



Follow us on  
Facebook and Twitter  
sdcnn.com

# MISSION VALLEY News

Mission Valley | Linda Vista | Old Town | Morena District



Local community, arts and  
entertainment events  
Page 15

## INSIDE THIS ISSUE

### NEWS

A growing industry



Marijuana production businesses looking to put down roots in Linda Vista. **Page 2**

### FOOD & DRINK

School lunch



The Palette serves up food made by students at the Art Institute of California. **Page 8**

### TRAVEL

Culinary side trip



Mannheim, Germany offers travelers culture and cuisine. **Page 10**

### NEWS

A swifter rescue



New access points to San Diego River make saving lives easier. **Page 14**

### ALSO INSIDE

Opinion	6
Politics	7
Puzzles	12
Classifieds	12
Valley Voices	13

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

Advertising  
(619) 961-1958  
mike@sdcnn.com

www.sdcnn.com  
San Diego Community News Network



Follow us on  
Facebook & Twitter

## SKATE AND CREATE



The Linda Vista skate park is one of the largest of its kind in the state of California. (Photo by Cassidy Klein)

## Linda Vista skate park opens to praise

Cassidy Klein

The new 34,000-square-foot skate park in Linda Vista may be gaining renowned attention from professional skaters, but for three local teens, the park serves as a new homebase for challenge, growth and fun.

"We used to just skate everywhere," said Max Rodriguez, 15, from Clairemont, referring to him and his friends, Jaycob

Bronx, 16, from Sierra Mesa and Brian Lopez, 15, from Clairemont.

"We would go Downtown, to National City, La Jolla," Lopez said. "But this skate park is really cool. The good thing about this park is, like, you can just cruise."

Lopez, Rodriguez and Bronx said they started coming to the park a month before it opened, and have since come multiple days in a row.

"I like skating because I set goals for myself," said Rodriguez. "It's nice to just skate again."

The park, located in Linda Vista Community Park, includes a 360-degree pipe, rails, steps, bowls, and a pedestrian bridge across the middle where observers can watch from above.

"I skate cause it relieves stress," said Bronx. "And this park has everything you need."

See **SKATE PARK** page 4

## Riverwalk plan comes more into focus

Jeff Clemetson  
Editor

The plan to remake the Riverwalk Golf Club into a mixed-use development and river park area was put into more focus at a Jan. 30 public workshop hosted by developer and co-owner of the property, Hines.

"So we want to create a neighborhood, ultimately, that has a mix of housing, including senior and affordable; that has shops that serve our daily needs; that has options to get around — whether trolley or bicycle or walking; and also create new office space for a blank campus opportunity for companies to relocate to San Diego, or for businesses and institutions to expand," said Hines development director Bhavesh Parikh.

The workshop was the third put on by Riverwalk developers. Earlier workshops focused on public input for all aspects of the project and a special workshop focused on the proposed river park area, which will be about 40 percent of the square footage of the project.



An artist rendering of the proposed trolley station for the Riverwalk development (Courtesy Hines)

In addition to the park, the current plan calls for 4,300 housing units, retail space and an office business center.

While Hines gathers public input for the Riverwalk project through the public workshops, its website and local planning groups, it has also begun the process of getting city approval. This month, Hines will send a full proposal to the city and in March a public scoping meeting for the project's Environmental Impact Report will be held.

This is not the first time a proposal for developing Riverwalk has gone through the city process. Developing Riverwalk has been on the books since a previous plan was approved in the 1980s.

"Essentially what [the already approved plan] is, it's a lot of square footage of residential buildings, office buildings, hotel, retail — not a lot of continuous open space areas,"

See **RIVERWALK** page 5

## MISSION VALLEY NEWS BRIEFS



Priyanka Talukdar (Courtesy Sullivan Hill)

### Priyanka Talukdar elected VP of South Asian Bar Association

Sullivan Hill attorney and Mission Valley resident, Priyanka Talukdar, has been elected as the Vice President of the South Asian Bar Association of San Diego (SABA-SD) for the 2018 term.

Talukdar is a member of the firm's commercial litigation and business transactions practice groups. Her practice focuses on providing legal services to businesses and commercial enterprises, located in the United States, as well as foreign jurisdictions. Prior to joining Sullivan Hill, Talukdar worked as a foreign lawyer and as an associate at several international law firms located in Singapore and India. She also served as an associate for the National Judicial Academy (India), which is India's foremost training institute for the judiciary.

SABA-SD is a nonprofit organization that seeks to increase opportunities for South Asian-American legal professionals to participate in and lead civic and public affairs, support public interest associations providing pro bono legal services and other grassroots community organizations serving the South Asian-American community, and serve as a resource for both South Asian-American legal professionals and the South Asian-American community. More information can be found at [bit.ly/2BIt5n8](http://bit.ly/2BIt5n8).

### New bridge over San Diego River opens

A new bridge over the San Diego River opened to rail traffic on Feb. 5. The first train over the bridge was the 4 a.m. Amtrak Pacific Surfliner, heading north from Santa Fe Depot.

See **NEWS BRIEFS** page 3



# The next wave of marijuana businesses: production

Dave Schwab

Now that marijuana is legal both medically and recreationally, Linda Vista community planners are grappling with the next phase in the process: Where to allow production facilities.

That issue was dealt with by Linda Vista Planning Group, which heard two proposals Jan. 29 for marijuana production facilities. Both applications were presented as informational items only.

One applicant, James (Jimmy) Morrison, who grew up in the Morena area, is seeking a conditional use permit for

a family-owned and -operated marijuana production facility at 963-967 Buenos Ave.

Will Senn, founder of Urbn Leaf, an expanding San Diego chain of marijuana dispensaries, is applying for a similar CUP for cannabis production onsite at 1028 Buenos Ave.

“These applications shouldn’t be treated any differently than any other development project review,” counseled city staffer Brian Schoenfisch, who explained the issue as, “does [the project] fit with the zoning and your community plan?”

“I don’t want anyone getting into discussions about not wanting marijuana to be sold,” said LVPG member Margarita

Castro. “It’s legal in the state of California. This planning group is addressing the land-use and zoning permits. That is all we are being asked.”

Marijuana applicant Morrison grew up in Bay Park and lives with his family in Silver Terrace.

“I’m a member now in this community,” Morrison said, explaining marijuana production facilities encompass “cultivation, harvesting, processing and manufacturing. It does not allow retail.”

Morrison and his family own three approximately 1,000-square-foot buildings at the end of Buenos Avenue they want to convert into one long,



Urbn Leaf is looking to add a cannabis production facility next to its Linda Vista dispensary. (Courtesy Urbn Leaf)

continuous building for growing marijuana.

Applicant Will Senn of Urbn Leaf said his purpose in addressing LVPG was to “be a good neighbor answering questions about the industry as best we can.”

Asked if he was willing to do something to “give back to the community” in exchange for being allowed to operate, Senn replied, “I have a few things I’m looking into for engaging with the community.” He suggested the new Linda Vista Skate Park might be one possibility.

Planner Doug Beckham asked if Senn’s mandatory-required security at his proposed production facility would be armed.

“We will have three armed security guards onsite 24 hours in a lockdown facility with extensive camera backup,” Senn answered.

Planners had numerous questions about parking at the production facility, how contaminated water runoff from growing plants there would be contained, and how product would be transported safely to and from the facility. Questions were also raised about how marijuana grown there would be properly tracked through a statewide system that has yet to be set up.

“We’ll pretty much be using oversized vans, not 18-wheelers, once or twice daily on a rotating schedule to transport to and from the facility,” Senn said. He added cannabis production is not labor-intensive, so adequate parking is not an issue. He said he is also being required to install a system to capture and contain water used in irrigating plants onsite, so there is no runoff to surrounding areas.

Since it is likely to take several months to secure the necessary permitting for his production facility, Senn pointed out he is confident that a workable state tracking system ensuring cannabis won’t be illegally diverted will be in place by the time his business is up and running.

After the planning group meeting, Morrison said he and Senn were both thankful for the opportunity “to get in front of the community planning group and answer their questions.”

Morrison said their two production proposals were similar, but different. He said his facility would be geared largely toward growing, whereas Senn’s facility would be broader in scope and do things his facility wouldn’t, like extracting medicinal oils from plants.

Morrison estimated, if he’s successful, that it would take six months to a year to secure the necessary permitting to begin marijuana production.

“I never anticipated going into this business, it was illegal,” he said. “But when it did become legal, I realized there was a real opportunity to do this.”

Morrison said his point in addressing the planning group was that, “We need to show that we care about our neighbors, that their concerns are valid, and that we’re listening to them and not ignoring them.”

Entering the marijuana trade, like any new business, Morrison described as being both “scary” and “risky.” But he added, “It’s exciting — and well worth the risk for the potential reward.”

—Freelance writer Dave Schwab can be reached at dschwabbie@journalist.com. ■

## Me-Time Goes Prime-Time.



**It’s all about you.** A phrase you don’t hear nearly enough. One look at Civita, and you’ll realize we take the sentiment seriously. At the new private Recreation Center it’s all about what rejuvenates you. Think: sprawling clubhouse with lagoon and lap pools, spa’s, cozy fire pits, and a Fitness Center with fold-away glass walls for al fresco workouts. At the new 14-acre Civita Park with outdoor amphitheater, splash pad, half-court basketball, dog park, and more, it’s all about finding your sweet spot. And in the chic homes and neighborhoods, all inspired by contemporary modern design, it’s all about your life, your style.



**LUCENT II**  
by Shea Homes  
Builder Close-Out  
858.256.9021  
From the low \$800s



**PROMONTORY**  
by The New Home Company  
Sales Gallery Now Open  
858.247.2254  
The Heights from the mid \$600s  
The Bluffs from the mid \$800s



**ELEVATE**  
by ColRich  
Now Selling  
619.881.7471  
From the mid \$600s  
to the high \$900s



**CIVITA**

Townhomes | Rowhomes | Single-Level Condos | Luxury Apartments  
Civita Boulevard off Mission Center Road [civitalife.com](http://civitalife.com)

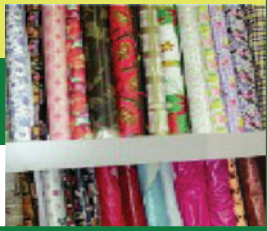
Civita is a master plan development of Quarry Falls, LLC.  
Information and prices effective as of date of publication and subject to change.

Sudberry Properties

## Quitting Business Discount Fabrics

at 3325 Adams Ave., San Diego, CA 92116  
**(619) 280-1791**

**GOING OUT OF BUSINESS SALE!  
EVERYTHING MUST GO!**



## COLEMAN MOVING SYSTEMS INC.

Office/Residential | Free Wardrobes  
**7 DAYS A WEEK | FREE ESTIMATES**  
FAMILY OWNED SINCE 1979  
**619.223.2255**



BBB MEMBER | INSURED | LIC#CAL T-189466





# Bidding for Amazon HQ2 was good for Mission Valley

Jeff Clemetson  
Editor

When Amazon owner Jeff Bezos announced in December 2017 that the company was looking for a new city to establish a second headquarters, San Diego was a longshot in getting the company to land here. And sure enough, when Amazon narrowed the list of cities down to 20 this January, San Diego didn't make the cut. But the long odds didn't dissuade the San Diego Region Economic Development Corporation (SDREDC) from trying to draw Amazon's lucrative "HQ2" to the city, and the process itself revealed some positive news for the future of San Diego's business climate, and Mission Valley's in particular.

On Feb. 7, SDREDC director Mark Cafferty gave a presentation to the Mission Valley Planning Group on the criteria Amazon was looking for in a city, the proposal SDREDC presented to Amazon, and the company's feedback on what was good and bad in San Diego's proposal.

Cafferty said that although San Diego, and cities in California in general, are not perceived as business-friendly, that is not always the case. And so while enticing Amazon to the Golden State seemed unlikely, it was still a possibility in his mind because of the number of other businesses that are interested in locating here.

"On a regular basis, the state of California, or the city of San Diego, or the county of San Diego, or the city of Poway or any number of groups may receive information from a business or from a site selector who says, 'We'd like to contemplate bringing a business to your region.' There may be a perception that that doesn't happen in California because this must be such a hard place to do business, but I can tell you that every day we get an email, a

phone call or something about someone interested in knowing more about our San Diego market," Cafferty said.

Industries that regularly look at San Diego include bioscience, defense, anything related to the ocean and businesses that rely on proximity to the border with Mexico.

"But if they come in and they're looking for what is essentially the lowest cost place to do business somewhere in the country, we pretty much know we're not going to be competitive in that process," he added.

So when Amazon announced its unusually public request for proposals from cities for HQ2 that would bring with it close to 50,000 good paying jobs, there were reasons to not be overly optimistic about San Diego's chances, but to also be hopeful.

"By maybe 9 o'clock that morning, I think I had about 120 different messages that came by way of email, text or phone call asking if it was real and if San Diego was going to respond," Cafferty said.

San Diego was one of 248 regions that did respond after many areas were weeded out for not meeting Amazon's criteria: 500,000 square feet ready to be moved into by 2019, 8 million square feet to grow into by 2027, connection to mass transit and proximity to a major airport and freeways.

Three areas in San Diego were chosen for the proposal — Downtown, Chula Vista and Mission Valley. Downtown offered the urban vitality similar to Amazon's first headquarters in Seattle; Chula Vista offered proximity to the border in case Amazon saw value in expanding the Latin American market; and Mission Valley offered a blank canvas in what was then the Qualcomm Stadium site. Both the SoccerCity and SDSU West proposals would allow for a large company like Amazon to move into the needed office space.

"Here's a spot where if you are looking down at it from



(Graphic by Jeff Clemetson)

30,000 feet, you could actually see Amazon's future, you could see it in one place," Cafferty said, adding that housing, public transportation, and the rest of the criteria are all present at or near the Qualcomm site. "All those things checked out very strongly for Mission Valley."

Other positives for San Diego include a high level of entrepreneurship, a high number of engineering graduates, and some proximity to Hollywood which factors into Amazon's entertainment division.

However, when the list of 20 cities still up for consideration was announced on Jan. 20, San Diego did not make the cut — despite a Jan. 16 article in Forbes citing "Five Reasons Why Amazon Will Choose San Diego For Its HQ2."

"We had heard all through the process from the day we started two things: The inside narrative was they would not choose a city on the West Coast, because they're already on the West Coast, and they were looking for geographical diversity," Cafferty said. "The other was Amazon wanted to know what incentives it would get from the state. And if you know and understand the state of California well then you know that our governor doesn't play that game. We tried to make up for that locally as best we could and came up with some creative ideas."

Despite the usual policy, Governor Brown did offer "cover" to cities applying for HQ2

by promising them some incentive could be worked out that fits Amazon, just not a cash guarantee, Cafferty added.

**The good news**

"We're not in the 20 cities, and we kind of knew out of the gate we might not be, but what we were hoping is that Amazon would come back and say, 'Here's what we see as future opportunities in San Diego.' And they've done exactly that," Cafferty said.

