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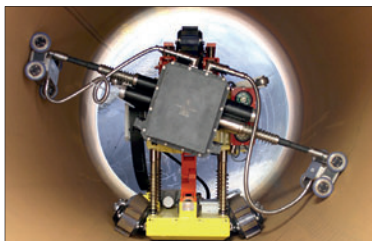
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(619) 961-1969
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Advertising
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Nicholas Patton playing with the musical art installation titled "On a Human Scale" by Matthew Matthew
(Photo by Kit-Bacon Gressitt)

Wonderspaces' interactive pop-up art in Civita Park

Kit-Bacon **Gressitt**

[Editor's note: This is the second story in a two-part series on Wonderspaces. Read part one at bit.ly/2sQ82Ii.]

"Wonderspaces: A Pop-Up Arts Celebration," the brainchild of former Marines Jason Shin and Patrick Charles, opened June 2, and it indeed

displays some wonders to behold — and to engage.

Located in a large-scale tent in an undeveloped portion of Mission Valley's new Civita Park, the exhibit is entered through David McCarty's Plexiglas sculpture, "Pulse Portal." The portal was previously displayed at Burning Man 2016, which, in part, inspired Shin and Charles' vision of Wonderspaces as an easily

accessible and affordable arts experience.

Inside the tent, 16 interactive installations grab the attention of adults and children alike, including the exhibit's neighbors.

Jacqueline Lane was taking a walk one Friday, noticed the portal, and ended up with a job at Wonderspaces.

See **WONDERSPACES** page 16 →

Fight over SoccerCity heats up

Community divided over plan for Qualcomm site

Jeff **Clemetson**

At its June 5 meeting, San Diego City Council threw a proverbial wrench into a plan to develop the Qualcomm Stadium site with housing, commercial buildings, retail space, and a park surrounding a stadium for Major League Soccer.

The council voted 5–4 to strip \$5 million from the budget to fund a special election this November seeking voter approval of what is called the "SoccerCity plan" for Qualcomm, as well as a vote on the expansion of the Convention Center. Mayor Kevin Faulconer vowed to veto the council's decision.

"A City Council majority is supporting the unprecedented step of blocking a public election by stripping funding from the budget. This short-sighted



FS Investors representative Nick Stone addresses the San Diego City Council alongside backers of the SoccerCity proposal. (sandiego.gov)

move results in denying the public a vote and getting nothing accomplished for our city," said Faulconer in a press statement. "I intend to use my veto authority to restore the special election funding, while still retaining the added funding for our police, so the City Council can take an up or down vote on these urgent ballot measures."

Funding for the special election will likely be restored because the rules in the city charter say the council needs

six of nine votes to override a mayoral veto and four councilmembers — Chris Cate, Mark Kersey, Scott Sherman and Lorie Zapf — expressed their strong support for the special election.

"For the first time in recent memory, San Diegans are being denied their right to vote on a certified citizens' initiative," said Councilmember Scott Sherman, who represents

See **SOCERCITY** page 4 →

More action on medical marijuana

Jeff **Clemetson**

The June 7 meeting of the Mission Valley Planning Group once again saw action on a familiar type of item — medical marijuana dispensaries.

The planning group voted to postpone a decision on a new applicant because a report from city staff on the application had not been completed. There was also a vote to appeal a decision by the city to allow an application that the planning group had previously rejected.

The new applicant presented a plan to open a dispensary at 1235 Hotel Circle South, Suite C. Joe Esposito, the applicant's representative, said the site would be upgraded with security enhancements; the parking lot would be reconfigured to add a turnaround; and that the dispensary would employ a system to track its products to ensure they do not end up in the hands of minors.

After Esposito's presentation, planning group board member Jim Penner objected to the dispensary's location because of its proximity to the proposed Morris Cerullo International Legacy Center, a religious-themed resort complex. Penner, who is the project director for the Cerullo resort, recused himself from the board vote on the dispensary to avoid the appearance of a conflict of interest, but said he wanted to point out that the resort complex will have facilities for children if it is built.

"Also, I have not seen these cooperatives necessarily go into areas or neighborhoods that are hotel heavy," he said. "Everything around there is a hotel and they are all family hotels."

Esposito said the city ordinance governing medical marijuana dispensaries says that only businesses that are

See **MVPG** page 3 →

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A new housing ‘context’

Mission Valley one of several areas getting a facelift

Joyell Nevins

San Diego’s population is expected to increase 30 percent by 2050, adding one million new residents who will require 330,000 new housing units. So what will that housing, and the neighborhoods they fall into, look like? How will it change our environment and our lifestyle?

Those were the statistics and questions posed by the San Diego Architectural Foundation (SDAF) at its fourth annual “Context: People, Places, Engage!” forum. SDAF is a nonprofit organization dedicated to education and the promotion of outstanding architecture, planning and urban design throughout the region.

On June 6, about 130 people converged in Green Acre Campus Pointe restaurant in

Sorrento Valley to network, begin and continue meaningful conversations concerning city development. The group included representatives from architect firms, the design industry, policy influencers and the public.

“It’s people in the know, and people not in the know, coming together to create connection,” said Margit Whitlock, vice president of the SDAF board of directors.

One of the people in the know, sharing a glimpse into a re-envisioning of Mission Valley, was Nancy Graham. Graham is a certified senior planner for the city of San Diego, and the leader of the Community Plan Update project for Mission Valley. She joined the city after more than a decade in the private sector as a consultant focusing on urban planning, community outreach, public affairs and environmental management.

Graham described Mission Valley as “San Diego’s next great neighborhood.” She said the initial community development plan, a guideline for zoning and city layout, was designed in 1985. The plan is very auto-centric, and was made before the trolley existed. Graham noted with chagrin that the Green Line is typically used for people going through, not to or in, Mission Valley.

“We’re looking to create a new vision,” Graham said.

One of the main factors in that vision is to make Mission Valley more accessible to pedestrians. Right now, there are

sprawling shopping centers and giant parking lots, but almost no way to get between them without hopping in a car.

“We’re unlocking the pavement potential,” Graham said.

The new Community Plan is just that — a plan. It is in phase three of a six-phase process before anything is officially set. The designs Graham showed at “Context” are one of three alternatives that have been proposed.

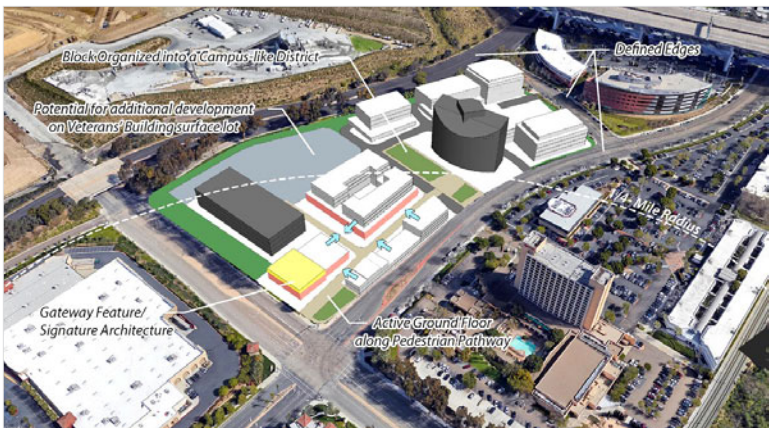
Alternative 1 is referred to as the “string of pearls” concept. It has mixed-use land sections, all within a quarter mile of the trolley stops.

Alternative 2 is called the “vibrant core,” which places the core of Mission Valley from the Hazard Center to the Discovery Center.

Alternative 3 land-use plan, referred to as “campuses and clusters,” is what Graham presented at the forum. It features pedestrian walkways in and through building sectors. It also purposely leaves green spaces, including an elevated park behind the state building by Ralph’s. The green spaces and walkways will make the building centers more of a “campus-like district.”

The new plan will also acknowledge and make more use of the San Diego River that runs through the valley.

“I always say if we didn’t live right next to the Pacific Ocean, the San Diego River would be the area’s most valuable resource,” Graham declared.



An artist rendering of a possible plan to partially redevelop part of Mission Valley (Courtesy City of San Diego)

Along with focusing more on pedestrians comes making the trolley stations more directed and accessible. Frazee Road may be built up as a connector to the Hazard trolley station.

Accessibility and pedestrian-friendliness were also key concepts in the other two presenters at “Context.” Kate Goodson, the principal at the placemaking laboratory POP/ARCH, spoke about the importance of “place with a capital P” and making areas for people to walk, enjoy and connect with each other in their environment.

Dr. Bruce Appleyard, a professor of city planning and urban design at San Diego State University, shared the “livability calculator” and handbook project he spearheaded. The project seeks to correct the transportation-land use imbalance running rampant in many city designs, and helps cities and agencies hone in on specific practices they can improve to increase “livability” (quality of life) in their area. The calculator considers several factors covering transport, land-use, access to opportunities and social equity.

Mission Valley’s updated Community Plan will likely be an “amalgamation” of the three alternatives already developed, Graham said. Her team is putting together a “preferred land-use plan,” which they hope to have completed by this summer.

After that, the city will complete an environmental analysis of the preferred plan to determine its possible impact. A draft of the plan with any amendments from said analysis or other concerns is hoped to be released in the fall. It will have to go through several committees and city hearings before being officially adopted.

When the updated Community Plan is finalized, which Graham’s team goal is for that to happen by fall 2018, zoning in Mission Valley will change to reflect this plan. Developers will have to follow along the ideas set out in the plan to build in the valley.

If you would like to be a part of this plan-update process, come to the Mission Valley Library at 3 p.m. on the second Friday of every month. The Community Plan Update team holds a public meeting to share progress and hear community feedback.


For more information, visit bit.ly/1NAqQuN or call 619-235-5200.

To join the San Diego Architectural Foundation, or for more information about their future events, visit sdarchitecture.org or call 619-232-1385.


—Freelance writer Joyell Nevins can be reached at joyellc@gmail.com. You can also follow her blog *Small World, Big God* at subgblog.wordpress.com. ■



Nancy Graham is a senior city planner for the city of San Diego and leader of the Mission Valley Community Plan Update. (Courtesy Nancy Graham)



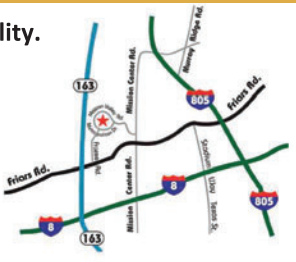
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Legacy Center project advances to City Council vote

SDCNN Staff

The massive Morris Cerullo Legacy International Center project has received the Planning Commission’s blessing, and now it will go to the City Council for a final vote.

The Planning Commission voted 6-0 on June 8 to advance the project, after adding a handful of conditions that must be met.

