in the diversity and quality offered by its local businesses, and the ‘Taste’ is a great chance to showcase that.”

Taste of Morena event coordinator Barbara Oulette agrees, adding that it’s a great way for attendees to see what the area has to offer.

“It’s a pretty hip area and it’s becoming very popular. It’s fun and people love having a good time with their friends while being able to discover what’s here,” Oulette said.

She also encourages would-be attendees to get their ticket early, as Taste of Morena usually sells out.

“We sell about 600 tickets and we limit ticketing otherwise it makes it really hard for the restaurants if too many people show up,” Oulette said. “We encourage everyone to come out because many people don’t realize all the restaurants we have in the area. There is a lot of variety that spans from barbeque to pho. The Poseidon Project has a tasting showroom and the San Diego Tennis and Racquet Club has a café and bar, which most people don’t realize is open to the public. The area has Mexican food, Italian food and seafood. Whatever you want, you can get it there.”

For the third year in a row, Taste of Morena will also serve as a food drive that will benefit the Jacobs & Cushman San



The annual Taste of Morena brings people from all over San Diego to the up-and-coming Morena District. (Photo by Selden Photography)



(l to r) Complimentary Old Town Shuttles will be offered to Taste of Morena guests; restaurants like Offshore Tavern and Grill will offer up tasty bites from their menus. (Photos by Selden Photography, courtesy of Morena Business Association)



Diego Food Bank. Anyone who drops off non-perishable food items, diapers or baby formula at the donation bins at Morena Storage will be entered to win four tickets to the San Diego Blues Festival in September.

Food drive participants will be provided with raffle tickets, Oulette said, adding that the winner will be announced within a week.

The Taste of Morena will take place on Wednesday, April 26, 5–9 p.m. The event will be held in the Morena District along Morena Boulevard, W. Morena Boulevard, Linda Vista Road and the surrounding side streets.

Complimentary Old Town Trolley shuttles will take guests to the participating restaurants

and a special tram from University of San Diego will be on hand to shuttle guests to La Gran Terraza on the USD campus.

Tickets are available for \$25 and can be purchased with cash or credit at Jerome’s Furniture and Morena Storage. Cash tickets are available for purchase at Max Folkers RE/MAX Pacific. Online ticketing is not available. Tickets are expected to sell out. For more information call 619-892-8037 or visit exploremorena.com.

—Margie M. Palmer is a freelance writer who has been racking up bylines for over a decade. Reach her at mmpst19@gmail.com. ■



SATURDAY,
APRIL 22, 2017

CABRILLO NATIONAL MONUMENT

6:30 - 10 PM



Join us for an enchanting evening overlooking our city.
All to benefit Cabrillo National Monument Educational Programs.
Gourmet Tastes, Craft Beer, Local Wineries, Silent Auction, Music by the Jack Straws.
\$45 for members (Join today!) and \$60 nonmembers
Purchase tickets today: CNMF.ORG



(Must be 21 to attend)
Cabrillo National Monument Foundation, proud stewards since 1956!
The Cabrillo National Monument Foundation
619-222-4747 | cnmf.org





Guest editorial

How immigration status affects children

By Dr. Trish Hatch

Studies show there are more than 11 million people currently residing in the United States that do not have legal status or authorization from the government to be here. Of that 11 million, approximately 3.9 of them are children. Children, at no fault of their own, are at great risk regarding the impacts of deportation, with the total numbers of “undocumented” parents — one or both — rising for children K-12.

In a guide they wrote for schools regarding the stress that immigration status has on children, Marquette University educators Lisa M. Edwards, PhD, department of counselor education and counseling psychology, and Jacki Black, MA Ed, associate director for Hispanic initiatives, focused on a number of specific areas of concern when it comes to these children. They drilled down on subjects, including the context of immigration stress; how detention and deportation affects children; toxic stress; how the threat of detention and deportation affects children; behavioral/emotional signs of immigration status-related stress in the classroom; and they offered a list of ways school personnel can support students in the classroom and their families.

While Edwards and Black agree that every child is different, they state that every child that suffers the loss of one or both parents to deportation, or are hindered by

the threat of losing them, can show various negative symptoms or behaviors at school.

Many of these are akin to PTSD-like symptoms and can include withdrawal; anger and aggression; hyper-arousal or hyper-vigilance; difficulties focusing at school; somatic complaints; crying and sadness; poor appetite; poor or disrupted sleep; anxiety and academic decline.

The Center for Excellence in School Counseling and Leadership (CESCaL) is a nonprofit Center within San Diego State Universities College of Education.

CESCaL’s mission, in addition of promoting excellence in the field of school counseling, is to assist school counselors, their schools and their central office administrators as they design, implement and evaluate their school counseling programs.

Over the years to supplement our regular services, we have held various conferences to further assist school counselors who support ESL students, special needs students, and LGBTQ students, where we bring myriad resources together in one place that may not be otherwise be as readily available.

In April 2016, CESCaL hosted the first annual conference to ensure access and equity to higher education for immigrant and undocumented youth by ensuring those who work with them received expert training on how to mentor, counsel, and advise future college candidates.

CESCaL chose to address this specific student population due to CESCaL’s commitment to advocate for marginalized student groups, improve effective practices among educators, provide a forum for collaboration and networking, problem solve critical training issues, and provide ongoing professional development.

Later this month, CESCaL will present the second annual conference of this type, called: “Supporting Access to Higher Education for Immigrant and Undocumented Students.”

Currently, millions of undocumented immigrant students and families are eager to pursue postsecondary education but they face significant barriers to educational attainment. Most are unaware of the financial opportunities available to them and are subject to institutional gatekeeping that impacts access to post-secondary opportunities.

Undocumented immigrant students also graduate at drastically lower rates than U.S. born citizens and only 5–10 percent of undocumented high school graduates go on to enroll in college, according to the College Board, 2009.

There is much work to be done.

A pre-survey of conference attendees revealed that more than 40 percent of the school counselors and college access partners who responded reported lacked the knowledge of the laws and rights and undocumented and/or immigrant students.

Similarly, more than 40 percent reported lacking the knowledge of the college application process for undocumented and/or immigrant students, and only 47.68 percent felt confident advising undocumented and/or immigrant students regarding the college application process.

Average school counselors know far less.

The goal of the upcoming conference is to teach and empower school counselors and college access partners with this information as well as the attitudes necessary to take personal responsibility as advocates for immigrant and undocumented students.

We will also provide them with the skills to navigate the college application process, locate funding options, access post-secondary opportunities, and utilize culturally competent techniques to mentor, counsel, and advice future college candidates.

This three-day conference will kick-off on Sunday, April 23 at 5 p.m. with an awards ceremony and conclude Tuesday, April 25, with workshops and a school counselor college fair at the Parma Payne Goodall Alumni Center in San Diego State University.

—Trish Hatch, PhD, is a professor at SDSU and former director of the school counseling program (2004-2015). For more information about this conference, contact Dr. Diana Camilo, coordinator of special projects, at events@cescal.org or visit tinyurl.com/l499s26.

MISSION VALLEY News

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

EDITOR
Jeff Clemetson
(619) 961-1969
jeff@sd cnn.com

WEB DESIGNER
Kim Espinoza
kim@kespinoza.com

CONTRIBUTING EDITORS
Ken Williams, x102
Morgan M. Hurley, x110

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

COPY EDITOR
Dustin Lothspeich

SALES & MARKETING DIRECTOR
Mike Rosensteel
(619) 961-1958
mike@sd cnn.com

WEB & SOCIAL MEDIA
Sara Butler
web@sd cnn.com

ADVERTISING CONSULTANTS
(619) 519-7775
Andrew Bagley, x106
Heather Fine, x107
Sloan Gomez, x104
Annie Burchard, x105
John Watson, x113

CONTRIBUTORS
Erik Anderson
Phillip J. Bona
Andy Cohen
Vicki Estrada
Dr. Trish Hatch
Dr. Ink
Kathy McSherry
Erica Moe
Margie M. Palmer
Sari Reis
Frank Sabatini Jr.
Christopher Underwood

PUBLISHER
David Mannis
(619) 961-1951
david@sd cnn.com

PUBLISHER EMERITUS
Jim Madaffer

INTERNS
Alex Ehrie
Jennifer Gottschalk
Christian Gurrola
Yesenia Luna



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

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

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

DISTRIBUTION: Mission Valley News is distributed free the second Friday of every month. © 2017. All rights reserved.

sd cnn
SAN DIEGO COMMUNITY NEWS NETWORK, INC.

MISSION VALLEY News

SAN DIEGO DOWNTOWN NEWS

GAY SAN DIEGO

La Mesa COURIER

Mission Times COURIER

Uptown News



City needs structured process for Qualcomm site development

Phillip J. Bona, Vicki Estrada

With the significant recent interest in the redevelopment of the 166-acre Qualcomm site, the San Diego City Council is being asked to consider and act swiftly upon development proposals from the private sector. Some of these proposals, especially related to a deadline from Major League Soccer (MLS) to secure a San Diego franchise, are contingent upon aggressive vetting and approval timelines. Though soccer as a business enterprise could fill some of the gap after losing the city's NFL franchise, it represents a singular solution and cannot drive the conversation in determining the highest and best use of the site for San Diegans in the long term.

