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MISSION VALLEY News

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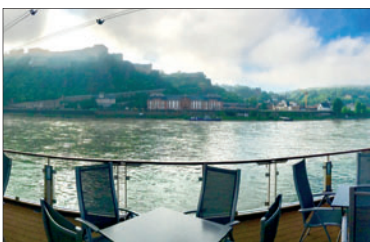
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Project Wildlife, a program of the San Diego Humane Society, rehabilitates orphaned wild animals like this young bird. (Courtesy San Diego Humane Society)

Project Wildlife hosts 'baby shower'

Dave Schwab

About 10,000 orphaned and injured wild animals — mostly babies — are handled annually by Project Wildlife, which hosted its ninth annual “baby shower” March 3 to alert San Diegans that breeding season is nearly here.

“We had our free baby shower so everybody got a chance

to see what we’re doing, and to give them a chance to bring us some donations,” said Lauren DuBois, director of wildlife rehabilitation for the San Diego Humane Society (SDHS). “We had different booths set up with our animal ambassadors (mainly raptors), while giving tours of our facility and triage areas (not open to public) to give people an opportunity to see what’s going on inside and

the work we do. We just wanted people to come out and have a fun time.”

One aim of the shower was to collect the supplies needed to provide treatment, care and nourishment to wildlife until they are well enough to be released back into their natural habitat.

As a program of San Diego Humane Society, the mission of Project Wildlife, headquartered at 887 1/2 Sherman St. in Linda Vista, is to improve the quality of life for local wildlife and the community as the primary resource for animal

See **PROJECT WILDLIFE** page 8 →

Dockless bike craze New form of public transportation looming

Sara Butler

Contributing editor

A new and colorful trend may be on the horizon for Mission Valley.

In the last month, dockless bikes have appeared all around San Diego. Though a high concentration of them are located in the Uptown and Downtown areas, a handful have appeared in Mission Valley, particularly near transit stops.

Two companies behind these bikes — LimeBike and ofo — both launched in the city of San Diego on Feb. 15. LimeBike,

based in Silicon Valley, has been around since June 2017, while ofo, a Chinese company, was founded in 2014. Both have very similar business models — simply put, pick up a bike and pedal away.

Once a resident locates a dockless bike in their immediate area, he or she scans the bike’s QR code using a smartphone app to unlock the back tire and start their trip. The bikes can be left wherever the rider finishes their route.

Bikes do not need to be dropped off at a docking

See **BIKES** page 9 →



A LimeBike waiting for a rider at the Mission Valley Trolley Station (Photo by Sara Butler)



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MISSION VALLEY NEWS BRIEFS

SDSU West approved for ballot

On Monday, March 12, the San Diego City Council voted unanimously to place the SDSU West initiative on the November 2018 ballot.

If approved by voters in November, the initiative would clear the way for the city to sell the land under the former Qualcomm Stadium site to San Diego State University to build a new stadium for the Aztecs football program, as well as student and faculty housing, a western campus, some retail and a river park.

The SDSU West initiative will compete against a similar proposal by FS Investors to build the site with a stadium for a Major League Soccer franchise, housing, commercial space, an entertainment district and a river park. That proposal was approved to be on the ballot last fall.



An artist rendering of the proposed Siena Apartments for seniors at Civita. (Courtesy Sudberry Properties)

Civita announces more affordable housing

A mixed-use development in the Civita development will break ground this spring and include 103 affordable apartments for seniors and 203 affordable apartments for families, developers announced.

The project will be located at the intersection of Civita Boulevard and Via Alta and will include 37,000 square feet of ground-floor retail and seven floors of apartment homes, according to Colton Sudberry, president of Sudberry Properties, master developer of Civita. The apartments will bring the total number of affordable units in Civita to 456.

See **NEWS BRIEFS** page 2 →

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► **News briefs**, from page 1

Sudberry Properties will own and manage the retail portion of the project. Retail tenants have not been announced.

The affordable units are being developed by Chelsea Investment Corporation, a real estate company focused on financing and developing affordable housing.

Siena Apartments for seniors will include one- and two-bedroom floor plans and Stylus Apartments for families will include two- and three-bedroom floor plans.

Siena apartments are designed for seniors in the "extremely low income" range (30 percent of the area median income) with rents anticipated to

start at \$500 per month. Rents at Stylus apartments, which are designed for families with 50 to 60 percent of the area median income, are estimated to start at \$965. Affordable housing rents are set by the state.

The apartments will include courtyards landscaped with picnic and barbecue areas, fitness equipment, and outdoor entertaining areas. Both Siena and Stylus will include a large club room with a fully equipped kitchen for events and gatherings.

The development is convenient to a planned elementary school site and a block from Civita Park.

For more information regarding the affordable apartments, please contact Jodi Rothery with Chelsea Investment Corporation at info@chelseainvestco.com.

A groundbreaking ceremony is scheduled on-site for April 12 and completion of the project is estimated to be sometime in 2020.

between Sassafras and Palm streets.

“We’re thrilled that Eva Struble’s vibrant mural will enliven a busy corridor on the airport campus, one that’s passed by hundreds of travelers each day,” said Lauren Lockhart, Airport Arts Program Manager at SAN. “Since the mural site will turn-over annually, this new public art project presents an exciting opportunity for multiple regional artists to have their work showcased at SAN.”

This is not the first time the airport has called on a SDSU professor to curate artwork. The airport art exhibition, “Point of Entry,” which ran through late 2017, was curated by faculty member Norma Iglesias-Prieto and featured the work of professor Matthew Higgins.

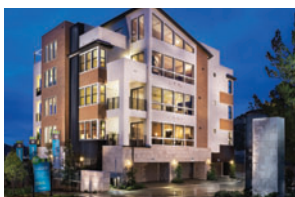
The mural is a part of the airport's Temporary Exhibition Program and just one element of SAN's larger commitment to realizing original, integrated public artwork to enhance the airport environment and showcase the talent and culture of the San Diego region. In addition to public art, the Airport Arts Program includes temporary exhibitions and performing arts components, aimed at engaging travelers and creating an ambiance unique to San Diego. For more information about the Airport Arts Program, visit arts.san.org.

The mural will remain on display until January 2019.

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.



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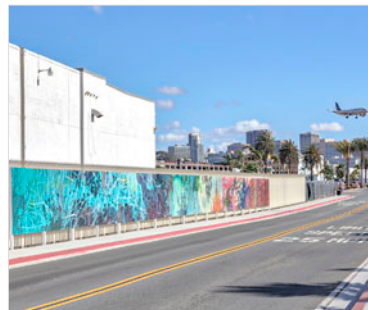


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This mural by Eva Struble greets travelers at San Diego International Airport. (Courtesy SDSU)

Airport features mural by SDSU professor

Visitors to San Diego International Airport (SAN) may notice a new artistic addition to the scenic airfield by the bay.

Starting in late February, travelers have taken in a mural by Eva Struble, associate professor of painting and printmaking at San Diego State University.

Stretching 144 feet wide and 6 feet tall, the mural is a combination of Struble's previous works with an added digital component. The piece, printed on vinyl and attached to aluminum sheeting, also incorporates scenes of endangered local plants and animals.

"The project taught me a different type of ideation," said Struble in a press release. "I needed to imagine the project from a moving vehicle, from a plane taxiing in the distance, and also on a human scale."

The art installation is located on Admiral Boland Way.

Rotary donation to help clean water in Baja

On Feb. 13, the Art Pratt Foundation of Old Mission Rotary presented a grant of \$5,977 to Aquam Technologies, LLC. Aquam is a water technology company that offers the only packaged water treatment plant that can deliver a four-hour treatment time; reduce total sludge volumes; and recover energy as direct electricity with no released methane.

The Art Pratt Foundation grant will be used to set up a water treatment plant at a school for a migrant farm camp in San Quintin, Baja California. Old Mission Rotary, which meets regularly in Mission Valley, has been active for a decade in assisting the Mestizo Indian population in the tomato farming region and now will be funding equipment that will supply fresh water to the children at the school. The local public water supply is heavily contaminated with agricultural chemicals. ■



(l to r) Art Pratt Foundation board members Judi Copeland and Bob Chalfa, Aquam founder and CEO Cameron Manners, Art Pratt Foundation President Lee Kaminetz, and Art Pratt Foundation board members Mark McAnelly and Drew Armbruster (Courtesy Old Mission Rotary)

The scoop on Shake Shack

New trendy burger joint takes a team effort

Sara Butler
Contributing Editor

In a sea of In-N-Outs and Five Guys, another burger chain in San Diego may seem like nothing special. Yet behind Shake Shack's burger — and counter — there's something a little different.

Shake Shack, the self-described "fast casual restaurant chain" that originated in New York City, has recently expanded west and opened up two San Diego locations, one in Mission Valley and the other at Westfield UTC in La Jolla.

The Mission Valley "Shack," located at 675 Camino de la Reina; right off the Interstate 8 freeway, it's nestled between Fashion Valley and Mission Valley shopping malls.

Aaron Tunney, the San Diego area director, oversees the operation of both locations.

The Los Angeles native moved to Downtown San Diego with the job in August 2017. When corporate asked if he would be willing to relocate, he jumped at the opportunity.

"I think I said yes before they even finished their sentence," he said, laughing.

Though he is still acclimating to the area, Tunney said he already feels welcomed by the locals.

"People in San Diego, compared to what I was grew up in and around in L.A. ... it's night and day," he said. "People aren't pretentious, they're not uptight, they're just normal — they're how people should be."

People are the reason Tunney loves the restaurant industry. Turns out Tunney has been in the business for a while — since 1992, in fact. His dad owned six McDonalds restaurants in Los Angeles. Starting at age 10, Tunney and his brother worked in the stores, cleaning tables and bathrooms for \$2.50 an hour.

Aside from work ethic and restaurant knowledge, Tunney said he learned his current management technique and the important parts of how to run a restaurant from his father.

"I looked at the way my dad was viewed in his restaurants by our employees and he was adored," Tunney said. "He was that guy who would come in and all he cared about was talking with the employees and talking with the customers."

This mentality is how Tunney approaches his management style at Shake Shack. He directs most of his accomplishments back to his team, starting with Mission Valley's general manager, Kera Stebbins.

Stebbins, a Santee resident who has been working for Shake Shack and training in Los Angeles since July 2017, also attributes her success to the team she leads.

"I am so lucky to work with such great people on a daily basis," Stebbins said. "We do treat each other like family! We not only take care of each other, but we like it; it's what we do because it's who we are."

Chula Vista resident Ronnie Steele has been a team member since November 2017. He echoed both Tunney and Stebbins's sentiments about the group of people behind the counter.

"[My favorite part] is the team that we have ... they are so amazing," Steele said, "We all treat each other like real family and we all work hard."

Tunney noted that Shake Shack doesn't treat customers any differently. In fact, they are never referred to as customers; rather, they are guests.

"We kind of feel like this is our second home, and when someone comes to your home, they're a guest, and you want them to walk into your home and feel special," Tunney said.

In the middle of Tunney's interview, Steele broke out into song behind the counter when he found out it was a guest's birthday. Tunney said that this is a common occurrence; he encourages the team to connect with the customers and not rush through the orders.

"Ronnie doesn't know it's their birthday, but he made an interaction — we call it 'connecting the dots.' And yes, that takes longer time to take that order, but the guest feels valued," Tunney said. "They

don't feel like a number. It's not robotic. That's how we train [the team]."

Shake Shack's slogan — Stand for Something Good — is integrated into everything the team and company does, according to Tunney.

"I think that [slogan] encompasses what we use in our food, how we make the food, how we treat our employees and how they treat the guests," he said.

As far as food goes, one of their most popular items on the menu is the ShackBurger, which is made with a proprietary blend of Angus Beef, served on a Martin's brand potato roll, and offered with lettuce, tomato, pickle and onion.

Shake Shack is also known for its dessert, called a "concrete" — a frozen custard mixed with pie or other chunky items — which Tunney described as "The Rolls Royce of desserts." Every location is paired with a local bakery for their concretes; the Mission Valley location gets their pie from Betty's Pie Whole in Encinitas.