In a follow-up phone call with Amazon representative Holly Sullivan, Cafferty learned what Amazon liked and didn't like about San Diego. The top positive was that Amazon has had luck in finding talent here, which is why the company plans on growing its engineering efforts in the region.

"She talked about the Mission Valley site as a location that was really interesting to them," Cafferty said. "She talked about two or three other cities that they want to have long-term relationships with, but for certain political reasons that she wouldn't go into aren't in their top 20 and she told us that San Diego is one of those cities."

One of the downsides to San Diego that Amazon mentioned is the lack of what Sullivan described as "workforce housing," Cafferty said. Because the jobs that HQ2 would have brought pay in the six-figure range, lots of housing for first-time homebuyers in areas with good



SDREDC director Mark Cafferty (Photo by Jeff Clemetson)

schools was found to be lacking in San Diego.

Even though Amazon didn't chose to build HQ2 in San Diego, Cafferty said it was worth the shot and still beneficial to the region by getting the marketing material ready and circulated in the business world. The work on the Amazon proposal is public so other businesses can now see the region's demographic information, educational attainment information, land-use information and possible incentive information.

"That's why I think Amazon wants to keep the door open here for future opportunities, future growth," Cafferty said.

Even though the Amazon proposal will get the word out about opportunities in San Diego, the focus for Cafferty and the SDREDC will now be helping to grow the companies that are already here.

"Amazon's come and gone. The real economic development work in this region that we should be thinking about is, 'Who's here already growing?'" he said. "And when we really look around, there's probably two or three strategic sites in this region where if someone was asking us, 'Where is the future of San Diego's economy?' For us, Mission Valley is really the heart of it."

—Reach Jeff Clemetson at [jeff@sdenn.com](mailto:jeff@sdenn.com). ■

## ► News briefs, from page 1

The 900-foot bridge, which spans over the San Diego River on the west end of the Morena District, is part of the San Diego River Double Track (SDRDT) Project that will increase the passenger and freight rail capacity and improve service for commuters.



The new train bridge over the San Diego River (Courtesy SANDAG)

The old rail bridge, in use for decades, will be demolished to make way for a parallel bridge that will complete the double-tracking over the San Diego River.

"Double tracking will support the growth in rail service and increase safety and reliability," said SANDAG board chair and Del Mar City Councilman Terry Sinnott in a press release. "These are critical improvements to San Diego's only rail connection to the rest of the nation."

The San Diego River Bridge is a critical component of the double-tracking effort, as it is the only single-track segment south of Balboa Avenue. Once the parallel bridge is constructed and operational, the result will be a continuous 7-mile double-track segment from Garnet Avenue/Balboa Avenue to the Santa Fe Depot.

Partial funding for the project comes from a grant from the California State Transportation Agency (CalSTA), which awarded \$66 million in Cap and Trade auction proceeds to complete three coastal rail projects in San Diego, including the San Diego River Double Track project.

Double tracking allows trains traveling in opposite directions to pass each other without slowing down or stopping.

The overall project budget is \$93.9 million, which includes right-of-way costs, design, environmental planning, construction management, permitting, signal installation and construction. The SDRDT Project began in 2016. Construction is anticipated to be complete in 2019. To learn more about the project, visit: [bit.ly/2nLQp2L](http://bit.ly/2nLQp2L)

**JCPenney suits up students**

JCPenney partnered with the career service center at San Diego State University for a college "Suit Up" event designed to help students dress professionally and jump start their careers. This private event took place at the JCPenney in Fashion Valley Mall after the store closed on Jan. 28. Faculty, staff and alumni from San Diego State University, along with members of the JCPenney

team, were on hand to offer insights into the latest career fashion trends, how a suit should fit, what size to buy, how to tie a tie and more.

JCPenney offered a special 40 percent discount to all San Diego State University students with a valid ID during this event.



Witt Lincoln owner Edward Witt (Courtesy ally.com)

**Car dealer recognized by Time**

Edward Witt, president and general manager of Witt

Lincoln, located in Mission Valley, won the Time Dealer of the Year award on Dec. 4, 2017.

Witt was chosen to represent the New Car Dealers Association San Diego County in the national competition. He is one of 47 auto dealers chosen from more than 16,500 nationwide that was nominated for the annual award. The award is sponsored by Time Magazine in association with Ally Financial and in cooperation with the National Automobile Dealers Association.

Witt's most important community contribution is his work with Father Joe's Villages, a group that provides housing programs and services to the homeless. He is currently the chairman of the board and has served as secretary of the organization.

"It has been my most rewarding experience to work with the team at Father Joe's, as we endeavor to end



► Skate park, from page 1

In 2014, the city of San Diego received a grant of \$4.46 million from the State of California Department of Housing and Community Development to design and construct skate parks in the Linda Vista and City Heights communities. The finished Linda Vista skate park is one of the biggest in the state and officially opened on Jan. 23.

"This is a project that was of special value to me," said San Diego City Councilmember Scott Sherman, who represents Linda Vista. "It's an amenity for Linda Vista that will live on for a long time and kind of put Linda Vista on the map."

Chris Limon of Linda Vista has been an active advocate for the park and helped bring the idea to the City Council in 2013.

"My wife and I noticed kids were collecting in front of the library after school to skateboard," Limon said. "One day, I was walking through the parking lot and was joking with them saying, 'Hey, you kids should go to the town council and advocate for a skate park.' They later asked if I would help them with that

and I went with them. After that, it took off."

Limon continues to support the park and runs a Facebook page, LVskatepark, which keeps the community updated on events and happenings.

"You have concerns being in Linda Vista with things like graffiti," Limon said, "but everyone has been pretty respectful of the park so far."

Skaters all over Southern California have traveled to Linda Vista to enjoy the park, said Sherman. He also met a skater who traveled overseas.

"I kinda think it'll be transformative for Linda Vista," Sherman said. "Linda Vista has traditionally been a lower-income neighborhood, and with the attention that this park will create, I think it could be transformative."

A sense of thrill and adrenaline is palpable throughout the entire park. It's a concrete playground for both beginner and skilled skaters — on skateboards, scooters, roller blades and BMX bikes — which creates an intense, competitive and exhilarating environment.

"Skating is an adrenaline rush," Lopez said. "There's a lot of snakes here." ("Snake" is slang for people who don't wait in line at skateparks, or who are inexperienced.)



(l to r) Max Rodriguez, Jaycob Bronx and Brian Lopez take a break from shredding the park. (Photo by Cassidy Klein)

"That means you crash into everybody."

But to Jessica Ortega and David Bess of Linda Vista, the various skill levels represented at the park is what makes it unique.

"[The park] is very family-oriented," Ortega said. "Young kids, older kids, it's very diverse. I think it's good for the area, good for the community."

Bess said he hadn't skated in 10 years, so having the park in the community encouraged him to get back into the sport.

"I think our work really begins now," Limon said. "We

have the skate park, and now it's a matter of what to do with it. In the summer, we will try to integrate the community more with workshops, inviting different kinds of people over, etc. Getting the park was stage one, now the hard part starts. I'm happy to have done my part. Big things are happening in Linda Vista."

—Cassidy Klein is an editorial intern for Mission Valley News' parent company San Diego Community News Network. Reach her at [cklein0900@pointloma.edu](mailto:cklein0900@pointloma.edu). ■

► News briefs, from page 3

homelessness in San Diego," he said. "We provide many services and prepare more than a million meals a year. We also offer permanent, temporary and emergency housing, with thousands housed each day. We currently have a \$532 million dollar project underway to provide an additional 2,000 permanent housing units with services to the homeless."

The announcement of this year's nominees was made by Meredith Long, senior vice president and general manager of News, Luxury & Style at Time Inc. and Tim Russi, president of auto finance for Ally Financial.

"We salute this exceptional group of nominees for the 2018 Time Dealer of the Year award," Russi said in a press release. "These dealers are local pillars of strength, leadership and giving, and Ally is proud to celebrate their stories and recognize them for their commitment to do it right in their communities."

In its seventh year as sponsor, Ally will recognize dealer nominees and their community efforts by contributing \$1,000 to each nominee's 501(c)3 charity of choice. Nominees will also be recognized on AllyDealerHeroes.com, which highlights the philanthropic contributions and achievements of Time Dealer of the Year nominees.

Witt was nominated for the Time Dealer of the Year award by Dean Mansfield, president of the New Car Dealers Association San Diego County.



(l to r) Fleet Center vice president of advancement Chris LaZich, Art Pratt Foundation members Bob Chalfa, Mark McAnelly, Lee Kaminetz and Gary John Collins. (Courtesy Old Mission Rotary)

**Old Mission Rotary gives grants to Fleet Science Center, San Diego Civic Youth Ballet**

The Art Pratt Foundation of Old Mission Rotary presented a grant of \$5,315 to the The Fleet Science Center on Jan. 30. The funds will be used to upgrade the security surveillance system for their 95,000-square-foot facility. This is important as the museum offers many youth programs.

The Art Pratt Foundation of Old Mission Rotary also presented a grant of \$5,500 to the San Diego Civic Youth Ballet on Jan. 23. The funds will be used to repair and update one of their dance studios. The studio's next production is "A Midsummer Night's Dream" which will be performed at the Casa del Prado Theater in April.

The Old Mission Rotary Club meets every Tuesday at noon at the Best Western Seven Seas Hotel in Hotel Circle South. Call Matt Risi at 619-993-3913 for information. ■

NEW IMAGE DENTAL

A MODERN DENTAL PRACTICE

8989 Rio San Diego Drive # 170  
San Diego, CA 92108  
619-382-3908  
NEWIMAGEDENTALCARE.COM

DR. JOHN

DR. LESLIE

DR. SCOTT

# NEW IMAGE DENTAL

The team at New Image Dental is excited to present a newly refreshed brand! With the move to our beautiful new office space in Mission Valley, and the addition of our new dentist, Dr. John Kim, we decided to run with all our recent changes and revamp our aesthetic.

Our new branding is a true reflection of the experience that patients feel when they come to us for dental care. With the most advanced technology, and a tireless commitment to education, we pride ourselves on being "a modern dental practice" for your entire family.

At New Image Dental, our integrated philosophy of patient-focused care and whole-body health allows us to address each individual's specific needs. And with the best in same-day dental care, digital dentistry, and CEREC technology, we develop comprehensive solutions for our patients that contribute to their overall wellbeing. Experience a modern dental practice with New Image Dental.

\$99 NEW PATIENT SPECIAL

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

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

Sponsored Content



# Giving a voice to San Diego’s unsheltered people

Cynthia **Robertson**

In early December, San Diego County residents were on edge because of the extreme danger of fire. The wind tossed leaves, tree branches and trash into the streets and sidewalks. Safe from the harsh wind and heat, Tony Rodriguez had his tent set up in the parking lot of Grassroots Oasis, a performance venue in Old Town. Martha Sullivan, proprietor of Grassroots Oasis, had welcomed him to camp there.

Rodriguez is the main character in the locally made “Tony — The Movie,” a documentary about San Diego’s homeless, a true-to-life, day-to-day detailed account of what it is like living on the streets.

Sullivan admired the way Rodriguez had decorated his tent with leaves that had blown about in the Santa Ana winds.

“Might as well do something nice with them,” Rodriguez said, good-naturedly. He could have moved inside the Grassroots Oasis building, but he preferred to be outside.

“Look what he’s done over here,” Sullivan said, pointing to some exotic succulents, one of them nearly 10 feet tall. “He has planted a few vegetables, too — and, look — just this morning, I discovered some tomatoes growing.”

Rodriguez smiled shyly. “I just love to garden,” he said.

In the same way that Rodriguez brings fresh life to plants that might otherwise die on the vine, Sullivan helps bring about a sense of hope and purpose to people who are ignored and beaten down in society.

Inside Grassroots Oasis, the cool and dark is a refuge from the wind and worries outside.

“That’s what I call this place, a sanctuary,” Sullivan said.

When she first opened Grassroots Oasis, Sullivan had wanted to provide an affordable space to do political organizing and offer cultural events. The space has indeed accomplished that to the point of great community enrichment.

Sullivan is a self-confessed activist for people she calls “the unsheltered” — they are the ones who do not have shelter of any kind, as opposed to some who have a place to sleep at night, even if on a friend’s couch, she explained. Through several years of working closely with people who have no voice, no way of speaking up for themselves in the political machinery, Sullivan has become their advocate.

Her newfound role as advocate for the unsheltered came about gradually. Sullivan had worked for years for the Public Utilities Commission.

“I saw huge political corruption, and I got really tired of it,” she said.

In the fall of 2011, Sullivan became involved with Occupy San Diego. She went Downtown nearly every day, helping with logistics, such as transportation, setting up a medical tent and making sure there was food for everyone.

“Lori Saldana and I worked a lot together, putting in some pop-up cooling stations with shade and water for all the people,” Sullivan said.

During that time, Sullivan became painfully aware of not just how many people were living in the streets, but how they were treated as non-entities.

“At first, I think the security aspect drew a lot of people [to Occupy San Diego], and then it was the fact that they could have a voice. That’s what my grassroots organizing is about, helping people use their voice,” she said.

Sullivan said she came to know a number of unsheltered people, and Occupy San Diego provided them with a community.

“That is one of the most difficult things about being unsheltered — that you’re not part of a community and being apart from safety and security. [It’s important to have] that sense that you belong somewhere and you know you’re part of a bigger purpose,” Sullivan said.

John Brady, one of the people temporarily staying at Grassroots Oasis, knows how important a sense of belonging is. He is a member of the Voices of Our



Homeless advocate Martha Sullivan with Tony Rodriguez in front of the garden area he has maintained at Grassroots Oasis, where he stayed until he could find a permanent home.

City Choir, a singing group for unsheltered people that Sullivan helped bring about along with professional musicians Steph Johnson and Nina Deering.

But nearly a year ago during heavy rains, Sullivan wanted to provide some of the choir members with shelter at Grassroots Oasis. It was just one year after she had opened its doors. Sullivan admitted that taking in the unsheltered was a daunting task because she did not have the experience, particularly on matters such as how to coordinate with social workers.

When the police ticketed choir members for camping outside of the Living Water Church where the choir rehearses, Sullivan opened the doors of Grassroots Oasis to some of the choir members. Deciding who and how many people could stay within her building was a carefully thought-out process.

“One big lesson I’ve earned is unsheltered people are a microcosm of our society. They are no worse and no better than us sheltered people. They have the same issues we do, in terms of how to live with one another.

“Anybody who’s ever had a roommate knows it’s not easy to throw people together, even if you love each other. It’s just not easy to put people together in close quarters,” she said.

“You know they are no worse and no better than you or me. We find the same exact range of activities and issues in whatever situation. It’s just that unsheltered people can’t go behind walls and shut the door. They’re out in the open, so when you are talking about these issues, be it addiction or hoarding, the fight for them has to be a just fight,” Sullivan said.

“There’s so much judgment by people out there in the political world. For example, the county board of supervisors’ biggest point of pride is that they built up this \$2 billion reserve they got from federal and state

government. We need to take care of our people, give them permanent housing, food and provide medical attention.

“In truth, they [the county’s board of supervisors] are the hoarders. They’re hoarding money,” Sullivan said.