Redesigned completely by the architectural firm Carrier Johnson + Culture, the new version of the Legacy Center largely drew raves from commissioners for its final design that architect Gordon Carrier called “timeless” and “mystical.” The new plans have previously been approved locally by the Mission Valley Planning Group and its Design Advisory Board.

The “religious tourism” complex will replace the aging Mission Valley Resort, located at 875 Hotel Circle South. The

391,000-square-foot complex comprising five structures will have a performing arts center for theater, movies and lectures; an IMAX theater; a religious museum and a replica of the Wailing Wall in Jerusalem; a garage with 659 parking spots; and a resort hotel.

The commissioners added a number of contingencies to get their approval, including:

- Improving pedestrian access to the complex, currently limited to each end of the complex.
- Adding a covered structure at the bus stop.
- Providing more electric-car charging stations, including fast-chargers.
- Charging for onsite parking to encourage ridesharing or public transportation.
- Sidewalk improvements, including a direct route to the complex for pedestrians who get off at the bus stop.

The date for the City Council vote has yet to be determined. ■

Local firm wins tax credit award to bring jobs

Dave Schwab

A Kearny Mesa firm has been awarded a state income tax credit which it intends to reinvest creating jobs for the local economy in Mission Valley and environs.

Diakont (located at 3853 Calle Fortunada) is a leading provider of high-tech robotic solutions that focuses on inspecting gas and oil pipelines that run beneath cities. A lot of its work is regulatory-driven. Diakont often delivers solutions that result in a complete change in the way a task is completed — or enables a task to be completed where it was not previously considered possible.

The firm recently received an income tax credit by the California Governor's Office of Business and Economic Development ("GO-Biz"). The tax credit was granted in consideration of Diakont's ongoing commitment to growing and investing in its California-based operations.

"In San Diego, we incorporated six years ago and we've got 32 employees," said Edward Petit de Mange, Diakont's managing director.

Diakont hires directly out of California universities, particularly UC San Diego and Cal Poly. The firm said that is key to its having a stream of new engineers with new ideas, as well as maintaining a Silicon Valley-level of talent with a more reasonable cost of living and lessened competition.

De Mange described the company's clientele as "Fortune 100 companies and a lot of engineers." He pointed out Diakont will be using its state tax credit to "do more hiring and reinvest more money back



A state income tax credit award for the local company Diakont will bring more high-tech jobs to the area. (diakont.com)

into the company," adding its awarded tax credit "is based on our company's business plan."

De Mange explained how state tax credit money will be reinvested.

"The way it works is our company is issued a credit on the basis of fulfilling certain obligations with regards to hiring and investment in various things — infrastructure, equipment, etc.," he said. "As part of our contract, from 2017 to 2021, we'll be hiring an additional 28 new employees with a \$6 million investment into infrastructure. That will all go back into the community because we primarily use local vendors."

The California Competes Tax Credit was created by Gov. Brown in 2013 to help businesses grow and stay in California. This year, GO-Biz is allocating approximately \$240 million in total tax credits.

Diakont was one of 114 expanding statewide companies to share in \$91.4 million in approved tax credits. The monetary awards will support these companies in creating a projected 8,223 jobs and generating over \$828 million in total investment across California.

"I congratulate Diakont on winning this California Competes Tax Credit, and I thank the company for investing

in San Diego," said State Sen. Toni Atkins (D-39th), whose legislative district includes Mission Valley. "With this award, Diakont will add six more engineers and invest \$14 million, which will bring substantial economic benefit to our city and support growth in our region."

Atkins noted Diakont is in the process of significantly expanding its California operations, including its engineering and manufacturing capabilities, which she said will "continue to create new high-tech jobs in San Diego."

Based in Kearny Mesa since 2011, Diakont is a provider of special solutions to the energy and oil and gas refining industries.

"These are solutions for increasing safety and efficiency," said de Mange. "We supply special products and services mostly focused around inspections validating the integrity of pipelines using robotics instead of people."

De Mange noted Diakont has 1,300 employees worldwide, including its significant San Diego contingent.

For more information, visit bit.ly/2nxiNGc.

—Dave Schwab can be reached at dschwabie@journalist.com. ■

► MVPG, from page 1

over 50 percent child-oriented can invoke the 1,000-foot buffer between itself and a dispensary.

"The hotel is not considered a child-oriented business ... so I don't think they can do anything about that unless they write something or add something to the ordinance itself," he said.

Board member Marco Sessa was concerned with how many dispensaries the planning group could consider. San Diego allows for four dispensaries in each of the City Council voting districts. Mission Valley already has two approved dispensaries in District 3.

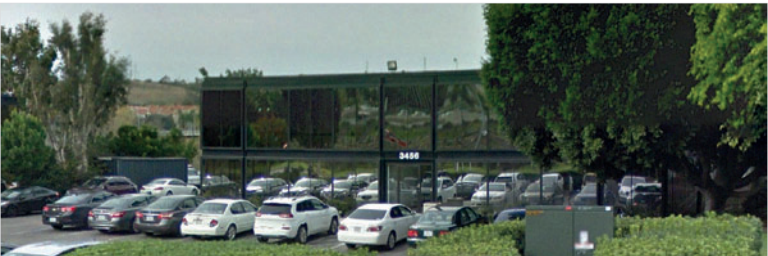
"Do you know how many have been approved now in District 7? Where are we with all the other applicants?" Sessa asked.

City planner Nancy Graham did not know the exact number.

"They are all on appeal," she said of all the previous applicants that the planning group has considered.

After the planning group voted to postpone action on the new applicant, it voted for to make an appeal of its own.

At its Feb. 1, 2017 meeting, the planning group voted to reject an application by Stone



The Mission Valley Planning Group is appealing a decision by the city hearing officer that overturned the group's earlier vote to not allow Stone Age Farmacy to open a dispensary at 3456 Camino del Rio North. (Google Maps)

Age Farmacy to open a dispensary at 3456 Camino del Rio North because the location was within 1,000 feet of a building owned by the San Diego Unified School District. Although there is no school currently in operation at the location, SDUSD is in discussion with Audeo Charter Schools to open a school there. The planning group at the time pointed to Mission Valley's need for schools for its reason to reject the dispensary application.

The proposed dispensary was also near the San Diego River where a future park might be located as the river Park Plan is implemented.

However, the city's hearing officer determined that the location was compliant because no school has yet to be permitted for the location and the San Diego River is not yet identified in the city's general plan as a

recreational park and approved the project despite the planning group's objections.

Randy Dolph motioned to appeal the hearing officer's decision. Reading from the appeal he drafted, he said:

"While the city staff and hearing officer may have applied the strictest, technical opinion of meeting the municipal code, it does not meet the intent of providing a reasonable separation between MMCCs and schools and parks. This was echoed by the community to be with Mission Valley Planning Group's overwhelming vote of 14 to 1 to zero to deny the project."

The planning group would be joining SDUSD, which also appealed the hearing officer decision.

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

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► SoccerCity, from page 1

Mission Valley. “A handful of council members have decided they are smarter than San Diego voters and effectively killed SoccerCity through budgetary maneuvers to please union bosses and special interests. Today’s actions by the City Council are absolutely shameful.”

Councilmember Barbara Bry, who initiated the amendment to strip the special election funding, said she is not against soccer, but called the development of Qualcomm a “once in a lifetime gift” that should be given greater opportunity for public input.

“I want to ensure that this valuable piece of land in the

heart of San Diego is utilized to the maximum benefit of our city and our region,” she said. “I believe we must act swiftly but with full comprehension of the fine print and an informed buy in of the community. That’s why I support a RFP process — a fair and transparent process.”

Councilmember Chris Ward cited the inability of previous initiatives involving sports franchises to make the two-thirds threshold of votes to pass.

“Why would I spend \$5 million of your public money on something that is doomed to failure?” he asked.

The City Council’s decision came after several hours of public comments. Over a hundred people from both sides spoke in favor or against the SoccerCity plan.

Opponents of the SoccerCity special election — which included labor groups, an SDSU alumni group and voting rights advocates — pointed to Measure L, which requires all initiative and referendum measures to go on high-turnout, general election ballots, unless the City Council decides the issue is worthy of a special election.

“As a strong advocate for Measure L, the council should respect the will of 306,000 informed voters and schedule local measures for



San Diego residents asked questions and voiced concerns about the SoccerCity plan at a June 5 open house. (Photo by Jeff Clemetson)

the next general election,” said Joe LaCava, leader of Public Land, Public Vote Coalition, the most vocal group opposed to SoccerCity. “Deferring to 2018 on the FS Investors proposal gives the city time to pursue an open and transparent process to solicit competing proposals. The council should also reject any attempt by FS Investors to fund a special election. Allowing anyone to effectively buy an election to suit their political needs violates Measure L.”

FS Investors representative Nick Stone — backed by local soccer players, coaches, league organizers and fans — said if the vote was postponed to the general election in November 2018, San Diego voters would be given “a choice between no soccer stadium and no soccer stadium” because Major League Soccer needs a decision made by the city before the end of this year.

Stone also told the City Council that a \$5 million investment in a special election could save the city hundreds of millions more, because maintaining Qualcomm costs the city around \$12 million a year.

Public campaigns

The City Council vote and the now-expected veto by the mayor is just the beginning of what is already turning out to be a very public fight between supporters and opponents of SoccerCity. Television ad campaigns from both sides have already begun to flood local channels. And other public events are already underway to sway voters as well.

The same night as the City Council vote, FS Investors held the first of a series of open houses on its SoccerCity plan. Around 50 people attended the open house, held at the Town and Country Resort & Convention Center. Information areas were set up around the room with SoccerCity representatives answering questions. Participants were also asked to fill out comment cards with suggestions for what they would like to see in the architecture, choices in entertainment, park design and more.

Just like with the City Council meeting, the open house drew both supporters and critics of the plan.

Anita Haefner, a resident of Serra Mesa, complained that FS Investors is not emphasizing the residential and commercial impacts of the SoccerCity proposal.

“They just talk about the wonderful park and the stadium for soccer,” she said. “But they don’t talk about how they are getting the land for basically pennies and that they are going to build condos. And we don’t want any more traffic.”

Haefner, an alumna of SDSU, said she would like to see the college get the Qualcomm land to build a football stadium for the Aztecs and more student housing and classroom facilities.

Birdrock resident Dave Dunbar said he supports the SoccerCity proposal, even though he is only a “casual fan” of the sport who would go to some MLS soccer games, “but not many.”

Dunbar is mostly supportive of building the proposed park along the San Diego River.

“We have lots of areas that are shortchanged in parks, especially Mission Valley,” he said.