When guests arrive, all team members recommend an item; Stebbins's favorite is a Flat-Top Dog topped with mustard, while Steele loves the Double SmokeShack.



Tunney (center) with some of his team members at the Mission Valley Shake Shack (Photos by Connor McBride)

"[The 'SmokeShack' is] different and the cherry pepper makes the sandwich," Steele said.

Other noteworthy items on the menu include the 'Shroom Burger, made with a fried portabella mushroom; in-house brewed ShackMeister Ale; and even ShackBurger dog biscuits for your canines.

Though Shake Shack has a lot of competition in San Diego, Tunney said that they already have a strong fan-base and even a cult-like following. Before they opened its first San Diego location, Tunney said he met a family who drove up from San Diego to the West Hollywood store that he was previously working at. He also noted that the first guest at the UTC location started waiting in line at 6:30 a.m. for the 11 a.m. opening.

The biggest difference between the UTC and Mission Valley locations? The lines.

"[The Mission Valley] store is like the hidden gem right now, because [guests] can get Shake Shack without waiting in that long of a line," he said. "People like that. But as we continue to grow, this will not be the norm."

In addition to Mission Valley and Westfield UTC, the restaurant chain also confirmed last month that a Little Italy location is in the works, slated to open late 2018, as well as a Del Mar spot projected for 2019. Tunney will also serve as the area director for both locations. And, Tunney said, their Southwest expansion will likely continue.

"We're not done growing in San Diego," he said.

For more information about Shake Shack Mission Valley, visit bit.ly/2oesHeG.

—Sara Butler is the editor of Uptown News. Reach her at sara@sdcdn.com. ■



A group of guests eating lunch at the Mission Valley location

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Into the great wide open

River Kids Discovery Days introduce nature to students

Jeff Clemetson
Editor

Despite being known as a destination for outdoor enthusiasts, San Diego is also home to children who lack access and opportunity to enjoy nature. However, programs like the San Diego River Park Foundation's River Kids Discovery Days look to bridge that gap and offer every child a chance to enjoy the great outdoors.

"Our programs are really meant to provide those first-time experiences that make kids more comfortable in the outside, get them excited about



River Kids Discovery Days participants test water quality testing station along the San Diego River (Courtesy San Diego River Park Foundation)

the environment, excited about nature and excited about the San Diego River," said Sarah Hutmacher, an associate director at the San Diego River Park Foundation (SDRPF).

On March 9 and 10, Hutmacher, other SDRPF members, volunteers and sponsors joined to put on the fourth annual River Kids Discovery Days, with events along the San Diego River in Mission Valley and at Lake Murray in La Mesa.

At Lake Murray, students from Whitman Elementary in North Clairemont and King Chavez Academy in Barrio Logan released several hundred rainbow trout into the lake. The students had been growing the fish from eggs in their classrooms for seven weeks.

"This is a fun event because kids have a chance to participate in real conservation. They receive trout eggs from the Department of Fish and

Wildlife," Hutmacher said. "They learn all about the fish life cycle. They learn about why conservationists like to raise trout and then restock areas that have been impacted and don't have trout anymore. And they also learn about the recreational aspect of trout fishing from the San Diego Fly Fishers."

At the Lake Murray event, volunteers from the San Diego Fly Fishers (SDFF) offered clinics to the young students on how to cast a fly rod. The group also helped the teachers and schools raise the trout by supplying and setting up the tanks needed to raise the fish and delivered the eggs from the Department of Fish and Wildlife to the classrooms.

SDFF conservation chairperson Gary Strawn said the group donates thousands of dollars a year to conservation projects like restoring the San Diego River headwaters as well as education projects like River Kids Discover Days. And there is never a short supply of volunteers for River Kids from the 300 members of SDFF.

"It's just really a fun thing for us," Strawn said. "You



Students helping at the San Diego River Garden during River Kids Discovery Days (Courtesy MHZ Photo)

watch these kids and they're so excited. A lot of them just don't get to go outside or see a lake."

In addition to the trout release and the fly fishing demo, students at the Lake Murray River Kids event also took water samples to study the trout food source — tiny invertebrates living in the water. There was also an art project painting with rubber stamps shaped like fish.

Art projects took a more central role for the River Kids events held in Mission Valley. On March 9, SDRPF partnered with Art FORM for a day of fun projects at the San Diego River Garden, located along the river about half a mile from the Dave and Busters restaurant/arcade. Sixth-, seventh- and eighth-grade students from the

Museum School in Bankers Hill combined art, science, and gardening by painting new labels for the native plants in the garden, creating a mosaic wren sculpture and dissecting native flowers to make scientific nature illustrations.

"That was science, learning about the anatomy of flowers, then observing in nature what the native flowers look like," said SDRPF community engagement officer Ally Welborn.

The students also helped with some gardening by "removing invasive plants, which is a fancy way of saying 'weeding' and doing some trimming, clearing trails, general beautification work," Welborn said. "River Kids is an annual event where we focus on empowering youth and getting them involved in community service and getting them to take ownership of green spaces in the community."

On March 10, a small number of River Kids Discovery Days participants braved the rain for the final activities. The Saturday program was open to the public and not affiliated with schools and was comprised of families interested in the river.

The Saturday activities took place along the San Diego River Trail, where the river intersects with Qualcomm Way. Families tested river water quality, looked at plankton under a microscope, created a public education poster promoting water quality and took a nature walk with SDRPF river ecosystem manager Shannon Quigley Raymond.

There was a total of 14 River Kids Discovery Days activities all along the San Diego River, completed with the help of over 20 partner agencies and organizations, as well as sponsors SDG&E, Metropolitan Water District of Southern California, Jimbo's...Naturally, and San Diego Kiwanis.

River Kids Discovery Days is held once a year, but there are other opportunities for families to learn about and help protect the river area, Welborn said. There are ongoing events at the San Diego River Garden that are open to the public twice a month, on the second and fourth Sundays from 9-11 a.m. And on the third Friday in Santee and the third Sunday in Mission Valley, volunteers who are age 14 and above can participate in water quality testing.

For more information on River Kids Discovery Days and other events by the San Diego River Park Foundation, visit sandiegoriver.org.

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

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A knack for design

Kearny High student plots her future in urban planning

Laura Farrar

Have you ever met someone who — although young — you could tell was destined for great things? Mission Valley resident and Kearny High School senior Pamela Arciniega is just such a person. Pamela is an aspiring urban planner who already has hundreds of hours of experience in design, engineering, and architecture, though she is just 18 years old.

Arciniega is a lifetime Mission Valley resident who currently lives with her father and younger brother at the Park Villas South Condominiums. She has attended neighborhood schools: John Paul Jones Elementary, Taft Middle School, and the School of Engineering, Innovation and Design (EID) at the Kearny High Educational Complex. In the fall, she will start at Cal Poly San Luis Obispo as a city and regional planning major.

Arciniega's father is an immigrant who works two jobs busing tables, and has always sought to introduce her to different cultural and educational offerings. Arciniega has seized on every opportunity to learn more about architecture and engineering, which is the focus of her high school. She is part of the ACE (Architecture, Construction, Engineering) Mentor Program. Some of her highlights in this program include working on a redesign of the old San Diego Central Library site and attending a summer camp at the College of Architecture and Planning at the University of Colorado, Denver.

At a summer camp through the National Association of Women in Construction, Arciniega worked with a team to build a shed for a school. She also designed a solar-powered charging station, large-scale urban garden, commercial airport building, and led the remodel of a classroom, conference room, and computer lab at Kearny High. Through these experiences and projects, Arciniega has learned about every phase of an architectural project from start to finish. She gets inspiration from nature and man-made structures, creates sketches and plans, uses computer-aided drafting software, and assists in the actual construction.

Arciniega has a passion for giving back to her school and community. At Kearny Engineering, Innovation and Design (EID), she serves as a Student Equity Ambassador. In this role, she meets with incoming students, as well as parents, teachers, and community members to explain the unique and outstanding programs her school offers. In



Pamela Arciniega (Courtesy Kearney High School)

the redesign of the conference room at Kearny, Arciniega worked with other students to present their ideas to the school district to get approval.

"Throughout high school, I found it important to participate in projects that give back to the community of Kearny," she said.

All seniors at Kearny EID must complete a senior project that relates to architecture or engineering. In Arciniega's project, she tackled centralizing the San Diego Airport Authority through redesigning the commuter terminal as an administrative office building. She designed a plan to house in one central building departments that are not currently close to each other. She researched this through her externship at the San Diego Airport Authority. She then created her designs in a computer-aided drafting program and created a 3-D scale model. In February, she presented her project to the San Diego Unified School District Board of Education.

One of Arciniega's favorite memories of Mission Valley is when the Civita Apartment Complex opened its community park.

"It was beautiful," she said. "They had a live band playing; and how they planned the open stage, walking trails, unique playgrounds, kid fountains, water creek, and seating running along the hill was mesmerizing, which also inspired me in my pursuit as a planner."

Her externship at the San Diego Airport Authority helped her narrow her aspiration to become an airport planner. Arciniega said that her purpose as a future urban planner is to "create new spaces to make the people around me happy."

Check out this video of Arciniega presenting her senior project at the SDUSD Board of Education meeting in February: bit.ly/SDUSD2-13-18.

—Lara Farrar writes on behalf of Kearny High School where she teaches Spanish.■

Moving on up

More San Diego Community College students earning degrees, transferring to universities

Jack Beresford

The San Diego Community College District (SDCCD) is seeing significant jumps in the number of students earning degrees and certificates and transferring to four-year colleges and universities, according to a new analysis.

Some of the highlights in the analysis titled "Changing the Lives of Our Students" include:

- Degree completion has increased by 51 percent in the past three years to 3,319, the number of Associate Degrees for Transfer awarded has more than doubled to 1,299, the number of credit certificates has increased 21 percent to 1,735, and the number of non-credit certificates has jumped by 77 percent to 9,399.

- The number of students transferring to a four-year college or university has increased by 16 percent from three years ago to nearly 4,000, including a 19 percent increase among African-American students, and a 41 percent increase among Latino students.

- The average GPA has increased from 2.68 to 2.73 over the past three years, and the number of students completing 30 units — which is considered an important benchmark of student success — has increased by 13 percent.

Joe Newell, president of San Diego Mesa College's Associated Student Government, embodies the growing success rates. Newell said he wasn't sure about his future when he decided to enroll at Mesa in the fall of 2015.

"I wasn't the best student in high school and I wasn't all that focused, but I signed up for orientation, started to talking to counselors and was shown pretty quickly what is possible if you take things step by step," Newell said. "It became clear the support was there to get me wherever I wanted to go."

Living with dysgraphia and ADHD, Newell found all the backing he needed through Disability Support Programs and Services (DSPS). Now he is on his way to a University of California campus to study sociology with plans to later enroll in law school.

Alannah Nguyen-Dela Cruz was introduced to the support available at San Diego Miramar College when the college assigned her a student mentor while she was still a senior at Mira Mesa High School. Nguyen-Dela Cruz was taking calculus and political science courses at Miramar through a concurrent enrollment program. Since graduating in June of 2017 and enrolling at Miramar in the fall, Nguyen-Dela Cruz has met with counselors to develop an education plan and makes herself at home at the Miramar College Academic Success Center.

"If you look for help, it's pretty easy to find," said



(l to r) Alannah Nguyen-Dela Cruz, student Haris Bhatti, and tutor Joshua Jusay at the Miramar College Academic Success Center. (Courtesy SDCCD)

Nguyen-Dela Cruz, who is on track to transfer to a four-year college or university in the fall of 2019. "Everybody at the college has been pretty supportive and encouraging. I'm really enjoying it here."

The stakes are high. Students who earn an associate degree can more than double their annual pre-degree earnings after just two years in the workforce depending on their field of study, according to data from the California Community Colleges system. And approximately 44 percent of students who secure a certificate earned \$56,000 or more annually five years after graduating.