Sullivan was instrumental in organizing the Light Brigade on Jan. 11, the evening of Mayor Kevin Faulconer’s State of the City Address. About 20 people held lighted letters of “HOUSING NOT HANDCUFFS” in the hour before the mayor’s speech at the Balboa Theater.

The work of Sullivan, Deering and Johnson have garnered the attention of a wide variety of people, including Susan Polis Shultz, of Blue Mountain Arts fame. Polis has created a film, “The Homeless Chorus Speaks,” which was shown on Feb. 21 at San Diego Central Public Library. The Voice of the City Choir also performed two songs.

“Homelessness is a devastating epidemic in America, and I hope my film will shed light on the inhumane way that people are treated, in addition to showing how human they are,” Shultz wrote in an email.

In Shultz’s interviews of 14 homeless members of the Voice of the City Choir, the people tell their stories, from those who have been abused and used to those battling addiction, to people who just can’t afford housing and to those who need medical care.

In the meantime, Sullivan is still holding different events for musicians, poets and other performers at her Grassroots Oasis.

“We’ve got a good vibe here. We’re giving voice to the people,” she said.

For more information about Voices of the City Choir, go to [voicesofourcity.com](http://voicesofourcity.com). For more information about events at Grassroots Oasis, go to [grassrootsoasis.com](http://grassrootsoasis.com).

— Cynthia Robertson is a local freelance writer. ■

## ► Riverwalk, from page 1

Parikh said. “It’s also very disruptive to the San Diego River.”

So, Hines set out to take a different approach to the property that would restore the San Diego River and create natural habitat; add needed housing; create a walkable environment; be compliant with the goals of the city’s Climate Action Plan; and encourage mass transit.

To encourage mass transit use, Riverwalk is going to build a trolley stop for the Green Line that runs through the property. The trolley stop, as an entrance to Riverwalk and the center of the retail area, was a major focus of the design team.

“We don’t want it to be an ordinary transit station,” Parikh said. “We want people to use it. So we went back in time and looked at what are some of the historical train stations that existed in San Diego.”

The design team looked at old train stations in Encinitas and Oceanside for inspiration and added amenities like food and beverage options, places to sit, ticket kiosks, and a platform that connects to the park.

“You walk through that station and that takes you to an area where you have access to the shops and restaurants,” Parikh continued.

The most recent design for Riverwalk’s retail area has brick buildings with an “authentic look and character,” Parikh said, because of input gathered at the first workshop. Retail shops will be located below balconies of residences. “You have that public-private interaction that really creates this energetic type of environment,” he continued.

Other design elements of the project include using metal and glass for office spaces, open spaces within the development and around it, and differentiating architecture that still compliments neighboring developments.

“We don’t want to see all the same building, all the same height, all the same setback off the street,” Parikh said. “We don’t want this model of building after building after building. So we started to take an approach to that.”

Mobility in and around the development is addressed with pedestrian paths, share roads for bicyclists, wider sidewalks, and walkways connecting nearby developments and Fashion Valley Mall.

Although the project is encouraging mass transit over cars, Parikh said there was concern about potential parking issues.

“We heard from a number of people about parking and making sure we have adequate parking,” he said. “In the extent that we don’t, people are going to park in our communities; they’re going to park on our streets and we don’t want that.”

Homelessness along the river is another area of concern that people brought up at the workshop.

“We have a golf course now and a large part of the golf course is going to be converted to a park area, so there is certainly the potential that the homeless population could increase in that area over time,” Parikh said.

Riverwalk has hired a person for its team to specifically work on how they might address the issue. One idea is to create a business improvement district to fund programs that would deal specifically with homeless camps.

“We’re working on a proactive approach to address what is it we can do here at Riverwalk and what we can do to reach out to the community of Mission Valley in terms of other property owners and other stakeholders along the river and create a holistic approach [to homelessness] as opposed to an isolated approach at Riverwalk,” Parikh said.

For more information on Riverwalk, or to offer comment on the project through an online workshop, visit [riverwalksd.com](http://riverwalksd.com).

—Reach Jeff Clemetson at [jeff@sdcdn.com](mailto:jeff@sdcdn.com). ■



At left, Martha Sullivan, proprietor of Grassroots Oasis, with John Brady, a member of ‘Voices of our City Choir’ of homeless and unsheltered people. (Photos by Cynthia Robertson)





Guest editorial

Solar tariffs: An uninformed policy  
Trump gets played by Chinese and Arab investors, sacrifices American jobs

Daniel Sullivan

On Jan. 23, a proposal that sat on President Trump’s desk for over two months, which the renewable energy industry had been watching anxiously, was finally signed. His signature places into effect a 30 percent tariff on imported solar panels, and while it was expected, the reasoning behind it and implications going forward beckon further understanding. What the president was likely briefed on is that the tariff would encourage competition with foreign markets, incentivize American solar manufacturing and create more jobs at home. This is not only a critical piece of Donald J. Trump’s “America First” platform, but a common sentiment felt among many Americans who have experienced manufacturing jobs moving overseas and foreign products dominating the consumer market.

It may be said that this tariff will help grow the American solar industry, but in truth, signing it into effect is a grossly political, if not uninformed, move. The original proponents of the tariff are two solar manufacturers with United States operations, not American companies: SolarWorld and Suniva. SolarWorld is a Qatari-owned company, while Suniva is majority Chinese-owned. In 2017, both companies filed for bankruptcy, claiming that foreign competition — not their own ill-advised business practices — was the culprit. They banded together to propose a tariff on imported solar panels, which they claimed would level the playing field and create more favorable conditions for American solar manufacturing.

The irony, however, is that the tariff is actually supporting foreign-owned solar companies, who happen to have plants in the United States. It was a selfish move to manipulate the political climate in hopes of nursing the wounds of lost market share, instead of making quality improvements to operate in a profitable and sustainable manner.

The second glaring issue with this tariff is it lacks a critical component that is necessary to achieve its alleged aim. Solar manufacturing in the

United States is not subsidized like oil, natural gas and coal. Government subsidies helped grow and solidify these American energy giants in an extremely competitive world market. Tariffs alone would not have had that same impact in developing the Exxons and Shells of this nation.

If Trump truly wanted to increase American manufacturing, there are various ways he could have done that. In 2009, the American Recovery and Reinvestment Act was enacted to preserve and create jobs and promote economic recovery. It gave grants to manufacture goods in the United States. At the time, Kyocera Solar was manufacturing solar panels in Mexico just south of the border from San Diego, and they moved their manufacturing plant to Kearny Mesa as a result of this grant. The American Recovery and Reinvestment Act was a sincere effort to help American manufacturing, where this tariff is a play in a political game.

This tariff also appeases Trump’s fossil fuel-friendly cabinet and donors. With Energy Secretary Rick Perry, who maintains that the “science is out” on climate change, and former ExxonMobil CEO Rex Tillerson as Secretary of State, there is no doubt that this is a fossil fuel-friendly administration. What this tariff is ultimately aimed to do from a political perspective, is curb renewable energy growth and reaffirm the fossil fuel industry as the possessor of American energy, swiftly awarding new opportunities and permissions to expand extraction and trade while restricting the growth of solar.

The most blatant inconsistency is the conflict between this tariff and Trump’s America First jobs plan. The American solar industry employs more than coal and oil combined, and two-thirds of these solar jobs are outside of manufacturing. Many are employed in the installation of solar power systems, and in certain cases this supports well-paid, union labor. There is additional employment in sales, marketing, accounting, engineering as well as with local supply chains like providers of

See SOLAR TARIFFS page 14 —>

Humor

‘Have a dense day’

Steve Rodriguez

Forget it, my fellow Mission Valley residents. There’s no turning back! You’ve seen the development plans in the news. Accordingly, I suggest you control your pangs of nostalgia, for progress is coming whether you like or not.

Face the facts: If real estate developers have their way (and they always do), Mission Valley is on course to become much busier and hectic than it is today. We will soon be so packed with people, condos, apartments, offices, stores and roads that the words “Have a dense day” will inevitably become our signature greeting. And I say that’s a good thing because all this development suggests a surefire way for little ol’ Mission Valley to attain the ranks of some of the more “famous” places on earth.

The degree of recent residential and commercial construction is no secret to anyone who has trudged their way through Mission Valley roads. Ongoing construction of new communities at the sprawling Civita development off Friars Road, as well as the near-completed construction of the Millennium Mission project at Camino de la Reina will continue to add to the population of our fine valley. Of course, plans for other mega projects like Riverwalk (where the golf course is currently located) and either the SDSU or SoccerCity stadium projects for the other end of the valley continue to be debated. But make no mistake about it — once the details are worked out, those plans for development will eventually come to fruition. And when they do, you can rest easy that the scale of Mission Valley density will grow to epic proportions.

City planners insist all plans for development reflect well-thought-out intentions — the last thing these wise men and women want is for such growth to outpace infrastructure needs. They want to make sure this so-called “densification” of Mission Valley does not adversely impact traffic, the river or other environmental concerns. Under such circumstances, is there any need to worry that the population of Mission Valley will grow from its current 12,500 residents to a projected 35,500 in a few years?

I say no; stop your worrying! In fact, I suggest we take a different tack altogether. I say we throw caution to the wind and just go for it. Let’s not worry about traffic, the river or other environmental concerns. I contend that if we intensify our efforts at development, we can soon take our rightful place as one of the densest places on earth.

Currently, communities like the slums of Mumbai, Bangladesh, and Nairobi rank as the densest places on earth in terms of population. In my opinion, with a little bit more effort, we, too, can join their lofty ranks. Build some more apartments; build some more condos. Let’s not just settle for being a part of America’s Finest City. Let’s think exclusive world-class status for Mission Valley! When people look on the internet to find a list of the world’s densest places, I want Mission Valley’s name to appear on their screen. Let’s out-densify Mumbai! Then, and only then, will we attain the fame we truly deserve.

I occasionally run into longtime San Diego residents who regale me with stories of how it used to be here back in the 1950s. Engage them in conversation about the olden days and they will in all likelihood make the following nostalgic remark, “I remember when Mission Valley was nothing but dairy farms.”

When talking with younger residents, that same desire for nostalgia flares up, but in a more scaled-down version. They will say such things as, “I remember back in the day when Mission Valley had only three Starbucks.”

In the future, however, I hope we can wax nostalgic by saying things like, “Remember when we trailed the poor favelas of Rio de Janero in the rankings of the world’s densest places?” Or, “Remember when Manila thought they were denser than us? Ha! We showed them, didn’t we?”

Take my advice. Let’s keep building. Make us proud.

And as we will surely say in the future: “Have a dense day, y’all.”

—Steve Rodriguez is a high school teacher, writer, and local resident. Reach him at [srodri-guez2@san.rr.com](mailto:srodri-guez2@san.rr.com). ■

MISSION VALLEY News

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@sd cnn.com

CONTRIBUTING EDITORS  
Sara Butler, x118  
Morgan M. Hurley, x110

COPY EDITOR  
Dustin Lothspeich

WEB & SOCIAL MEDIA  
Sara Butler

CONTRIBUTORS  
Toni G. Atkins  
Andy Cohen  
Steve Doster  
Dr. Ink  
Erica Moe  
Sari Reis  
Cynthia Robertson  
Steve Rodriguez  
Frank Sabatini Jr.  
Dave Schwab  
Scott Sherman  
Ron Stern  
Daniel Sullivan

EDITORIAL INTERN  
Cassidy Klein

SALES INTERN  
Erik Guerrero

WEB DESIGNER  
Kim Espinoza  
kim@kespinoza.com

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

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

ADVERTISING CONSULTANTS  
(619) 519-7775  
Heather Fine, x107  
Sloan Gomez, x104  
Brenda Vergara, x114

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

PUBLISHER EMERITUS  
Jim Madaffer



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

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

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

DISTRIBUTION: Mission Valley News is distributed free the third Friday of every month. © 2018. All rights reserved.





# Falsehoods and fears

**Congressional Watch**  
Andy Cohen



The AIDS Healthcare Foundation (AHF) has a bone to pick with **Scott Peters (D-52)**. In a recent TV ad that has aired widely in San Diego, the group claims that Peters is out to end a program called the 340B drug pricing program. That claim, to say the least, is a lie.

The 340B drug pricing program was put in place in 1992; it was expanded in 2003 and again in 2010. It is intended to provide participating hospitals and clinics with access to discounted drugs from pharmaceutical companies — 20–50 percent discounts in most cases — to help them better serve low-income communities.

Those savings are supposed to be put toward expanding access to medical care. The problem is that there are no regulations in place to ensure providers are using the program as intended, and some are instead using it to pad their profit margins by using those discounts for patients with adequate health insurance, then filing for reimbursement for the full, non-discounted price from insurance companies.

Hyperbole is a common tactic when it comes to political campaigns, but when it rises to the level of outright falsehoods to deliberately mislead voters and smear a candidate, let alone a sitting member of Congress, it becomes problematic.

The AHF’s ad rises to such a level. Last year, the Trump administration announced that it was cutting \$1.6 billion from the 340B program, putting a major strain on the budgets of many health care providers that serve rural and/or low-income communities.

In December, Peters helped to introduce a bipartisan (three Republican co-sponsors and Peters) bill that would place a two-year moratorium on accepting new providers from joining the program until further safeguards were put in place to ensure that program funds were being used as intended. The bill would not affect providers currently enrolled in the program, and would seek to preserve the current level of funding.

In short, the bill co-sponsored by Peters does not end the 340B program. Rather, it seeks to ensure the program’s funds are being used to provide medications to low-income patients instead of padding hospital profit margins, contrary to the AHF’s assertions.

“The 340B program is critical to provide low-income patients with access to the life-saving treatments they need,” Peters said in a press statement disputing the ad’s claims. “The cuts made by the Trump administration to the 340B program need to be reversed. Going forward, we also must find ways to make sure the program is viable long-term; part of that is ensuring that hospitals who participate in the program are getting these critical, discounted drugs to the people for whom they are intended.

“Congress needs to ensure the funds are properly allocated, that there is no abuse and the program is being used as intended,” Peters added. “A temporary pause on 340B will not affect hospitals already in the program and will allow for greater data transparency, appropriate oversight and better care for patients.”

It turns out that AHF — and its founder, Michael Weinstein — derives most of its funding from clinics and

pharmacies it operates that depend largely on Medicare and Medicaid insurance payments. These are the types of providers that participate in 340B.

Opposing a member of Congress is one thing. But lying about that member’s stated positions in an effort to undermine their standing is quite another, and is something we should never tolerate.

The San Diego area political landscape will experience a significant shakeup come November of 2018. For several months now, there has been massive speculation about the future of **Darrell Issa (R-49)**, the nine-term Republican Congress member who represents northern San Diego County and southern Orange County.

Issa has been a stalwart of Republican partisan politics, making a national name for himself as former chair of the powerful House Oversight and Government Reform Committee, launching a number of investigations into the Obama administration that cost taxpayers tens of millions of dollars but ultimately proved fruitless. During his chairmanship, Issa became the poster boy for Republican partisan excesses.