Tim O’Reilly of Mission Hills thinks the FS Investors plan is not even real.

“They’re flippers. If you look at FS Investors, do you see anybody in there who’s a developer, anybody there who has any experience at all at building?” he asked. “Hedge fund investors, they don’t know anything about building. They understand the idea of getting beaten-up assets, dressing them up and flipping them.”

Greg Shields, a civil engineer for the SoccerCity plan from the firm Project Design Consultants, refuted that claim. His company has only been working with FS investors for a few months but was hired, he said, for its previous experience in helping to build Petco Park.

After the open house at Town and Country, FS Investors held two more that week — one on June 6 at the Jacobs Center for Neighborhood Innovation and another at the Cesar E. Chavez Continuing Education Center.

Two additional open houses are scheduled. One for June 12 at the Carmel Mountain Ranch / Sabre Springs Recreation Center, located at 10152 Rancho Carmel Drive; and another on June 13, at the University City Library, located at 4155 Governor Drive. Both meetings run from 6–7:30 p.m.

For more information about the SoccerCity plan, visit goalsd.com. Those interested in the opposition, visit publicland-publicvote.com.

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

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Different reactions to Russia probe

Congressional Watch

Andy Cohen



Scott Peters (D-52) is taking the Trump-Russia probe very seriously, unlike many of his Republican colleagues in the House of Representatives. On May 9, after Donald Trump fired then-FBI Director James Comey for what we now know — by Trump’s own admission — was Comey’s refusal to “drop the whole Russia thing,” Peters wasted no time in issuing a very strongly worded statement on the matter:

Firing law enforcement officers who may be investigating you or your associates and then appointing their replacements is something that happens in dictatorships — not in the United States of America. This move from the president is breathtaking in its brazen disregard for the independence of our justice system. Republican members of Congress who fail to stand up against this are complicit in this assault on our democracy.

The founding fathers made Congress a check on the power of the presidency. That check only functions when it is used without regard for political party. Congress — Democrats and Republicans — must stand up in a bipartisan defense of our institutions and insist that a special prosecutor be appointed before confirming a new director.

Never before has it been clearer that the integrity of our democracy depends on an independent commission to investigate Russian interference in our election and a special prosecutor at the Department of Justice to follow an investigation to whomever — and whomever — it leads.

On May 16, after it was revealed that Trump shared highly classified information received from Israeli intelligence sources with the Russian foreign minister and ambassador — information that the intelligence community had not even divulged to the U.S.’s staunchest allies — Peters issued another statement that was equally condemning of the administration.

“It is high time that Republicans put country before party and hold this president accountable,” it read in part.

“From the beginning, I said I was willing to work with President Trump on shared priorities, but this crosses every line. All members of Congress — Republicans and Democrats — should be standing shoulder to shoulder as patriots to demand answers from President Trump so that we can contain the damage and help keep Americans safe. Anything less is a dangerous failure of Congress to faithfully execute its role as a check on the power of the president as the founders intended.”

The investigation into the Trump campaign’s and his associates’ ties to Russia and Russian meddling into the 2016 campaign is now in the hands of former FBI Director Robert Mueller. It’s a step in the right direction, but many believe a

9/11 style independent commission is called for.

On May 25, the state of Montana held a special election to fill its sole congressional seat, vacated when Ryan Zinke was appointed to Secretary of the Interior. The state voted for Donald Trump by 20 points, yet the congressional election was expected to be tight. And it was. Republican Greg Gianforte won the seat with 50.1 percent of the vote (Democrat Rob Quist finished second with 44.1 percent).

So what does a Montana congressional special election have to do with the San Diego Congressional Watch column? Well, the night before the election, Mr. Gianforte physically assaulted a reporter, Ben Jacobs from The Guardian. The incident was witnessed by a Fox News crew that was preparing to interview Gianforte after a pre-election rally. Jacobs called the police and Gianforte was charged with misdemeanor assault (Sheriff’s officials said the nature of Jacobs’ injuries did not meet the standards for felony assault) and could face up to six months in jail.

Condemnation of Gianforte’s actions was widespread, although Fox News barely

acknowledged the incident until the next day, despite having their own crew as eyewitnesses. **Duncan Hunter (R-50)** had a different take on the incident, when asked about Gianforte’s actions. “It’s not appropriate behavior,” Hunter told reporters. “Unless the reporter deserved it.”

First, Ben Jacobs most certainly did not deserve to be body slammed by a congressional candidate — or anyone else, for that matter — and certainly asking a question about the Congressional Budget Office’s score of the Republican health care repeal bill did not deserve such a response. Second, who, in Hunter’s mind, is to be the arbiter of who does and does not deserve to be physically assaulted? What, exactly are the criteria for such a determination?

Third, since when has it become acceptable for anyone to attack a reporter for simply doing their job? Is this the new reality we will be living with from here on out?

Darrell Issa (R-49) recently saw the lawsuit against his 2016 general election opponent Doug Applegate dismissed in San Diego County Superior

Court. Issa had sued Applegate for defamation, stemming from commercials that aired in Orange and San Diego Counties, featuring quotes from a New York Times article that accused Issa of using his position as a member of Congress to steer funds for road work and public projects to improving the value of his own properties.

As a part of the ruling, Applegate is entitled to recover \$141,000 in legal fees, but Issa has announced plans to appeal, delaying Applegate’s ability to recover those fees.

Applegate lost to Issa by less than 1 percentage point (1,621 votes) in the 2016 election and has already said he will challenge Issa again. Environmental lawyer Mike Levin has also announced plans to challenge Issa from the Democratic side.

After a couple of rough town hall meetings in April, Issa has scheduled another town hall event, with one caveat; he is selecting only conservative-leaning constituents to attend the event in a 500-seat venue, presumably to avoid the kind of confrontation he faced last time.

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



Rep. Susan Davis, D-53
2700 Adams Ave. #102
San Diego, CA 92116
Local: 619-280-5353
Washington: 202-225-2040
house.gov/susandavis

Rep. Duncan Hunter, R-50
1611 N. Magnolia Ave. #310
El Cajon, CA 92019
619-448-5201
202-225-5672
hunter.house.gov

Rep. Darrell Issa, R-49
1800 Thibodo Road #310
Vista, CA 92081
760-599-5000
202-225-3906
issa.house.gov

Rep. Scott Peters, D-52
4350 Executive Dr. #105
San Diego, CA 92122
858-455-5550
202-225-0508
scottpeters.house.gov

Rep. Juan Vargas, D-51
333 F St. #A
Chula Vista, CA 91910
619-422-5963
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The Werewolves of London

Guest editorial

Speak up for investments in our future

Rep. Susan A. Davis

Nothing defines our values more as a nation than the budget and the investments we make for the future of American families. These investments signal what’s important and what direction we want to take our nation. Investments in education indicate the value we put on the future we want for our children. They say we want our kids to be better off than we are now. Investments in the environment say we want clean air and clean water to protect the health of current and future generations. Prioritizing life-saving medical research sends the message to loved ones that we don’t want anyone, especially our children, to have to suffer from a life-threatening or a life-debilitating disease. These are messages I hear every day from my constituents. People have been weighing in more than ever before. It was this powerful engagement that helped Democrats fight for these priorities in the omnibus appropriations bill recently signed into law. With a government shutdown looming, Democrats resisted demands from the Trump administration for cuts in critical investments. We secured policy priorities and investment increases for vital non-defense items, which will educate our children, save lives, and create jobs. The administration called for a 13 percent cut in education funding and would raid



Rep. Susan A. Davis

\$4 billion from Pell grants. Since 1965, Pell grants have provided access to a college degree for millions of low-income students. However, we were able to secure \$24 billion for Pell grants, as well as increase the maximum Pell grant to \$5,920. Democrats also restored access to year-round Pell grants for hard-working students. This will give students the opportunity to accelerate their work toward a degree. As the Ranking Member of the Higher Education Subcommittee, I will continue to push for greater funding for Pell grants along with robust investments in education at all grade levels. Life-saving medical research was also on Trump’s chopping block with a proposed 18 percent cut for the National Institutes of Health. San Diego receives about \$800 million in NIH funding each year. Thousands of scientists are hard at work in our region making

discoveries and looking for cures. If these cuts were to materialize it would have a significant impact on that research and our local economy. I recently held a medical research roundtable in San Diego with local life science leaders and disease advocacy groups. The discussion focused on the role of NIH investments and its particular importance to our region. In the House, I led 206 members in urging for a \$2 billion increase in NIH investments. I was pleased to see that funding included in the omnibus. In another win for the health and safety of American families, Democrats protected 99 percent of the budget for the Environmental Protection Agency. This is in contrast to Trump’s designs to slash the EPA’s budget by 30 percent. We need to provide the EPA with the resources necessary to enforce protections that keep our air and water clean.

These are just a few of the successes secured in the omnibus. We also insisted that more than 160 policy riders to undermine the health, safety, and financial security of the American people be removed from the omnibus. A rider threatening women’s access to health care by defunding Planned Parenthood was stripped out of the bill. Planned Parenthood provides vital health services to both women and men, many of whom are young and low-income. The same went for a rider to dismantle the consumer protections under Dodd-Frank. The last thing we want is a repeat of the financial meltdown of 2008. While we can be proud of this victory, another budget fight is still ahead. Trump has indicated that he may force a “good” government shutdown this fall to get the cuts he wants. There is no such thing as a good shutdown. Shutdowns hurt families, hurt seniors, and hurt our veterans. The American people let their voices be heard and their values were defined in the omnibus. We must continue to push for these priorities. —Rep. Susan A. Davis represents Congressional District 53, which includes the San Diego communities of Old Town, Kensington, Mission Hills, University Heights, Hillcrest Bankers Hill, North Park, South Park, Talmadge and Normal Heights, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista.■



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

- EDITOR**
Jeff Clemetson
(619) 961-1969
jeff@sdccnn.com

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

COPY EDITOR
Dustin Lothspeich

WEB & SOCIAL MEDIA
Sara Butler
web@sdccnn.com

CONTRIBUTORS
Andy Cohen
Rep. Susan A. Davis
Kit-Bacon Gressitt
Dr. Ink
Kathy McSherry
Erica Moe
Sari Reis
Frank Sabatini Jr.
Taylor Schulte
Dave Schwab
Ron Stern

SENIOR INTERN
Jennifer Gottschalk

EDITORIAL INTERN
Jess Winans
- INTERNS**
Madhu Chandani
Alex Ehrie
Czarina Greaney
Eric Guerrero
Angel Rodriguez

WEB DESIGNER
Kim Espinoza
kim@kespinoza.com

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

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

ADVERTISING CONSULTANTS
(619) 519-7775
Andrew Bagley, x106
Michele Camadra, x116
Heather Fine, x107
Sloan Gomez, x104
Annie Burchard, x105
John Watson, x113

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

PUBLISHER EMERITUS
Jim Madaffer



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Madrid!