"Thanks to the counseling, support services, and EOPS (an acronym for Extended Opportunity Programs and Services) at San Diego City College, I was able to earn a degree and find what I wanted for a career," said Ignacio Hernandez Valverde, the school's Associated Student Government president who is transferring this fall to either USC or UCLA to study film production. "There are plenty of resources available here and everybody is here to help."

—Jack Beresford is director of communications and public relations for the San Diego Community College District.■

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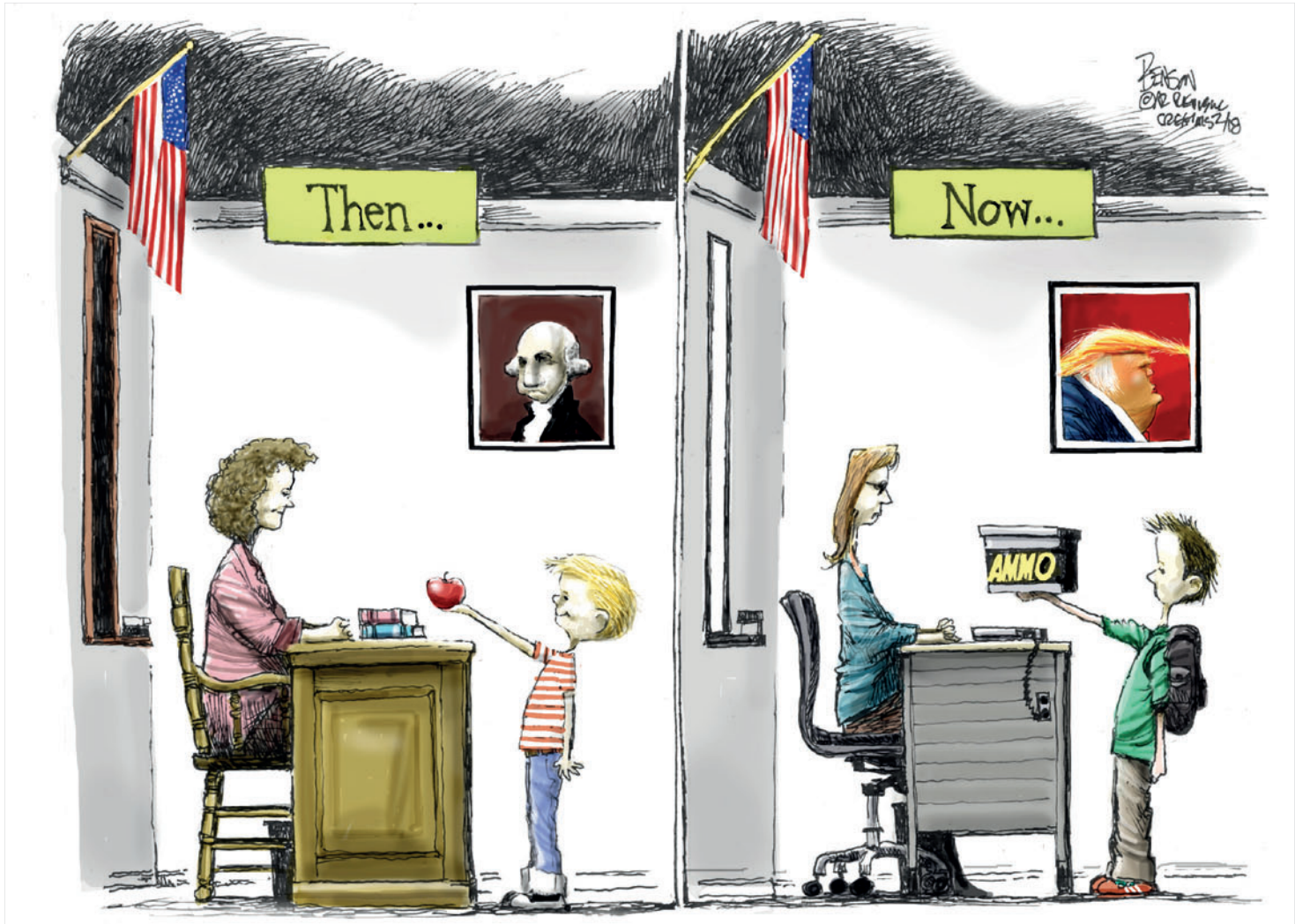
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Bold, dramatic and enchanting are three words that help describe the finely-crafted jewelry of Michael Jensen Designs. With award-winning designs that inspire images from the popular "Game of Thrones" series on HBO, they are being featured as the Designer Spotlight for March by Stuart Benjamin & Co. Jewelry Designs.

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Michael Jensen Designs is the partnership of Michael and Catherine Jensen. Michael has been a designer and metalsmith for over 34 years. He has a background in sculpture and experience in engineering and a degree in fine arts. Catherine is a gemologist with a passion for jewelry's art and history. She is a member of the American Gem Trade Association and the American Society of Jewelry Historians. Michael Jensen Designs is Jewelers Board of Trade listed.



Guest editorial

Arm teachers with support, not guns

Lindsay Burningham

In the wake of yet another devastating mass-casualty incident, this time in Parkland, Florida, educational leaders across the nation are calling for new gun-safety laws so that teachers and support personnel can focus on nurturing, mentoring, and inspiring students — not tasked with keeping them safe from school shootings. It's time to end the cycle of violence, to listen to the voices of educators and students, and to urge our representatives to pass common-sense gun laws.

Our district is no stranger to these tragedies. Before serving as president of the San Diego Education Association, I taught at Ellen Browning Scripps Elementary, one of the many wonderful schools in the San Diego Unified School District. As a local educator, I am also aware of one of the darkest chapters in the district's history, back in 1979. In January of that year, from her house directly across the street from Grover Cleveland Elementary, a 16-year-old opened fire, and 20 minutes of terror ensued.

As shots rang out, Principal Burton Wragg rushed to move children off the playground to safety; he was gunned down in the effort. Custodian and friend Mike Suchar attempted to save him; he, too, would be killed. After a six-hour standoff, two

district employees were dead, and eight children and one police officer were injured. Despite her troubled history that included shooting out the windows of the same school with a BB gun, the assailant received the .22-caliber rifle with scope as a Christmas gift from her father a month earlier.

Since that shooting, gun violence, while exceptionally rare, has increased on campuses nationwide. In the past, events were years apart, and infrequency led to atrophy. In recent years, the problem has gotten worse. Since 2009, there have been at least two school shootings per year in California, mostly involving students. National statistics are even more grim; sadly, from Lakefront to Marshall County to Sandy Hook and Virginia Tech, these acts of violence in our classrooms have become all too common. Between 2013 and 2015, an average of two school shootings each month took place at K-12 schools nationwide, according to Everytown for Gun Safety.

Thoughts and prayers are important for healing, but they aren't enough to keep our students and educators safe. We now know that it is up to communities, families, activists, educators, and the students themselves to stand up and demand that those elected officials who are trusted with protecting them do their jobs.

Arming teachers with anything except the support they need to effectively educate their students is a bad idea. All available data shows increasing the number of guns not only increases chances of overall gun-related injuries and deaths, it does not ensure safety.

Five heavily-armed and well-trained Secret Service agents were surrounding President Ronald Reagan when he was shot in Washington D.C in 1981. In 1995, the Fort Bragg shooter's rampage was on a military base where many military men were also armed.

Educators will do the educating in their classroom and leave that protection to professionals who are called to that important work. We want our students to be safe; but we also want them to feel safe.

As I ponder the heroic actions of school personnel at Grover Cleveland Elementary almost 40 years ago, I realize armed teachers in that circumstance would have made no difference. Victims never determined the location of the gunfire and were killed in service of their students.

If we care about securing our students' futures, we must have a plan that will keep dangerous weapons out of the hands of dangerous people!

—Lindsay Burningham is president of the San Diego Education Association. ■

Did SoccerCity even consider its Mission Valley neighbors?

JC Mejia

With the recent verification of the SDSU West initiative, San Diegans will vote later this year on the future of the existing Mission Valley stadium site — a distinct choice between SDSU West and SoccerCity. Like many of my neighbors in Mission Valley's neighborhoods, this site is located just a stone's throw away from our front doors.

Over the past year, I watched SoccerCity, backed by La Jolla-based investors, present a plan with shiny renderings and supposed promises for our Mission Valley community. Surely, I thought, a "full vetted" plan for this critical piece of our neighborhood would have included input from Mission Valley residents and protections for our neighborhoods.

But that *never happened* and *never will*.

SoccerCity never considered neighbors while it created a private, backroom plan that we're just supposed to accept. The plan skips environmental review, expressly prohibits public hearings and exempts itself from noise ordinances.

Skipping the environmental review most importantly means there will not be appropriate mitigations for traffic. FS Investors says they will commit millions of dollars for traffic improvements, but there's no proof that this will be enough, especially considering that we have already seen them significantly underestimate their traffic impact. SoccerCity traffic will trump the Chargers' busiest game day traffic by thousands every single day. Shouldn't nearby residents get to share our

See SDSU WEST page 7

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Audit of water billing problem expanded

District 7 Dispatch

Scott Sherman



After hundreds of complaints from San Diego residents about drastic increases to their water bill, City Auditor Eduardo Luna agreed to speed up and expand a planned audit of the city's Public Utilities Department (PUD) to review water billing practices and examine the use of smart meter technology.

The expanded audit follows reports that more than 300 customers were overcharged on their water bills because of human error in misreading meters. Higher water bills could also be attributed to higher water rates approved by the City Council in 2015, which I voted against.

While the audit is underway, PUD has implemented several new accountability measures to provide better oversight and ensure the accuracy of water bills, including requiring PUD supervisors to personally sign off on daily reports from meter readers; adding security protocols to ensure that only designated staff

have ability to input data; improving automated alerts that flag unusual spikes in water usage; adding a second spot check review of meter reads to ensure accuracy; and including an informational insert in water bills on how customers can read their own meters and track their water use.

I also want to remind customers that there are several programs already in place to assist residents who believe their bill is too high. There is a free residential survey program that allows Public Utilities staff to help customers monitor their water consumption and check their property for leaks. More information can be found at bit.ly/1WMdj4F.

Customers who believe they were overcharged are encouraged to contact the city with questions or concerns at 619-515-3500 or customer-care@sandiego.gov. Of course, District 7 residents can also contact my office directly at 619-236-6677 or email at scottsherman@sandiego.gov.

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

► SDSU West, from page 6

concerns about this through a public process? Shouldn't we get guarantees that we won't be seriously impacted?

And if the traffic and noise isn't enough cause for concern, SoccerCity is poised to muck up our community with 750,000 square feet of additional retail space. There is already an abundance of shopping options in Mission Valley — upwards of 6 million square feet. More regional retail space will just exacerbate the traffic problem we already have.

The SoccerCity plan will taint the character of the Mission Valley community we know and love by transforming it into an unneeded entertainment district with shopping, restaurants and bars. The last thing our city needs is a Gaslamp 2.0 in Mission Valley — that is what the Gaslamp Quarter is for.

I have two young kids, and I can't imagine leaving our house every single day in double game day traffic, no matter whether I am taking them to school, going to work or just trying to get to the grocery store.

The impact on us as residents is why I am supporting the SDSU West plan. The SDSU West site plan is an open and transparent process. Through public hearings, our community's questions and comments will be answered and heard, and the impacts on us will be properly mitigated. In fact, SDSU recently presented to and got feedback from the Serra Mesa Community Council

— outreach we'll continue to see with other community groups. Their continued communication throughout the process assures me that this is the right choice for Mission Valley.

Plus, SDSU plans to dedicate more than half of the space to park space and a permanent river park. This is the future I would like to see for Mission Valley. Let's not let this iconic piece of land in Mission Valley be inundated with the ideas of investors who don't understand San Diego and blatantly disregard the desires of our community. We need more parks, not more traffic.

Our community has been and continues to be family-oriented, known as the heart of San Diego. Please help us keep it this way for generations to come. SDSU West will not only support the growth of one of the most valuable assets to our economic region, SDSU, but will also secure the preservation of the character of our great community. The path set forth by SDSU West is exemplary of how our community can thrive while still maintaining the integrity of its character.