Speculation as to whether he would survive the 2018 election cycle after winning re-election in 2016 by a mere 1,621 votes, while facing daily protests outside of his Vista office, became unavoidable. Prior to 2016, Issa had never faced a serious threat to his electoral prospects.

That all changed, however, in the “Age of Trump,” with President Trump’s unpopularity potentially dragging down the entire Republican Party, threatening the GOP’s stranglehold on power in Washington, D.C. His expectations for victory in November seemed dimmer than ever.

On Jan. 10, Issa announced he would not run for a 10th term. “Throughout my service, I worked hard and never lost sight of the people our government is supposed to serve,” Issa announced in a statement. “Yet with the support of my family, I have decided that I will not seek re-election in California’s 49th District.”

A crowded field has formed to replace Issa. Already on the Democratic side, former Marine Col. and JAG attorney Doug Applegate (who nearly beat Issa in 2016); environmental lawyer Mike Levin; real estate investor Paul Kerr; and nonprofit CEO (and granddaughter of Qualcomm co-founder Irwin Jacobs) Sara Jacobs; are all jockeying for position.

Now the Republican field is growing, as well, with California Assemblyman from Oceanside Rocky Chavez immediately jumping in to the race; followed by California Board of Equalization member Diane Harkey; San Juan Capistrano City Councilmember Brian Maryott; patent lawyer Joshua Schoonover; and recently, San Diego County Supervisor Kristin Gaspar.

The fear on both sides is that with California’s top-two primary system, the high number of candidates will dilute the vote to the point where one party will be shut out of the general election. For Democrats, this is a real concern, since Issa’s seat has been seen as a real pick-up opportunity in the quest to retake the majority in the House.

For political junkies, this race will be one of the few of real intrigue this cycle — certainly the highest profile — for San Diego. Stay tuned.

—Andy Cohen is a local freelance writer. Reach him at [ac76@sbcglobal.net](mailto:ac76@sbcglobal.net).

# Massive cleanup underway to restore San Diego River

## District 7 Dispatch

**Scott Sherman**



As part of an expanded effort to clean up the San Diego River, city crews have begun twice-weekly abatements in an aggressive campaign that will remove tons of waste and debris from one of San Diego’s most precious natural resources.

Following cleanup efforts earlier this year that removed more than 66 tons of trash from the riverbed, the city identified problem areas along the river and created a plan to address them on an ongoing basis. So far, crews have already removed more than 10 tons in just three weeks.

A recent abatement focused on the Friars Road underpass in Grantville. It is considered one of the most polluted areas along the river as a result of several homeless encampments. It’s also one of the least accessible sites and required crews to haul trash out of the riverbed via a pulley system due to the harsh terrain.

The city began this expanded waste and abatement effort on Nov. 28. Crews are working in 78 identified locations along the river every Tuesday and Wednesday for the next several months. Some of the identified sites are owned by private property owners or other government agencies. The city is reaching out to each to coordinate cleanup efforts

Areas in District 7 that are a part of the cleanup efforts include:

- Mission Valley Preserve
- Fashion Valley
- Qualcomm Way
- SDCCU Stadium area
- Grantville

The San Diego River was my playground as a child. The sensitive ecosystem helped me develop a strong love for the outdoors that I still cherish today. This massive and ongoing cleanup will help restore the river to a precious natural resource that I remember from my youth.

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

# Positive reflections on the governor’s proposed budget

## Notes from Toni

Toni G. Atkins



California’s economy continues to be strong, and that’s reflected in the 2018-19 state budget that Governor Jerry Brown proposed on Jan. 10. The governor’s finance team estimates that the budget will benefit from a surplus of \$6.1 billion this year.

However, I know all too well how quickly a surplus can turn into a deficit, so we must proceed carefully.

The day before the governor proposed his budget, my colleagues in the Senate’s Democratic Caucus officially selected me to be the next Senate president pro tempore. I am scheduled to be sworn into office on March 21, meaning I’ll be in position to represent the Senate in budget negotiations later in the spring before the budget is finalized in June.

For now, the governor is proposing a \$131.7 billion general fund budget for the fiscal year that begins on July 1. From his perspective, the top highlight is the ability to add \$5 billion to the “rainy day fund” that voters created in 2014, bringing that fund to \$13.5 billion and our total reserves to \$15.8 billion.

Adding significantly to the rainy-day fund to help protect vital state programs in the event of another economic downturn is the right course.

And there’s a lot to like about the proposed

budget in addition to the large amount of money we can save for later. Here are a few highlights:

- Nearly \$4 billion more would be sent to our K-12 public schools to invest in our children’s education, bringing the total to \$78.3 billion. Last year’s increase was \$3.1 billion.
- The budget includes more than \$277 million for special education, including \$167 million to expand access to preschool for children with special needs and \$100 million to recruit special-education teachers.
- Community colleges would receive \$570 million more, including \$120 million for online education — for members of our workforce seeking to improve their prospects with additional education.
- The budget extends for five years our California Competes Tax Credit program, which has awarded \$622 million in credits to 865 companies to create 83,000 jobs, including nearly 150 San Diego County businesses. The program would be able to award \$180 million in credits each year, and San Diego always does well.
- We saw again this year how devastating wildfire can be. Our ability to protect people and homes would benefit from an additional \$760 million.
- Our court system would receive an increase of \$150 million, which it badly needs, and \$131 million would be spent improving conditions in our correctional facilities.

● The budget includes \$4.6 billion for transportation infrastructure from passage of SB 1. Combined with \$2.8 billion in the current budget, that’s \$7.4 billion for local roads, highways and transit by June 2019. Already, more than \$243 million in repair work has been approved for San Diego County alone.

● If voters pass a \$4 billion parks-and-water bond in June and a \$4 billion affordable-housing bond in November, we’ll have \$1 billion for parks and water, and \$280 million for affordable housing to allocate in the next fiscal year alone.

The governor’s proposal is the first step in a six-month budget process. In the months ahead, the Senate and Assembly will hold detailed hearings covering all aspects of state revenues and expenditures, the governor will present a revised budget based on changes in economic conditions and legislative priorities, and then a final budget will be passed, reflecting negotiations between the governor and legislative leaders.

Some of the final numbers will differ from the governor’s early proposal, but I am confident that this will be another in a string of annual budgets that will have positive impacts in San Diego and California.

—Toni G. Atkins represents the 39th District in the California Senate. Follow her on Twitter @SenToniAtkins.■



# Scholastic lunch

## Restaurant Review

Frank Sabatini Jr.



There's much to be said about meals crafted by culinary students whose talents aren't constricted by small kitchens, unreasonably tight budgets or egotistical bosses. You'll know what I mean if you eat lunch at The Palette, a relatively obscure restaurant on the second floor of the The Art Institute of California-San Diego in Mission Valley.

Open from 11:30 a.m. to 1:30 p.m., Wednesdays and Thursdays until March 15, and then resuming for nine weeks starting April 11, both the kitchen and front of the house are run by students fulfilling their practicums at the institute's culinary programs. (Check the website for future

periods of operation at [artinstitutes.edu](http://artinstitutes.edu).)

Some are completing associate programs. Others are moving on to earn bachelor degrees. With the exception of cheese, they make everything from scratch—the breads, pasta, stocks, sauces, desserts, etc.

They're also responsible for coming up with recipes and menu themes for each three-course lunch – or sometimes buffets. What you get are fresh takes on common dishes, such as brisket I ordered from an early-February menu titled “rustic ladle.”

The slow-roasted meat was draped over a medley of lightly seasoned black beans and succotash and dotted with some sort of smoky aioli. The overall composition was fabulously creative yet without going over the top.

The other entree choice, which my vegetarian companion

**The Palette**  
7650 Mission Valley Road  
second floor  
(Mission Valley)  
  
**858-598-1405**  
**artinstitutes.edu**  
  
Average price: \$15 for  
three-course meal

ordered, was spaghetti squash tossed with cremini mushrooms. It was intelligently accented with two classic sauces: lemon beurre blanc and Romesco. Its presentation was exquisite, appearing like a fine painting with the white, shallow bowl serving as the artist's palette.

“The students are much better than they think they are, so it is my goal and challenge to bring that out of them,” said Chef Rudy Kloeble, who has guided enrollees at the school through menu development, inventory and general kitchen operations for the past 10 years. “They're responsible for everything,” he added.

And that means handling operational hiccups when they arise, just as the students will inevitably encounter in the workforce.

Halfway through their shift, for example, the kitchen had run out of the aforementioned lemon beurre blanc sauce.

Student Jerry Skakum was tasked with making more—not the easiest feat when under pressure considering the sauce can fall apart if the butter isn't whisked incrementally into the white wine.

Or when we were accidentally given dinner forks instead of dessert forks toward the end of our meal, the waiter quickly caught the mistake and gave us replacements. Such an oversight wouldn't occur in today's casual dining scene because most restaurants don't even stock dessert forks. But when you're invested in a serious culinary school equipped with five industrial kitchens and a veritable restaurant, such details are required learning.

As with past visits to The Palette, I hardly notice such



(l to r) Students Sarah Huinker, Jerry Skakun and Arthur Barns in the kitchen with Chef Rudy Kloeble. (Photos by Frank Sabatini Jr.)



Spaghetti squash with Romesco sauce and lemon beurre blanc.



Raspberry swirl cheesecake

blips in the face of myriad fine dishes.

In this latest three-course lunch, priced at \$15, my friend's starter featuring eggplant rolls filled with mushrooms, caramelized onions and arugula pesto was impressive. The thin sheets of pasta were nicely marinated and cooked al dente. Though marginally over-salted, we found the overall flavor profile striking, better than what I've encountered anywhere else — even in Italian kitchens where eggplant is a common ingredient.

I chose for my first course chicken tortilla soup, which resembled terrific chili with its small red beans and hearty measures of pulled meat. It was packed with comforting texture. A dollop of avocado mousse served as an expected gourmet touch.

Our brisket and spaghetti squash entrees were portioned just right, not so big as to kill our appetite for two different desserts conceived by Sarah Huinker, a pastry student completing her last quarter at the school.

A heavy dose of pumpkin puree in her spiced flan gave it the weight I often crave in the custard-y dessert. And her raspberry swirl cheesecake flaunted tangy notes of sour cream, much like the Polish-style cheesecakes I grew up with back East.

Revenues from The Palette cover food costs, while tips (yes, you should leave one) go to a culinary scholarship fund managed by the school's corporate office.

Menus change weekly and always feature a vegetarian option in each course. And though not required, the restaurant accepts reservations, which are taken by students rotating through the front of the house as they ambitiously prep for today's culinary and hospitality scenes.

—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](mailto:fsabatini@san.rr.com). ■



(l to r) Eggplant rolls filled with mushrooms, onions and arugula pesto; Chicken tortilla soup.

**BEST MEXICAN FOOD IN MISSION VALLEY!**

- Happy Hour Daily 4-7pm
- Free Appetizers
- Outdoor Patio
- Jazz Music every Thursday, Friday and Saturday starting at 6 pm.
- Early Bird Specials 2:30 to 5pm
- Friendly Staff!

Just one mile east of San Diego's Old Town, The Amigo Spot proudly offers the finest in regional Baja Mexican Cuisine. Enjoy traditional fare from Delicious Tacos and Enchiladas to Sizzling Fajita Platters to Marinated Carne Asada and a variety of Seafood offerings.

**The Amigo Spot**  
Family Style Mexican Restaurant

1333 Hotel Circle South  
619.297.2231  
Located at the Kings Inn  
[www.amigospotssandiego.com](http://www.amigospotssandiego.com)

## King crab in liquid form

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

The long-established and family-owned King's Fish House taps into nearly every hedonistic pleasure the oceans have to offer. Except during happy hour.

With more than 10 locations scattered mainly throughout

Southern California, including Mission Valley, the regular menu offers an abundance of dishes that turn me into an aquatic glutton.

I'm nuts about their crab cocktail, jumbo Mexican shrimp, wild little neck clams, and — when my budget allows — their whole Alaskan king crabs and North American lobsters.

After recently learning the spacious establishment offers weekday happy hour in its festively decorated bar lounge, I rushed in like a ravenous shark for the kill, assuming prices on some of my favorite dishes would be slashed.

They weren't. Although, ubiquitous fish tacos, ahi tuna, and fried calamari were a few



A popular seafood house in Mission Valley offers weekday happy hour. (Photo by Dr. Ink)

bucks cheaper, along with a couple of sushi rolls and several non-seafood items.

Deals are also available on beer, wine and cocktails. But because Stone Cellars wines and cocktails such as cosmopolitans or agave stings don't snag my interest, I settled with eager curiosity for a 16-ounce glass of King Crab Honey

See KING CRAB page 9

**King's Fish House**  
825 Camino de la Reina  
(Mission Valley)  
  
619-574-1230  
[kingsfishhouse.com](http://kingsfishhouse.com)  
  
Happy hour: 3 to 6 p.m.  
Monday through Friday



DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.



Mission Valley’s foodscape is making room for yet another burger chain with the San Diego debut of **Little Big Burger**, which will open in the next month within a 2-mile radius of **The Habit, In-N-Out Burger**,



This “Little Big Burger” is soon headed to San Diego. (Yelp)

**Fuddruckers** and the new **Shake Shack**. The fast-casual eatery was founded eight years ago in Portland, Oregon, and specializes in quarter-pound burgers made with meat from Cascade Natural Beef. They can be topped with a chevre, bleu, cheddar or Swiss cheeses. The concise menu extends to a signature veggie burger, truffle fries and root beer floats. Craft beer and ciders will likely be available as well. The outlet moves into the space formerly occupied by **Capriotti’s Sandwich Shop** in the **Park Valley Center** shopping plaza. 1620 C Camino De La Reina, [littlebigburger.com](http://littlebigburger.com).

The recently shuttered **Whistling Duck Tavern** in the HUB Hillcrest Market will make way for **Nishiki Ramen**, which operates a location in Kearny Mesa (8055 Armour St.) with customer lines often extending out the door. The eatery was founded in 2015 by Tokyo-born chefs Jimmy Kitayama and Mike Furuichi, both lauded for their house-made noodles and veggie and meat broths.

“They’re a proven concept with an excellent product,” said Steve Hargrade of Regency Centers, which owns the HUB. The 2,082-square-foot space will undergo a redo to the dining area and take on new kitchen equipment for an expected May opening. 1040 University Ave., [nishikiramen.com](http://nishikiramen.com).

—Frank Sabatini Jr. can be reached at [fsabatini@san.rr.com](mailto:fsabatini@san.rr.com). ■



Studio Diner is no longer a 24-hour restaurant. (Photo by Frank Sabatini Jr.)

San Diego’s options for 24/7 dining recently grew slimmer with the change of hours implemented at **Studio Diner** in Kearny Mesa. A manager at the Hollywood-themed eatery told us that owner Stu Segall and his son, Cory, “took financial aspects into account” when deciding to operate from 6 a.m. to 10 p.m., daily in lieu of 24 hours. The menu remains the same, which since the diner’s opening in 2003 has been serving classic American fare with West Coast twists for breakfast, lunch and dinner. 4701 Ruffin Road, 858-715-6400.