Day or night, Spain's heavenly culinary delight

**Global
Gumshoe
Ron Stern**



Madrid is a city of passion! Locals, known as madrileños, are ardent about their history, culture and perhaps most of all, their food. From tapas to tomatoes to treats, they love it all and are eager to share their love with visitors looking for a sensory culinary taste explosion.

Unlike people living in the United States, Spaniards prefer to dine late. While Americans might typically eat around 6 p.m., in Madrid it is not uncommon to start a meal at 9:30 or 10 p.m. This is when things really start happening anyway as the downtown neighborhoods fill up with locals and tourists sampling tapas at some 250 tapas bars.

These are colorful, vibrant places where you can mingle with the locals, engage in good conversation, and sample a glass of Spanish wine or beer for just a few euros. Drinks are usually accompanied by a complimentary small plate of bread, olives, cheese, jamón (ham) or seafood.

Speaking of ham, it is almost a national obsession. But unlike the thick cuts of meat one might get in the U.S., the slices in Spain are carved wafer thin and served alone as a starter or with bread and other accompaniments. Huge legs of ham hang in the shops and are on display in restaurants and packaged for take home in high-end department stores. The best Iberian ham (such as Bellota) comes from animals that roam freely, eating a diet mainly of acorns. This is what makes cured Iberian ham, according to locals, unparalleled in the world.

You will want to take time to stroll around neighborhoods such as La Latina, Chueca, Las Letras and Santa Ana. You probably won't get very far until you are drawn into the enticing storefronts. What sorts of foodie finds will you see? How about fine Spanish wine shops (bodegas) offering bottles for around 10 euros. Or crusty bread in various flavors and fresh from



A colorful fruit and produce shop

the oven. Olive oil is unbeatable in Madrid, and most comes fresh from local producers straight to the shelves. (Save room in your suitcase.) Then there are chocolates, truffles, mushrooms, and flavorful tomatoes the size of small volleyballs.

In Madrid, you will experience it all from high-end indoor food markets such as Mercado de San Miguel to the iconic El Corte Inglés department stores, including one just for men and one for women. On the ninth floor of Corte Inglés Callao, you will find The Gourmet Experience, featuring a cornucopia of some of the best food items the country can offer.

At last count, Madrid has 14 Michelin-starred restaurants. There are three chef-run eateries, totaling seven stars, located inside El Corte Inglés. These include StreetXo (global street food) by David Muñoz (three Michelin stars); Cascabel (Mexican) by Roberto Ruiz (one Michelin star); and Rocambolesc Gellateria, serving gourmet ice cream by Jordi Roca. A Michelin-star chef, Roca and his El Celler de Can Roca was named best restaurant in the world in 2015 by Restaurant Magazine.

If you've ever wondered where the oldest restaurant in the world is, that distinction is given to Madrid's Restaurante Sobrino de Botín, located at Calle Cuchilleros, 17. Having been in continuous operation since 1725 — with a Guinness certificate to prove it — the restaurant's specialty is suckling pig. Many famous people have visited over the years, including the author Ernest Hemingway and the artist Francisco Goya, who was employed as a waiter before attending the Royal Academy of Arts.



A quirky building in Madrid (Photos by Ron Stern)

There are many other sit-down restaurants that you will want to try, including Atico Restaurante by Ramon Freixa, serving Spanish and Mediterranean fare. Afterwards, check out their rooftop terrace for fabulous views. At Lhardy Restaurant, you can dine on regional dishes, including their fabulous Madrid Cocido prepared with chickpeas, meat and vegetables.

For the ultimate in the trendiness category, book a reservation in advance for Amazónico. The mouth-watering aroma of meats grilling on an open flame in the kitchen greets your senses as you enter this eatery lavishly decorated like the Amazon jungle.

Not to neglect breakfast but you will have to adjust your thinking beyond typical bacon and eggs. You are in Spain, after all, and here you will want to make your way to a little passageway near the Puerta Del Sol public square to find Chocolateria San Ginés for chocolate con churros. Believe it or not, freshly made churros and hot chocolate are wildly popular in Madrid, so much so that this spot is open 24/7.

With a history dating to 1894, this café turns out freshly made, lightly battered and fried churros served with a cup of thick, hot chocolatey goodness with a hint of cinnamon. Downstairs is the best place to eat as the space is decorated with green wooden paneling and mirrors as well as matching upholstered seating. This is a decadent culinary experience that you will savor as you dip your churro into the chocolate and let the flavors meld in your mouth.

Every city has its little culinary secrets, and tucked innocently along Calle de Puñonrostro, 3 is a tall wooden door that most just walk right by. But don't! This is the entrance to the Monastery of Corpus Christi, home of a convent of cloistered nuns. You will also see a small

sign that reads, "Horario: Venta de Dulces," as well as a buzzer. If you are fortunate to visit when they are open, this is the place to get your secret sweets (dulces) or cookies, depending upon what they made that day. After you enter, you will come to a small window with a little turntable. It is helpful if you speak a little Spanish so you can ask what they have (*¿Qué tienes?*). After paying several euros, you will be rewarded with a small box of cookies or sweets adorned with the name of the monastery. Cherish your victory as you enjoy your delicacy in your search for the best of heavenly Madrid.

—Contact Ron Stern at travelwriter01@comcast.net or visit his blog at globalgumshoe.com. This was a sponsored visit; however, all opinions are the author's. ■

Where to stay

Hotel Villa Magna

This is a beautiful, luxury property ideally located for exploring Madrid. The service is impeccable, the rooms are clean and comfortable and a full breakfast is included with your stay. More at villamagna.es.

See and do

Del Prado Museum

A national treasure, the museum has an extensive collection of European art from the 12th century onward. Masters such as Velasquez, El Greco and Rubens are featured. They also have a stunning copy of the "Mona Lisa" with a colorful background believed painted at the same time as its famous cousin in the Louvre. More at museodelprado.es.

Aranjuez Royal Palace

This site is a must-see and is located a short drive from Madrid. Declared a UNESCO landscape in the cultural heritage of humanity site in 2005, two rooms have to be seen to be believed: the porcelain room and Moorish room. More at patrimonionacionales.es.

El Corral de la Moreira Flamenco Show

If you have never seen a flamenco show, this is the one you will want to experience. Book a reservation that includes dinner and come see a visual feast for the senses. More at corraldelamoreria.com.

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Swell deals, dizzying choices

Come On Get Happy! Dr. Ink

With lengthy food and drink choices that include 130 varieties of draft beer falling into numerous style categories, Yard House seems intent on sending customers into a head spin. But nobody's complaining; especially during happy hour when you can potentially wash down a tower of onion rings with a half-yard of craft beer for under \$15 — or even less if you stick to the domestics.

The chain establishment found an ideal home when it opened more than a year ago alongside the AMC movie theaters in Westfield Mission Valley Mall. Its long-established Downtown location had just closed, which sent even more devotees to this outpost. No doubt, the place gets ridiculously clamorous at times, but the expansive dining areas and giant bar often does a fine job accommodating the mobs.

Drink discounts range from \$1 to \$4 off everything in the house, from the entire beer list served in pints, goblets or half yards to cocktails, prosecco and wines by the glass.

Appetizers, light and heavy, are offered in four price groups, from \$5 to \$8, with things like moo shu egg rolls and the onion ring tower at the low end and poke nachos and ahi sashimi in the top tier.

We both ordered beer by the pint. My drinking cohort, a fan of dark brews, went straight for the Tabula Rasa Porter by Second Chance Beer Company. It had a creamy body and the desired robust flavor of toasted coffee beans. He had briefly considered the New Holland Dragon's Milk Imperial Stout, but at 11 percent alcohol, he decided to retain some of his bearings.

According to our waitress, Unita Brewing Company in Salt Lake City, Utah produces Yard House's honey blonde ale, which aptly falls under the "refreshing-crisp" category. If you're looking for one of the easiest drinking beers in town, this is it. The flavor was light though not bland, and the honey factor was pleasantly delicate.

We polished off an onion ring tower in no time at all, thanks in part to the fabulous house-made ranch dressing, of which I'm normally not a fan. We also opted for a basket of Buffalo-style wings (\$6), which yield 10 to an order.

I requested them extra-extra crispy. Sadly they arrived too quickly with rubbery skins. Our waitress kindly took them back and put in another order. Those came out 15 minutes and were worth the wait.



Yard House boasts one of the largest tap beer selections in San Diego County (Photos by Dr. Ink)



The onion ring tower

A word of advice if you want to dodge the mall rats and movie goers that pour into Yard House on late afternoons: take advantage of the late-night happy hour instead, which runs from 10 p.m. to close Sunday through Thursday. It still allows for plenty of time to tackle those formidable half-yard glasses of beer.■

Yard House

1640 Camino Del Rio North (Mission Valley)

619-574-0468
yardhouse.com

Happy hour: 3 to 6 p.m. Monday through Friday, and 10 p.m. to close Sunday through Thursday



The house honey blonde ale and Tabula Rasa Porter by Second Chance Beer Company

RATINGS

Drinks: Only the fussiest of fuss-budgets will be hard-pressed finding something that suits them from a drink list featuring 130 draft beers, dozens of cocktails and a decent number of wines.

Food: The tower of crispy onion rings were slightly greasy in good way; a vampire taco offered the bold flavors of chorizo, carnitas, chipotle, and toasted cheese encasing the tortilla shell; and the wings came to our table in four minutes, which meant their skins were rubbery.

Value: The savings on cocktails and pints or half-yards of beer average 30 percent. For certain food items, you'll save nearly 50 percent.

Service: The wait staff was cheerful, fast and didn't pull any disappearing acts from start to finish.

Atmosphere: Designed for the masses, the enormous space is dissected by a two-sided bar and offers ample booths and high-top tables in eye-shot of flat screens.

Fermentations in Ocean Beach

Rare grapes and exceptional wines define Gianni Buonomo Vintners

Frank **Sabatini Jr.**

Not long ago, Newport Avenue was the last place on earth where oenophiles flocked to assess the bouquets and flavors of wine varietals and their blends. Other than scoring a cheap glass of oxidized merlot at some bar slinging Coronas and Fireball, the pickings for wine drinkers were abysmal.

But with Ocean Beach's craft beer and food renaissance of late came Gianni Buonomo Vintners, a 3,000-square-foot winemaking facility and tasting room that opened last year in what used to be an antiques store.