I have one request for San Diegans: Please consider your Mission Valley neighbors when you vote on the future of the stadium site and support SDSU West. SoccerCity never considered us, but I am hopeful that our neighboring voters will.

—JC Mejia is member of the Friends of SDSU steering committee and a resident of Mission Valley.■

Misguided principles, in and out of D.C.

Congressional Watch

Andy Cohen



Hunter and his bros

Duncan Hunter's (R-50) days in Congress might not be numbered, but they should be. For well over a year now, Hunter and his campaign have been the subject of federal investigations into campaign finance fraud, with Hunter having had to pay back more than \$60,000 in personal expenses that were inappropriately paid for with campaign funds. The offices of his campaign treasurer were raided by the FBI in February 2017, as reported by Politico Magazine, to go along with the extensive investigations here at home.

Things for Hunter appear to be even worse than has been previously reported. A lot worse. Hunter has already copped to using campaign funds for vacations to Italy and Arizona; medical expenses; private school tuition and lunches for his children; and \$600 in air travel expenses for his family's pet bunny, among other expenses. But as Politico reported last month, federal investigators are looking into hundreds of thousands of dollars in campaign cash expenditures by Hunter.

There are also allegations of heavy drinking while in Washington, and at least one — and possibly more — extramarital affairs.

According to the lengthy Politico story, former staffers of Hunter's have raised concerns over Hunter and a group of his Republican colleagues — who aides have dubbed "the bros caucus" — and their regular excursions to the Capitol Hill Club, a known Republican hangout, sometimes during daytime hours.

Aides also recounted instances to the magazine of Congressional Committee meetings, where Hunter appeared to be intoxicated, with some present taking note of his "bloodshot eyes and speech and questioned whether Hunter was under the influence." Hunter himself has denied having ever attended an official Congressional meeting while inebriated.

Federal prosecutors have interviewed a female lobbyist that Hunter is suspected to have had an affair with. Aides have also taken issue with a young woman who initially worked in Hunter's office as an intern, but whom Hunter then hired on full time. The woman, according to staffers, often failed to show up to work, was hostile to co-workers, and tended to dress unprofessionally. Hunter aides told Politico that the woman would often text Hunter, occasionally join him at the Capitol Hill Club, and showed up uninvited to campaign events, both in Washington and San Diego.

As for his campaign finance problems, Hunter has placed the blame almost entirely on his wife and former campaign

manager, Margaret Hunter. The couple has had to sell their house in order to pay their debts, and Hunter's family has moved in with his parents while he's in Washington.

"My wife, she ran my dad's [former Congressman Duncan Hunter, Sr.] FEC reports and his campaign prior to us getting married," Hunter told Politico, "so I assumed — not assumed, she knew the rules. She knows the FEC rules ... as much as anybody knows that stuff."

In the last quarter of 2017, Hunter compiled \$179,000 in legal fees, while raising only \$51,000 in campaign funds (it is legal to use campaign funds to pay for legal fees).

Not everyone, however, believes the junior Hunter is in big trouble. Hunter Sr. told the magazine that his son is "a highly moral person of great character," and that "he is going to be president someday." Well, if Donald Trump can do it ...

The problem with Peters

Last month I chronicled the AIDS Healthcare Foundation's campaign against Scott Peters (D-52) and his bipartisan efforts to clean up what he and some of his colleagues view as a flawed 340B drug pricing program. The program is intended to be used by hospitals and clinics to provide vital medications to poor and uninsured patients at often highly discounted prices. But many health care providers are using the program to increase their profits by applying the discounted prices to fully insured patients and billing insurance companies for reimbursement of the full price of the medicine.

When hospitals manipulate the program in this manner, it means there are fewer funds available for rural or underprivileged patients who could truly benefit from the program.

However, Andrea Fetchko, a spokesperson from JPA Health Communications, a PR firm specializing in representing health care providers, pharmaceutical companies, and medical professional associations, among others — presumably on behalf of a client, who went unidentified despite the exchange

of several emails — continues to take umbrage with the proposed changes of Peters' co-sponsored bill.

Among their main concerns are actions taken by the Trump administration.

"HHS [Health and Human Services] finalized a rule to cut Medicare Part B reimbursements to hospitals that participate in the 340B program," Fetchko wrote. "Essentially, this is allowing Medicare Part B to capture the 340B savings, rather than letting the hospitals receive the savings."

While this is true, these actions were taken at the executive branch level and have nothing to do with the bill Peters co-sponsored with Larry Buchson (R-Ind) and others.

"We absolutely oppose cuts to the 340B program," wrote Anais Borja, a legislative assistant to Peters, in an email.

"Reps. Buschon and Peters introduced a bill that would put a moratorium on new hospitals entering the 340B program for at least two years. The legislation would also require onerous transparency and reporting requirements for hospitals," continued Fetchko.

Again, it is true that the bill, entitled the "340B Pause Act," calls for a halt on admitting new hospitals into the program for a period of two years. But entities currently enrolled in the program would continue on as normal and would see no changes until reforms are introduced.

The point of the moratorium is to a) preserve the program as is for those already in it; and b) to give legislators time to refine the program and ensure the funds are going to those who need it most, not to bolster profits.

A request for clarification of what was meant by "onerous transparency and reporting requirements" has thus far gone unanswered.

Activists have been protesting Peters' support of the legislation. Those protests are misguided, as the proposed bill does not shut down 340B as they've been led to believe it does.

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

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Experimental music festival comes to Liberty Station

Joyell Nevins

Take art and sound, combine them together, and remove any musical formats or trappings: that's noise music. Also called experimental, avant-garde, or free music, it is a soundscape of exploration. And Sam Lopez and the Stay Strange collective are welcoming explorers in sound and spirit through "Hand of God: Conceptualizing Spirituality through Experimental Music." The noise-music and spoken-word event occurs 6 p.m. Saturday, March 31, at the North Chapel in Liberty Station.

Lopez started the collective, which he runs out of Mission Valley, in 2012 as a way to bring noise musicians together for both collaboration and bookings in San Diego. He used the social media forum MySpace to "pick up that noise flag" and say anyone who is into noise music, you are welcome here! Stay Strange now hosts a monthly music series and has a core of four different noise musicians.

Lopez compares appreciating noise music to "liking dark chocolate." It's a specific taste, but those who love it *really* love it.

"It produces a loud, emotional, chaotic, sometimes serene and calm, reaction," Lopez said.

Producing emotion is part of what drives noise music. Lopez used to be a more traditional guitar player with melodies and



Bill Orcutt (Courtesy Sam Strange)

harmonies and hooks; the first time he played noise music at a show he booked, the club owner got so furious he was almost spitting.

"When I was done, he came up and started unplugging my equipment and said 'no more!'" Lopez recalled. "I thought, 'Yes! This is awesome.'"

What was awesome was not that Lopez lost the gig, but that the noise music caused such a strong reaction.

The reactions hoped to elicit from the Hand of God show will be both emotional and spiritual. Lopez has desired to explore conceptual spirituality through noise music for several years now. The opportunity finally arrived when he was asked to be a panelist on the "Vanishing Art Spaces and Venues" discussion, hosted by Radio Axiom in November.

He happened to be sitting next to another panelist, ARTS DISTRICT Liberty Station Executive Director Alan Ziter. One of the points raised was converging missions and forces

to save some of these venues. Lopez leaned over to Ziter and, half hoping, half serious, said "Let me get one of those old abandoned buildings." Rather than giving a noncommittal brush-off, Ziter responded affirmatively – and within a month, the Hand of God event was on the books.

"The idea of doing something spiritual in the chapel? Perfect! The mood, atmosphere, sound – it's perfect," Lopez declared.

This perfect event is about breaking down walls, illusions, and barriers. Severing ties with expectation and disappointment. Several noise musicians will be participating and bringing a wide variety of sounds with them. The no know (sound band) is coming with an accordion, violin and percussion instruments. Japanese sound artist and percussionist Tatsuya Nakatani is bringing his adapted gong and handcrafted Koko bow. Monochromacy and Bill Orcutt do their musical improvisation on the electric guitar. Each musician is meant to bring out different emotions and feelings.

"With Monochromacy, you feel the darkness creep inside you, and by the time it's out, it's turned into light," Lopez said.



Tatsuya Nakatani (Photo by Mizuho Yabe)



Sam Strange

In between musical acts, look up to the chapel's loft. Progressive tubist Jonathon Piper will be playing as Codex Confiteor. According to Lopez, Confiteor has been described as 'medieval organum meets doom metal.' While he plays, soprano Meghann Walsh will sing out written sins submitted by patrons of the event.

In the sanctuary of the chapel, Lopez's wife, Fatima Courroux, will be offering tarot readings. The readings are free with donations kindly accepted.

The whole event comes without cost thanks to the Naval Training Center (NTC) Foundation and ARTS DISTRICT Liberty Station.

"Over the past 10 years, [NTC] has worked to revitalize the former base and its historic venues into a destination that features arts, culture and unique experiences," Ziter said. "Our goal in sponsoring events like this meets a community need by providing space for San Diego's most innovative arts groups to engage, perform and connect."

The North Chapel is located at 2881 Roosevelt in Liberty Station. For more information, visit staystrange.com or like Stay Strange San Diego on Facebook.

More about the performers ...

Bill Orcutt is a veteran of the noise-rock scene. He happily destroyed eardrums with the influential improvisational trio Harry Pussy, creating dangerous waves of jagged notes with his electric guitar. After a decade-long hiatus, Bill returned with a battered acoustic guitar and a vengeance to create music that is powerful in presentation yet delicate and nuanced.

Tatsuya Nakatani is a master percussionist from Osaka, Japan. He uses drums, gongs, cymbals and mixed metal objects to create dynamic symphonies that evoke energies both dark and light. Tatsuya's performances begin calm and serene. But like a human tornado, his sets become chaotic, frenzied and dangerous. Metal bells clang like the gates of hell, bowed bells ring high slicing the air like knives. Timbres cross with perplexity and confusion.

Monochromacy is the guitar-drone project of Esteban Flores. Flores' specially tuned guitar is run through a dizzying array of effect pedals which then produce sounds that begin ghostly, casually metamorphosing into bleak shades of din. Volume is part of the performance. Not only can you see the colors of the dying light but you can feel them creep into your body.

No know (sound band) are a duo consisting of Sean Conway, vocalist, multi-instrumentalist, shaman and Andrew Bracken, percussionist. no know (sound band) play avant-garde church music. Sean will reach angelic heights utilizing his voice as an instrument. Wordless, guttural and transcending while scraping his violin, accordion or harmonium. Andrew creates rhythm, sometimes to the beat, other times against it.

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

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► Project Wildlife, from page 1

rehabilitation and conservation education.

Since 1972, Project Wildlife's staff and volunteers have given injured, orphaned and sick wild animals — 8,000 to 10,000 birds and mammals each year — a second chance at life, making it one of the largest wildlife rehabilitation organizations nationally.

Lots of families, kids and dogs checked out the booths, fawning over the animal ambassadors at the March 3 event.

Of the animal ambassadors, DuBois said, "These are all animals that have been brought into project wildlife with an injury and they cannot be returned to the wild, because they would not survive, so they've become ambassadors."

DuBois pointed to one such ambassador, Luna the Western Screech Owl.

"She is blind in her left eye, and deaf in her left ear, as she sustained head trauma as a baby," she said. "We think she might have been hit by a car. Because of the eye injury, she wouldn't survive in the wild. So she was turned over to us, and now is an ambassador."

"Preserving our wildlife is of critical importance, not just for the sake of the animal, but for

conserving our beautiful environment," added DuBois. "Each and every animal plays an important part in making up this ecosystem, so it's crucial that they all get the care they need."

Project Wildlife had "several messages" to deliver at its March baby shower.

"One is that this is a very diverse area for wildlife with lots of animals in your backyard you may, or may not see, but that you should be aware of — opossums, skunks, raccoons, songbirds and hummingbirds, etc.," said DuBois adding, "They do get injured, like babies falling out of nests learning to fly."