While the proposals already presented offer thoughtful and appealing features, the American Institute of Architects (AIASD) and the Environment + Design Council (E+DC) urge the mayor and City Council to follow a structured and orderly planning and disposition process and to remember that — when the public is not involved in such a process up front and in a way that builds trust and confidence — the public and their attorneys will most assuredly protest and cause untimely years in court, be subject to referendums, and generally cause controversy and chaos.

Following a structured process assures the public interest is best served, the city is better assured of doing the right thing for the land and our citizens, and it also reduces the potential for legal challenges

by critics of whatever action the city takes. Our organizations believe that the public interest is best served by a competitive selection process using a Request for Qualifications (RFQ) or Request for Proposal (RFP) that allows for weighted criteria to evaluate developer qualifications and alternative proposals. The Qualcomm site is an extremely valuable regional asset, both economically and socially, and its redevelopment should be based upon a clear understanding and articulation of both community and regional benefits.

Before an RFQ/RFP is issued, however, we recommend that a citizen advisory commission be promptly appointed to develop a strong civic vision for the site, establish a framework plan based on that vision, identify selection criteria for the RFQ/RFP, assist the city in managing the selection process, and guide the implementation of the selected development proposal.

This citizen advisory commission should be nimble enough to act fairly quickly, like the mayor's task force for the stadium did a couple of years ago. The process that was used to transform NTC into Liberty Station is a potential model for the Qualcomm site. A master developer was not selected until an appointed citizen commission first crafted a framework plan and established selection criteria for the developer. That ensured that the eventual project would meet the identified needs of the larger community, rather than just being a profitable island of development. The outcome, as

we can see today, is a successful place enjoyed by many San Diegans and one that we can all be proud of.

Based upon a shared knowledge of past planning and development efforts at the Qualcomm site, we recommend the evaluation criteria include:

- Solutions that provide a mix of uses addressing both community and regional needs, such as sports and entertainment, higher education, employment, and housing affordability.
 - Solutions that recognize the Qualcomm site as a significant opportunity to address the region's housing deficit.
 - Solutions that recognize the value of the existing transit infrastructure in meeting the objectives of the city's Climate Action Plan.
 - Solutions that incorporate the riverfront park identified in many earlier planning studies, consistent with the principles adopted by the San Diego River Park Foundation.
 - Solutions that promote rather than restrict public access, and reverse the longstanding Mission Valley pattern of building large, isolated tracts of land.
 - Solutions that distribute vehicular traffic evenly rather than continuing to load Friars Road as a single arterial roadway.
 - Solutions that incorporate, rather than circumvent, appropriate environmental review procedures.
- The Qualcomm site affords San Diegans an opportunity, the likes of which won't be seen again, to begin a needed transformation of Mission Valley. As

public land, the long-term best interests of the city and overall benefits to the public must outweigh any attractive short-term economics with its promise of immediate gratification. Our goal is to advocate for an efficient public process that sets both the criteria to evaluate proposals, and a management and implementation structure to carry it out.

Max Schmidt, a highly-respected, long-time San Diego City Planner, put it best when he said:

"Whatever we do on this site, we ought to do it as an example of the highest possible architectural and landscaping

standards, so that when we come to rebuilding Mission Valley and addressing some of the older uses which are becoming obsolescent, that we have this as a model for that development."

AIASD and the E+DC thankfully ask for support of these recommendations on behalf of all San Diegans, and respectfully offer our assistance and expertise to the city in achieving these valued goals.

—Philip J. Bona is president of the American Institute of Architects San Diego and Vicki Estrada is chair of the San Diego Environment + Design Council.■

► Briefs, from page 5

Civita Park is owned by the city of San Diego, and maintained by the Civita Maintenance Assessment District. Visit CivitaLife.com for the complete schedule of events.



(l to r) Hazard Center property administrator Jayne Vanderhagen, and Hazard Center general manager Lisa Gualco (Courtesy of J. Walcher Communications)

Hazard Center named "Recycler of the Year"

Hazard Center has been selected by the city of San Diego's Environmental Services Department as "Recycler of the Year" — with a special distinction of "Rising Star" — in the 2017 Waste Reduction and Recycling Awards Program. The program highlights businesses and organizations located within the city that have implemented or expanded innovative and successful waste reduction, recycling and

recycled product purchasing programs.

The "Recycler of the Year" award recognizes the "outstanding" recycling and waste reduction efforts of Hazard Center's office tower and retail tenants, and the property management team, PMRG.

"Our office and retail tenants work hard to reduce their waste emissions, and we are proud of the dedication to sustainability they have shown," Hazard Center general manager Lisa Gualco said in a press statement.

The center's waste diversion practices include providing mixed recycling dumpsters for all tenants in common areas and food waste dumpsters for the retail food services tenants. Additionally, Hazard Center recycles all possible construction materials, tree and plant trimmings, LED and fluorescent lights from throughout the property, and all batteries. For more than 10 years, the center has also held a yearly event where tenants drop off items to be recycled — including electronic waste, batteries, lights, ink cartridges and more — from their offices and homes.

In 2016, Hazard Center became the first shopping center to successfully implement a food waste diversion program in San Diego County. The program aims to reduce organic waste in landfills, while processing

food scraps into rich compost. The property also implemented a Pillars of Responsibility Investing program in 2014, a unique sustainability and investment platform through Principal Real Estate Investors.

"We believe that sustainability is critical to superior asset management and fiduciary governance, delivering positive financial and environmental outcomes," said Pat Halter, CEO of Principal Real Estate Investors.

For more information about the Waste Reduction and Recycling Awards Program, visit sandiego.gov/environmental-services/recycling.

MTS offers mobile ticketing

On March 30, the San Diego Metropolitan Transit System (MTS) and the North County Transit District (NCTD) announced the launch of Compass Cloud, an anytime, anywhere mobile ticketing option for San Diego transit riders.

Compass Cloud offers MTS and NCTD riders the following mobile ticketing benefits:

- 24/7 Purchasing Capabilities — Passengers can purchase fares on their phones at any time, giving them the option of making a transaction at their leisure.

See BRIEFS page 12 →



Presented by City of San Diego Park & Rec. Dept. & Mission Trails Regional Park Foundation

Explore Mission Trails Day

Saturday, May 20, 2017

FREE FAMILY FUN

- Hands-On Discovery Stations
- Mini Mountain Bike Track
- Guided Family Nature Walks • Climbing Wall
- Famous Pony Rides (last pony ride at 12:30PM)

Full schedule available at mtrp.org



Activities 9 AM-2 PM

East Fortuna Staging Area

at Mast Blvd. & SR52

Many thanks to our sponsors:



and the City and County of San Diego



Mission Trails Regional Park is open everyday
Visitor Center is located at One Father Junipero Serra Trail, San Diego, CA 92119

BUSINESS SPOTLIGHT

Boys & Girls Clubs of Greater San Diego
4635 Clairemont Mesa Blvd. 92117
858-866-0591 | SDYouth75.org

The Boys & Girls Clubs of Greater San Diego's ultimate Summer Camps and Adventure Club Camps are a complete experience for your child. We offer activities such as arts and crafts, movies, computers, exciting field trips, recreational activities and educational periods to help combat summer learning loss. This is the ideal way to get your kids to enjoy awesome activities and the opportunity to make new friends and memorable experiences that will last a lifetime.

This year, we are offering age-specific camps for your explorers, voyagers and adventurers. Explorers, ages 5-7; Voyagers, ages 8-10; Adventurers, ages 11-13.

Why choose the Boys & Girls Clubs of Greater San Diego? We have 75 years of experience; affordable prices, a trained and CPR certified staff, fun and structured activities, a safe environment, all campers receive a free T-shirt and most importantly, fun for all.

Please visit our website for more information on our Summer Camps and After School Programs. Celebrating 75 years of changing lives.

NIGHTTIME BORDER STOP

Come On Get Happy! Dr. Ink

Chain restaurants aren't my thing, but when the hankering for an evening libation strikes, I'll test my standards at any place promoting happy hour when the stars are twinkling.

On the Border Mexican Grill & Cantina offers happy hour seven nights a week in addition to running it during certain daylight hours. Prices for booze and food span across four value categories, starting at \$3.75 for items such

as fireballs, tequila shots, domestic drafts and trios of pork tacos, and capping off at \$7.75 for Corona'Ritas, super grande margaritas, queso fries with chicken, and other items.

The establishment was founded in Dallas, Texas in the early 1980s as a hot spot for "bor-



Jumbo table chips and salsa

der-style food." Although since expanding to 147 outposts throughout the country over the years, the Mexican border seems like a distant notion no matter how close the location is to it.