Owner Keith Rolle, a native of Minnesota, left the corporate world in the late '90s to immerse himself in a full-time enology program in Washington State. Today, he impresses visitors with a portfolio of 10 reds and two whites made onsite with grapes from Washington State and El Dorado County in California.

Some of them are obscure even to wine aficionados, such as the dark-skinned Blaufrankisch with Austrian roots and another called Charbono, a bold and rustic varietal that originated in eastern France and is grown only on 70 acres in the U.S. — all within California.

Those wines, along with others he produces from such grapes as Petit Verdot, Syrah, Sangiovese, Barbera and Viognier are perfected in part by using an old-school aeration oxidation apparatus that tests sulfite and acidity levels from small beaker samples.

"It's a slow, cumbersome process compared to modern-day analyzers, but more accurate," he noted.

Assistant winemaker Neely Ashley agreed. She's a chemistry-minded millennial who earned a bachelor's degree in wine and viticulture from Cal Poly San Luis Obispo.

"She knocked it out of the park during the interview and required zero training," Rolle said of her hiring last year.

While pouring for customers or helping those select bottles to go, Ashley and Rolle are adept at conveying specs about the wines in either layman's terms or in technical wine speak, depending on the patronage.



(l to r) Assistant winemaker Neely Ashley and Gianni Buonomo Vintners owner Keith Rolle (Photos by Frank Sabatini Jr.)

"Wine is for everyone and we're all about making this a comfortable environment for anybody who comes in asking questions," said Ashley, citing an increased interest in wine drinking and production seen within her 20-something age group based on personal observation and an article published last year by Wine Business Monthly.

She and Rolle are also accustomed to explaining the winery's curious name.

Gianni Buonomo is neither a vineyard or winemaker or type of wine.

Their website explains that "buon uomo" means "good man," and as legend has it, Gianni Buonomo was "a consummate gentleman," a humble and elegant — but fictitious — role model that parents from Italy's Piedmont region encouraged their sons emulate.

Rolle said after much brainstorming on what to name the winery, which he launched originally in Washington State several years ago as a subscription-based business, his sister came up with the idea and it immediately stuck.

The tasting room is as elegant as any you'd find in reputable small-production wineries nestled throughout Napa or Sonoma. The space is replete with wood barrels, string lights, earthy wall colors and antique jewelry cases used for displaying current releases.

Wines by the glass start at \$7 for an off-dry white flaunting fruity, floral notes called Symphony. They climb modestly to \$12 for a 100-percent cabernet sauvignon reserve that calls to a beefy steak or roasted mushrooms with its rounded notes of black cherry and toasted vanilla. (Select wines are \$5

and \$7 per glass during happy hour, which is held from 5 to 7 p.m. Wednesdays and Fridays.)

Bottles range from \$23 to \$69 and can be consumed on site with no corkage fee or purchased to go.

Based on a tasting of seven reds, standouts included the prized 2014 Charbono (\$45), which offered dark-red hues and a dusty, earthy soul balanced with essences of lavender and stone fruit.

"We had a gay couple join us last month for our Charbono fest and they bought a bottle to take to a wedding they were about to attend in Italy. Everyone loves it," Ashley said after Rolle pointed out that only 17 wineries in the U.S. produce the wine.

The equally rare Blaufrankisch (\$29) is a pinot-like varietal boasting a complex flavor profile of anise, berries, florals and white pepper. Both Ashley and Rolle concurred that for a red, it pairs unusually well with poultry and salmon.

Another favorite was the 2014 Barbera, a medium-bodied wine sporting remarkably bright acidity, though without the puckering after bite. It was easy to imagine keeping it on hand to wash down red-sauced pasta or pizza.

The winery serves only cheese, charcuterie or veggie boards, although more substantial dishes catered by local restaurants come into play at ongoing pairing events posted on Gianni's website (gbvintners.com).

In addition, Paella Lifestyle Catering sells plates of a Spanish rice dish for \$8 from 6 to 9 p.m. on the last Friday of every month.

"Not everyone is a burrito and Jagermeister type here," said Rolle. "We're seeing a full age spectrum of people who live up in the hills coming into Ocean Beach again, and they love the fact there's a nice, clean winery in their neighborhood."

Gianni Buonomo Vintners is located at 4836 Newport Ave. For information about upcoming wine-food events and the winery's growing membership club, call 619-991-9911 or visit the website.

—Frank Sabatini Jr. is the author of "Secret San Diego" (ECW Press), and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com. ■



The tasting room interior (Photo by Frank Sabatini Jr.)

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PUZZLE ANSWERS FROM PAGE 12

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DINING OUT IN SAN DIEGO BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.



Pizza in a cone? The crafty invention was first introduced in Milan several years ago and is the staple of New Jersey-based **Kono Pizza**, which recently opened a walk-up kiosk in **Westfield Mission Valley Mall**.

The baked cones are made from fresh dough and filled with tomato sauce, mozzarella cheese and a variety of options such as meatballs, sausage, chicken or vegetables. They also serve as dessert vessels when stuffed



Pizza in a cone now found in Mission Valley (Google images)

with cannoli cream, Nutella and bananas, and various combinations of Ghirardelli chocolates. The company's San Diego debut brings the number of U.S. franchises to more than a dozen. 1640 Camino Del Rio North, 619-546-9557, konousa.com.

Bring an iron stomach or a roll of antacids if you're delving into the new, outrageous foods at this year's upcoming **San Diego County Fair** (June 2–July 4) at the **Del Mar Fairgrounds**. Here's a partial list of what to expect:

From locally based **Chicken Charlie's** comes Krispy Kreme chicken ice cream sandwiches, peanut butter and beef meatballs, fried pineapple with ice cream, and beignets on a stick.

The vendor, **Bacon A Fair**, will introduce bacon-wrapped cactus, plus Brussels sprouts and asparagus wrapped in the cured meat, and bacon-wrapped grilled pineapple rolled in Parmesan cheese and served on skewers.

Grantburger presents the Maui cowboy burger featuring an Angus beef patty stacked with fried Spam, cheddar, marinated vegetables, lettuce and spicy sauce.

Tamer in comparison perhaps are two hot sandwiches on sourdough from **Grilled Cheese A-Fair**: one encasing jalapeno poppers, bacon and double cheddar; and the other containing a Brandt beef patty, double American cheese, caramelized onions and secret sauce.

And hidden off the beaten track this year is a speakeasy called **The Jade Peacock**, which offers an Asian-inspired saloon experience with the support of local distilleries selling craft cocktails. Getting there requires a password



San Diego County Fair Krispy Kreme ice cream chicken sandie (Courtesy San Diego County Fair)

given out on cards at the fair's bars — **Into the Sunset, Spurs & Spirits**, and **The Painted Cowboy**.

For detailed information on operating hours, admission prices, events and concerts, visit sdfair.com.



King's Fish House will feature Maine lobster dishes into June. (Courtesy King's Fish House)

The annual Maine lobster festival at **King's Fish House** in Mission Valley kicked off May 23 and will continue for at least three weeks, said a company rep. The imported, sweet crustaceans appear in lobster bisque, classic or Connecticut-style rolls, in a New England clambake with potatoes and corn, and in whole, steamed form with weights ranging from 1.5 to 3 pounds. 825 Camino de la Reina, 619-574-1230, kingsfishhouse.com.

Inventive dishes such as coconut-braised pork belly, tahini chicken burgers and jalapeno-glazed shrimp are in the offing at the new **OB Surf Lodge**, which was previously home to **Shades Oceanfront Bistro**. The restaurant-bar was recently unveiled by the Social Syndicate, a hospitality group with a portfolio that includes **The Rabbit Hole**,



OB Surf Lodge chicken burger (Courtesy OB Surf Lodge)

Bootlegger, **The Local**, and **Wonderland Ocean Pub**, located upstairs from OB Surf Lodge.

The kitchen is headed by executive chef James Ausem, formerly with **The Prado** and **Barefoot Bar & Grill**. And the bar program features classic drinks with contemporary twists, such as Mai Tais with passionfruit foam on top, and margaritas made with rosemary-ginger syrup and served with black salt on the rim.

Bar manager Sean Ward said that despite some final menu revisions in the works and a fire pit that's yet to be installed on the patio, the establishment "is fully functioning." It will hold a grand opening sometime in the coming month. 5083 Santa Monica Blvd., 619-955-5475, obsurflodge.com.

The San Diego Oysterfest Music Festival featuring a "shuck and suck" contest and more than a dozen bands and live DJs will be held June 9–10 at **Embarcadero Marina Park North**. The gates open each day at 2 p.m. as oyster vendors from both coasts sell assorted varieties of the bivalves. In addition, patrons slurping an oyster for the first time can record the moment in the "My First Oyster Booth."

Beers from Sierra Nevada, cocktails and wine will also be sold. Bands include Ghostland Observatory, The Schizophrenics, Matisyahu and more.

Attendees must be 21 years or older. Tickets range from \$30 to \$200 and do not include food and beverages. For more information, visit oysterfest.me/san-diego. 400 Kettner Blvd. ■



American oysters highlight the San Diego Oysterfest Music Festival (Courtesy Everfest)

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Surprising facts about migraine headaches

TO YOUR HEALTH

Scripps Health

Migraine headache is one of the most common medical conditions in the United States – and also one of the most commonly misdiagnosed. Despite the belief that migraines are rare, statistics estimate that migraine headache affects about 20 percent of the population. Moreover, because migraines are often missed by physicians or not reported by patients, the actual number is likely much higher.

Here are five facts about migraine that might surprise you.

A “sinus headache” or “tension headache” is likely migraine

Although sinusitis, or inflammation of the sinuses, is a common diagnosis, it typically doesn’t cause a headache. An actual “sinus headache” is extremely unusual, and most headaches in the sinus region are really migraines that affect the nerves in that area.

Tension headaches are more common, but are generally not painful enough to need medical attention. In other words, if your headache is bad enough that you need to call the doctor, it is probably a migraine.

Most people with migraine don’t see an “aura”

You often hear that migraine headache is accompanied by visual disturbances such as flashing lights or blurry vision, but these “auras” actually are rare, affecting only about 10 percent of people with migraine. Similarly, only about 15 percent of patients vomit. Nausea, however, is a common migraine symptom, as is sensitivity to light and dizziness.

Additionally, not all migraine headaches are one-sided or pulsating; a headache that affects the whole head or feels like a tight band may be a migraine if there are other symptoms such as nausea and light sensitivity.

Foods don’t trigger migraine

Chocolate, cheese, citrus, dairy and other foods have long been blamed for triggering migraine headaches, but they may not be to blame. “Food triggers,



Around 20 percent of people suffer from migraine headaches. Learn the facts about this affliction in June, which is Migraine Headache Awareness Month. (scrippshealth.org)

for the most part, are not supported by the evidence and in fact some, such as chocolate, have actually been disproven,” says neurologist Emily Rubenstein Engel, M.D., associate director of the Dalessio Headache Center at Scripps Clinic. “So many patients have been given limited diets to avoid migraine triggers but they haven’t been told not to go hungry, and ironically hunger itself is one of the major triggers of migraine.”