Education is also a big part of the mission of Project Wildlife, like cautioning people tree trimming at the wrong time of year threatens animals.

"We encourage people not to do any tree trimming anytime between spring and summer, do it in the fall and winter when the animals are not breeding in there," said DuBois adding bats, as well as birds, frequently nest in trees.

Another teachable moment for Project Wildlife and DuBois is instructing people on what to do if they find an injured animal, say a raptor with a broken wing.

"Get a box to put them in, grab some leather gardening



A Project Wildlife volunteer holds an owl at the annual 'baby shower' event held in the Morena District. (Courtesy San Diego Humane Society)

gloves and a towel," counseled DuBois. "Pick them up in a towel, put them in that box, and bring them right over to us, and we'll take care of them."

Throughout spring and summer, Project Wildlife will rely heavily on hundreds of rehab volunteers to help care for such a high volume of orphaned and injured wildlife. Last year, more than 13,000 wild animals received rehabilitative care from the organization.

For more information visit projectwildlife.com.

—Reach Dave Schwab at dschwabie@journalist.com. ■

► Bikes, from page 1

station, which is a primary difference from DiscoverBikes (formerly DecoBikes), a docking bike-share system which the city has had a partnership with since 2015.

This dockless model has raised concerns with Mission Valley commuter Mike, who uses the trolley daily to get from Downtown to his IT job. He has seen many bikes left out in the middle the sidewalk and pedestrian routes, outside of homes, and one up in a tree. “Today I got an email from a friend who has a nice little corner place in Hillcrest and randomly there are 10 bikes outside — right in his front yard,” Mike said. “It just seems odd that suddenly you can just throw [bikes] all over and expect people to ride them.”

According to LimeBike and ofo’s websites, dockless bikes are permitted on bicycle racks, curbsides away from buildings and next to bus stops. Parked bikes cannot block pedestrian paths, driveways and bus stops, and cannot be placed on street corners or left overturned on the ground.

Each bike is equipped with a GPS device, allowing tracking throughout the city. Both companies have a 24-hour operations team that monitor, move and provide maintenance as needed.

La Mesa resident Morgan and National City resident Alessa, both students at San Diego State University, have seen the bikes around the county. They noted their safety concerns, such as children using the bikes without proper knowledge of the street laws, or minors not using helmets, which is a requirement for anyone under the age of 18.

Though the companies encourage riders to wear protective headgear, currently helmets are not offered with each bike. Signing up for the mobile app only requires a phone number, email address and credit/debit card. No age or legal waiver is requested on the app; however, rider age requirements (age 13 for LimeBike and age 16 for ofo) are listed in online user agreements. Both companies offer safety information and tips on their websites.

As for costs, 30-minute rides are \$1 on both systems.

However, throughout the month of March, ofo is offering free rides to all residents. According to Anna Wan Christie, general manager of ofo San Diego, this promotion is intended to familiarize the neighborhoods with the newly launched system.

“We want everyone to experience the benefits of ofo’s dockless bike-sharing,” Christie said. “By offering free rides, we’re making it easier for users to become familiar with this new dockless model and learn how it can be a valuable part of their city’s transportation ecosystem.”

LimeBike is also hoping to integrate into the San Diego’s existing transportation system by dropping batches of bikes near public transit stops.

“We place bikes at locations in close proximity to transit routes so riders can easily find and ride our bikes,” said Zach Bartlett, LimeBike San Diego general manager. “Bikes often end up back in these areas due to ridership to these neighborhoods and businesses.”

However, LimeBike has not dropped bikes at any Mission Valley transit stops yet; all bikes seen in the area have been brought into the region by riders.

“LimeBike has not staged any bikes, electric bikes or scooters in Mission Valley,” said LimeBike representative Mary Caroline Pruitt. “LimeBikes located in Mission Valley are from San Diego residents and visitors using them to ride to that neighborhood.”

High volumes of bikes are abundant on major streets in Uptown, such as Texas Street, which connects Mission Valley to Uptown. Downtown resident Felicia, who works in the Mission Valley mall, noted that this route might be how the bikes are arriving to the area.

“I haven’t really noticed them riding them [in Mission Valley], probably because you have to get on the bus or the trolley. Well, you could go down Texas [Street]... but it’s kind of a hill. Probably not going up Texas [Street],” she said, laughing.

Felicia takes public transportation to and from her job in Mission Valley. While she hasn’t used a dockless bike yet, she is open to the concept and said she would consider using it to get home from the trolley.

This reflects the “first-mile and last-mile” problem, which

refers to issues that residents may face reaching public transportation, who often have to travel a mile to and from a bus, trolley or other transit stop.

LimeBike and ofo are present throughout many cities, states and countries. LimeBikes are in 45 markets in the U.S. and three in Europe; ofo are in 250 cities across 21 countries.

Additionally, dockless bikes have been a part of the Imperial Beach (IB) community since September 2017. IB signed a six-month trial period with LimeBike, which resulted in over 18,000 trips and more than 7,000 riders.

According to Imperial Beach City Councilmember Mark West, the beach community embraced the new system of transportation. Though the initial need was to address a tourist concern, he noted that most of the current riders are residents, including middle- and high-schoolers commuting to school, as well as those who rely on public transportation.

Andy Hanshaw, San Diego Bike Coalition Executive Director, pointed out that the bikes contribute to the city’s Climate Action Plan, which lists a 6 percent ridership goal by 2020. He notes that the GPS tracking system measures road-share, which will benefit future city planning for bikers.

“[This program] will help determine where we need bike lanes ... [the data] tells us where people are actually riding bikes and where we need safe infrastructure,” Hanshaw said.

Though LimeBike and ofo both received city permits to operate, many community planning groups were not consulted prior to the roll out of the bikes.

“While we were able to engage some groups in town before launching, we’re excited to continue building relationships with the community as a valuable partner in helping to reduce carbon emissions, easing traffic congestion, and promoting healthier living,” Christie said.

“There are simply a very staggering number of community groups in San Diego,” Bartlett said. “We also found out about our ability to launch fairly quickly. We were trying to reach out to community groups; we definitely still are.

If you’re interested in having a conversation, we’re more than happy to come down and meet with each and every [group].”

Some of these groups not consulted are now taking action. In fact, Christopher M. Gomez, district manager of the Little Italy Association (LIA), made a motion for the city of San Diego to cease and desist all dockless bike share in the entire city.

“Obviously the LIA is concerned with the program ... [it] could be an ADA liability or a safety hazard,” Gomez commented. “I



An ofo bike and LimeBike scooter parked at a bus stop on Camino de la Reina (Photos by Sara Butler)

expressed our concerns and how our district might be held liable for negligence of users. I also expressed our frustration with the lack of communication about the bikes/scooters before our sidewalks were flooded with rogue units.”

Though LimeBike and ofo are the most prevalent dockless bike brands in San Diego, they aren’t the only two companies on the streets. Others — such as MoBike, JUMP, Spin, and Bird scooters— have also thrown their wheels into the ring.

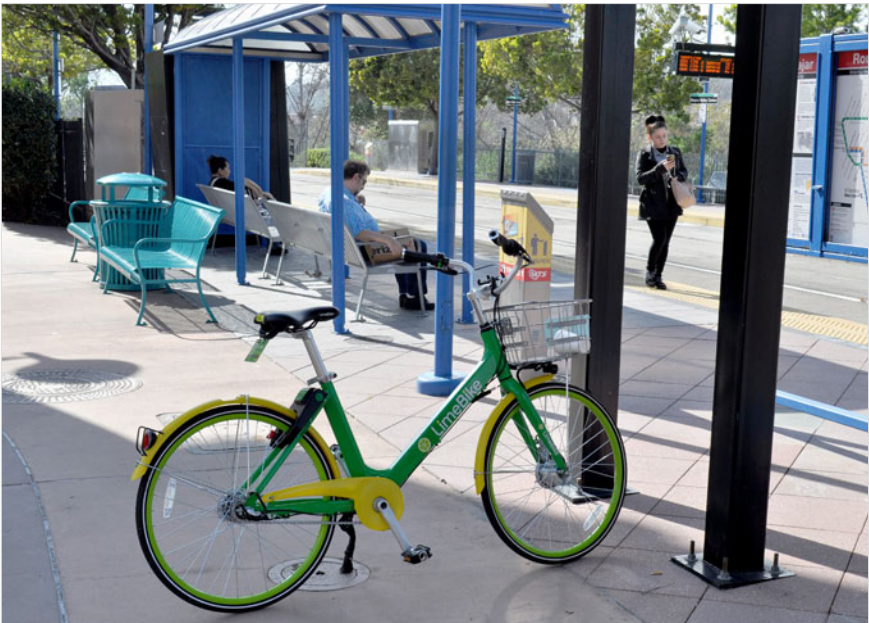
Though there are no definitive plans or a set date for a Mission Valley arrival, both ofo and LimeBike expressed their desire to grow into the area.

“[of]o is not yet operating [in Mission Valley], but look forward to expanding soon,” Bennett said.

“[LimeBike] has, and will continue, to conduct a comprehensive outreach program to ensure we’re addressing any challenges and best serving the needs of the community,” Pruitt said.

With only one month in, odds are the dockless bike craze will gain momentum in Mission Valley — and likely raise curious eyebrows of commuters, residents, business owners and tourists in the community.

—Reach Sara at sara@sdCNN.com.■



A LimeBike sits at the Mission Valley Center Trolley Station

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DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.



A family-run Italian restaurant with a broad menu spilling into all-American fare has opened in Linda Vista's busy **Presidio** strip plaza near the University of San Diego. This is the second location for **Giovanni's Italian Restaurant**, which operates a kitchen under the same name in Kearny Mesa at 9353 Clairemont Mesa Blvd.

Mingling with numerous pasta dishes and pizzas are things like salad wraps, burgers and boneless chicken wings. There are also torpedo sandwiches, including a pastrami Reuben and Philly cheesesteak. Beer and wine are also in the offering. 5277 Linda Vista Road, 619-293-3333.



A super torpedo at the new Giovanni's Italian Restaurant (Courtesy Giovanni's)

This summer marks the arrival of a nonprofit Italian-inspired bakery and breakfast joint in the South Park space that formerly housed **Rebecca's Coffee**. The recently announced project is the brainchild of Matteo Cattaneo, founder of nearby **Buona Forchetta** and **Officine Buona Borchetta** in Liberty Station.

Profits raised at the still-unnamed eatery will benefit public schools within the San Diego Unified School District. In addition, Cattaneo plans to include a space where kids can learn cooking techniques and participate in a variety of classes offered by the schools. For updates, follow Buona Forchetta on Facebook or Instagram. 3015 Juniper St.



Restaurateur Matteo Cattaneo has embarked on a nonprofit culinary concept in South Park (Photo by Scott Andrews)

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Octopus tacos at a new restaurant and nightclub venue in the Gaslamp Quarter. (Courtesy Volcano Rabbit)

The locally based RMD Group has opened **Volcano Rabbit**, a Gaslamp Quarter Mexican restaurant and nightclub boasting gourmet tacos and a formidable collection of agave spirits. Among the unique offerings are tequila

lockers which, for an annual fee, can be rented by guests choosing to store their booze onsite; plus monthly ultra-luxe tacos that sell for \$20 each. The spendy tacos can include fillings such as lobster with caviar and poached quail eggs; sea scallops with crispy yams and bacon pop rocks; and beef cheeks with foie gras and bone marrow butter. 527 Fifth Ave., 619-232-8226, volcanorabbitsd.com.

In addition, RMD has in the pipeline plans to open a restaurant and bar next year in the historic **Grand Pacific Hotel** (366 Fifth Ave.), which was built in the late 1800s. It will be redeveloped in conjunction with HP Investors and accommodate live music.