Sure, margaritas and Coronas flow like rivers. And the interior design features some of the vibrant colors and

tile work of a border-town cantina. But I felt squarely in the commercial trappings of Mission Valley while sipping Exotico Reposada Tequila, which falls somewhere in quality between that consumed during spring break and what might be served at a Cinco de Mayo block party in the suburbs.

I tolerated the bite and appreciated that only half the rim of the rocks glass was dipped in salt, allowing me to alternative between plain and briny. The accompanying fat wedge of lime I squeezed into the glass added a bit of dimension.

The complimentary (and refillable) table chips are the size of cow tongues. They're served with bright-red salsa that could have used a



The "avocado fry" tacos

little help from garlic or perhaps more cilantro. One round of each was plenty.

As the tequila took fast effect, I ordered a pair of "avocado fry" tacos for \$5.75, skipping over the chicken quesadilla in



A place where happy hour extends well past sunset (Photos by Dr. Ink)

the same price group. The tacos featured breaded avocado slices fried to the point of losing their creaminess. A non-spicy red pepper aioli drizzled over them compensated. Enveloped with tomatoes and onions in grilled flour tortillas, they were more filling than flavorful.

Happy hour patrons are relegated to the outdoor patio or roomy bar lounge, which features several flat screens, bright recessed lighting and easy access to bar backs doling out baskets of those oversized tortilla chips.■

RATINGS

Drinks: **★★★★**

All the drinks you expect from a Mexican-themed cantina are discounted: tequila shots, fireballs, Dos Equis drafts, and margaritas made a few different ways. Domestic beer and Long Island iced teas are also on the list.

Food: **★★**

The biggest table chips on earth are served here with red salsa that lacks pizzazz. The "avocado fry" tacos tasted nondescript, and based on past visits, the food in general is Americanized for mainstream consumers.

Value: **★★★★**

You'll save about 20 percent drinking and noshing from the happy hour menu.

Service: **★★★★★**

The waiter was proactive in explaining various specs on the food and drinks. Better yet, he never pulled a disappearing act despite a full crowd in the bar lounge.

Atmosphere: **★★★**

Amid décor that's frozen in the 1990s, lighting in the bar area was harsh and the volume on the flat-screen TVs was exceptionally high.

On the Border Mexican Grill & Cantina

1770 Camino de la Reina (Mission Valley)

619-209-3700 | ontheborder.com

Happy hour: 11 a.m. to 10 p.m. Sunday and Monday; 3 to 7 p.m. and 9 to 10 p.m. Tuesday through Saturday

Mother's Day Brunch

Kings Inn San Diego

SUNDAY MAY 14TH 11:00 AM TO 3:30 PM

Breakfast Favorites:

Scrambled Eggs, Savory Bacon Strips & Sausage Links, Country Style Potatoes, French Toast, Pancakes & Waffles by request, Featuring a Made-to-order omelet bar

Garden Fresh Salad Selections:

Tossed Green, Traditional Waldorf Salad, Mediterranean Mushroom Salad, Cactus Salad, Seasonal Fruit Display and Vegetable Crudite

Amigo Spot Choices:

Chile Relleno Casserole, Cheese Enchiladas, Chile Verde, Chile Colorado, Cochinita Pibil, Pescado Veracruz, Chicken Jalapeño, Fajitas Mix, Rice and Beans - Hand Made Tortillas

Carving Station:

Roast Beef, Glazed Ham, Swai Filet in Lemon Sauce

Chef's Dessert Bar:

Assorted Pastries, Cheesecake, Rice Pudding, Flan, Freshly Baked Cookies and much more. Full Bar Available

\$22.95 Adults - \$12.95 Children under 10
(Beverages and Gratuity not included)

Reservations suggested, large parties welcome

Reservations please call **(619) 297 2231**
1333 Hotel Circle South, San Diego, 92108

zpizza • JV's Mexican Food • Sardina's Italian Restaurant & Bar • Andres Restaurant • Poseidon Project

Tickets on Sale Monday March 20



WEDNESDAY APRIL 26th
5:00pm - 9:00pm

GREAT FUN FOR FAMILY AND FRIENDS
SAMPLE THE BEST OF THE MORENA DISTRICT
(along Morena Blvd. & west Linda Vista Rd)

ENJOY TASTES AND DRINK SPECIALS FROM
23 RESTAURANTS, BREWERIES & BARS

Complimentary shuttles are provided
Stay tuned for details!

**Tickets are only \$25
and will sell out quickly!**

JEROME'S FURNITURE
1190 W. Morena Blvd.
(cash or credit card)

MAX FOLKERS TEAM AT RE/MAX PACIFIC
4112 Napier Street
(cash only)

MORENA STORAGE
908 Sherman Street
(cash or credit card)

FOR INFORMATION CALL 619-892-8307 OR VISIT EXPLOREMORENA.COM



Sponsored by:

MORENA BUSINESS ASSOCIATION



Pho Kitchen • Tio Leo's Mexican Restaurant • Home Brew Mart by Ballast Point • Baci • The Clutch Bar • Siesel's Old Fashioned Meats • San Diego Tennis & Racquet Club Cafe & Bar • Luce Bar & Kitchen • Bay Park Fish Company • Side Car Bar • Pita Pit • Fiji Yogurt

Corned beef, not just for St. Patrick's Day

Restaurant Review

Frank Sabatini Jr.



In the week leading up to the St. Patrick's Day celebration, my spouse and I sated our corned beef desires over brunch at McGregor's Grill & Ale House, which opened a stone's throw away from Qualcomm Stadium, 20 years ago.

The kitchen serves the brined beef with cabbage every March 17, but also offers it seven days a week in half-pound sandwiches and as hash from 10 a.m.–2 p.m., Saturdays and Sundays. It's sourced from the lauded Tarantino's in San Diego.

McGregor's is first and foremost a sports bar that happens to offer a decent selection of burgers, sandwiches, tacos and other pub grub. Hence, its lack of table service can evade first-time customers once they settle into their chairs or high-top stools in any of three large seating areas.

Food must be ordered and picked up at the bar, which is misleading because the place feels very much like a full-service restaurant amid billiard tables, flat screens and laminated menus placed at the tables.

An arrow hanging over one end of the main bar marks the spot to place the food orders. But there is no other signage indicating this is how it's done and customers might feel neglected at first until a drink

server swings by to explain the system.

Managing partner Ian Linekin assures the staff does its best to greet customers and explain the process to them, adding that when the bar first opened the food menu contained only four or five items. Since the choices expanded, he said discussions have been held about installing a sign at the entrance stating more clearly how to order the meals. Based on our initial confusion and that of fellow customers I witnessed — it would be a wise decision.

Fortunately there was no food line during the quiet time we visited and only a few peeps were ahead of me when returning one late afternoon a couple days later. We shared two dishes, the half-pound corned beef sandwich on buttery, grilled rye, and

and deli mustard on the side. We converted it into a Reuben of sorts by piling in some of the fresh, semi-sweet coleslaw served alongside and then fetching from the bar a plastic cup of Thousand Island dressing. Much like the corned beef sandwiches at Milton's and D.Z. Akin's (when paying for extra-lean meat), our choppers glided effortlessly through the sandwich's interior.

From the short brunch menu, which includes "hair o' the swine" carnitas with eggs and red sauce, and the extra-hearty "Murphy's spuds" mixed with ham, bacon,



Fish tacos (Photos by Frank Sabatini Jr.)

cheese, avocado and sour cream, we chose with sober heads the "hangover hash."

Here, the lean corned beef was coarsely chipped and strewn with sautéed onions, tender potatoes and slightly undercooked green bell peppers. The poached eggs on top sported uncommonly large yolks, adding extra richness to everything below them.

Lamb stew in Guinness gravy was in the offing on the specials board, as well as a calamari club sandwich and street tacos. But we came

hell-bent for the protein that was introduced to New Yorkers in the mid-1800s by Irish immigrants, and ended our meal with a fat slice of minty, creamy grasshopper pie.

Amid the scent of Guinness and other beer (served in true pints) that endures inside of McGregor's, hubby opted for a bourbon-infused cocktail (\$9) with basil and muddled strawberries. Though boozy, we felt the price was a bit high for its size, which we estimated measured about four or five ounces.

Corned beef sandwich



Grasshopper pie

Corned beef hash and eggs

the corned beef hash crowned with two gorgeously poached eggs. In both cases the spiced meat was much to our liking, free of gristle and sliced appropriately thin. The sandwich featured a layer of melted Swiss cheese

Personal trainers offer more than just technique



Erica Moe

Don't want to be caught on one of those YouTube fitness video parodies? You laugh, because you know what wrong looks like when you see it. But what does doing it right feel

like? If you need some guidance with that, a personal trainer can help.

A personal trainer is like an academic tutor in that the outward sign of progress is a better test score. But the actual change is on the inside. Let's go beyond the benefit of learning techniques to create an effective routine to reach your goals.

See TRAINERS page 10



Hermalinda takes a lesson from her personal trainer Amy. (Courtesy of YMCA)

DISCOVER KOREAN FOOD AT IT'S FINEST

GRAND OPENING!