Dr. Engel adds that hormones are a significant trigger. “Hormones are under-recognized and under-addressed, especially among women in perimenopause. These patients with migraine often get unusual symptoms such as dizziness that they didn’t used to have.”

Frequent headaches aren’t normal

Migraine headaches are divided into two classes: episodic and chronic. Chronic migraine occurs more than 15 days a month; episodic is less frequent. Because chronic migraine patients have headaches so often, they start to believe it is normal to have some type of headache almost every day. Many take over-the-counter pain relievers daily instead of seeking medical help, so their condition often goes undiagnosed. Moreover, non-prescription pain relievers aren’t meant to be taken on a regular basis, and doing so can lead to other health problems such as stroke. If you have frequent headaches, don’t try to treat them on your own; make an appointment with a neurologist for an evaluation.

Migraine can be treated and prevented

With the right treatment, migraine can be prevented. Several prescription medications, taken daily for six months to a year, are intended to break the migraine cycle. Botox injections are another FDA-approved alternative for chronic migraine prevention; patients receive 31 injections in specified sites every three months. These preventive approaches work by blocking the release of inflammatory pain chemicals that lead to migraine. Other prescription medications can help stop migraine headaches after they have started.

Dr. Engel notes that The American Headache Society recommends against narcotics such as Vicodin for migraine pain. “Part of problem is it doesn’t treat the underlying inflammation that causes pain, so you’re numb to it but you’re still having injury in the brain,” she says. “You’re not properly treating it, so it pushes you into chronic migraine.”

New therapies on the horizon include a preventive treatment that targets migraine pain receptors, and a handheld device that stimulates the vagal nerve, which may help prevent migraine pain.

“It’s important to know that if you have migraine headaches, you’re not alone and it is treatable,” says Dr. Engel. “Help is out there.”

—“To Your Health” is brought to you by the physicians and staff of Scripps Health. For more information, please visit scripps.org/SDCNN or call 619-319-9379.■

Summer concert series announces lineup

SDCNN Staff

Summer concerts at Civita will be back this month — and this year will be held in the new amphitheater in Civita Park.

Civita will kick off its fourth annual “Sundown Sunday” free concert series with the big-band sounds of CalPhonics on June 25. CalPhonics is a San Diego-based, nine-piece band featuring horns and multiple vocalists, that plays everything from big-band sounds to songs from the ‘80s, ‘90s and today.

The public is encouraged to bring picnics, beach chairs and blankets to the park, which is located near of Civita Boulevard and Russell Park Way in Mission Valley. All concerts run from 5:30 to 7 p.m.

On July 23, Elektrik Voodoo takes the stage. The band blends rootsy, soulful rock-and-roll with elements of psychedelia, Afrobeat and Latin music.

The local dance band Pop Vinyl will perform Aug. 20. The group’s playlist spans five decades of upbeat, dance club

hits — everything from “Aretha to Beyonce, from Michael to Justin, Donna Summer to Madonna, Prince to Maroon 5 and the Bee Gees to Black-Eyed Peas,” according to the group’s website.

Siren’s Crush, a local seven-piece Top 40 dance band that plays covers by a wide variety of performers, ranging from Katy Perry to Earth, Wind & Fire, will make its third annual appearance at Sundown Sunday on Sept. 17.

For updates, visit the CivitaLife Facebook page.■

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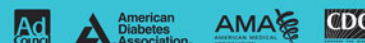
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MVN Puzzles

Sudoku Solutions on page 9

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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.

5				4		9		
					2		1	
4				9		8		5
	8			1			3	
6		5	4		7	1		9
	3			2			5	
9		3		7				8
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Crossword Solutions on page 9

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18					19				
20				21						22				
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62						63						64		

ACROSS

1	Alaska city	18	S. American capital	33	Equal: Fr.	42	Surfeited	55	Hoosier city
5	New ____	20	Alcoholic	34	Fruit favorites	43	Illinois resident	58	Sicilian landmark
10	Soviet sea	21	Drugs	36	Japanese sash	45	Young women	59	Man's nickname
14	Nautical greeting	22	German metropolis	37	Spare	46	European capital	60	Thespian
15	Waste Land poet	23	Growing forth	38	Cowboy's pony	47	Spring bloom	61	Italian beach resort
16	Part ____	25	Section	39	Uniform	48	Of a region	62	____ Springs, OK
17	____ Tree State	27	Wisconsin city	40	Indisposed	51	Jacob's son	63	Time of life
		29	Middle East country	41	Conducts	52	Baseball happening	64	Far East country

DOWN

1	Snoozes	9	Inhabitant of: suffix	26	Of aircraft	39	The late Miss Maxwell	50	Where Silgo is
2	Midwestern state	10	Awn	27	Put on a new point	41	Strong thread	51	Stringed instrument
3	Renowned resort	11	Linear units	28	Nimble	42	Indonesian island	53	Ruin
4	Look at	12	Out of the wind	30	Canadian province	44	Gave a bellow	54	New Mexico ski resort
5	Kick downstairs	13	Spanish region	31	Very fat	45	Organs	56	Medicine ____
6	Late-night caper	19	Parts of speech	32	Baseball teams	47	Pretend	57	Fearless flier
7	____ and tackle	21	Scandinavian	34	Grand ____	48	Mindanao tribesmen	58	Building extension
8	____ Springs, AR	24	Historic river	35	Lands ____	49	Girl's nickname		
		25	Municipal maps	38	Bell sound				

Recognizing and treating hyperthyroidism in cats

Sari Reis

Is your senior cat eating more but losing weight? Has he shown an increase in thirst and a resulting increase in urination? Perhaps he has become hyperactive or his coat has become dull, matted and greasy looking. Is he vomiting or does he have diarrhea? If your kitty is displaying these clinical signs, it could be hyperthyroidism.

Hyperthyroidism is when the thyroid gland, located at the base of the neck, over-produces a hormone that is released into the body in excess amounts. It is often caused by a benign tumor that develops. Since the thyroid gland controls metabolism, as well as having other functions, when it is out of sync, it can create havoc in the body. This disease has reached epidemic proportions not only in the U.S. but in Canada, Europe, Japan, Australia and New Zealand. Although hyperthyroidism can affect any breed or sex, it is more prevalent in cats over 10 years of age.

In a recent article in the New York Times titled “The Mystery of the Wasting House-Cats,” author Emily Anthes discusses how some scientists have narrowed down a possible explanation for this wide-ranging illness. They are Polybrominated diphenyl ethers (PBDE), common chemicals found in fire retardants that reside in our furniture, carpeting, and electronics and many other household goods that leech into the dust and air in our homes. These chemicals, which were originally used in the 1970s, were phased out by mid-2000. However, they can take decades to degrade and many products containing them could still exist in people’s homes. Since indoor cats seem to be more commonly diagnosed than outdoor cats or ferals, it is assumed these chemicals could be the culprit.

Diagnosing hyperthyroidism involves a physical exam, as well as blood tests and other diagnostic testing. If your furry



A cat suffering from hyperthyroidism (avmi.net)

feline is diagnosed with hyperthyroidism there are three treatments to consider.

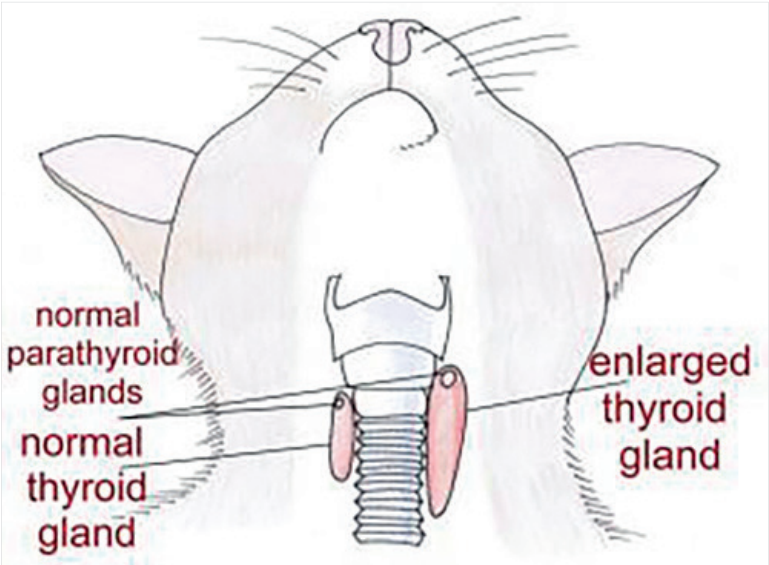
The first treatment is medication. Anti-thyroid drugs can reduce the excess hormones being released by the thyroid gland but do not provide a cure. They are, however, easy to obtain and affordable. There can be side effects and treatment is usually lifelong dosing twice-daily. Routine blood tests will need to be done to evaluate efficacy.

The second form of treatment is surgery. A thyroidectomy, removal of the thyroid, has a good success rate. It will likely eliminate the disease and the need for medication. There are, however, risks with the surgery that must be considered.

Lastly, there is radioactive iodine treatment, which has become the treatment of choice. It is given by injection. It is 95 percent curative and is quite safe. There are no serious side-effects and it does not require anesthesia. Due to the radioactivity, the cat does need to remain in the vet hospital for 10 days to two weeks following the procedure to prevent radioactive contamination with humans. This procedure can be expensive ranging from \$500 upwards.

Since many of the symptoms found in hyperthyroidism could be caused by other illnesses, it is imperative you have your kitty checked out so that a definitive diagnosis can be made.

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



(CriticalCareDVM.com)

Prepare for your next adventure



Erica Moe

Do you ever come home and need a vacation from your vacation? All those great tours and extra excursions can be taxing on the body if you aren’t prepared. Get creative by adding physical activity to your time away, and be intentional about preparing for it. Simulate in the gym, and then explore the great outdoors!

Hiking vacation

If you are planning on hiking the Pacific Crest Trail or making your way up a volcano in Hawaii, get acquainted with the stair climber, a machine with rotating stairs that will get your heart and lungs pumping. Start with 20 minutes and increase time each week. Try a local hike that’s about three miles, like Cowles Mountain, to get your feet wet.

Walking tours

Heading to New York City? You could find yourself walking several miles per day. Start out at home with the treadmill for 20 minutes. Increase distance 10 percent each week, working up to a 45-minute continuous walk. If the Bay Area is your destination, prep for hills! Incline trainers simulate walking uphill and can give you 30-percent grade. Traditional treadmills max out at 15

percent. Increase the incline for three to five minutes, walk flat for three to five minutes, and repeat three to five times.