Just in time for the colder half of our winter, the pho-centric **Shank & Bone** opened recently in North Park with an ample bar and community tables for consuming a host of Vietnamese specialties. Ingredient choices for pho include filet mignon, oxtail, meatballs, and lobster. The menu also features bahn mi sandwiches, bun bowls, and of course, beef shank and bone marrow in



A colorful Vietnamese eatery has opened in North Park. (Facebook)

keeping with its name. 2930 University Ave., 619-458-9085.



A sandwich shop is offering anniversary prices on its specialties, such as this jalapeno patty melt (Courtesy Good Time Design)

The current six-year anniversary of **Lucky's Lunch Counter** in the East Village brings a consumer advantage. All of its classic and overstuffed sandwiches are selling for an easy \$6 between March 12-16. The sandwiches normally range between \$9 and \$13. 338 Seventh Ave., 619-255-4782, luckyslunchcounter.com.

—Frank Sabatini Jr. can be reached at fsabatini@san.rr.com. ■

SURPRISE ON JUAN STREET

Restaurant Review

Frank Sabatini Jr.



A friend who dines out frequently because he doesn't cook clued me in on the week-day lunch buffet at Old Town Tequila Factory Restaurant and Cantina. It's something I would have normally dismissed out my general disdain for buffets had he not spoken favorably of the value and quality.

Turns out it was one of the nicest meals I've had in Old Town in a long time.

The repast embodies a half dozen food stations that are run cleanly and orderly by attentive wait staff. You'll find everything from self-serve agua frescas and a decent salad bar to soup, myriad hot entrees and desserts. There is even an area where you can make Belgian waffles. The only thing not included in the \$10.99 price tag is the booze, including Factory's oak-barrel Herradura Tequila. But the bar is open for business and waiters provide full service if you want to imbibe.

The restaurant is located about halfway up sloping Juan Street, across the street from

Heritage State Park. It shares hillside space with Best Western Plus Hacienda Hotel.

Diners enter through a side courtyard graced by an antiquated three-tiered water foundation trickling for a good cause; all of the coins it fetches are donated to the San Diego Humane Society.

A few spacious rooms inside encompass a colorful cantina, liquor cabinets showing off pretty bottles of tequila, ample seating and doors leading to a spacious terrace enclosed by glass panels. The tranquil, picturesque atmosphere feels radically removed from the more touristy kitchens of San Diego Avenue only a hundred feet below. And the food, in my opinion, is a refreshing cut above.

Pozole soup loaded with hominy and big, tender chunks of chicken tasted no less soulful than what a Mexican matriarch would conjure up at home for her children and grandkids. The flavors of cumin, lime, garlic and cilantro readily sprung forth from the soothing broth.

The salad bar featured two large bowls of lettuces, one brimming with crisp, neatly chopped romaine and the other with baby spinach and raw, red onions. Among copious fixings was a bowl labeled "chef's special," which contained a spirited combination of seasoned cucumbers and orange sections.

There was only one salad dressing available: an earthy green pepita-Caesar that rivaled most other restaurant dressings with its tangy, toasted essence. I gave my greens their final, winning touch by sprinkling them with some whole pepita seeds and finely grated Parmesan.

My friend raved about scads of delicious spare ribs at the hot food station the day he visited. Those weren't in the offing on this particular afternoon, but the lineup was not lacking in meaty sustenance. A few beef and chicken preparations were up for grabs, including picadillo ground beef cooked down to a fine consistency with peppers, onions and spices. I used it for making a crispy taco from a stockpile of

fresh, delicate shells parked nearby.

The beef machaca looked stringy, so I skipped over it in lieu of chicken machaca, which also appeared thready. But boy was it moist and delicious. It needed no garnishments; the plain, clear juice it sat in sufficed. Conversely, the grilled pollo asada (cubed, mildly seasoned chicken) was dry until hitting it with salsa and sour cream.

In a couple additional sojourns to the buffet I scooped into creamy refried beans; fluffy "fiesta" rice; ultra-tender Mexican potatoes strewn with sweet peppers and onions; chunky plantains in a light caramel sauce; and a chef's special that resembled Texas-style carne guisada, which is slow-cooked beef served in a dark gravy of chili powder, cumin, and garlic.

By the time I decided to try a cheese enchilada, the chafing dish was nearly depleted. I took one anyhow, knowing that a runner was in the kitchen getting more. I should have waited because what I got was a parched corn tortilla tube filled with solidified cheese and draped in crusty sauce.

The floor staff never missed a beat in swapping my spent plates and forks for new ones, even when I stepped away for mere moments to fill a glass with milky horchata from



A cheese enchilada, Mexican potatoes and chicken machaca



A ground beef taco with beans, rice, pollo asada and roasted jalapenos



Assorted beverages include horchata and house-made lemonades (Photos by Frank Sabatini Jr.)

the beverage station or snag a house-baked cookie and room-temperature churro from the dessert station.

Is this the best buffet known to man? No. But for a casual restaurant that sits off Old Town's beaten track and often caters to tourists starved of Mexican border-town culture, it's pretty impressive for the price and held in a clean, attractive setting to boot.

Old Town Tequila Factory also offers lunch from a regular menu. In addition, it presents nightly dinner service, daily breakfast and a bottomless Champagne brunch buffet (\$24.99 for adults; \$10.99 for children 12 years and under). A waiter told me the latter is "bigger and better" than the week-day lunch buffet due in part to the inclusions of omelets, fresh ceviche and shrimp fajitas.

—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. Reach him at fsabatini@san.rr.com.■

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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.

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CROSSWORD On the Side

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- ACROSS**
- 1 Marsh plants
 - 7 Do another estimate
 - 13 Attracts
 - 14 Rollers
 - 16 Revolver
 - 17 Permit
 - 18 Author of *Waiting for Lefty*
 - 19 Dodge
 - 20 ____ annum
 - 21 Supervised
 - 24 Missile in the news
 - 25 Galaxy
 - 30 Lateen
 - 34 "...as ____ with birds..."
 - 36 Building necessity
 - 37 *Peut-____*
 - 38 General or Dist.
 - 39 ____ *contendere*
 - 40 Sheltered
 - 41 Scout's badge
 - 43 Golfer's gulch
 - 44 Separates Yemen and Ethiopia
 - 46 Dill herb
 - 48 Loader
 - 50 Org. for the needy
 - 53 Tonto, for one
 - 57 Lessen
 - 59 Lofty
 - 60 Motorcycle adjunct
 - 62 Home of the Grand National
 - 63 "Sweet" lady
 - 64 Parts of a gallows
 - 65 Skin and bones

- DOWN**
- 1 Playground offering
 - 2 Jim, of golf
 - 3 Two piece musical rendering
 - 4 Gets
 - 5 Always, poetically
 - 6 NCO
 - 7 Archaeological find
 - 8 Patent
 - 9 What airlines do
 - 10 Donkeys, in the *Alpes*
 - 11 Pup or bell
 - 12 Gaelic
 - 13 Soaking wet
 - 15 Fall mo.
 - 19 Divert
 - 22 Wood sorrel
 - 23 Moons: L.
 - 26 Set on
 - 27 Caesar's wife
 - 28 Actress Kedrova or Lee
 - 29 Surmounting
 - 30 Burn
 - 31 Tamarisk
 - 32 Piqued
 - 33 Carafe leavings
 - 35 Unpleasant bomb
 - 41 Afternoon entertainment
 - 42 Peg
 - 45 Glacial ridges
 - 47 Swaps
 - 49 Parts of a French play
 - 50 Prima ____
 - 51 Easel, for one
 - 52 Goriot or Marquette
 - 53 Okhotsk or Bering
 - 54 " ____ the mood for love"
 - 55 Entertainer Martin
 - 56 Word before blast or derm
 - 58 Cinch
 - 60 Jig ____
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Stick with investments during corrections

Mission Valley Money

Steve Doster



The stock market dropped 10 percent during a two-week period at the end of January into early February. Hopefully you didn't sell any investments and ignored all the hyped media coverage. It's crucial to stick with your investments during market corrections.

We haven't had a big correction in a long time. This one caught everyone by surprise because the economy is doing well. The recently passed tax law helped lower tax rates and was going to keep the economy moving along. There really was no reason for it other than people constantly saying the market can't keep going up. And

now there are tariffs being imposed and talks of a trade war.

You may have concerns when these corrections occur. It's natural to feel this way. In fact, it's built into our DNA as human beings. If a boulder comes tumbling down onto the road, it's natural for us to think there are probably some more boulders on the way. Our bodies go on high alert looking out for the next boulder. This is called recency bias. We look at the very recent past to help us decide what might happen in the future.

Once on high alert, we start watching what others are doing. If one person starts to run, then a few more people start to run. You don't know where they are running or if they see something you do not. The instinct to run is almost impossible to resist. Herd mentality takes

over and you run with the herd to safety.

This is what happens during a stock market correction. The market just dropped 10 percent. Your survival instinct will scream at you, "It's going to drop another 10 percent very soon! Everyone else is selling! Run for safety, too; sell everything now!"

Please don't do this. Recency bias and herd mentality are a powerful combination. However, it is important to remember how well-functioning markets work. Markets adapt to changing expectations every minute. We expect the stock market to move up and down. Think of the alternative: If the stock market never moved and remained constant, we would be concerned that markets were not functioning properly.

There are a few keys to successful investing:

- Get your portfolio set up before a correction happens. A diversified portfolio of stocks, bonds, and real estate is your best protection against market corrections. Get the right mix of these investments that match your risk tolerance, age, and investment time horizon.

- When a correction occurs, fight your instincts! Acknowledge your recency bias and then remind yourself that the long-term trend for a diversified portfolio is upward. The recent past is not a crystal ball for what's going to happen in the future.

- Remember that a drop in your portfolio is only paper loss. It only becomes a loss if you sell and lock it in. Your portfolio also continues to generate interest income and dividends during corrections.

- Turn off the television and ignore what everyone else is

doing during a correction. The average 20-something watches television about 25 hours per week. By the time you get into your 60s, that average doubles to 50 hours per week. Don't set yourself up for failure by monitoring what everyone else is doing.

This seems like an easy task when your portfolio is doing well. It is much tougher when in the middle of a crisis. However, you can be successful by fighting your natural survival instincts and sticking with your investments during a correction.

—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 rowling.com/blog.■

Homeopathy for pets

Sari Reis

Do you have a dog or cat at home that has an illness or disease that seems to continue regardless of the treatment, surgery, remedies, etc. offered by traditional medicine? Have you spent a lot of time, money and energy taking your pet to different veterinarians and specialty hospitals and he is still suffering? There is an alternative path that may be helpful.

Homeopathy has been around for a very long time and was practiced by the ancient Greeks. The modern system was introduced in the 19th century by Dr. Samuel Hahnemann, a German scientist. Homeopathy is a natural system of medicine which gives relief based on the practice of treating like with like. A holistic approach, it is based on treating the whole individual rather than just treating the disease. Today, it is widely accepted as an alternative and effective medical treatment method that works as effectively on animals as humans. It plays an important role in both curative as well as preventive care.

The concept behind the approach is to use homeopathic remedies that stimulate and encourage the body's natural healing abilities. Because homeopathic medicines contain very, very small quantities of "potencies," specifically prepared, the high dilutions avoid undesirable side effects while enhancing their ability to cure. They are non-addictive and even safe to administer to babies.

There are over 2,000 different homeopathic medicines that are prepared as granules, tablets or liquids. They are prepared with the highest quality standards in modern scientific laboratories and are easy to administer. All medicines are created from pure and natural

animal, vegetable or mineral substances.

A large number of holistic veterinarians as well as pet parents use homeopathy remedies to help heal their pets of various mental, emotional, and physical problems. The basic difference between conventional drugs and homeopathic remedies is that drugs treat the symptoms by suppressing them, and homeopathy treats the cause of the symptoms.

"Homeopathy teaches us that symptoms are a response to imbalances in the body," says Andrea Kraft, a board-certified homeopath. "Instead of suppressing symptoms, homeopathic remedies work gently to stimulate balance and healing."

Homeopathy practitioners prescribe remedies according to the whole picture of the individual patient, not just looking at symptoms but also lifestyle, environment, emotional and mental states.