JUST THE RIGHT TEMPERATURE

356

KOREAN BBQ & BAR

NOW SERVING ALL YOU CAN EAT

EVERY TUESDAY BUY 3 GET 1 FREE

Applies to Regular Adult Prices Only
VALID THRU APRIL 30th, 2017
(ALL YOU CAN EAT AVAILABLE LUNCH & DINNER)

356 Korean BBQ & BAR

Westfield Mission Valley Mall
1640 Camino del Rio North #FS12
619.260.0356
(Between Buffalo Wild Wings and Bed, Bath, & Beyond)
Sunday-Wednesday 11:30 am-10:00 pm
Thursday-Saturday 11:30 am-Midnight
www.356bbq.com

\$10.00 off

- 1 COUPON PER TABLE
- NOT GOOD WITH ANY OTHER OFFER
- BRING IN AD OR MENTION MISSION VALLEY NEWS FOR DISCOUNT
- DINNER ONLY
- VALID THRU APRIL 30th, 2017

April is Prevention of Animal Cruelty Month

Sari Reis

It is unconscionable that anyone would intentionally or inadvertently hurt or abuse an innocent animal, but because it is so prevalent, the American Society for the Prevention of Cruelty to Animals (ASPCA) has designated the month of April as Prevention of Animal Cruelty Month with the hope of raising awareness.

Animal cruelty, according to the ASPCA is defined as “acts of violence or neglect perpetrated against animals.” The most obvious and shocking forms of cruelty are physical violence causing bodily harm, injury or death — but cock and dog fighting, chaining an animal outdoors, puppy mills, and animal hoarding all constitute cruelty. Neglect is also considered animal abuse and is more widespread than you can imagine.

Every animal, whether it be a domestic dog or cat, a farm animal or a wildlife creature has the right to food, fresh water and shelter, but there are still many humans who do not consider animals as sentient beings, and as a result, fail to provide these very basic necessities of life.

Animal cruelty and abuse has many faces including certain methods of agricultural farming; the fur industry; animals used in unnecessary

experimentation; the annual baby seal hunt in Canada; hunting of wild animals as trophies; the ivory trade; circuses and other forms of amusement that use animals for entertainment; as well as destroying the natural habitats of wildlife. Unfortunately, this list is not definitive.

On the positive side, there are currently 33 states that treat animal cruelty as a felony charge. I am hopeful the remaining 17 will get on board soon. There are many state legislators trying to pass new laws against animal cruelty and numerous agencies are working to fight for this cause and bring the perpetrators to justice. Besides the ASPCA, there is the Humane Society of the United States, Dumb Friends League, Best Friends Animal Society, PetSmart charities, People for the Ethical Treatment of Animals, Medical Doctors Against Vivisection, the Animal Legal Defense Fund, the Animal Protection and Rescue League right here in San Diego, along with our local San Diego Humane Society and SPCA. Today, almost all states have an SPCA that investigates animal abuse and aims to not only end it, but bring the offenders to justice.

The ASPCA gives 10 ways you can prevent animal cruelty:

1. Be Aware.
2. Learn to recognize animal cruelty.



The ASPCA encourages people to wear orange to bring attention to Prevention of Animal Cruelty Month. (Courtesy of ASPCA)

3. Know who to call to report it.
4. Provide as much information as possible when reporting it.
5. Call or write your local law enforcement department.
6. Know your state's animal cruelty laws.
7. Fight for the passage of strong anti-cruelty laws.
8. Be a good example for others.
9. Talk to your kids about how to treat animals with kindness and respect.
10. Support your local rescue or animal cruelty organizations.

I have a few suggestions as well. If you would like more information on what you can do, please contact me.

Mahatma Gandhi said, “The greatness of a nation and its moral progress can be judged by the way its animals are treated.” If that is true, how is America doing?

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

► Trainers, from page 9

Go beyond the trainer challenging you to be consistent and accountable. It is so much more.

Feel the power

One of the benefits of hiring a personal trainer, just like you would a tutor, is that you learn information on what to do and how to do it. Learning technique and form can make a difference in meeting your goals. The trainer can educate and explain why you should do each exercise. The ability to get all of your questions answered is invaluable. Knowledge is power.

Feel empowered

Besides making a difference in your habits and changing your body, consider a personal trainer your coach. With your coach's assistance, not only should you feel the change on the outside, but also on the inside. You can feel the power of knowledge making a difference. Research shows that working with a personal trainer increases self-efficacy. A professional can provide you with positive feedback that can increase your confidence and encourage you to take on new challenges.

Feel safe

Exercising with a personal trainer is like having a built-in spotter overseeing your routine. Literally having a hand to support the weight can allow you to push yourself further than when you are alone. Your trainer can give you personalized feedback to reinforce using the correct form that will help you avoid injuries and maximize your efforts. Proper use of the equipment provides a feeling of safety, which is priceless.

Enjoy it

Exercise should be an enjoyable experience. My hope is that your personal trainer will have you yearning for exercise as much as wanting a massage or going to happy hour. It may not be easy, but your workout can be considered an exercise in self-acceptance and learning to love your body as it is.

Hermelinda, 61, started working with her personal trainer, Amy, six months ago. “The benefits are amazing. Having Amy show me what to do — it has completely changed me. My running got so much better, too. I just did a 10K, and I did really well! I feel healthier. I feel more energetic. I am investing in my health.”

Just do it

A personal trainer provides more services than simply a workout. Your trainer is an educator, entertainer, coach, accountability partner and role model. Personal training can take many forms, one on one, partner or even small group sessions. Make an investment in yourself. Feel the difference inside and out. Take advantage of the free session included in any package purchased at the YMCA in April.

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

BUSINESSES: REACH YOUR MARKET



18,000 COPIES OF MISSION VALLEY NEWS
IS MAILED TO EVERY HOME AND BUSINESS
IN MISSION VALLEY; 92108

Visit us at SDCNN.com

For advertising information call Mike at 619-961-1958

Mike@sdCNN.com



Sound advice for millennial homebuyers

ASK KATHY



Kathy McSherry

Hi Kathy:
I am a first-time home buyer and 33 years old. My occupation is in the health care industry and I make \$86,000 per year. I really want to stop renting and finally purchase a home but I am frustrated with it being a "seller's market." My best friend lost out on a home due to multiple offers. Any advice for this type of market and being new to it all?

—Sarah R.

Hi Sarah:
You are not alone with your feelings of trepidation regarding entering the real estate market in a crazy time. The limited inventory is happening in many

areas of the country and driving up the demand, which has slightly increased pricing. If a home is priced right, chances are you will be up against multiple offers.

The best thing you can do is educate yourself about the market and have all your ducks in a row. Make sure you are pre-qualified with a reputable lender so you know what price range you can afford or qualify for and try to be first with a strong offer.

Many times, first-time buyers don't understand that if they really want a home, they need to consider full price if it makes sense. They are also unaware that there are several pre-purchase home-buying seminars and/or classes that you can take to educate themselves about buying a home.

Ask your Realtor to do the market comparisons in the area and see how many days a home

is on the market before it sells. Typically, if a home is sitting in a seller's market, it is priced wrong or shows bad. Start your search early and be first in line when the right home becomes available.

New buyers entering the market this year are up against those that started last year but still haven't found anything or buyers that have more leverage and experience. According to CAR Market Matters, there were 3 percent fewer homes on the market in February compared to a year ago, according to a recent report from Zillow, and home values are up nearly 7 percent.

Your age group puts you in the millennial category and this is now the largest represented segment of homebuyers. Studies were indicating that millennials were waiting to enter the real estate market with their first home purchase and choosing to live with their parents. This has been true, but statistics are now showing that they are considering purchasing as rents have continued to increase and they recognize that interest rates are still very low in comparison to when their parents may have purchased. Interest rates then were like credit cards and there were also no down payment assistance or first-time homebuyer programs available. The shortage of inventory tends to be in the first-time buyer's price range or entry-level housing.

One suggestion may be to consider getting into the real estate market but on a smaller scale than what you would like, or slightly lowering your standards.



I read about a young couple in Sacramento that felt like they were getting priced out of the market too quickly so they purchased a smaller condo just to get into the game. They concluded that if they were to stay there two years, they would still be gaining equity instead of renting, and that they would then sell that if possible and try to move up to a slightly larger or nicer home.

I know from personal experience this is how I started with my first home in Las Vegas. Had I not bought that home in 2000 for \$110,000, I would not have been able to sell it for \$170,000 a few years later and then buy another home for \$240,000 and sell it for \$320,000 again in a few years.

Yes, I was lucky to get out right before the bubble burst, but many times as a single mother I could survive, if not thrive, because of the money that was

in my home. Home ownership saved me.

I admit a business friend and mentor had to push me to make that first step because I had convinced myself that I couldn't afford it. He said, "if you never put yourself into that next bracket, you won't continue to stretch and make yourself afford more to make more." He was right. I broke it down to dollars a day and it was more achievable than I had thought.

Stick with the process, Sarah. Be prepared and line up with an experienced Realtor. And definitely try to get into the game with interest rates still historically low. Good luck.