Kearny Mesa’s popular Nashiki Ramen is branching into Hillcrest. (Yelp)

**Tacos Perla** is out and **The Taco Stand** is in. The new arrival to the North Park space brings its famous rotisserie pork, flame-grilled carne asada and corn tortillas made to order. The menu also includes loaded fries, Mexican corn on the cob and breakfast burritos. Draft beer is available as well.

This marks the fourth San Diego location of the Tijuana-inspired eatery,



(Courtesy Alternative Strategies)

which is owned by locally based Showa Hospitality. 3000 Upas St., 619-795-8797, [letstaco.com](http://letstaco.com).

BUSINESS SPOTLIGHT

**Kings Inn**  
1333 Hotel Circle South  
San Diego, CA 92108  
619-297-2231 | [kingsinnsandiego.com](http://kingsinnsandiego.com)

Revel in an era when guest service was king in the lodgings close to the sun-splashed beaches of San Diego. If you’re hip to a smiling staff who is eager to serve you, then check into the Kings Inn, a budget hotel in San Diego. Upon entering our newly designed lobby, you’ll be warmly greeted at the registration desk by friendly staff eager to help you relax and enjoy your trip to San Diego.

Guests at our hotel enjoy amenities like free parking and one of the largest pools in town. We also have two award-winning, budget-friendly restaurants on site with kid’s menus that are a hit with families of all ages and sizes. For breakfast, come visit The Waffle Spot, home of the best waffle in town. And for dinner, visit The Amigo Spot and sip on one of our signature margaritas on our patio as you enjoy our weekend live entertainment.

At the Kings Inn, we are more than a place to spend the night, we are friends helping you create fond memories. Our staff is comprised of men and women skilled in the art of customer service. Whether you need ideas on what to see, how to reach a destination, or want assistance with your room, we are glad to be of service.

► King Crab, from page 8

Blonde Ale for \$5.50, which normally sells for \$7. For the same price, I landed an eight-piece spicy tuna roll, which goes for \$9.75 outside of happy hour. My waiter didn’t have a clue where the light, crisp ale is brewed. When I did an Internet search (while stretched out in my comfy over-sized booth), I found the ale originates from a microbrewery in Eureka, California called Top Bluff.

I’m bummed the ale is brewed only for King’s and not available on the retail market. As far as honey blonde ales go, it had good body and enough sweetness on the finish to qualify as a fine choice for daytime outings – and my fridge. The spicy tuna roll arrived only a minute after I ordered it. Despite the waiter’s insistence that it wasn’t pre-made, I felt otherwise due to the fishy flavor and overly settled texture. Sadly, the shaved ginger served alongside tasted fresher than the tuna.



The spicy tuna roll

King Crab Honey Blonde Ale with complimentary sourdough bread (Photos by Dr. Ink)



King’s happy hour menu is neatly divided into four price tiers: \$4.50, \$5.50, \$7.50 and \$9.50. At the low end are items such as french fries, edamame, and Coors Light, while the upper rung lists blackened shrimp taquitos and ahi poke. In between is a concise range of dishes and drinks such as “bar burgers,” chicken wings, Saint Archer pale ale, and a couple of wines and cocktails.

If the company is listening to this bar-crawling bargain hunter, I vote for additional craft beer offerings, better wines, and one or two dishes featuring creatures with pinching claws and hard, red shells. ■

RATINGS

**Drinks:** ★★★ The happy hour selection is limited to only a handful of uninteresting beers, wines and cocktails. Among them, however, is the King Crab Honey Blonde Ale, which was nicely structured and more flavorful than other blonde ales.

**Food:** ★★ This rating is based only on the spicy tuna roll I ordered, which lacked freshness.

**Value:** ★★★★★ Savings on drinks and food during happy hour range from \$1.50 to \$4.50 per item.

**Service:** ★★★★★ The waiter delivered menus and complimentary bread and butter to my table within seconds after I settled into a booth. He followed up throughout the course of my visit, although he didn’t know (or try to find out) where the restaurant’s proprietary blonde ale originates.

**Atmosphere:** ★★★ Happy hour is held only in the lounge, which offers plenty of wiggle room, bright décor and a large bar flaunting detailed woodwork.

California BBQ & Oven Cleaning

“The most thorough BBQ and oven cleaning service!”

We come to you! Have your BBQ or oven professionally steam-cleaned using non-toxic, biodegradable, USDA-approved products.

- We service all makes and models
- Experienced, reliable, local staff
- Extend the life of your BBQ
- Improve the quality and flavor of food
- Eliminate carcinogens for healthier cooking
- Use your appliance the same day after cleaning

You will be amazed at the transformation!



\$25 OFF with this ad



Call Today!  
(858) 210-2034  
[www.CalBBQ.com](http://www.CalBBQ.com)



# Mmm, mmm Mannheim

## Unexpected culinary diversity in this southwestern German city

Global  
Gumshoe  
Ron Stern



Located between the Rhine and Neckar rivers in the sunniest part of Germany, Mannheim is one of those cities that many have heard of but few really know, especially in a gastronomic sense.

Almost completely destroyed by Allied bombing during World War II, Mannheim has slowly rebuilt itself, adding rich and culturally diverse dining options along the way. So foodies, take notice, this is one city that grabs your taste buds and doesn't let go.

One of the largest cities in the state of Baden-Württemberg, Mannheim was laid out on a grid system and is sometimes known as the city of squares. Instead of street names, letters and numbers identify the locations, which are rather easy to figure out once you are here for a few hours.

Notable inventions came from here, including the bicycle in 1817 by Karl Freiherr von Drais and Karl Benz' automobile, for which he received a patent in 1886.

The Mannheim Baroque Palace is the largest in Europe (by one window) after the Palace of Versailles, and one of its most notable landmarks is the 200-foot-tall Wasserturm (water tower) that is surrounded by beautiful art nouveau-style architecture.

As the city grew, it integrated 170 countries into its cultural mix, and through innovation and creativity, many have carved out their own niche eateries throughout the city. Those with a keen sense of smell might even notice the sweet scent of cocoa in the air. Is it just your imagination running away with you? Nope. When the wind is blowing just right, visitors can inhale the aromas from the roasting cocoa beans at the local chocolate factory near the river.

But this is just the start of this counterintuitive city that has culinary surprises hiding in plain sight among the squares. Here are a few that will get you excited about planning a visit:

### Eis Fontanella (gelato pasta)

You might say that gelato is in this family's blood. It all started with Michelangelo

Fontanella, who founded Gelateria Pasticceria in an area near Venice, Italy in 1906. In the early 1930s, his son Mario decided to move to Mannheim and establish his own gelateria in this part of Germany.

In 1969, Mario's son Dario, while eating a dessert called Mont Blanc, became intrigued with how chestnut puree would look like spaghetti when squeezed through a spaetzle press. He wondered if the same idea might work with gelato. After experimenting at his father's shop in Mannheim, Dario then invented the original Spaghetti Eis, a dessert made to resemble pasta with tomato sauce.

The idea took off, and today, thousands of people flock to the shop, now run by Dario and his wife, to indulge in this creamy bit of ice cream paradise. First, a bottom layer of thick whipped cream is topped with vanilla gelato that has been squeezed through the press. Tangy strawberry sauce is added and topped with white chocolate crumbs meant to resemble cheese. The final presentation looks so much like the real thing that children sometimes cry when it is placed before them, thinking they received pasta and not the ice cream they ordered. That is, of course, until that first cool bite of deliciousness turns frowns into surprised smiles.

### Keller's Weinrestaurant (German food and wine)

Located in the heart of Mannheim, Keller's Weinrestaurant offers a wide variety of local wines together with traditional German cuisine. Many local specialties include favorites such as sour noodles, spaetzle and fried port schnitzel with potatoes.

If you are fortunate enough, as we were, to be visiting during the spring, then you can indulge in one of Germany's culinary offerings that is almost a national obsession. What is it? White asparagus or spargel, as it is known here. For two months each year, sometime in April to mid-June, Germans go crazy for this vegetable, sometimes offered with every main meal.

At Keller's, they serve a hefty and tasty portion (1 pound) of white asparagus with ham, new potatoes and melted butter for around €24 (\$27).



Mannheim's Wasserturm (water tower) is the city's most notable landmark. (Photos by Ron Stern)

### Der Kaffeeladen & Die Schokoladenwerkstatt (coffee and chocolate)

This charming little shop is run by two gentlemen whose passions are coffee and chocolate. Located midblock in the Lindenhof District at the Windeckstraße tram stop, it is somehow a little hard to spot.

Andreas Lehmann and Wolfgang Zumkeller decided to offer something special in Mannheim — 24 of the best coffee varieties from around the world, including beans from Colombia, Peru, Nicaragua, Ethiopia, Brazil, Guatemala and Jamaica. Additionally, they offer a line of wine, tea and whiskies.

If you are a chocolate lover, then you have also come to the right place. Using top quality ingredients, Lehmann and Zumkeller create wonderful blends made right in Mannheim, including one made from white chocolate that looks like white asparagus.

Using more than the typical amounts of cocoa as well as natural cocoa butter ensures that the chocolates here will likely be among the best you have ever tried. They have an indescribable melt-in-your-mouth quality that lingers on the tongue, with a difference you can truly taste.

Wanting to offer something that truly represented his city, Lehmann also created the Mannheimer Schlosspflaster. These chocolate squares are meant to resemble the cobblestones surrounding The Mannheim Baroque Palace.

If you have ever wanted to learn how to make chocolates,

Lehmann and Zumkeller also offer workshops that will teach you how to do it. Business has been brisk since opening, and last year, the partners sold more than 1½ tons of chocolate. Stop by to satisfy your chocolate craving and save room in your suitcase to bring some back home.

### Die Metzgerei (Picnic baskets on the Rhine)

Located just around the block from Der Kaffeeladen & Die Schokoladenwerkstatt, this bistro was named after its previous incarnation as a butchery.

You can pre-order a complete picnic basket for two and then walk several hundred feet down to the shores of the Rhine River to enjoy.

They have thought of everything for you, and your basket comes complete with wine and glasses, silverware, napkins, a colorful blanket, and delicious food. You will have a choice of several baskets from which to choose, including the Sophia Loren, Wellness, the French Lovers or The Palatine (the area's traditional fare). The latter comes with mini-meatballs and potato salad (sweet and tangy), baguette with ham and cheese, fresh fruit salad and one bottle of butcher wine (red or white) for €29 (\$32.66). What better way to spend a lazy, sunny afternoon than enjoying a delightful picnic under shade trees overlooking the sparkling waters of the Rhine.

### Opus V (Michelin two-star elegance)

One of the marquee attractions in Mannheim is the

Engelhorn Department Store with 40,000 square meters of shopping bliss. This is also the location of Mannheim's two-star Michelin restaurant, Opus V, and Germany's youngest (31) Chef de Cuisine, Tristan Brandt. It also happens to be the only department store in the world with a Michelin-starred restaurant.

Overseeing four restaurants in the same complex, Brandt has proven that hard work and creativity pay off. He was the runner-up for the 2011 Chef of the Year Award where he competed with 400 of his peers for this distinction.

Serving modern Asian cuisine with French influences, Brandt starts with just three menu ingredients as a playful introduction, to which he then adds other locally sourced ingredients. These could be something like fish, chives and radishes or asparagus, honey and seaweed.

Diners visiting Opus V will no doubt be impressed with the attention to detail, flavor sensations and a little surprise or two.

Mannheim has grown into itself over the years and has attracted a loyal culinary clientele. Visitors should take the time to sample the local fare and get to know Mannheim's other most important asset — its people who are as warm and sunny as the weather.

—Contact Ron Stern at [travelwriter01@comcast.net](mailto:travelwriter01@comcast.net) or visit his blog at [globalgumshoe.com](http://globalgumshoe.com). This was a sponsored visit; however, all opinions herein are the author's. ■



Spaghetti eis



White asparagus



Mannheimer chocolates



Got AccuroFit?



Erica Moe

Ready to work out?  
● Tennis shoes. Check.  
● Water bottle. Check.  
● Sweat towel. Check.  
● Headphones. Check.  
● Heart Rate Monitor. Check.  
● Accurofit. Wait. What's that?

AccuroFit is a heart-rate display program that utilizes wearable technology. Your heart is the most important muscle in your body. "Maintaining a healthy heart is one of the most important reasons to exercise," states Linda Melone, an American College of Sports Medicine-certified personal trainer. Your heart is much like the other muscles in your body; it needs regular exercise to keep you healthy.

"Your heart rate can also help you keep tabs on your progress," Melone said. "Measure your heart rate 15 to 60 minutes after exercising and compare these numbers over time as you get in better shape. The numbers decrease as your heart becomes stronger."

Heart rate training isn't a new concept. Remember when the colorful posters with rainbow stripes of green, red and yellow were the way you monitored exercise intensity? These "zones" indicated whether you were in the aerobic zone, fat-burning zone or the anaerobic zone.

Now, you can rely on AccuroFit to be your visual intensity guide. Monitors posted in fitness facilities can allow you to see your heart rate, heart rate zone (by color), and calories burned all in real time on the AccuroFit dashboard.

Intensity

Are you working out at the right intensity? You could be exercising too hard and over-training. You may be looking for the most efficient training for the next competition. If you are just getting started, this is for you, too. Get the feedback and play-by-play during your workout to maximize your results, no matter what your goals are.

Track progress

Capturing data not only motivates you to exercise in your ideal heart rate zone, it also allows you to get the most out of each workout. Set and track progress toward your goals. Track your activity level and gradually increase your time and reps. View your progress immediately via the app. In addition, tracking allows you to know when it is time to change your routine. The workout data that is shown on the screen is emailed to you after the session.

Personalized

Heart-rate monitors and wearable technology help each



(AccuroFit.com)

participant train at the right intensity, based on their own body metrics. Your exercise experience can be significantly enhanced when technology is incorporated into your programming.

Fun

AccuroFit measures intensity by a unique point system. Ignite some friendly competition with fellow members. Competition adds some extra energy and a fun component when you are working hard. Coming soon to a YMCA near you at 5505 Friars Road. The Accuro Health App collects training activity data and bio-data outside the facility, as well.

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

Younger women are at risk for this type of heart disease

Sharp Health News

According to the Centers for Disease Control and Prevention (CDC), heart disease is the No. 1 leading cause of death among men and women. But not all heart diseases are created equal. One condition known as coronary microvascular disease (MVD) seems to target women — in particular, young women. Experts believe that the disease may affect up to 3 million women in the United States.

Damaged vessels

You may be familiar with coronary artery disease, which occurs when plaque builds up in the large arteries of the heart, blocking blood flow. The buildup prevents blood from reaching the heart. In coronary MVD, the tiny arteries that branch off from the larger coronary arteries are typically clear; however, their inner walls are damaged, which can also lead to decreased blood flow and spasms. There is a tendency for women to develop coronary MVD more often than men

— for various reasons ranging from low estrogen levels to poor health. Women who have a family history of heart muscle disease, diabetes, high blood pressure or high cholesterol; who are overweight or obese; or who smoke are at higher risk for coronary MVD.