Homeopathy is supported by worldwide clinical research. Some major medical schools including Yale and Harvard currently offer homeopathy as part of their medical curriculum. In 2006, the World Health Organisation stated, "Homeopathy is the second largest form of medicine and fastest growing around the world."

That being said, it may not be a cure-all but homeopathy appears to be a viable alternative to traditional medical treatment and certainly one you should consider if you still don't have the answers and the results you are seeking for the long-term well-being of your "furry kid".

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

Be a half-crazy runner

Erica Moe

What should we do with marathon runners? Commit them! They run 26.2 miles for fun, so they must be crazy, right?

If you're not crazy enough to dedicate six entire months to training for a marathon, how about this: Go half the distance! Then you would only be considered half crazy! Half-marathon crazy, that is. Whether this is your first race or your 21st, make it your best race ever.

Do you know what could make your best race ever even better? A free entry to the Synchrony Rock 'n' Roll San Diego races, June 2–3, 2018. YMCA members can earn entry to the 5K, half-marathon or full marathon race by submitting a story (written or video) describing why this will be your "best race ever." Contact cborja@ymca.org for more info.

Not a YMCA member? No problem! You can use the discount code: MISSIONYMCA18 to save \$10 on your entry to the Rock 'n' Roll Half-Marathon, Full Marathon or Relay. Note that the promo code expires May 25, 2018.

For a half-marathon, aim for a training plan that is at least 12 weeks long. You can find a few free novice and intermediate training plans at HalHigdon.com. A good beginner training plan should include:

- Base mileage to help you gain your foundation. It can be performed on different terrains like the treadmill, trail or boardwalk. Take advantage of daylight saving time, and take your run outdoors!

- Cross training can reduce the monotony and lower the risk for overuse injuries. Spend time on an elliptical or cycle, or try training in the pool to take the impact off your knees and joints.

- A weekly long run will help you gradually increase to that half-marathon distance.

- Rest day(s) are a necessity for your body to recover from the new demands of your training plan. You don't actually have to run every day!

A half-marathon will take approximately 2–3 hours to complete. Be sure that you work on a solid hydration and nutrition plan during your training so that you can replicate it on race day. You will need to carry water and fuel with you during the race, in addition to what will be available on the course.

Be realistic. Starting with a run/walk/run plan is a great way to get started. If this is a better fit for you, check out jeffgalloway.com to learn about which of the ratio options is best for you. While training for my



(Courtesy Mission Valley YMCA)

first marathon, I ran 9 minutes and walked 1. This form of interval training allowed a consistent pace, less fatigue and quicker recovery.

Want to meet up for a training run? Enjoy the camaraderie of the YMCA Run Club for a 5K on the first Sunday of the month at 9 a.m. and the first Tuesday of the month at 5:30 p.m. Meet on the lower field at Mission Valley YMCA. Contact cprokop@ymca.org for more info.

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

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CRUISING DOWN THE RHINE

Seven days, 10 cities from Amsterdam to Basel with Viking Rivers Cruises

Global Gumshoe
Ron Stern



Viking Longships are floating luxury hotels offering all the amenities and service of a five-star resort. Our seven-day itinerary on the Viking Longship Vidar traversed four countries from Netherlands to Switzerland and featured the cities of Amsterdam, Kinderdijk, Cologne, Koblenz, Rudesheim, Heidelberg, Speyer, Strasbourg, Breisach and Basel.

Day 1: Amsterdam, Netherlands

If you decide to extend your stay, the Doubletree by Hilton is perfectly situated close to the Amsterdam Centraal station for train and tram service. From here, you can explore the Museum Quarter, Anne Frank House, shopping areas, restaurants and pubs as well as 100 kilometers of interconnected canals.

The Amsterdam City Card provides access to many museums and transportation as well as discounts on food and other services. Don't miss the free canal cruise.

Our Veranda Stateroom was surprisingly spacious (205 square feet), bright and modern with two beds, floor-to-ceiling sliding glass doors opening to a veranda, and many amenities.

We were greeted by two staff members, who already knew our names, at the pre-sailing lunch on Aquavit Terrace. This is one of the great things about Viking — the service! The

Vidar has a maximum capacity of 190 passengers, which evokes an intimate river-cruising experience. The international crew members really go out of their way to make you feel at home, doing their best to satisfy any request.

The adjacent bar lounge is an open and comfortable space. Beer, wine and soft drinks are complimentary during meals. However, guests can choose to add on a Silver Spirits Package (\$150 per person for a seven-night cruise).

The Vidar also has a library, internet-connected computers, coffee and tea stations, and an onboard concierge service. Breakfast, lunch and dinner are served in the ship's restaurant, although you can opt for a bar-style menu in the Aquavit Terrace.

Guests can choose from a daily selection of entrees or pick something off the menu that's always available.

Day 2: Kinderdijk, Netherlands

After sailing through the night, our ship docked briefly at Rotterdam and then sailed onto Kinderdijk.

This small village in south Holland, designated a UNESCO World Heritage Site in 1997, features 19 windmills dating from the 18th century. Optional tours also included a visit to a Dutch cheese factory.

Day 3: Cologne, Germany

With a history dating back 2,000 years to the Romans, Cologne is one of Germany's four cities along the banks of the Rhine River. After being bombed heavily by the allies

in World War II, the city has been rebuilt with a mixture of various types of architecture.

Don't miss a UNESCO World Heritage Site that escaped destruction during World War II, the 1880 Kölner Dom, which is the largest Gothic cathedral in northern Europe.

Other sites include the Hohe Strasse — or pedestrian zone with shopping, restaurants and boutiques as well as the chocolate museum, Wallraf-Richartz Museum, and House of 4711 perfumery.

Day 4: Koblenz and Rüdesheim, Germany

Our ship gently slid into dock in the 2,000-year-old city of Koblenz right at the famous German Corner, located at the confluence of the Rhine and Moselle rivers.

Not to be missed is the cable car excursion to the Ehrenbreitstein Fortress. From there are sweeping views of Koblenz and both rivers.

From a large city to a small town, Rüdesheim is cozy, charming and picturesque. Located in the Upper Middle Rhine Valley, the area is known for its vineyards. There are also many excellent and scenic hiking trails that overlook the Rhine, ancient castles, and some of the finest Riesling and pinot noir wines in the region. Plan on stopping at Bruer's Rüdesheimer Schloss for dinner.



The town of Strasbourg (Photos by Ron Stern)

Day 5: Heidelberg and Speyer, Germany

Heidelberg, located south of Frankfurt, is our next stop. Old and modern might be a good way to describe Heidelberg, and they are both integrated into the town's infrastructure. Pedestrian paths with cobblestone streets line the main shopping areas with church steeples and a towering city gate still majestically guarding the entrance to the town.

The 12th-century Heidelberg Castle is a great place to view the entire town. The castle was destroyed in earlier days, but the ruins are well preserved. A tour bus and local guide escorted us to the most interesting parts of the fortress, including the world's largest wine cask, which was apparently enough to keep 5,000 guests and castle dwellers in, shall we say, good spirits.

Other sights that should be on your must-see list include the Old Bridge spanning the Neckar River as well as the Student Prison.

The Vidar moved down the Rhine to Speyer where we met up with her via our bus. About a 30-minute walk from the river will take you to this town and its most impressive landmark, the Imperial Cathedral (UNESCO World Heritage Site) and the final resting place of eight emperors from the Holy Roman Empire.

Other noteworthy areas of town to explore include the Jewish quarter, German baths that date from 1126, and a modern Automobile and Technology Museum.

Day 6 : Strasbourg, France

Truly an international city, Strasbourg was selected as a

UNESCO World Heritage of Humanity Site and is an amazing place to visit. The pièce de résistance is the Cathedral Notre Dame de Strasbourg.

Day 7: Breisach, Germany

This small German town is the docking point for a foray into the Black Forest, which lies to the east across the Rhine.

Viking offers a couple of excursions including an optional World War II tour to revisit historic battles fought here. We opted for the combination visit to the Black Forest and the medieval town of Colmar.

Sometimes called Little Venice, Colmar is picture perfect with lovely pastel-colored half-timbered houses, Gothic churches and canals intersecting the cobbled lanes. The Black Forest — or Schwarzwald (Black Woods, as it is known in Germany) — is somewhat of a misnomer since the entire area is a rich green tapestry. We visited a cuckoo clock factory, sampled authentic Black Forest ham, and learned how they make their famous Black Forest cake.

Day 8: Basel, Switzerland

This is the final stop along Viking's Rhine Getaway and the disembarkation point. You can choose to extend your trip here or go to another wonderful city — Lucerne, Switzerland.

One of the things that is very impressive about Viking is the organization. From the tour buses to local guides to the program director — ours was Nicole and she was fantastic — everything has been perfected down to a science. You will know when to get ready and leave, what to bring, and how you will be fed throughout the day.

The service is also impeccable. Every crew member is trained to put the needs of the guests first and it shows. I badly sprained my ankle at the beginning of my trip and couldn't find a suitable bandage to wrap it. Once the staff saw me limping, they scoured the local town and delivered just what I needed to my room — with a smile, of course!

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



The city of Koblenz, Germany



The windmills of Kinderdijk, Netherlands

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Sudoku & Crossword puzzle answers from page 12

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Mission Valley News

COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

ONGOING EVENTS



San Diego Latino Film Festival
Through March 25
The 25th annual Latino Film Festival will feature over 160 films from Latin America, the United States and Spain. Films will be shown on five screens at AMC Fashion Valley 18, 7037 Friars Road. For more information, visit 2018.sdlatinofilm.com.



'A Little Night Music'
Through April 22
Cygnet Theater presents the musical "A Little Night Music." Low-priced previews March 9 and 10. \$46. 8 p.m. at The Old Town Theatre, 4040 Twiggs St. Show runs through April 22. Visit bit.ly/2F2ox4c.



'Company'
Through March 17
The SDSU School of Theatre, Television, and Film presents "Company" — a play by Stephen Sondheim and George Furth, about a confirmed bachelor named Robert who contemplates his unmarried state on the night of his 35th birthday. "Company" runs March 9, 10, 14, 15 and 17 at 7:30 p.m. plus an additional matinee on March 17 at 2:30 p.m. in the Don Powell Theatre, 5500 Campanile Drive, San Diego 92182. Tickets are \$20 general, \$17 students/seniors and can be purchased online at theatre.sdsu.edu.■



Shoreline Mafia
The Observatory North Park presents Shoreline Mafia at SOMA San Diego, 3350

Sports Arena Blvd. Suite I. 7 p.m. Tickets, \$22 advance, available at bit.ly/2FnYq8x.



St. Patrick's Day Parade and Irish Festival
Over 20,000 marchers and spectators will gather to celebrate St. Patrick's Day in Balboa Park. Beginning at 10:30 a.m., the parade starts at Fifth Avenue and Laurel Street and will feature over 120 parade entries including bagpipers and high school marching bands, police and fire department units, floats, dance troupes, marching and equestrian units, clowns, dignitaries and honorees, antique cars, and more. An Irish Festival will follow in Balboa Park along Sixth Avenue at Maple Street. Festival runs from 9 a.m. to 6 p.m. and features two stages of live entertainment with Irish Folk singers and bands. There are also craft booths, food booths, a beer garden, and a kid's zone. Trolleys will run 9 a.m.–6 p.m. from the free parking lots at the Space Museum and the Veterans Museum on President's Way at Park Boulevard in Balboa Park.



Sabor Latino Festival
Media Arts Center San Diego's third annual Sabor Latino: Food, Beer and Wine Festival will offer unlimited food tastings inspired by celebrated Latino chefs, as well as unlimited beer and wine tastings provided by local San Diego and Baja California breweries and wineries. The event occurs during the San Diego Latin Film Festival. \$20–\$50. 1–5 p.m. at Fashion Valley Mall, River Plaza, 7007 Friars Road. Visit bit.ly/2Hcl6Fr.