—Kathy McSherry is a Realtor at Coldwell Banker Residential Brokerage. Email your questions to kathmcsherry.com, or call 702-382-9905.■

MVN Puzzles

Sudoku Solutions on page 14

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.

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

MISSION VALLEY NEWS

Read Mission Valley News online

Visit us at sdcdn.com



For up-to-date news follow us on Facebook and Twitter sdcdn.com

Crossword Solutions on page 14

1	2	3		4	5	6		7	8	9	10		
11				12				13				14	
15				16				17					18
			19				20				21		
22	23					24				25			
26					27				28				
29				30				31					
				32				33					
34	35	36					37				38	39	40
41						42				43			
44					45				46				
47				48				49					
50				51				52				53	54
	55							56				57	
		58						59				60	

- CREATORS NEWS SERVICE
- By Charles Preston
- ACROSS
- 1 Kick or knot
- 2 Venerable
- 3 Seaweed
- 11 Astronomical place of worship
- 12 Inlet
- 13 Poplars: Sp.
- 15 Rifle
- 17 Instance of repartee
- 19 Mention
- 20 Protected mooring
- 21 Peruvian coin
- 22 Construct
- 24 Sake or plate
- 25 Irish storyteller
- 26 Desert tribe
- 27 Natural terrace
- 8 Be in a state of wonder
- 9 I love: L.
- 10 Italian composer
- 13 Fragrance
- 14 Craftily obtained
- 16 Dodecanese island
- 18 Cream
- 20 Lovers, sometimes
- 28 Author of *John Brown's Body*
- 29 Corroded
- 30 Prima donna
- 31 Leo, for one
- 32 Citizens of Bucharest: var.
- 34 Flee
- 37 Roman poet
- 22 Monk
- 23 Soak
- 24 Russian river
- 25 Indian coin
- 27 Ape
- 28 Buckle
- 30 Gullible one
- 31 Well-pleased: archaic
- 32 Rhonchus
- 38 Ancient money
- 41 Ascend
- 42 Kill
- 43 Egyptian skink
- 44 Record
- 45 Miss Gardner, et al.
- 46 Cease: naut.
- 47 Iron in the rough
- 48 Grape-like fruits
- 33 American lithographer
- 34 Impede: law
- 35 Beetle
- 36 Gambled
- 38 Impenetrable
- 39 Sullivan, et al.
- 40 Rested
- 42 Egg-shaped
- 49 Ottoman standard
- 50 Fortification
- 52 Tropical fruit
- 55 Take care
- 56 Transgression
- 57 ThenXs partner
- 58 Terminal: abbr.
- 60 Ant or ace
- 43 With: Fr.
- 45 Turn aside
- 46 Solo
- 48 Poisonous tree
- 49 Wholehearted
- 51 Reverence
- 52 King of Judah
- 53 Deer
- 54 Possess

FOR ADVERTISING, CALL (619) 961-1951

BUSINESS & SERVICES



COMPUTER SERVICES

the COMPUTER ADMIN

Call Us Anytime! We're Here To Help You!

TIM FRONCZEK

619.713.7422

TheComputerAdmin.com

Follow us on Facebook at: [Facebook.com/TheComputerAdmin](https://www.facebook.com/TheComputerAdmin)

DEMOLITION SERVICES

DirtCheapDemo.com

Lic.# 686879

"We are honored to destroy your investment."



619.426.9598

GARAGE DOOR

CONTROL AND MONITOR YOUR GARAGE DOOR OPENER FROM YOUR SMARTPHONE WITH myQ TECHNOLOGY

LiftMaster GARAGE DOOR OPENERS

UP & DOWN Garage Doors

La Mesa Based Company LIC#904512

619-464-0116

Clopay

8186 Commercial St., La Mesa, CA 91942

www.upanddowngaragedoors.com

HOME IMPROVEMENT

Advance General Contracting & Painting



• Complete Remodeling

• Electrical

• Flooring

• Painting

• Plumbing

• Windows

Free Estimates

Call (619)995-6741

MOVERS

COLEMAN MOVING SYSTEMS INC.

Office/Residential | Free Wardrobes

7 DAYS A WEEK | FREE ESTIMATES

FAMILY OWNED SINCE 1979

619.223.2255

BBB MEMBER | INSURED | LIC#CAL T-189486



PAINT PROFESSIONALS

Added Touch PAINT PROFESSIONALS INC.



• Residential

• Commercial

• Interior

• Exterior

Lic.# 915507

BEST PRICES IN TOWN!

Call Brian Burchard

619.886.1229

PLUMBING

ideal

PLUMBING • HEATING • AIR • ELECTRICAL SINCE 1960

Water Heaters/Tankless • Drain Stoppages

Toilets • Faucets • Garbage Disposals

Camera Inspections of Drains

Water Softeners & Filtration

Heating & Air Conditioning

Indoor Air Quality

Electrical Repairs & Upgrades

Kitchen & Bath Remodeling

619.583.7963

IdealService.com

Lic#348810

Serving San Diego Since 1960!

YOUR AD HERE

Reach over 200,000 readers



Call David

619-961-1951

David@sdcdn.com

San Diego Community News Network

► Briefs, from page 7



Bus tickets are now available for purchase on mobile devices. (Courtesy of MTS)

● **Family-Friendly** – Multiple tickets and passes can be stored and activated on one phone, making it easy for families and friends traveling together.

● **Future Use Ticketing**– Multiple tickets and different types of passes can be stored for future use so passengers can avoid the hassle of purchasing a new ticket every time they ride.

● **Secure and Reliable**– Full compliance with Payment Card Industry Data Security Standards for secure mobile transactions.

“Compass Cloud gives our passengers a new level of convenience to ride transit throughout San Diego County,” MTS CEO Paul Jablonski said in a press statement. “For the first time, people can use mobile ticketing every day on all transit modes: bus, light rail and commuter rail. We have put the ticket-buying experience right at the fingertips of our customers. Compass Cloud is another great example about how MTS is changing the way San Diego moves.”

According to a recent survey, more than 85 percent of MTS passengers carry a smartphone. And nearly two-thirds of these passengers said they would likely

use mobile ticketing if it were available. Compass Cloud fulfills this market demand by allowing riders to purchase transit fares right on their smartphones. It is the first mobile ticketing app that is good for both transit agencies, good seven days a week and available for MTS Rapid, MTS bus, the Trolley and NCTD Coaster, Sprinter and Breeze.

In the first phase, day passes, 30-day passes and Coaster one-way tickets will be available for adult passengers. Future phases will include discounted fares for youth, seniors and disabled. Prices for passes will be the same as from Ticket Vending Machines, The Transit Store, Customer Service Centers and third-party outlets. With Compass Cloud, there is no need to have any other fare media.

For more information about Compass Cloud, including how to download the app, learn about fare types and frequently asked questions, visit sdmts.com/compass-cloud.

.....

Volunteer for cleanup on Earth Day

Registration for I Love A Clean San Diego’s (ILACSD) countywide cleanup event is now open at CreekToBay.org.

The annual Creek to Bay Cleanup is a one-day event that gives thousands of local residents the chance to channel their appreciation for San Diego’s environment into action. ILACSD anticipates over 6,000 volunteers for this year’s event on Earth Day, April 22 from 9 a.m. to noon.

There are 100 cleanup locations throughout San Diego County for volunteers to get

involved. A complete list of cleanup sites is available at CreekToBay.org.

The event tagline, “Your Neighborhood, Our Environment,” encourages volunteers to sign up for a site in their neighborhood to contribute to the health and beauty of the entire region.

In 2016, more than 6,400 volunteers removed 170,000 pounds of debris during the three-hour event. While trash removal is a large focus of the event, volunteers will also make a difference in their communities through beautification projects such as native planting and graffiti removal. These beautification projects restore local outdoor areas and evoke a strong sense of community pride across the county.

Around 80 percent of marine debris originates from inland sources. The litter generated in neighborhoods finds its way to beaches and waterways. ILACSD focuses on inland communities to stop pollution at the source. This year’s event will have 77 inland sites.

ILACSD encourages volunteers to bring their own reusable water bottle, gardening or work gloves, and bucket to collect litter.

There will be a “Bling Your Bucket” contest that encourages creativity and conservation. Kids and adults can submit a photo of their decorated reusable trash collection bucket for a chance to win prizes. There will also be a Creek to Bay Cleanup Photo Contest, sponsored by Sony Electronics, which celebrates volunteerism.

Visit CreekToBay.org or cleansd.org for more information.



Alvarado Hospital wins safety award

On April 4, Alvarado Hospital announced that it is the only hospital in San Diego to garner the Healthgrades 2017 Patient Safety Excellence Award, putting it in the top 5 percent in the nation for patient safety. This is the third year Alvarado has received this designation.

The Patient Safety Excellence Award recognizes superior performance in hospitals that have prevented serious, potentially avoidable complications for patients during hospital stays, according to Healthgrades, an online resource for information about physicians and hospitals.