Knowing the signs

A common sign of coronary MVD is chest pain that lasts longer than 10 minutes. Other signs include fatigue, low energy and shortness of breath. Unlike other heart diseases where symptoms occur during physical activity, such as walking upstairs or jogging, most coronary MVD symptoms happen during routine daily activities, such as running errands, gardening or cleaning.

Challenging diagnosis

The challenge with coronary MVD is knowing whether you have it or not. Unlike other heart diseases, there are no standardized tests to detect coronary MVD. Most cardiovascular tests look for blockages in the large coronary



(Courtesy Sharp Health News/Sharp HealthCare)

arteries, possibly missing abnormalities present in the tiniest arteries of the heart where coronary MVD occurs. "Although researchers are still working on tests to detect coronary MVD, there are ways that doctors can still diagnose the disease," said Dr. Behzad Taghizadeh, cardiovascular disease specialist affiliated with Sharp Grossmont Hospital. "We can diagnose it based on medical history, physical exam and other tests, such as blood and stress tests." For those diagnosed with coronary MVD, treatment focuses on pain relief and improvement. "You may be prescribed cholesterol medicines to improve cholesterol levels, prevent blood clots or lower blood pressure," Dr. Taghizadeh said. "Coronary MVD, if left untreated, like other heart

See HEART DISEASE page 14 →



Saturday, Feb. 24th

FREE & OPEN TO THE PUBLIC!

9:00am–12:00pm

OPEN HOUSE



COPLEY-PRICE FAMILY YMCA

4300 El Cajon Blvd.  
San Diego, CA 92105

619-280-9622

[ymca.org/copleyprice](http://ymca.org/copleyprice)



WE ARE MORE THAN A GYM... WE ARE YOUR COMMUNITY!



CLASSIFIEDS

Auto Donations

**Donate Your Car to Veterans Today!** Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

Autos Wanted

**GOT AN OLDER CAR, VAN OR SUV?** Do the humane thing. Donate it to the Humane Society. Call 1-855-558-3509

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

**CARS/TRUCKS WANTED!!! All Make/** Models 2000-2015! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

Education

**AIRLINES ARE HIRING - Get FAA** approved hands on Aviation training. Financial Aid for qualified students - Career placement assistance. CALL Aviation Institute of Maintenance 888-686-1704

**TRUCK DRIVER TRAINEES NEEDED** NOW! Earn \$1000 per week! Paid CDL Training! STEVENS TRANSPORT COVERS ALL COSTS! 1-877-209-1309 drive4stevens.com

Financial

**Over \$10K in debt? Be debt free in** 24-48 months. Pay nothing to enroll. Call National Debt Relief at 866-243-0510.

Health & Fitness

**GENERIC VIAGRA and CIALIS! 100** Pills \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-889-5515

**ED MEDICATION FOR \$ 1.80/ PILL US** ONLINE PHARMACY OFFERS ED MEDICATION 56 PILLS @ \$110 1-800-881-1422 www.usmedshop.net

**Generic VIAGRA 100mg Generic** CIALIS 20mg. 80 for \$99 GREAT DEAL!!!! FAST FREE SHIPPING! 100% money back GUARANTEE! CALL NOW 888-669-9343. Se habla espanol 888-713-3919

**VIAGRA and CIALIS USERS! 50** Generic Pills SPECIAL \$95.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW 800-317-7404 Hablamos Espanol

**VIAGRA and CIALIS USERS! 100** Generic Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Espanol

**FREE VIAGRA PILLS 48 PILLS + 4** FREE! VIAGRA 100MG/ CIALIS 20mg Free Pills! No hassle, Discreet Shipping. Save Now. Call Today 1-888-410-0514

**VIAGRA & CIALIS! 60 pills for \$99. 100** pills for \$150 FREE shipping. NO prescriptions needed. Money back guaranteed! 1-888-278-6168

Medical

**DENTAL INSURANCE. Call Physicians** Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 888-623-3036 or http://www.dental50plus.com/58 Ad# 6118

**OXYGEN - Anytime. Anywhere. No** tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 844-558-7482

Misc. For Sale

**KILL BED BUGS! Harris Bed Bug Kill-**ers/KIT. Available: Hardware Stores, The Home Depot, homedepot.com

Miscellaneous

**Earthlink High Speed Internet. As** Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-520-7938

**Cross Country Moving, Long distance** Moving Company, out of state move \$799 Long Distance Movers. Get Free quote on your Long distance move 1-800-511-2181

**DISH TV \$59.99 For 190 Channels** \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-855-837-9146

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

**Stop OVERPAYING for your prescrip-**tions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-855-541-5141 Promo Code CDC201725

**ENJOY 100% guaranteed, delivered** to-the-door Omaha Steaks! SAVE 75% PLUS get 4 more Burgers & 4 more Kielbasa FREE! Order The Family Gourmet Buffet - ONLY \$49.99. Call 1-855-895-0358 mention code 51689LCX or visit www.omahasteaks.com/cook03

**Spectrum Triple Play! TV, Internet &** Voice for \$29.99 ea. 60 MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-855-652-9304

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

**A PLACE FOR MOM. The nation's larg-**est senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-844-722-7993

**TV INTERNET PHONE \$29.99 each!** We are Your LOCAL Installers! Bundle Services and Save Huge! \$29.99 each! Hurry Call Now this Offer Ends Soon! 1-888-858-0262

**HughesNet Satellite Internet ?** 25mbps for just \$49.99/mo! Get More Data FREE Off-Peak Data. No phone line required! FAST download speeds. WiFi built in! FREE Standard Installation! Call 1-855-440-4911

**Become a published author! Publica-**tions sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-855-548-5979

**Call Empire Today to schedule a FREE** in-home estimate on Carpeting & Flooring. Call Today! 1-800-508-2824

**INVENTORS - FREE INFORMATION** PACKAGE Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-888-501-0236 for a Free Idea Starter Guide. Submit your idea for a free consultation.

**Were you an INDUSTRIAL or** CONSTRUCTION TRADESMAN and recently diagnosed with LUNG CANCER? You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 877-648-6308 for your risk free consultation.

**The nation's largest senior living** referral service. A PLACE FOR MOM. Contact our trusted, local experts today! Our service is FREE. No obligation. CALL 855-741-7459

**LIVING WITH KNEE OR BACK PAIN?** Medicare recipients that suffer with pain may qualify for a low or no cost knee or back brace. Call 844-308-4307

**Bathe safely and stay in the home** you love with the #1 selling walkin tub in North America. For an in-home appointment, call: 888-308-5610

**CASH FOR CARS: We Buy Any Condi-**tion Vehicle, 2000 and Newer. Nation's Top Car Buyer! Free Towing From Anywhere! Call Now: 1-800-864-5960.

**CASH PAID for unexpired, sealed** DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-776-7771. www.Cash4DiabeticSupplies.com

**FINAL EXPENSE INSURANCE. No** medical exams! Premiums never increase. Benefits never go down. Affordable monthly payments. Call for a free quote! 877-587-4169

**DISH TV \$59.99 For 190 Channels +** \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply 1-800-718-1593

**Make a Connection. Real People, Flirty** Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: Call 1-877-737-9447 18+

**NEW AUTHORS WANTED! Page Publish-**ing will help you selfpublish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 866-951-7214

**SAVE YOUR HOME! Are you behind** paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line now for Help! 855-794-7358

**HOTELS FOR HEROES - to find out more** about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisherhouse.org

Motorcycles

**WANTED OLD JAPANESE MOTORCY-**CLES KAWASAKI Z1-900 (1972-75), KZ900, KZ1000 (1976-1982), Z1R, KZ 1000MK2 (1979,80), W1-650, H1-500 (1969-72), H2-750 (1972-1975), S1-250, S2-350, S3-400, KH250, KH400, SUZUKI-GS400, GT380, HONDA CB750K (1969-1976), CBX1000 (1979,80) CASH!! 1-800-772-1142 1-310-721-0726 usa@classicrunners.com

Wanted to Buy

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

**ADVERTISE to 10 Million Homes across** the USA! Place your ad in over 140 community newspapers, with circulation totaling over 10 million homes. Contact Independent Free Papers of America IFPA at danielleburnett-ifpa@live.com or visit our website cadmetads.com for more information

**Reader Advisory: The National Trade** Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

MVN+Puzzles

ANSWERS ON PAGE 14

SUDOKU

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.

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

© 2014 Janric Enterprises Dist. by creators.com

CROSSWORD Punny Rhymes

1	2	3	4		5	6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20				21							22			
			23						24					
25	26	27					28	29				30	31	32
33						34	35				36			
37					38					39			40	
41			42			43						44		
45					46					47	48			
			49						50					
	51	52				53	54					55	56	57
58						59						60		
61						62						63		
64						65						66		

- ACROSS**

1 Spiny-finned fish

5 Native American language group

10 Asterisk

14 Baptism, e.g.

15 Swan Lake character

16 Ness or Inverness

17 Concert halls

18 Resounds

19 Wild goat

20 Cakes that are works of art

23 Decorate

24 Small morsel

25 Sleeve type

28 Narrow: arch.

33 Toward shelter

34 Italian wine center

36 Balance

37 Bolt

38 Free

40 Oars maneuver

41 Vacant

43 To \_\_\_\_: exactly

44 Essay on Man author

45 Abandoned

47 More ingenious

49 Chronic

50 Follows road

51 Artistic negligence?

58 Genuine

59 Painter Rembrandt

60 Napoleonic stopping place

61 Site of Vulcan's forge

62 Consumed

63 Eriksson

64 Kind of street?

65 Used up

66 Forfeited
- DOWN**

1 Forehead

2 Verdi's Ethiopian princess

3 Let it stand

4 Mariners' home

5 Of glacial piles

6 Stigma

7 Intone

8 Pond growth

9 Wisest old Greek

10 Leg-pain nerve

11 Proscribe

12 Tip

13 Film reviewer Reed

21 Epoch

22 Obliterate

25 Fast

26 Type of skirt

27 Ms. Rowlands' namesakes

28 Position

29 Antler branch

30 Seer's cards

31 Flee

32 More unfamiliar

35 Abode

38 Casals' instrument

39 Capable of fine distinctions

42 When shadows are shortest

44 Irish nationalist leader

46 Animal fats

48 Brain rec.

50 Moon: comb. form

51 Roster

52 Ages

53 Harvest

54 Toupee site

55 TV backdrop

56 Wading bird

57 Float

58 Turn right

BUSINESS & SERVICES

**ATTORNEY**

The law offices of  
**KANE HANDEL**

AUTOMOBILE ACCIDENTS & INJURIES

- Auto & Motorcycle Accidents
- Whiplash Cases
- Bicycle Accidents
- Pedestrian Accidents
- Child Injuries & Other Accidents

No recovery = No fee  
Home or hospital visits  
Atendidos cordialmente en Espanol.  
No cobramos si no ganamos

**FREE CONSULTATION!**  
**(858) 756-5195**

**CLEANING**

**BBQ & OVEN CLEANING**

We come to you.  
You will be amazed  
at the transformation.

**Packages start at \$149**

Call (858) 210-2034  
**CalBBQ.com**

**COMPUTER SERVICES**

the  
**COMPUTER ADMIN**

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

**TIM FRONCZEK**  
**619.713.7422**  
**TheComputerAdmin.com**

Follow us on Facebook at:  
**Facebook.com/TheComputerAdmin**

**COMPUTER SERVICES**

**SD BYTES**  
COMPUTER REPAIR

**MACs & PCs**

**REPAIRS!!...**

iPhones, MacBooks,  
Laptops, Tablets, PC's ...

**\$10.00 OFF**  
**WITH THIS AD!!**

**619.546.7740**  
**www.sdbytes.com**  
10433 Friars Rd. Ste B SD

**PLUMBING**

**ideal**  
PLUMBING • HEATING • AIR • ELECTRICAL  
SINCE 1960

Water Heaters/Tankless • Drain Stoppages  
Toilets • Faucets • Garbage Disposals  
Camera Inspections of Drains  
Water Softeners & Filtration  
Heating & Air Conditioning  
Indoor Air Quality  
Electrical Repairs & Upgrades  
Kitchen & Bath Remodeling

**619.583.7963**  
**IdealService.com**  
Lic#348810  
Serving San Diego Since 1960!

**PRESSURE WASHING**

**Power Washing**

**Commercial Residential**

Storefronts, dumpsters  
stucco cleaning, gutters,  
sidewalks, gum removal,  
patios, sanitize pool decks

**619-460-8177**  
**sdklean.com**

**YOUR AD HERE**

Reach over  
**200,000**  
readers

Call David  
**619-961-1951**  
**David@sdccnn.com**

**San Diego Community News Network**

**Call Sloan to advertise!**

Connect with your  
community, your neighbors,  
your customers!

Print ads, digital web ads,  
e-blasts, social media  
connection, spotlights  
and more!

**619-961-1954**



# How new tax law impacts you

## Mission Valley Money

Steve Doster



The new tax law was a major change to our current system. It's extremely complex and not all the details are hammered out yet. We do know three things about the new tax law:

- Benefits go largely to corporations and high-income taxpayers.
- Individual cuts are temporary (expiring after 2025).
- Some parts of the new tax law can impact you!

The first set of changes that apply to everyone are lower tax brackets, higher standard deductions, and elimination of personal exemptions. The standard deduction is now \$12,000 for singles and \$24,000 for marrieds. If your total deductions are lower than these amounts, then you will not be itemizing deductions on your 2018 tax return. Without getting into all the details, the net result is that you will only see a material tax reduction if you're single earning over \$75,000 or married earning over \$150,000.

Homeowners are significantly impacted by the new tax law. There are two areas to look at for homeowners: mortgage interest and taxes. Mortgage interest on new mortgages up to \$750,000 is deductible. A new \$1 million mortgage means

that interest on \$250,000 of loan is not deductible. The good news for current homeowners is existing mortgages are grandfathered, so interest is fully deductible on principal of up to \$1 million.

Home equity interest is only deductible if the home equity loan was used to improve or purchase your home (subject to the combined maximum of \$750,000). Interest is not deductible if the home equity proceeds were used to buy a car, pay off credit cards, or cover college costs.

State taxes and real estate taxes are deductible up to a maximum of \$10,000. This is where many California residents will feel the pain. We live in a high-income tax state and real estate taxes are based on very high home values. Let's say you pay \$8,000 in state tax and \$5,000 in real estate taxes. In 2017, you'll get a \$13,000 deduction. In 2018, this deduction will be limited to \$10,000.

A crucial point on this \$10,000 limit for state and real estate taxes: It's the same whether you are single or married. You do not get a \$20,000 limit if you are married. The assumption is that a married couple will be living in the same house (good assumption!), so a double deduction isn't necessary. However, the standard deduction is \$24,000 for marrieds. This makes it more difficult for a married couple to have deductions above this

amount. The result is fewer married homeowners will be itemizing in 2018 and beyond.

There are many more changes that cannot be covered in a short article. Instead of going through additional changes, it's more beneficial to write about a few strategies to consider in 2018.