Ocean adventure

Go tropical with snorkeling, riding a Jet Ski or tubing. You could be in the water for hours, so building endurance is a must. Start with laps in the pool. Take breaks as needed. If you are afraid of the water, consider taking swim lessons — it’s never too late to learn. Already a fish? Consider joining a Masters swim team for more challenging workouts, tips and camaraderie. Check out 100swimmingworkouts.com for a great beginner workout.

Biking

Before that bike-riding tour of European castles, take an indoor cycling class to get a feel for the power your legs will need to produce. Spend time in the saddle to acclimate to the seat. Be patient. It takes a little time, but is worth it. Be sure to get out on the road at least once per week to experience the real terrain and how to maneuver through shifting gears and riding with a group.

Backpacking

Wear a weighted vest to prepare your body for carrying all your supplies on that backpacking trip in the mountains. Not only will you burn more calories during your day or workout, but you will be more prepared to carry your pack for the long haul.



A trip to the gym to use the bike machines will get you ready for your summer vacation bike adventure. (Courtesy Mission Valley YMCA)

River rafting or kayaking

If you will use a paddle, hop on the rower while you’re still on dry land. Start with five to 10 minutes, and increase time weekly. In addition, you will want to increase focus on stretching and strengthening your upper body. Be sure to stretch your chest by standing in a doorway with your hands on the frame, stepping forward and holding 15 to 30 seconds. Strengthen the back with a seated or bent-over row. Try three sets of 10.

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

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Getting what you pay for

Full-service Realtor versus 1 percent commission company

ASK KATHY

Kathy McSherry



Hi Kathy:

I recently noticed a home for sale by a 1 percent commission company. What does 1 percent offer and how does it compare with a full-service Realtor.

—Tom S.

Hi Tom:

That's a tricky question to answer as I am not a personal fan of discount real estate. What it all boils down to is what value you are getting for the price? If you are considering selling your home, which to many is the largest purchase of their life, you would want to do your homework and go with the best.

Full service brokers typically carry with them a reputation built on years of performance, longevity in the marketplace, are forerunners in the latest types of digital and target marketing, have access to proprietary software for the latest in analyzing market related data, and the knowledge and experience to obtain the highest price possible for your home. They are adept at negotiation skills and are brand recognized.

Any licensed Realtor can put a home in the MLS. You want to make sure you are getting



full service when choosing one. What type of marketing will the agent provide for you and what is the plan moving forward? Will the agent be doing open houses themselves or even at all? Does the agent provide staging advice to make sure your home looks its best? Does the agent send out a professional photographer to make sure your listing looks top notch or do they take pictures off their cell phone and put that in the MLS? Does this company and brand have a great website presence, considering that the internet continues to be one of the most important resources in people's home search? Besides putting your home in the MLS, what other services will the agent prepared to offer or provide?

Tom, it reminds me of the old phrase, "you get what you pay for." When you are considering hiring someone to handle what could be your largest asset, you may think of it the same as "What if I needed a surgical procedure, like Lasik?" Would you consider going to a less expensive surgeon to do a procedure that

could affect your total vision for life, just to save a few dollars? I personally would not. I would look to find the top doctors that have an established reputation. I would ask and check for any personal referrals or friends that may have had an experience with this office. I would look for great testimonials or feedback from their previous clients, and I would personally check out the physician and his training.

When you think of great companies that have great reputations, rarely will you see them discount. They have achieved their reputations based on past performance and quality of service.

I can also share my personal experience in the Origen community in Mission Valley. I had a listing at the same time as someone that went with a discount real estate company, and my listing sold quicker, less days on the market, and I obtained a higher price for my client in a similar square footage model. I was also doing open houses every weekend and the other agent was not. In addition, I could internally market with my colleagues in Southern California, approximately 4,000 agents, before it even reached the MLS system.

The goal should always be to reach as many people as possible to ensure the greatest chance of capturing a buyer for your home. These larger, more established, full-service companies have a greater presence and outreach in the internet and social media world. Why would anyone not want to ensure reaching more people with their marketing?

All in all, Tom, I guess it would boil down to doing a little research of your own. Check out the reputation of the discount real estate firm and interview the agent, and possibly track how many days on the market their typical listing sits? For an asset that valuable to any homeowner, I cannot see not going with the best. I hope this helps you.

Best,
Kathy

—Kathy McSherry is Realtor at coldwell Banker Residential Brokerage. Email your questions to Kathy@kathymcsherry.com, or call 702-382-9905.■

Mistakes to avoid when hiring a financial advisor

Financial News
Taylor Schulte



sign a fiduciary oath on your behalf. If they refuse to sign, keep looking.

2. Not working with a CFP® professional: Remember how anyone can call themselves a "financial advisor" or a "financial planner"? Those terms aren't regulated. But other designations are. Search for financial advisors that have the CERTIFIED FINANCIAL PLANNER™ (CFP®) designation. Only about 25 percent of financial advisors are CFP® professionals, and there's a reason for that: CFP® board requirements extremely stringent. A college degree is also a requirement.

CFP® professionals are trained to help you plan around every aspect of your financial life with a holistic, comprehensive approach. Other advisors often have much less expertise. They simply don't have the same level of rigorous training and education.

1. Advisors who are not a fiduciary all the time:

One of the most important questions that you can ask any financial professional is, "Are you a fiduciary?" This means that they're required to put your interests ahead of their own. Unfortunately, finding a true fiduciary isn't always as easy as asking this question because some advisors act as a fiduciary ... sometimes. These advisors also operate under the "suitability" standard, meaning they only need to prove that a product is suitable for you. They don't need to take into consideration fees, quality, or expected investment return of their recommendation. Just about every big brokerage firm you know by name operates under this suitability standard. They also tend to get paid on commission, creating massive conflicts of interest. You don't want to hire an advisor unless they act as your fiduciary 100 percent of the time. Get crystal clear on this by requesting they

3. Believing advisors promising to "beat" the market: Beware of any financial advisor who tells you this. It's just about impossible for anyone to consistently outperform market indexes. But it is really easy for financial advisors to create a "back test" to show you what their portfolio could have done in the past. This allows them to cherry-pick the best mutual funds and say, "Look what we would have done for you if you hired us 10 years ago." But past performance doesn't guarantee future results. Instead of trying to beat the market, you want an advisor who helps you focus on the things you can control, like fees, asset allocation and location, tax efficiency, risk tolerance, and risk capacity.

Know the other warning signs

There are a lot of financial advisors out there — and when they're not all created equal; who you choose to work with impacts your ability to reach goals and financial success. Knowing the red flags can help you navigate through a sea of choices and focus on the advisors who truly offer comprehensive planning with advice that's in your best interest. Want to learn what other mistakes to avoid when hiring an advisor? Download this free guide tinyurl.com/y8brqxsr. To see the original version of this article, visit tinyurl.com/yqcsdd3x.

—Taylor Schulte, CFP, is the CEO of Define Financial and the founder of StayWealthySanDiego.com and is passionate about helping people make smart decisions with their money. He can be reached at 619-577-4002 or taylor@staywealthysandiego.com.■

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LINDA VISTA LIBRARY
EVENTS:



(Courtesy Nuffer Smith Tucker PR)

Wednesday, June 14 at 9:30 a.m.
"It's Book Time with Ronald McDonald"
Ronald McDonald will stop by Linda Vista on

his educational summer library tour to inspire excitement of reading. Children will learn how to behave appropriately in the library and properly care for books.

Tuesday, July 4 Closed for Fourth of July
All regular events during this time will be cancelled.
Tai Chi Class for seniors
Mondays and Thursdays, 10-11 a.m.

Improve your balance and mobility with slow, controlled movement.
Morning story time with Ms. Kathie
Mondays, 10:30-11 a.m.
Children and their families are invited to join in for stories, rhymes and songs.
Hatha Yoga for adults
Mondays, 11:15 a.m.-12 p.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.

Crafts for kids
Tuesdays, 4-5 p.m.
Stretch your imagination and create fabulous crafts. The craft is different every week.
Hopscotch tiny tots
Tuesdays, 5:30-6:30 p.m.
Join Miss Kim for a fantastically fun program containing crafts, music and stories for babies and toddlers.
Painting Wednesday
Wednesdays, 4-5 p.m.
Ms. Ana guides children through a creative paint session.
Silver Chair Yoga
Thursdays, 12:15-1:15 p.m.
Silver Chair Yoga is designed so that

seniors can safely practice yoga at their level of comfort.
Preschool story time with Mr. Luan
Every other Friday, 10:30-11:15 a.m.
Energetic story time that is fun, interactive and educational. The session will include singing and maybe a little dancing.
Lego Time
Fridays, 4-5 p.m.
Kids: build, build, build to your heart's content! Skyscrapers, automobiles, airplanes, spaceships – create these and more. Learn basic building science while having fun.

Toddler story time with Mr. Luan
Second and Fourth Saturday, 10:30-11 a.m.
Energetic story time that is fun, interactive and educational. The session will include felt boards, fingerplays, songs and lively books.

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/lindavistalibrary or bit.ly/2rIL90n.■

MISSION VALLEY LIBRARY
EVENTS!

OASIS: Current Events
Tuesday, June 13 at 1-2:30 p.m.
Attorney Rick Levine will speak with adults and seniors about current events, including elections, tax cuts and foreign affairs.
Your Health Coverage in Changing Times
Tuesday, June 13, 4-6 p.m. and Saturday, July 8, 11 a.m.-1 p.m.
Learn about and discuss the changing laws and regulations regarding health care and coverage. Adults under the age of 65 welcome.

Friends of the Library meeting
Wednesday, June 21 at 6-7 p.m.
Friends of the Library and Mission Valley Library staff will provide updates on upcoming projects, goals and more.

Summer Reading Program
Thursday, June 15-Thursday, July 13 at 10:30-11:30 a.m.
Mission Valley Library will host a summer reading program series every Thursday with special guests including puppets, musicians, magicians, clowns and animals.
Upcoming lineup:
● June 15: Pig's Eye Puppets
● June 22: Craig Newton
● June 29: Amazing Dana
● July 6: Free Spirit the Clown
● July 13: Pacific Animal Productions

Veteran's Yoga
Mondays, 9:30-10:30 a.m.
This weekly yoga session is geared toward veterans. Please contact Eric Eicher at eric.eicher@va.gov or 619-228-8040 if you would like to participate.

Toddler Story Time
Mondays, 11 a.m.
A story time designed for toddlers, featuring songs, rhymes and finger plays.
Assemblymember Weber's mobile office
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.