“At Alvarado, we are committed to patient safety at every level and this recognition is a testament to our team’s dedication to keeping our patients safe,” Alvarado Hospital CEO Robin Gomez said in a press statement. “We are proud to provide this superior level of safety to San Diegans.”

During the 2013-15 study period, Healthgrades found that patients treated in hospitals

receiving the Patient Safety Excellence Award were, on average:

- 40 percent less likely to experience an accidental puncture or laceration during a procedure, than patients treated at non-recipient hospitals.
- 44.6 percent less likely to experience a collapsed lung due to a procedure or surgery in or around the chest, than patients treated at non-recipient hospitals.
- 54.4 percent less likely to experience catheter-related bloodstream infections acquired at the hospital, than patients treated at non-recipient hospitals.
- 50.2 percent less likely to experience pressure sores or bed sores acquired in the hospital, than patients treated at non-recipient hospitals.

On average, 134,568 patient safety events could have been avoided if all hospitals, as a group from 2013 to 2015, performed similarly to hospitals performing better than expected on each of 13 patient safety indicators evaluated by Healthgrades.

During the study period, award recipient hospitals demonstrated excellent performance in safety provided for patients in the Medicare population, as measured by objective outcomes (risk-adjusted patient safety indicator rates) for 13 patient safety indicators defined by the Agency for Healthcare Research and Quality (AHRQ).

For more information about Healthgrades or to download a full copy of the report, or to receive information about hospital and physician quality, visit Healthgrades.com/quality. ■

Classifieds

AUTOS WANTED

CARS/TRUCKS WANTED!!! All Makes/ Models 2000-2016! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

EDUCATION

AIRLINE MECHANIC TRAINING - Get FAA Technician certification. Approved for military benefits. Financial Aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance 866-453-6204

HEALTH & FITNESS

VIAGRA 100MG and CIALIS 20mg! 50 Pills \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 1-866-312-6061 Hablamos Espanol

CALL CANADA Drug Center. Affordable International Medications! Safe, reliable & affordable! FREE 2017 Calendar! Call 855-768-0762 Now!

MEDICAL

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace at little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 844-502-1809

MISCELLANEOUS

Comcast Hi-Speed Internet -\$29.99/mo (for 12 mos.) No term agreement. Fast Downloads! PLUS Ask About TV (140 Channels) Internet Bundle for \$79.99/mo (for 12 mos.) CALL 1-844-714-4451

Lung Cancer? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 866-428-1639 for Information. No Risk. No Money Out Of Pocket.

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-888-909-9905 18+.

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We

Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-855-498-6323 to start your application today!

HughesNet: Gen4 satellite internet is ultra fast and secure. Plans as low as \$39.99 in select areas. Call 1-855-440-4911 now to get a \$50 Gift Card!

Spectrum Triple Play TV, Internet & Voice for \$29.99 ea. 60 MB per second speed No contract or commitment. We buy your existing contract up to \$500! 1-855-652-9304

WANTED TO BUY

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201

CASH PAID- up to \$25/Box for unexpired, sealed DIABETIC TEST STRIPS. 1-DAYPAYMENT.1-800-371-1136

ADVERTISE to 10 Million Homes across the USA! Place your ad in over 140 community newspapers, with circulation

totaling over 10 million homes. Contact Independent Free Papers of America IFPA at danielleburnett-ifpa@live.com or visit our website cadnetads.com for more information

Reader Advisory: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in

GARAGE SALE

HUGE MISSION HILLS COMMUNITY Garage Sale! Over 80 homes participating. Saturday April 29th from 8 a.m. - 12 p.m. On day of sale, maps and addresses of homes are available at Coldwell Banker at 1621 West Lewis St.

619-800-1103

advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

FOR SALE

LIQUOR LICENSE TYPE 21

for San Diego County

\$700,000

Serious Buyers Only

10% Non-Refundable Deposit Required

email: abcliquor92@yahoo.com

WIDOW OR WIDOWER?

Interested in participating in friendly social activities? You are welcome to join our very active club: WIDOWS OR WIDOWERS (WOW) of SAN DIEGO.

Website: www.wowsd.org

Phone: 858-278-3884, 619-579-5930 or 619-448-7113

Portable Oxygen For The Way You Want to Live

INOGEN ONE G4

JUST 2.8 LBS.

TRY RISK FREE FOR 30 DAYS

CALL TODAY! 866-815-6131

AM AVIATION INSTITUTE OF MAINTENANCE

AIRLINE CAREERS

Get FAA approved maintenance training at campuses coast to coast. Job placement assistance. Financial Aid for qualifying students. Military friendly.

Call Aviation Institute of Maintenance

800-481-7894

The heat in the kitchen

Congressional Watch

Andy Cohen



To paraphrase a common adage, stuff just got real for Duncan Hunter (R-50). The San Diego Union Tribune has chronicled in detail — during the 2016 campaign and since — the myriad of missteps Hunter has made by using campaign funds for personal expenditures.

The House Ethics Committee had been investigating Hunter's campaign finance follies, but on March 20, the committee announced that they had unanimously decided to put their inquiry on hold.

This is not good news for Hunter: The reason the HEC demurred was because the Department of Justice (DOJ), having opened a criminal investigation into the matter, had requested the committee step aside, at least temporarily.

A New York Times story quoted Ethics Committee sources, who said that "Mr. Hunter may have converted tens of thousands of dollars of campaign funds from his congressional campaign committee to personal use to pay for family travel, flights, utilities, health care, school uniforms and tuition, jewelry, groceries, and other goods, services and expenses."

The Times also reported that in January, Congressional Republicans had attempted to squash any investigations that could lead to criminal charges, but acquiesced after receiving a relentless barrage of phone calls and complaints.

Since last April, Hunter has repaid \$62,000 in personal expenses to his campaign.

Hunter is not alone among recent members of Congress to face charges.

In July 2015, former U.S. Rep. Michael Grimm (R-NY) was convicted and sentenced to eight months in prison for tax evasion stemming from an investigation into his campaign finances.

Rep. Jesse Jackson Jr. (D-IL) was sentenced in 2013 to 30 months in prison for appropriating \$750,000 in campaign funds for personal use. With the DOJ directly investigating Hunter, it would seem that he could be headed for a similar fate.

Recent town hall meetings have not been kind to Republican members of Congress (both the House and the Senate) nationwide. In 2010, it was Democratic lawmakers who faced the rhetorical firing squads in the wake of the Affordable Care Act. That theme has not changed; only this time it's Republicans that are taking the verbal flak.

Yes, I know. Sounds like a broken record; the health care fight has been a main topic in this space for months. But it's a subject that simply will not go away, particularly with the Republican Congress' attempt to ramrod through the American Healthcare Act (AHCA for short) that the Congressional Budget Office determined would take away access to health care for 24 million Americans, and raise the cost of health care for everyone.

On March 11, **Darrell Issa (R-49)**, Hunter and **Susan Davis (D-53)** and **Scott Peters (D-52)** all held town hall meetings, with the tenor of the Democrat's gatherings far friendlier than those of the Republicans.

Although there were many topics discussed, the

predominant subject was health care and the AHCA bill that Republicans ultimately decided not to bring to the House floor for a vote. It was a terrible bill. Not only would it ultimately strip coverage for 24 million people, it would have gutted provisions in the ACA that guarantee certain services are covered by all insurance plans, including prenatal and maternity care, mental health care, prescription drugs, in-hospital care, outpatient care, and rehabilitation services, among others.

The bill would also have rolled back the expansion of Medicaid beginning in 2020. According to Rep. Davis, before the Affordable Care Act (Obamacare), only 12 percent of health care policies included prenatal and maternity care. She also noted that since the ACA has been in effect, 50 percent of births have been covered by Medicaid. The Republican plan would have eliminated that coverage.

At issue is a fundamental disagreement over whether health care is a right afforded to all people, or a privilege reserved only for those who can afford it. Democrats believe it is a basic right. But as far as Duncan Hunter is concerned, health care is a privilege. He said during his town hall that he does not believe in guaranteed health care.

"I'm sorry to hear him say that," Davis said, when asked about Hunter's comment. "Our country is better off when people are healthy. Children are better off when the child sitting next to them in school is healthy. We're all in this together and I'm sorry that he feels that way."

"We have seen what happens when families without insurance are forced to use the

emergency room for routine care, or are put into financial ruin because of a long-term illness," Peters said in a statement to SDCNN. "That system was inefficient, costly, and wrong — we can't go back. It should be Congress' goal to ensure access to quality, affordable health care for every American."

"We already have our bill," Davis said when asked whether Democrats were prepared to offer an alternative to the Republican health care bill. "It's called the Affordable Care Act and we're trying to protect it."

That's not to say that the ACA is perfect and isn't in need of improvements. It's not, and it is, and Democrats almost universally have acknowledged this from the beginning. If Republicans were willing to take that approach, they would likely find Democrats open to having that discussion.