### Bunch strategy

The "bunch strategy" is for people just under the standard deduction. Let's say there is a married couple with \$22,000 of deductions from state taxes, real estate taxes, mortgage interest, and charitable contributions. The standard deduction for marrieds is \$24,000. In this scenario, they will take the standard deduction and not itemize deductions on their tax return.

Instead, they can "bunch" deductions into 2018 by pre-paying as many deductions as possible to achieve \$27,000 of itemized deductions (just making up numbers here). The following year in 2019, they only have \$18,000 of deductions because they prepaid taxes and charitable contributions in 2018. However, the standard deduction is \$24,000 so they still get this higher deduction amount in 2019. Their total deductions for 2018 and 2019 are higher (\$27,000 + \$24,000 = \$51,000) than if they just took the standard deduction for both years (\$24,000 + \$24,000 = \$48,000).

### Donor advised fund

Another strategy is contributing to a donor advised fund (DAF). You don't need to be rich to have a DAF. If you are writing checks to charity, then you should have a DAF. The concept is that you donate appreciated shares of stock or mutual funds to your DAF. (Employer stock is great for this purpose! However, it can be any appreciated stock or fund held in a non-retirement account.)

By donating stock or mutual funds to a DAF, you avoid the capital gains tax on the investment, and get the full market value as a deduction! The DAF contributions can be paid to charities over as many years as you wish. You get the full deduction in the year the DAF contributions are made.

This short article is only the tip of the iceberg with the changes brought by this tax law. There are many other changes including business tax code, 529 plans, miscellaneous itemized deductions, and much more. If you don't already work with a CPA, 2018 is probably the year you want to change that decision. It's important to know that there are strategies to lower your tax liability.

—Steve Doster, CFP is the financial planning manager at Rowling & Associates – a fee-only wealth management firm in Mission Valley helping individuals create a worry-free financial life. They help people with taxes, investments, and retirement planning. Read more articles at [rowing.com/blog](http://rowing.com/blog). ■

# How to deal with canine influenza

Sari Reis

With the flu epidemic on the rise across the United States, several clients have asked me if their dogs can get the flu. The answer is yes; but not from their human companion, but from other dogs, and just like us, it is highly contagious.

Canine influenza, commonly referred to as H3N8, among experts, is believed to be a mutation from an equine influenza. It first showed up in the U.S. in a group of racing greyhounds in 2004. Although it started out in only six states, it has since been diagnosed in dogs in 46 states.

Canine flu spreads voraciously with 80 percent of dogs exposed becoming infected. The most common symptoms of canine flu are coughing, sneezing, and nasal discharge, runny discharge from the eyes, and sometimes fever and lethargy. Because of the coughing and sneezing, dogs who are in close proximity — such as in kennels, doggie day care, dog parks or dog shows — spread the flu from one dog to another very easily. Even drinking from the same water bowl or chewing on the same tennis ball can pass on the illness.

Unfortunately, symptoms may not show up for two to three days after a dog has been exposed, so a dog owner can unknowingly take his infected dog to the park to play, and make a lot of other dogs sick.



(Photo by Javier Brosch / Bigstock.com)

The way it affects dogs is by attacking the airways causing an inflammatory response and infection that can last from one to three weeks. Diagnosis is generally done through a blood test but a more accurate method is analyzing nasal discharge.

Treatment is fairly limited as it is viral rather than bacterial so antibiotics will not work in this case unless there is a secondary bacterial infection. If the dog has a fever, NSAIDS can be helpful. Most important is keeping your dog away from other dogs and monitoring its intake of food and water. Hydration is important.

Canine influenza is rarely serious unless it turns into pneumonia. For that reason, it is important to have your dog checked out by the veterinarian if he starts coughing. Because it is a relatively new malady, most dogs are susceptible to it.

There are a couple of vaccinations available but most veterinarians are on the fence about vaccinating for it. The vaccine doesn't actually prevent the illness but may make the symptoms less severe.

Dr. Patrick Carney, DVM, Ph.D. of the Community Practice Service at Cornell stated, "I am not a big proponent of using the canine influenza vaccine unless the patient is at high risk."

By avoiding national dog shows, and doggie day care during outbreaks, you may be able to lessen the risk of exposure. Bottom line, if he coughs, take him to the vet.

—Sari Reis is a Certified Humane Education Specialist and the owner of Mission Valley Pet Sitting Services. For more information, you can contact her at 760-644-0289 or [missionvalleypetsitting.com](http://missionvalleypetsitting.com) ■

## SHELTER PET & LIFE OF THE PARTY

Amazing stories start in shelters and rescues. Adopt today to start yours.

HAMILTON 75K+ Instagram Followers

Start A Story. Adopt [theshelterpetproject.org](http://theshelterpetproject.org)

Ad Council THE HUMANE SOCIETY OF THE UNITED STATES Maddie's Fund

## NOW ENROLLING!

### Free K-12 Public Charter Schools

Engaging Learners by Personalizing Learning

[www.thriveps.org](http://www.thriveps.org)

Campuses located in **Linda Vista & City Heights.**

Sign up for a tour Today!

COLLEGE PREPARED

COMMUNITY MINDED

CAREER INSPIRED

facebook.com/ThriveSchools  
info@thriveps.org  
619-839-9543

**THRIVE** PUBLIC SCHOOLS

## I LIST HOMES FOR 1%

DON'T OVERPAY TO SELL YOUR HOME!

Go to my website

[www.LJWoodard.com](http://www.LJWoodard.com)

**1% | LJ Woodard**

**(619) 794-9966**

**#1 Discount Broker in San Diego!**

ONE PERCENT LISTING GROUP INC. | BRE01446472



► Solar tariffs, from page 6

racking, inverters, batteries, roofing, software and other products used in a solar power system. These are prevailing wage, healthy jobs, that often encourage education, vocational training and community engagement. Jobs in solar have been experiencing growth in traditionally low-income, high-unemployment areas like Oakland, California, filling in the gaps where local fossil-fuel jobs have left employees unhealthy and unfulfilled.

While the move feels more like an aftershock rather than an earthquake itself, effects will be felt in solar employment from surges in pricing and subsequent lower demand. Some local solar design and installation companies who anticipated the tariff secured a stockpile of tariff-free modules and are offering those to prospective clients while supplies last.

The bottom line is that solar will persevere. While the tariff will have its effects, it will not stunt the solar industry's inevitable growth. Southern Californians are still subjected to some of the highest costs of electricity in the nation, thanks to investor-owned San Diego Gas & Electric and its parent company, Sempra. Despite tariffs, solar remains a more affordable option than sticking with the utility and has a bright future.

—Daniel Sullivan is founder and president of Sullivan Solar Power.■

► Heart disease, from page 11

diseases, can increase your risk for heart attack or stroke. So if you notice any symptoms, it is important to see a doctor so that proper assessment and treatment can be given."

Along with seeking medical care, adopting a healthy lifestyle is key to helping reduce one's risk for heart disease in general, according to Dr. Taghizadeh. "Limiting alcohol intake, reducing stress, not smoking, getting daily exercise and eating healthy foods are just some ways to reduce your risk of heart diseases and live a healthier life overall."

—This article features experts from Sharp Grossmont Hospital. For more health stories, visit [sharp.com/news](http://sharp.com/news).■

# River access program unveiled

Jeff Clemetson  
Editor

Although this year's dry spell has kept the San Diego River relatively safe, city leaders and first responder agencies are taking a proactive approach to any future rescues that may come when the flooding returns.

On Feb. 13, Councilmember Scott Sherman, along with representatives from San Diego Fire-Rescue, San Diego Lifeguard and CalFire unveiled a plan to create seven access points in difficult-to-get-to areas of the river.

During a press conference at one of the access points located just behind Premier Inns, 2484 Hotel Circle Place in Mission Valley, Sherman said water rescues are an issue the city has dealt with for a long while. The other six sites are located along the stretch of the river from the Morena District to Grantville.

"It's not rained much this year so we haven't seen any of these issues but you have to remember back to last January to the flooding issues. We had to evacuate the hotel down here," Sherman said. "A lot of times we have homeless issues here where people end up in the river and have to be rescued and having to go up and down the river a half a mile trying to find a place to get to the water and then get to the victim is very difficult. And then extracting them

with all this choking debris and non-native species, really puts our first responders at risk."

San Diego Fire-Rescue Chief Brian Fennessy described the access area program as "a big deal" for first responders who have always faced challenges in any kind of work they do along the river.

"I used to work many years ago in one of the local fire stations and we used to respond down here on a regular basis, whether it be for fires, rescues or medical calls and it was very difficult to access," Fennessy said. "You just look around and wonder, 'How am I going to get 50 feet in either direction?'"

San Diego Lifeguard Chief Rick Wurtz said that in the area near the Premier Inns access point, there were 62 rescues last year. Up and down the river, there were an additional 25 more.

"For lifeguards, swift water rescues are some of the most dangerous types of rescues we're involved with," Wurtz said. "Having accesses like this where we can get down to key locations where we can access other parts of the river and deploy rescue boats to assist us in those rescues, not only helps victims, but us first responders as well."

Sherman praised San Diego River Conservancy for help in getting the access point program off the ground and for



San Diego lifeguards train on river rescues at the new access area behind Premier Inns in Mission Valley. (Photos by Jeff Clemetson)



(l to r) Councilmember Scott Sherman, CalFire Chief Nick Shular, San Diego Fire-Rescue Chief Brian Fennessy and San Diego Lifeguard Chief Rick Wurtz

keeping costs low by sharing the agency's permits needed for removing excessive vegetation.

CalFire Chief Nick Shular also praised the partnership of the city, county and state fire-rescue groups.

"This is a prime example of the benefits of inter-agency cooperation and collaboration," Shular said.

—Reach Jeff Clemetson at [jeff@sdenn.com](mailto:jeff@sdenn.com).■

1. South river bank, under southbound interstate-5 off-ramp to Rosecrans Avenue; access to river from dirt road.
2. South river bank, under and east of Morena Boulevard; access to river from dirt road.
3. South river bank, Premier Inns parking lot, 2500 Hotel Circle Place; access from Premier Inns parking lot.
4. South river bank, at northeast edge of Crowne Plaza Hotel property; access to river from field/parking lot.
5. Under and east of state Route 163 along river bank; access to river from bike path.
6. South river bank at 3100 Camino del Rio North; access to river from sidewalk.
7. East river bank, behind Home Depot, 5920 Fairmont Ave.; access to river from parking lot.



(Graphic courtesy Councilmember Scott Sherman's office)

## Looking for a great OPPORTUNITY?



We are seeking experienced, motivated advertising sales consultants for our six community newspapers.

Must be knowledgeable of these areas and have a minimum of one year advertising sales experience. The ideal candidate is an energetic team player who is bright, positive, creative and personable who relates to small business owners and can assess their advertising needs. Fulltime, base plus commission. For more information about our community newspapers, visit us at [sdenn.com](http://sdenn.com).

Resume to David Mannis at [David@sdenn.com](mailto:David@sdenn.com) (619)961-1951

### Sudoku & Crossword puzzle answers from page 12

T	S	O	L	I	N	E	S	P	E	N	T	E	A	S	Y
F	E	I	F	E	N	E	A	T	E	N	A	E	T	N	A
B	A	L	B	A	E	P	E	A	L	E	O	O	D	G	O
R	I	O	N	I	R	P	E	I	R	O	N	E	R	E	N
					S	T	E	R			O	L	D		
R	E	R			N	E	A	T	E		D	E	S	O	L
E	P	O	P	E	A	T	E				I	N	A	N	E
W	O	R	O		S	E					P	I	N		
E	L	E			S	C	A	L	E		A	L	E		
N	E	N			S	T	R	A	I	T	E	N			
					O	R	T				T	R	I	M	
					X						E	A	U	X	
X					I	B	E	X			R	I	N	G	S
E					C	A	P	E			O	D	I	L	E
R					S	T	A	R			M	O	S	A	N

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



# Mission Valley News

## COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

### ONGOING EVENTS



#### San Diego Jewish Film Festival

Through Feb. 18

The 28th annual San Diego Jewish Film Festival (SDJFF) proudly presents an exciting 11-day festival running Feb. 7–18. SDJFF will screen 37 feature films and 21 shorts from 16 different countries in five great San Diego venues. The festival is the largest Jewish cultural event in San Diego and draws over 17,000 attendees annually to more than 70 screenings. SDJFF features San Diego film premieres, international guest filmmakers, and juried and audience choice awards. This year, the festival will showcase a total of 58 of the best contemporary Jewish-themed films from around the world celebrating life, human rights, and freedom of expression. See the film lineup and purchase tickets at [sdjff.org](http://sdjff.org) or call the box office at 858-362-1348.



#### 'Dust'

Cygneth Theatre presents a play by Danielle Molhman that combines theater, music, poetry and dance. "Dust" is part of the Bill & Judy Garrett Finish Line Commission of performances that explore new works and diverse voices in theater. 8 p.m. at Old Town Theatre, 4040 Twiggs St. 92110. Advance tickets for the general admission performance are \$5 donation and available at [cygnetheatre.com](http://cygnetheatre.com).

#### Bertram Turetzky 85th Birthday Celebration

Contra bass maestro Bertram Turetzky will be joined by a string quartet. 8 p.m. at Dizzy's, 1717 Morena Blvd. \$15 cover. Visit [dizzysjazz.com](http://dizzysjazz.com).

#### Harlem Globetrotters

The Harlem Globetrotters known for their one-of-a-kind family entertainment will bring their 2018 World Tour to San Diego to take on their long-time adversaries, the Washington Generals. 7 p.m. at Valley View Casino Center, 3500 Sports Arena Blvd. Tickets cost \$15–125, available at [bit.ly/2DX5iVZ](http://bit.ly/2DX5iVZ).



#### 'When It Comes'

Cygneth Theatre presents a play by Mike Sears that is a

folktale with music about a young, blue-collar couple who build a house only to discover they need the moon to make it complete. "When It Comes" is part of the Bill & Judy Garrett Finish Line Commission series of performances that explore new works and diverse voices in theater.

8 p.m. at Old Town Theatre, 4040 Twiggs St. 92110. Advance tickets for the general admission performance are \$5 donation and available at [cygnetheatre.com](http://cygnetheatre.com).

#### Snapology – A Hands-On Learning LEGO Experience

Children ages 8–12 build with LEGO bricks and learn about the world. Topics and subjects change with each class and may include science, technology, engineering, art, and math (STEAM), as well as robotics and animation. 10:30 a.m. in the Mission Valley Library Community Room, 2123 Fenton Parkway. Sign up online at [sandiego.library-market.com](http://sandiego.library-market.com).

#### Men's Basketball

SDSU Aztecs take on UNLV Rebels. 1 p.m. at Viejas Arena, 5500 Canyon Crest Drive, San Diego. Tickets are \$73, available at [bit.ly/2Fufy8x](http://bit.ly/2Fufy8x).

#### LED Anniversary VII

Electronic music concert featuring Madeon, Malaa, Herobust, Brohug, Medasin and Rickyxsan. 9 p.m.–4 a.m. at Valley View Casino Center, 3500 Sports Arena Blvd. Tickets cost \$15–125, available at [bit.ly/2nAV2LU](http://bit.ly/2nAV2LU).