Library Book Club
Third Tuesday of the month, 10 a.m.-12 p.m.
Join a group of fellow book nerds to read and discuss a selected book each month. June's selection is "Wilde Lake" by Laura Lippman, available for checkout at the library.

Knit-a-Bit Knitting and Crochet Circle
Second and fourth 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.

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/missionvalleylibrary/.■

FEATURED EVENTS



A piece by Jennifer Bennett for the "All Natural" exhibit (Courtesy SDSU)

SDSU's 'All Natural' Art Exhibit
Friday, June 9-Sunday, July 16
San Diego State University will display artwork of various mediums that use natural materials or elements. Free. Exhibit is open Thursday-Monday, 11 a.m.-4 p.m. at SDSU Downtown Gallery, 725 W Broadway. Visit bit.ly/2qY-ZatV or contact Chantel Paul at cpaul@mail.sdsu.

'Wonderspaces'
Friday, June 9-Sunday, July 30
Wonderspaces provides a local, family-friendly alternative to Burning Man. The eclectic pop-up installation of artworks encourages audience interaction. Tickets \$16-24 online. Civita Park, 760 Civita Blvd. Visit wonderspaces.com.

'Sister Parks' Art Exhibit
Friday, June 9-Thursday, August 31
Mission Valley Library presents 'Sister Parks,' a photography exhibit that explores the connection between California's Anza-Borrego Desert State Park and the Ikh Nartiin Chuluu Reserve in Mongolia. Exhibit is open the same hours as the library. 2123 Fenton Parkway. Visit bit.ly/2rJd3cB or contact Phillip Roullard at proullardf16@gmail.com.

San Diego Woodworking Father's Day Class
Saturday, June 10
Rockler Woodworking and Hardware Store offers a free woodworking class to make your dad a custom, wooden bow tie for Father's Day. Classes will be held at 9:30 a.m., 11:30 a.m., 1:30 p.m. and 3:30 p.m.

at 8199 Clairemont Mesa Blvd. Register at bit.ly/2qYGtX4.

Armstrong Garden Centers Events
Thursday, June 15 and Saturday, June 17
Armstrong Garden Center will host two special events at their new location, 1350 West Morena Blvd. Visit bit.ly/2qZ8RsA.
● June 15: "The Garden" celebrates the grand opening with wine tastings, appetizers and discounted merchandise. 3-7 p.m.
● June 17: "Grilling in the Garden" offers free lunch of a hotdog, chips and soft drink while you shop the new nurseries. 11 a.m.-1 p.m.



'Me Before You' Film Screening
Sunday, June 18
Hemlock Society of San Diego presents a film screening of "Me Before You," a movie that highlights Swiss nonprofit Dignitas. Discussion to follow. Free. 1:30 p.m. at Mission Valley Library, 2123 Fenton Parkway. Visit bit.ly/2kIUipF.

21st Annual Character Matters Conference
Thursday, June 22-Friday, June 23
University of San Diego hosts a conference on education featuring six internationally recognized speakers. Tickets \$75-200. 8 a.m.-3:30 p.m. at Mother Rosalie Hill Hall, Warren Auditorium, 5998 Alcalá Park. Visit bit.ly/2qZ9wK0.

CalPhonics Concert
Sunday, June 25
Energetic, live cover band CalPhonics will kick off Civita's fourth annual "Sundown Sunday" concert series. Free. 5:30-7 p.m. at the new Civita Park Amphitheater, located on Civita Boulevard at Russell Parkway. Visit bit.ly/2qYXjoD.

Prince Royce Concert
Sunday, July 9
Open Air Theatre presents Prince Royce, Latin pop and bachata singer-songwriter. Doors open at 6:30 p.m. and show begins at 7:30 p.m. Tickets start at \$30. San Diego State University, 5500 Campanile Drive. Visit bit.ly/2qZjyLd.

CIVIC MEETINGS

Linda Vista Town Council
Thursday, June 15
The Linda Vista Town Council will hold its next meeting with refreshments at 6 p.m. and program at 6:30 p.m. Guest speakers Michelle Nuñez and Tricia Mendenhall will discuss the city's Earned Sick Leave and Minimum Wage Ordinance. American Legion Post 731, 7245 Linda Vista Road. Visit lindavista.org.

Linda Vista Planning Group
Monday, June 16
The Linda Vista Planning Group will hold its general meeting at 5:30 p.m. at the Linda Vista Branch Library, 2160 Ulric St. Visit bit.ly/2jZpXh5.

Mission Valley Planning Group
Wednesday, July 5
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.■

► Wonderspaces, from page 1

“I was very drawn to the sculpture out front,” she said. “Long story short, Patrick was here. He told us about it, and I said, ‘Wow, you must need a little help. Are you hiring?’ That was a Friday evening, I had an interview Sunday at 9 a.m. and that was it. It’s great to be part of the arts community in San Diego. I’m a big fan of installation art and collaborative art, so this is fun for me, to help guide people to experience it.”

And there is a lot to experience. Walk through the doors and music draws you to a room that houses “On a Human Scale” by Matthew Matthew.

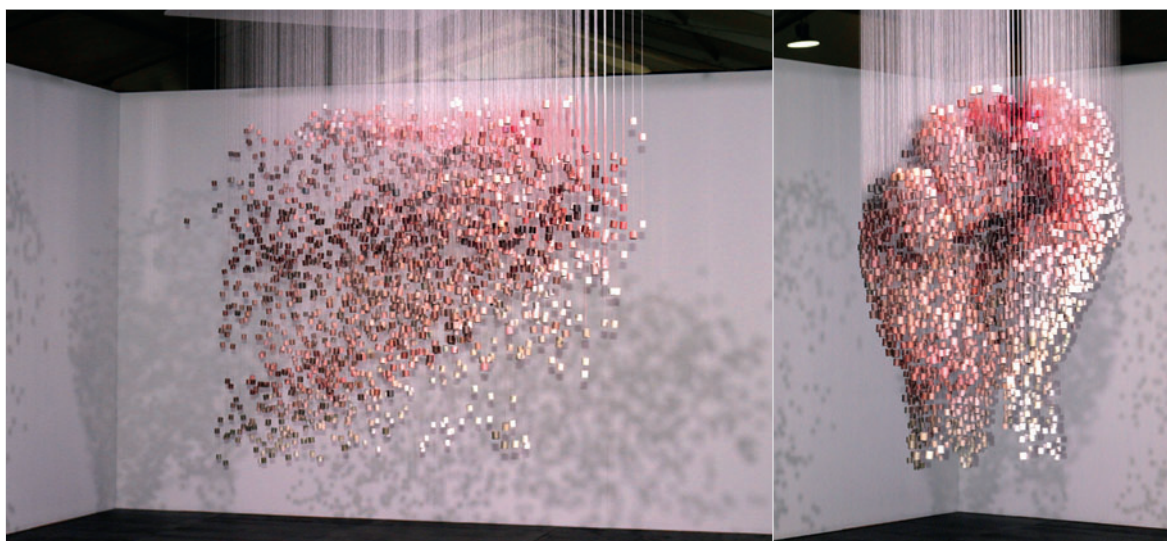
There, the viewer is welcomed by three walls of human faces on video screens.

Matthew described the piece as a “fully playable instrument of humanity.” And that’s just what it is. The artist videotaped New Yorkers singing and then edited their music to individual notes. The singers’ images respond to a keyboard available for viewers to play. Strike a chord — or a cantata — and the New Yorkers sing for you.

“This is really cool. I like it. It’s interactive,” said exhibit visitor Nicholas Patton while tickling the ivories. “It makes you want everyone to have a voice. It’s visual and kinetic. You can see a lot of diversity, like the kids, cultural diversity,



Neil Choate engages with “ADA” by Karina Smigla-Bobinski
(Photos by Kit-Bacon Gressitt)



“Come Together” by Michael Murphy at first appears abstract but the reveals at the right angle.

in the pictures. It looks like they’re in the same city, but it definitely looks like each of them has a different, unique perspective. I think it’s awesome. It’s engaging, for sure.”

From there, wander into the main reception area, and you’ll see people gathered around several installations, including a framed work entitled “Not Myself Today.” Comprising a tidy arrangement of color-coded buttons expressing emotions, the piece represents an initiative by Canadian nonprofit Partners for Mental Health. The agency’s goal is to “transform the way we think about, act towards and support mental health and people with mental illness.”

The piece encourages viewers to select pins that represent how they are feeling, leaving negative spaces on the white background and adding to the texture of the installation — and, perhaps, its message, enhanced by viewers’ moods.

You might then hear some soft pounding from around the corner. Follow the sound and you’ll find “ADA,” an “analog interactive installation” by Karina Smigla-Bobinski, a German-Polish artist. “ADA” is a large, clear globe filled with helium and spiked with drawing charcoal. As viewers bounce the globe around the white room, it draws on every surface. Although plenty of adults take turns, “ADA” is

a particular favorite among youngsters, one of whom, Neil Choate, was particularly inspired by the piece.

“It’s interesting,” Choate said. “It’s something very unique. I’ve never seen anything like it. It’s really fun, too! At my school we play wallball, but the balls don’t float. I definitely want one of these in my room.”

Choate also enjoyed “Sweet Spot,” a motionless installation piece of 3,700 colored nylon chords by Shawn Causey and Mark Daniell.

“You walk back and forth,” Choate said, “and it looks like it kind of moves. And the fist, in the corner, that’s pretty cool.”

The fist, or “Come Together” by Michael Murphy, is what the artist calls a “perceptual shift” sculpture. Stand in the right spot, and the piece shifts from an abstract collection of suspended cylinders to a fist.

“Art’s appealing to me,” Choate said, “but we don’t study it in school. In my mind, art always seemed like a painting, but not this kind of stuff. It’s pretty cool. It’s beyond just a painting.”

After its debut in San Diego, Wonderspaces will go on the road with shows in Austin, Texas; Phoenix, Arizona; and Denver, Colorado.

—Kit-Bacon Gressitt
writes commentary and essays on her blog *Excuse Me, I’m Writing*, is a founding editor of *WritersResist.com*, and has been published by *Missing Slate*, *Ms. Magazine* blog and *Trivia: Voices of Feminism*, among others. She formerly wrote for the *North County Times*. She also hosts *Fallbrook Library’s* monthly *Writers Read* authors series and open mic, and can be reached at kbgressitt@gmail.com. ■

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Through July 30

Civita Park
7960 Civita Blvd. at
Russell Parkway
(Note that the roads are
new, and some GPS
systems are not up to date,
so look for the white tent.)

Onsite parking is free
Tickets: \$16 to \$24
For more information
and tickets:
wonderspaces.com

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