Issa and **Juan Vargas (D-51)** both announced in March that they had joined the Climate Solutions Caucus, a bipartisan group of lawmakers — that includes 14 Democrats

and 14 Republicans, mostly from coastal regions — whose aim is to address global warming. Peters joined the group last June, according to the San Diego Union Tribune.

"With the new administration and newly united government, I think we have an opportunity to take fresh look at this problem and see what can be accomplished in a more bipartisan manner," Issa said, as quoted in that story.

Unlike many of his Republican colleagues, Issa does acknowledge the realities of climate change. But unlike his Democratic colleagues, he does not believe there is much consensus on the rate the climate is changing and at what point it will be critical to act.

The National Academy of Sciences disagrees.

"The scientific understanding of climate change is now sufficiently clear to justify taking steps to reduce the amount of greenhouse gases in the atmosphere," the academy said in 2005.

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

Help bring back Lake Murray fireworks and music fest

District 7 Dispatch

Scott Sherman



After several years in hiatus, the San Diego Lake Murray Music Fest and Fireworks Show is once again returning this year on July 4.

For those unfamiliar with the once popular Independence Day event, the festival was a linchpin for the Navajo community where residents came together to visit, enjoy the festivities, and watch a beautiful fireworks show. The event was important to bringing the community closer together.

The committee in charge of organizing the return of the festival has worked

extremely hard in pre-planning and securing the permits necessary to hold the event. However, they still need help raising money to ensure its success. While July 4 is still three months away, funds are desperately needed now! The committee needs support from

the community to meet its fundraising goals of \$76,000.

The music fest and fireworks show will be held at Lake Murray Community Park in San Carlos. The fireworks can be seen throughout the Navajo community, from La Mesa to Del Cerro and beyond.

If possible, please consider supporting the return of this exciting event that has meant so much to this community in the past. With your help, we can make it a great event yet again! Residents can donate at the organization's fundraising account at the following link: gofundme.com/lakemurray-fireworks.

Thank you for your support!

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



Outdoor Labyrinth available 7/24

Weekly Sunday Worship

8:00 am Contemplative Communion
9:30 am Spirited traditional Communion

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

www.gethsemanesd.org
858-277-6572



THE DOCTOR CAN SEE YOU NOW!

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

Our doctors often have next-day appointments available!

We accept most insurance plans.

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

AlvaradoMedicalGroup.com



Alvarado Physicians Medical Group

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

► Home Start, from page 1

Home Start was born as its own nonprofit, with a mission to prevent child abuse and strengthen families. It now boasts of a 90 percent success rate in getting parents on track and keep the family together.

Home Start programs offer services ranging from mental health — like the program that helped the traumatized mother — to helping families in at-risk categories such as immigrant, military, teenage and low-income. But whether the family is in need of mental health services for trauma or parenting education, home visitation is a core service of Home Start.

“Going in the home helps remove a lot of barriers, especially for lower income families with fewer resources,” Tancredi-Baese said. “Going in the home you get out of the way the barriers of transportation and all those other things.”

In addition to parenting education, some of the other services Home Start offers include tax preparation, job-seeking help and signing up families for health insurance through Covered California.

“Of course, that’s all up in the air now with what’s going on with the Affordable Care Act, but

nevertheless, if you don’t have insurance, it can lead to neglect,” Tancredi-Baese said.

The thrift boutique

Home Start’s newest program is a thrift boutique located in Normal Heights, which opened two years ago as a “social enterprise,” Tancredi-Baese said. The idea was born from another Home Start program — a maternity shelter for young mothers who are unstably housed.

“I started the maternity shelter program to meet the needs of a particularly vulnerable population, which is transition-age young women, 18 to 24, who are either pregnant or parenting, and either homeless or on the verge of becoming homeless.”

The maternity shelter program started with a small grant and now has three apartment buildings with 27 total beds, housing 35 children. The third and latest building is the thrift boutique, which has a couple of apartments in the back, Tancredi-Baese said.

The idea to open a business came from a peer counselor who was graduating from the program and told Tancredi-Baese that the toughest part of turning her life around was finding employment.

“A lot of the young women who come into the program have been

homeless or on the verge of being homeless,” Tancredi-Baese said. “Less than 50 percent of them have graduated high school and many of them have very spotty work history, so finding employment was a key challenge.”

Currently, the boutique employs one Home Start staff member, six women who are in the program and more who are volunteers looking to get their feet wet in retail work.

One of the women in the program is Lindsay, who grew up in the foster-care system and was kicked out of her adopted mother’s home when she was 18 and pregnant. Lindsay started as a volunteer; then working in the back, tagging clothes. Then she moved up to the front and became a cashier and sales associate.

“She just became this outgoing, lovely person at our boutique. We promoted her just a few months ago as our lead sales associate,” Tancredi-Baese said.

Child Abuse Prevention Month

April is Child Abuse Prevention Month and Tancredi-Baese said it is an important time to remind people of the signs of abuse and to know what to do when they see it.

“We know that there are at least 70,000 calls that come into



The Home Start Thrift Boutique in Normal Heights offers jobs and experience to mothers in the group’s maternity housing program. (Photo by Jeff Clemetson)

the child abuse hotline in San Diego every year,” she said. “And we know that is probably just the tip of the iceberg of what is really going on.”

Most calls come from mandated reporters like social workers, teachers and nurses, but neighbors, other parents or even strangers can also help report abuse.

“Anybody can notice things and we all have a role in keeping our children safe,” she said.

Some of the things to look for include:

- Signs of physical abuse like unexplained bruises, marks, and cigarette burns.
- Signs of neglect such as children wearing the same

clothing day after day, bad hygiene, hunger or not wanting to go home.

- Signs of sexual abuse like unusual interest in sexual issues for their age or using advanced language about sex.

Fortunately, most of the cases Home Start deals with are those where child welfare services see hope for the family to stay together.

“It’s a very solid program,” Tancredi-Baese said. “The vast majority of these families are succeeding and the children are in a safe and more nurturing home by the end of the services we’re providing.”

Blue Ribbon Gala

Every April, for Child Abuse Prevention Month, Home Start hosts its main fundraising event, the Blue Ribbon Gala. This year’s event will be held April 22 at the Hilton San Diego Resort and Spa in Mission Bay Park.

The theme for the evening is “vintage circus” and the event will feature circus entertainment, cocktails, a silent auction, gourmet dinner, live music and dancing. Patrons are requested to dress in vintage or traditional cocktail attire.

Tickets are \$250 for general seating and \$350 for VIP seating, which includes valet parking. For more information or to purchase tickets, visit home-start.org/gala.

—Reach Jeff Clemetson at jeff@sdenn.com.



new image dental

7510 Hazard Center Dr #203
San Diego, CA 92108
Ph: 619-382-3908
newimagedentalcare.com

MISSION VALLEY AWARDS
“BEST DENTIST”



SCOTT STROMMER, DDS AND LESLIE STROMMER, DDS

NEW IMAGE DENTAL

THE DENTISTS THAT TEACH THE DENTISTS

New Image Dental provides the highest quality health care with the convenience of leading edge technology. New Image Dental doesn’t just serve your mouth, they serve your body. Their approach focuses on utilizing a unique system for assessing risk with the help of leading technology and same-day dentistry. New Image Dental is the San Diego leader in integrative dentistry through technology and a personalized patient approach. Dr. Scott and Leslie Strommer are the dentists that teach and grow San Diego’s dental community. New Image Dental changes lives, provides comfort and restores confidence.

Drs. Leslie and Scott Strommer began their practice 25 years ago by centering their care around the individual needs of each patient. Dr. Scott speaks around the country as a certified CEREC trainer and a clinical instructor of the prestigious Kois center, from which Dr. Leslie also graduated. Patients at New Image Dental are thrilled about the cost effective and time-saving innovations in the office that allow them to spend less time waiting at appointments, require less appointments per procedure, and experience more accurate and efficient treatments delivered by professionals with their care and comfort in mind.

Stop by or call us today at 619-382-3908 to find out more about our services and claim your new patient special! We’re honored to be the local dentist in Mission Valley that your family and friends choose for better dental health and more radiant smiles at New Image Dental.

 NEW PATIENT SPECIAL

Includes cleaning, exam, digital x-rays, and treatment plan.*

*Offer not valid in cases of periodontal disease and cannot be combined with insurance.

Sponsored Content

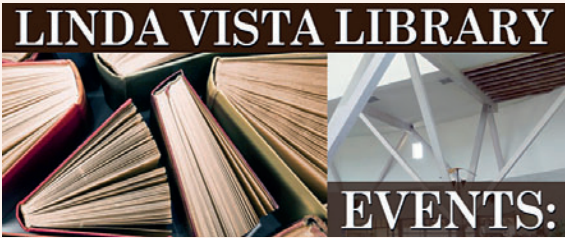
PUZZLE ANSWERS FROM PAGE 11

CROSSWORD

DESI	WDE	LEI
BEWVE	SIH	NOM
BYVVE	VAOC	DO
OVE	AAV	AFEM
IVBE	AAV	AAV
SCVGE	OAEN	ADDA
ESCVBE	OAID	VES
BNWVI	IVIS	
VIE	DIAV	LETIME
BEKI	MEZV	BEINEL
EVWE	IVWE	ELIGI
CILE	COAE	SOI
BYVSVCK	BIOSIE	
AVV	BIV	AVAWO
IOE	OGD	AEV

SUDOKU

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



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.