#### Film discussion: 'Mary Kills People' and 'Eyewitness'

The Hemlock Society of San Diego presents two movies in its Right-to-Die Film Series: "Mary Kills People" (season one, episode one) is a serious and highly rated TV program about two doctors who, in their extra time, help suffering people end their lives. This does not romanticize or minimize the dangers and risks of doing this. (40 minutes — followed by a discussion.) Eyewitness is a documentary by Dutch psychiatrist Boudewijn Chabot, in which we hear from loved ones of people who have chosen various methods of self-deliverance. A discussion follows. 1:30–3:30 p.m. at the Mission Valley Library, 2123 Fenton Parkway. Free and open to the public. For more information visit [hemlocksocietysandiego.org](http://hemlocksocietysandiego.org).

#### 'Alone Above a Raging Sea'

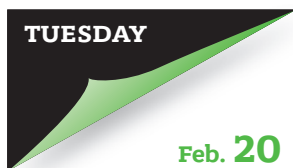
Cygneth Theatre presents a play by Christopher Oscar Peña about a family who only sees each other on holidays and is a contemplative look at the nature of intimacy. "Alone Above a Raging Sea" is part of the Bill & Judy Garrett Finish Line Commission series of performances that explore new works and diverse

voices in theater. 8 p.m. at Old Town Theatre, 4040 Twiggs St. 92110. Advance tickets for the general admission performance are \$5 donation and available at [cygnetheatre.com](http://cygnetheatre.com).



#### Boomshaka Music Festival

Held in the birth month of legendary Jamaican singer-songwriter, Bob Marley, Boomshaka 2018 will honor the reggae genre by featuring top artists. Festival-goers will also experience a village-feel in the venue concourse, with handcrafted and one-of-a-kind artisan items for purchase. The venue features craft beers and cocktails, along with local dining options including Rockin' Baja Lobster and Pizza Port. The festival will feature co-headliners Tribal Seeds and Stick Figure, along with the music of The Original Wailers, Don Carlos, HIRIE, The Expanders and Aloha Radio. 3 p.m. at Valley View Casino Center, 3500 Sports Arena Blvd. Tickets cost \$52 general admission, \$89 Gold Circle, \$179 VIP Experience; available at [bit.ly/2DWi475](http://bit.ly/2DWi475).



#### Open Mic: Spoken Soul

Dynamic poems and spoken word from Mesa College students, faculty and staff and community members. This is a San Diego Community College District Black History Month event. 6–9 p.m. at San Diego Mesa College, Mesa Commons, 211 A/B, 7250 Mesa College Drive, 92111. Free and open to the public.

#### Library Book Club

What's better than reading the latest thriller, crime novel, romance or history book? Having a group of people reading the same thing and sharing their impressions. Come check out the monthly meeting of Mission Valley Library Book Club and get in on the fun. The title for February is "The Short and Tragic Life of Robert Peace" by Jeff Hobbs. Copies of the book are available for checkout at the library. 6:30 p.m. in the Mission Valley Library Seminar Room, 2123 Fenton Parkway.



#### 'Hidden Colors 3: The Rules of Racism'

"The Rules of Racism" is the third installment of the critically acclaimed documentary series "Hidden Colors 1 and 2." This installment explores how institutional racism affects rules, laws,

and public policies that are utilized to maintain this system. The film features commentary from a diverse group of scholars, authors, and entertainment icons. 12:45–2 p.m. at San Diego Mesa College, Mesa Commons, 211 A/B, 7250 Mesa College Drive, 92111. Free and open to the public.



#### Glow-in-the-Dark Engineering Contest

Kids and teens ages 8–14 build amazing creations using glow-in-the-dark bracelets. Participants will work together in teams of two to six people to create an incandescent structure. Build a skyscraper, bridge, geometric figure, animal — or whatever you can imagine! Come with a team already assembled, or come by yourself and be placed with a team. 4 p.m. in the Mission Valley Library Community Room, 2123 Fenton Parkway. No registration required.



#### Joshua White Solo Reflections 2

Joshua White plays the music of Mary Lou Williams as part of his "Solo Reflections" series. 8 p.m. at Dizzy's 1717 Morena Blvd. \$20 cover. Visit [dizzysjazz.com](http://dizzysjazz.com).

#### Harlem Globetrotters

The Harlem Globetrotters, known for their one-of-a-kind family entertainment, will bring their 2018 World Tour to San Diego to take on their long-time adversaries, the Washington Generals. 7 p.m. at Valley View Casino Center, 3500 Sports Arena Blvd. Tickets cost \$15–125, available at [bit.ly/2DX5iVZ](http://bit.ly/2DX5iVZ).



#### Bob Magnusson & His All-Star Quintet

Joined by Jim Plank on vibes, Peter Sprague on guitar, Tripp Sprague on woodwinds and Duncan Moore on drums, Bob Magnusson plays jazz. 8 p.m. at Dizzy's, 1717 Morena Blvd. \$20 cover. Visit [dizzysjazz.com](http://dizzysjazz.com).

#### Coca-Cola memorabilia swap meet

Coca-Cola memorabilia will be on sale as part of the Coca-Cola Collectors Club's "Great Get Together" convention. The swap meet is the only public event of the convention and runs from 10 a.m. to 1 p.m. at the Crown Plaza San Diego-Mission Valley, 2270 Hotel Circle North. Experts will be on hand to answer any questions.



#### Wine & Canvas Painting Class

Fun class with wine and art instructors that will teach participants how to paint "Sunflowers in Tuscany." No experience required. 1 p.m. at Gordon Biersch Brewery Restaurant, 5010 Mission Center Road. Cost is \$35 includes materials. For more information, or to register, visit [wineandcanvas.com](http://wineandcanvas.com).

#### Sensory Sunday Family Time

In collaboration with the Autism Society of San Diego, Mission Valley Library welcomes families with children on the spectrum to a sensory-friendly program featuring Snapology, a company that provides hands-on learning activities that engage children's creativity. Recommended for kids ages 4–10, this interactive program will feature different activity stations designed for children of varying ages and abilities. After the program, families can explore the library, check out items, or enjoy the sunny patio. 11 a.m. in the Mission Valley Library Community Room, 2123 Fenton Parkway. Regular Sunday hours for the general public start at 12:30 p.m. No registration is required.

#### The Benedetti Trio celebrate George Harrison

A special night of music celebrating what would have been the Beatle guitarist's 75th birthday. 8 p.m. at Dizzy's, 1717 Morena Blvd. \$20 cover. Visit [dizzysjazz.com](http://dizzysjazz.com).



#### Toddler Story Time

A story time designed for toddlers, featuring songs, rhymes, and finger plays. 11 a.m. in the Mission Valley Library Community Room, 2123 Fenton Parkway

#### Death Café

Death Café provides a safe, agenda-free place to discuss death and life over some tasty treats. Not a grief therapy group, it is no more and no less than a friendly and interesting group of people discussing death, dying and end-of-life concerns. 1 p.m. at the Mission Valley Library, 2123 Fenton Parkway. Visit [deathcafe.com](http://deathcafe.com) and search the library's zip code, 92108, to pre-register.



#### Men's Basketball

SDSU Aztecs take on Boise State Broncos. 7 p.m. at Viejas Arena, 5500 Canyon Crest Drive, San Diego. Tickets

are \$13–112, available at [bit.ly/2Epw9uU](http://bit.ly/2Epw9uU).



#### Knit-a-Bit Knitting and Crochet Circle

Bi-weekly meet-up group for knitting and crocheting enthusiasts to discuss and work on yarn craft projects. 12:30 p.m. in the Mission Valley Library Community Room, 2123 Fenton Parkway.



#### Jeff Dunham: 'Passively Aggressive'

Jeff Dunham, America's favorite ventriloquist, is bringing his cast of characters on the road as he tours North America on his 60-city "Passively Aggressive" tour. 7 p.m. at Valley View Casino Center, 3500 Sports Arena Blvd. Tickets are \$49.50, available through [jeffdunham.com](http://jeffdunham.com)



#### The Amazing Acro-cats

The Amazing Acro-cats featuring Tuna and the Rock Cats are a troupe of real performing house cats. They have cats riding skateboards, jumping through hoops, and Alley, our rising star, has even leapt into the Guinness Book of World Records, holding the record for the longest cat jump! Show runs through March 11 at Moxie Theatre, 6663 El Cajon Blvd., San Diego. All shows start at 7 p.m. Tickets are \$25, \$30 and \$40, available at [bit.ly/2E1qpcE](http://bit.ly/2E1qpcE).

#### Men's Basketball

SDSU Aztecs take on Nevada Wolfpack. 7 p.m. at Viejas Arena, 5500 Canyon Crest Drive, San Diego. Tickets are \$19–262, available at [bit.ly/2rRyIDk](http://bit.ly/2rRyIDk).



#### 10th annual Brasil Jazz Festa

Enjoy four sets of Brazilian music. Events are held at Arias Hall, located behind the Musicians' Association building at Dizzy's, 1717 Morena Blvd. 7 p.m. \$25 cover. Visit [dizzysjazz.com](http://dizzysjazz.com).





**John Reeves**  
 #1 Selling Agent in San Diego  
 327 Homes Sold in 2017  
 1 Home Every 26.8 Hours

# Every Agent Will Promise to Sell Your Home ...John **GUARANTEES** It

If Your Home Doesn't Sell, John is Willing to Buy it Himself at a Price Acceptable to You  
 Call John at **619-738-HOME** for a Guaranteed Sale on your home.

Seller and John Reeves must agree on guaranteed price and closing date at time of listing. CalBRE# 01861983



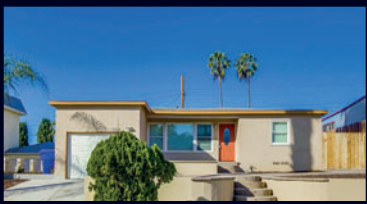
**\$774,999 - OR TRADE!**

**Multi Functional Duplex**  
 • Enormous 3 Car Garage  
 • Abundant Natural Light Throughout  
 • Private Entry to Second Unit



**\$995,999 - OR TRADE!**

**Fabulous 1/2 Acre Home!**  
 • Drought Resistant Landscaping  
 • Various, Lush Fruit Trees  
 • Masterpiece Kitchen w/ Slate Flooring



**\$474,999 - OR TRADE!**

**Beautiful, Landscaped Yard!**  
 • Warm, Welcoming Living Spaces  
 • Elegant, Updated Kitchen  
 • Abundant Natural Light Throughout



**\$669,999 - OR TRADE!**

**Executive Home!**  
 • Abundant Parking  
 • Peaceful, Enclosed Patio  
 • Expansive, Warm Living Spaces



**\$379,999 - OR TRADE!**

**Modern Ranch Style Home!**  
 • Rich, Laminate Flooring  
 • Bonus Sun-Room  
 • Spacious Patio for Entertaining



**\$499,999 - OR TRADE!**

**Move-In Ready Stunner!**  
 • Cul-De-Sac w/ Well-Manicured Streets  
 • Large, Open Kitchen w/ Peninsula  
 • Abundant Natural Light Throughout



**\$494,999 - OR TRADE!**

**Perfect Starter Home!**  
 • Gourmet Kitchen w/ Expansive Counters  
 • Gorgeous, Pristine Landscaping  
 • Picturesque, Warm Fireplace



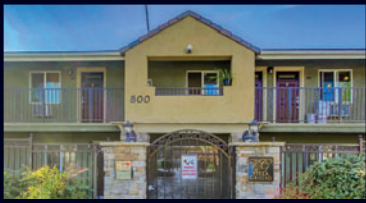
**\$449,999 - OR TRADE!**

**Open Concept!**  
 • Beautiful, Lush Landscaped Yard  
 • Spacious Built-In Bar Separate From Kitchen  
 • Picturesque Windows



**\$324,999 - OR TRADE!**

**Contemporary Condo!**  
 • Warm, Built In Fireplace  
 • Polished, Open Kitchen  
 • Master Bedroom w/ Walk-In Closet



**\$194,999 - OR TRADE!**

**Buy With \$0 Down!**  
 • Modern, Gourmet Kitchen  
 • Function, Free-Flowing Floor Plan  
 • Washer & Dryer In Unit



**\$224,999 - OR TRADE!**

**Perfect Starter Condo!**  
 • Walking Distance to Fashion Valley  
 • Rich Laminate Flooring  
 • Sleek, Modern Chefs Kitchen



**\$799,999 - OR TRADE!**

**Completely Renovated!**  
 • Located in a Safe & Private Cul De Sac  
 • Masterpiece Gourmet Kitchen  
 • Large Backyard for Entertaining



**\$474,999 - OR TRADE!**

**Beautiful, Landscaped Yard!**  
 • Open Concept Kitchen  
 • Serene, Private Backyard  
 • Warming Fireplace



**\$669,999 - OR TRADE!**

**HOT Location!**  
 • Paved Patio & Waterwise Backyard  
 • Hardwood Flooring Throughout Home  
 • Spacious Living Spaces



**\$499,999 - OR TRADE!**

**Resort Like Backyard!**  
 • Abundant Natural Light  
 • Luxurious Gourmet Kitchen  
 • Fully Fenced, Private Yard



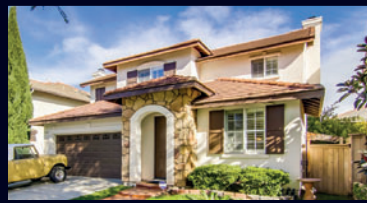
**\$649,999 - OR TRADE!**

**Great Neighborhood!**  
 • Luxurious Granite in Kitchen  
 • Expansive Family Room w/ Fireplace  
 • Parklike Backyard w/ Mature Landscaping



**\$434,999 - OR TRADE!**

**Gorgeous Starter Home!**  
 • Open Concept Kitchen & Living Space  
 • Upper Level Loft Area  
 • Boasts Spacious Backyard w/ Covered Patio



**\$449,999 - OR TRADE!**

**Immaculate Family Home!**  
 • Masterpiece Gourmet Kitchen  
 • Family Area w/ Warming Fireplace  
 • Peaceful & Serene Private Backyard



**\$895,999 - OR TRADE!**

**Multi-Unit Home!**  
 • Ranch Style Home Located by Beach  
 • Open, Modern Floorplan  
 • Rich, Solid Hardwood Flooring



**\$598,999 - OR TRADE!**

**Move-In Ready Stunner!**  
 • Tranquil Back Patio w/ Built-In Firepit  
 • Soaring Vaulted Beamed Ceilings  
 • Masterpiece Gourmet Kitchen

## EVIDENCE OF SUCCESS

This seller lived out of state and trusted us to get his condo sold.  
 This Clairemont condo **SOLD** for \$41,000 over asking price after only 7 days on the market!



This seller needed assistance with repairs before he could sell, so our team assisted in making sure his home sold for top dollar.  
 This home drove in 5 offers & **SOLD** after only 8 days on the market.

This seller lived out of state and trusted us to get his condo sold.  
 This Scripps Ranch home **SOLD** for \$55,000 over asking price in only 9 days after 17 offers!