Adult yoga
Mondays, 11:15 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.

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.

Painting Wednesday
Wednesdays, 4 p.m.

Bring your paintbrush and color your afternoon!

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.

Story time with Mr. Luan
Second and fourth Fridays, 10:30 a.m.; third and fifth Saturdays, 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 linda-vistalibrary.org.

Linda Vista Multicultural Fair
Saturday, April 22
Stop by the Library Booth at the Linda Vista Multicultural Fair and win prizes!

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/wlilibrary or sandiego.gov.■



Friday, April 14

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.

Monday, April 17 – Friday, April 28
Closed for a technology upgrade

All regular events during this time will be cancelled. The schedule will resume on May 1, 2017. Any changes to the May events will be updated on our website.

Saturday, April 29
Friends of the Library Book, Media and Knitted Goods Sale

Support Mission Valley Library with some shopping! Book donations are accepted. The proceeds from sales go to support the San Diego Public Library. For more information, contact the Friends of the San Diego Public Library at 619-542-1724.

Toddler Story Time
Mondays, 11 a.m.

A story time designed for toddlers, featuring songs, rhymes and finger plays.

Zumba Basic
Mondays, 4 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.

Tax Clinic
Tuesdays, 1-7 p.m.

Please call 858-565-4148 x280 to make an appointment.

Yoga for Adults and Teens
Tuesdays, 6 p.m.

Learn yoga, an easy to learn workout program that requires little or no equipment and soothes your soul while toning your body.

Assemblymember Weber's mobile office
Second Tuesday of the month, 6-8 p.m. and third Monday of the month, 10 a.m.-noon

Connect with Assemblymember Shirley Weber's staff in your community, get help with any problems you are having with public agencies, ask questions about legislation and learn about state and local services.

Issues that staff can assist with include renters and homeowners assistance programs, property tax issues, consumer complaints, unemployment and disability insurance. No need to make an appointment; just stop in.

Knit-a-Bit Knitting and Crochet Circle
Second Wednesday, 12:30-2 p.m.

Bring your own knit or crochet project to work on while spending time with others who share your talent.

Preschool story time and crafts
Thursdays in May, 10:30 a.m.

Preschoolers are invited to a story time followed by a fun craft.

Zumba Gold
Fridays, 1:30 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.■

FEATURED EVENTS



(Facebook)

Mission Valley Craft Beer & Food Festival
Saturday, April 15

Your North County hosts a festival full of complimentary food, beer and spirits. VIP admission offers exclusive specialty beer samples from 19 local breweries.

General admission \$60; VIP tickets \$90. Get \$5 off with promo code YNC. Noon–5 p.m. at Qualcomm Stadium, 9449 Friars Road. Visit bit.ly/2oYUdiY for details and bit.ly/2oZarsl for tickets.

Easter Sunday brunch
Sunday, April 16

Crowne Plaza San Diego hosts an Easter brunch featuring a breakfast buffet and cooked-to-order entrees. Bottomless mimosas and bloody marys are also available with an upgrade.

Adults \$35, Seniors \$32, Children \$16 and kids under 5 years old free. 10 a.m.–2 p.m. at Crowne Plaza San Diego, 2270 Hotel Circle North. Call 619-297-1101 x3150 for reservations or visit bit.ly/2oZbqsb.

USD President's Forum on Immigration and Inclusion
Wednesday, April 19

University of San Diego invites you to participate in a discussion on immigration and inclusion in light of the November election. Featured speakers include USD President James T. Harris, USD professors and leaders from neighboring organizations. A public forum will follow.

6-8 p.m. Kroc Institute for Peace and Justice Theater, University of San Diego, 5998 Alcala Park. Contact Melissa Olesen at 619-260-4659.

Horisont at Brick by Brick
Thursday, April 20

Swedish band Horisont will bring their heavy blues rock

sound to San Diego. They will perform with special guests Dirty Streets, Monolith and Loom. 21 years and older. Tickets \$12 in advance; \$16 at the door.

Doors 8 p.m. and show 8:30 p.m. Brick by Brick, 1130 Buenos Ave. Visit bit.ly/2oZigOt.



"Cats of Miriktani" is one of the films featured at the San Diego Asian Film Festival. (Courtesy of SDAFF)

7th annual San Diego Asian Film Festival
Thursday, April 20–Thursday, April 27

Pacific Arts Movement presents an eight-day festival with 20 films from 10 countries. The program is the biggest yet and features documentaries, comedies and more.

Tickets \$9.50–15 online. Times vary. UltraStar Mission Valley, 7510 Hazard Center Drive #100. Visit bit.ly/2okCK1A for tickets and bit.ly/2okGb8s for lineup.

Parent Connection Swap Meet
Sunday, April 23

Scripps Health Parent Connection hosts a swap meet to support families in crisis. More than 150 vendor families will be selling used furniture, clothing, strollers, toys and books.

Admission \$2 per person; children under 12 free. Free admission for anyone who downloads Close5 mobile app. 8:30 a.m.–2 p.m. at Qualcomm Stadium, 9449 Friars Road. Contact Pam Nagata at info@sandiegoparent.com or visit sandiegoparent.com

10th annual Taste of Morena
Wednesday, April 26

The 10th annual Taste of Morena features an evening of savory food and dessert samples, drink specials from microbreweries and local bars, and more.

Complimentary Old Town shuttles and University of San Diego trams available. Tickets \$25. 5-9 p.m. in Morena/Linda Vista area. Visit exploremorena.com.

'The Sara Spencer Washington Story' at San Diego Black Film Festival
Saturday, April 29

See the award-winning documentary "The Sara Spencer Washington Story" at the San Diego Black Film Festival. The half-hour short film chronicles the life of Sara Spencer Washington, a black businesswoman, philanthropist and political activist from the 1920s. Tickets \$10. 1 p.m. AMC Fashion Valley 18, 7037 Friars Road. Visit sdbff.com.

CIVIC MEETINGS

Linda Vista Planning Group
Monday, April 24

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.

Linda Vista Town Council
Thursday, April 20

The Linda Vista Town Council will hold its next meeting with refreshments at 6 p.m. and program at 6:30 p.m. Guest speaker will be Melissa Plaskonos, assistant vice president for facilities management, University of San Diego, will discuss USD's Master Plan Update.

American Legion Post 731, 7245 Linda Vista Road. Visit lindavista.org.

Mission Valley Planning Group
Wednesday, May 3

Mission Valley Planning Group will hold its general meeting at noon in the Mission Valley Branch Library Community Room, 2123 Fenton Parkway. Visit bit.ly/2jZs7gA.

—Calendars compiled by Sarah Butler. To have your calendar listings considered, send information to jeff@sdcdn.com.■

STYLE THAT LASTS



AMISH FUSION: HAYWORTH
Dining Table **\$2649** Arm Chair **\$449** Side Chair **\$405**



ASHLEY 8PC ROOM PACKAGE
\$899



WHITTIER WOODS
Addison Collection-Solid Alder
And Black Walnut
QUEEN STORAGE BED \$1495



RECLINING SOFA with Drop Down Table
and **RECLINING LOVESEAT**
2pc set at **\$699** | Recliner at **\$179**



SIMMONS SOFA with
REVERSIBLE CHAISE OTTOMAN
\$539.95



SIMMONS
KINGSLEY SOFA
\$555

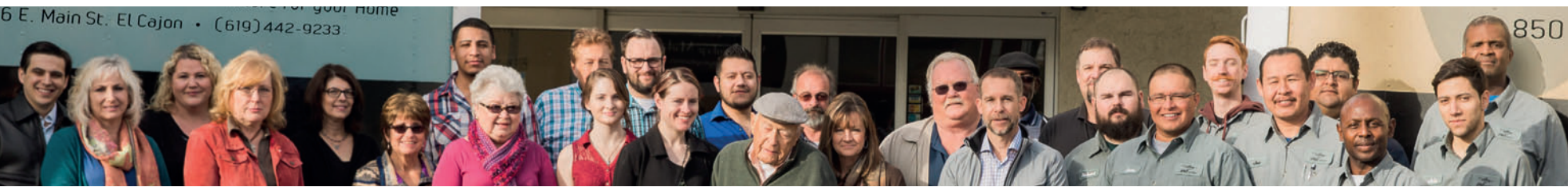


**Largest selection of
Amish Furniture in San Diego**
906 East Main Street, El Cajon, CA 92021
619-442-9233



Brands you know...Prices you love!
850 East Main Street, El Cajon, CA 92020
619-442-7706

Delivery available to all of San Diego county



www.CandCfurnishme.com

www.tuckersvalleyfurniture.com

VISA

MasterCard

AMERICAN EXPRESS

DISCOVER