'The Nitrogen Method as a Means of Self-Deliverance'
Hemlock Society of San Diego presents Dr. Sally Hall, member of the Medical Evaluation Committee and Senior Guide for Final Exit Network, who

will speak about and demonstrate the nitrogen method for self-deliverance. Information on suicide prevention and depression will also be provided. 1:30–3:30 p.m. at the Scottish Rite Event Center, 1895 Camino Del Rio South. Cost is free for Hemlock Society members; non-members \$25 cash (no credit or debit cards will be accepted). For more information, visit hemlocksocietyandsandiego.org.



Elizabeth Hospice volunteer orientation
Support the Elizabeth Hospice mission of caring for adults and children impacted by serious illness as an Elizabeth Hospice volunteer. Bilingual (Spanish) speaking volunteers and veterans are needed, along with licensed massage therapists and people who can sew for our Cuddle Keepsakes program. Specialty volunteers who can assist with complementary therapies such as pet therapy, aromatherapy, music support and reiki are in high demand. In addition, office and clerical support volunteers are needed at all of our office locations that include Temecula, Carlsbad, Escondido and Mission Valley. Volunteer orientation is free and open to the public. You will also learn about the application and training requirements process. 10:30 a.m.–noon at The Elizabeth Hospice Mission Valley office, 2525 Camino Del Rio South, Suite 160.

Gone Tomorrow
SDSU Music World Music Series presents bluegrass and Americana band Gone Tomorrow. 6 p.m. at SDSU, 5500 Campanile Drive. Tickets are \$10, available at bit.ly/2IdtPc.

Death Cafe
Death Cafe 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. Their motto: "Breathing Life Into Death." Visit Deathcafe.com and search the library's ZIP code, 92108, to pre-register. 1–3 p.m. at the Mission Valley Library, 2123 Fenton Parkway.



Library Book Club
Come check out the monthly meeting of our library book club and get in on the fun. Book title for March is "Everything I Never Told You" by Celeste Ng. Copies of the book are available for checkout at the library. 6:30–8 p.m. in the Branch Manager's Office of the Mission Valley Library, 2123 Fenton Parkway.



Cirque du Soleil Crystal 'A Breakthrough Experience'
Cirque du Soleil presents a unique performance ice featuring ice skaters and acrobats performing never-before-seen acrobatics. March 21–25, 7 p.m. at Valley View Casino Center, 3500 Sports Arena Blvd. Tickets are \$36 to \$145, available at axs.com.



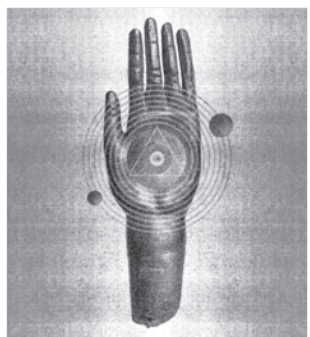
'Vagina Monologues'
Mesa College students will present this Obie Award-winning tour of the forbidden zone that introduces a wildly divergent gathering of female voices, among them: a 6-year-old girl; a septuagenarian New Yorker; and a Bosnian rape survivor. 5 p.m. at San Diego Mesa College, Apoliad Theater, 7250 Mesa College Blvd. Free and open to the public.

Law Enforcement Hiring Expo
The region's largest law enforcement hiring event will bring law enforcement agencies face-to-face with job seekers. Job seekers will be able to meet with several agencies and are encouraged to dress for success and bring lots of resumes. 11 a.m.–3 p.m. at the Handlery Hotel San Diego, 950 Hotel Circle North. Free. To pre-register or view the list of employers attending, visit SanDiegoLEOJobs.com.



Orchid Society Spring Show
The San Diego County Orchid Society International is having its 71st annual spring show and sale at the Scottish

Rite Center, 1895 Camino del Rio South. Friday, March 23, 7–10 p.m.; Saturday March 24, 9 a.m.–6 p.m.; Sunday, March 25, 10 a.m.–4 p.m. Cost is \$10, available at bit.ly/2FEZgxa.



'Hand of God'
Stay Strange collective and ARTS DISTRICT Liberty Station present a free show of experimental music. 6 p.m. at Liberty Station North Chapel, 2881 Roosevelt Road. For more information, visit bit.ly/2oXxuCs.



Intergalactic Coding
Learn how computer programs are created and start coding your own. Students will learn basic computer programming and gain understanding of how our modern world works in this fun and exciting two-hour workshop. Recommended for ages 9–12. Registration is required; go to sandiego.librarymarket.com. Laptops will be provided to attendees. This coding class is part of San Diego Public Library's Spring into STEAM—Blast Off! program series. For more information about Spring into STEAM—Blast Off!, visit SanDiego.gov/STEAM. 5 p.m. at the Mission Valley Library, 2123 Fenton Parkway.



Dance Pants Party!
Recommended for toddlers, preschoolers, and elementary-school age kids, this simple dance program will feature the hokey pokey, the chicken dance, and more. Families, it's time to get your groove on! 10:30 a.m. in the Mission Valley Library Community Room, 2123 Fenton Parkway.



Family Swap Meet
Phenomenal Families hosts a swap meet where pregnant and parenting youth and young adults in need can pick up loads of free new and slightly used items such as toys, bouncers, pack 'n' plays, children's clothes, nursing pillows and more. 11 a.m.–1:30 p.m. at the Phenomenal Families at Casey Family Programs Youth and Family Transition Center, 3878 Old Town Ave. To find out if you qualify for entry to the event, call 619-683-9340 ext. 35.

Learn About San Diego County Public Schools
Voice of San Diego, a digital nonprofit news organization serving San Diego county, will present an overview of its new Parents Guide to Public Schools. The guide is a tool for families to use when making decisions about a child's education. Not only does it provide an overview of every public school's performance in easy-to-read charts, the guide also answers your questions about local public school options. This program is targeted to parents who are deciding where to enroll their child in school and what their options are. This discussion is suitable for parents of children entering elementary, middle or high school. 10:30 a.m. in the Mission Valley Library Community Room, 2123 Fenton Parkway.



Knit-a-Bit Knitting and Crochet Circle
Looking to meet up and work with other knitting and crocheting enthusiasts? Come check out Knit-a-Bit, our bi-weekly gathering of creative, crafty yarn workers who are happy to admire your accomplishments (no matter how modest) and assist you with your knottiest (literally) problems. 12:20–2 p.m. in the Mission Valley Library Community Room, 2123 Fenton Parkway.■

RECURRING EVENTS

Saturdays and Sundays Old Town Saturday Market
The street market features work from local artists including paintings, jewelry, photography, hand-blown glass, clothing, pottery and more. 9 a.m.–4:30 p.m. at Harney Street and San Diego Avenue, Old Town. Also held on Sundays. Visit oldtownsaturday-market.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.

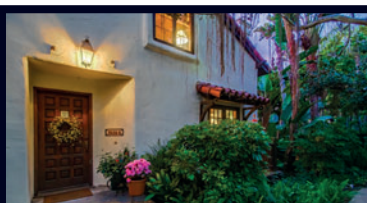
Seller and John Reeves must agree on guaranteed price and closing date at time of listing. CalBRE# 01861983



\$199,999 - OR TRADE!

Buy With \$0 Down!

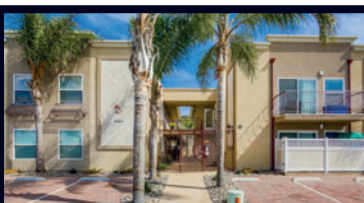
- Abundant Natural Light Throughout
- Soaring, Vaulted Ceilings
- Sleek, Modern Chef's Kitchen



\$799,999 - OR TRADE!

Mediterranean Style!

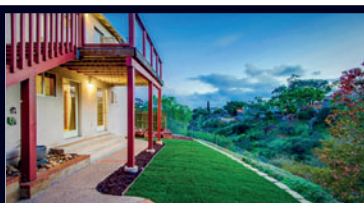
- Spacious Wooden Deck
- Open Floor Plan
- Gourmet Chef's Kitchen w/ Upgrades



\$549,999 - OR TRADE!

Perfect Pacific Beach Condo!

- Only Blocks Away from the Beach
- Rich, Wood Style Flooring
- Large Picture Window



\$749,999 - OR TRADE!

North Park Gem!

- Large Canyon View Lot
- Solid Hardwood Floors Throughout
- Master Suite on Lower Level of Home



\$379,999 - OR TRADE!

Modern Ranch Style Home!

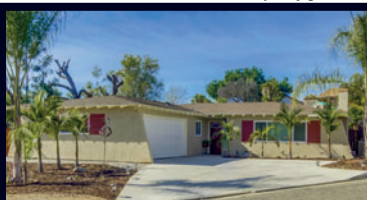
- Rich, Laminate Flooring
- Bonus Sun-Room
- Spacious Patio for Entertaining



\$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!

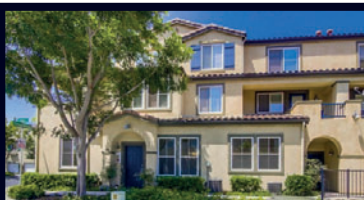
- Gourmet Kitchen w/ Expansive Counters
- Gorgeous, Pristine Landscaping
- Picturesque, Warm Fireplace



\$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!

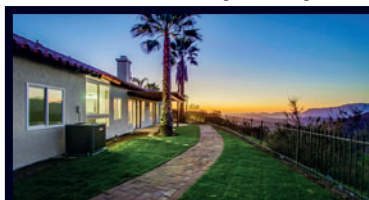
- Warm, Built In Fireplace
- Polished, Open Kitchen
- Master Bedroom w/ Walk-In Closet



\$369,999 - OR TRADE!

Gorgeous Ranch Style!

- Multi-Generational Living
- Spectacular Mountain Views
- Exquisite Interior w/ Fireplace



\$649,999 - OR TRADE!

Elevated Lifestyle!

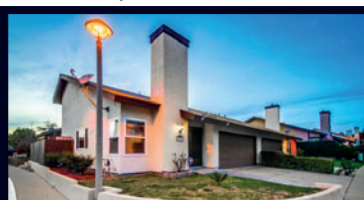
- Soaring, Vaulted Ceilings
- Rich Laminate Flooring
- Sleek, Gourmet Chefs Kitchen



\$674,999 - OR TRADE!

Right on Golf Course!

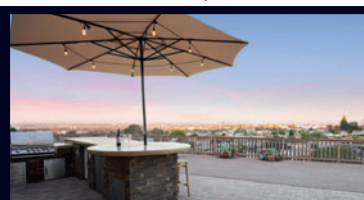
- Oversize Countertops in Kitchen
- Warming Fireplace
- Spacious Backyard w/ Pergola



\$499,999 - OR TRADE!

Beautiful, Landscaped Yard!

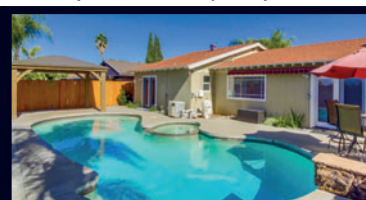
- Located in Poway School District
- Updated, Gourmet Chef's Kitchen
- Spacious Kitchen & Dining Areas



\$1.5mm - OR TRADE!

Panoramic Views of Bay!

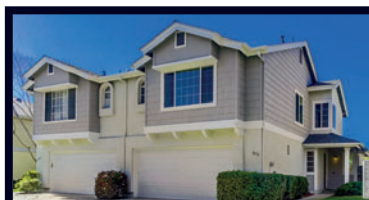
- Located in Point Loma
- Single Story, Ranch Style Home
- Handcrafted Hardwood Flooring



\$499,999 - OR TRADE!

Resort Like Backyard!

- Abundant Natural Light
- Luxurious Gourmet Kitchen
- Fully Fenced, Private Yard



\$599,999 - OR TRADE!

Executive Home!

- Lush & Beautiful Landscaping
- Safe & Private Neighborhood
- Warm, Rich Flooring Throughout



\$255,999 - OR TRADE!

Gorgeous Starter Home!

- Sweeping Mountain Views
- Meticulously, Manicured Complex
- Modern, Single Level Condo



\$899,999 - OR TRADE!

Elevated 1+ Acre!

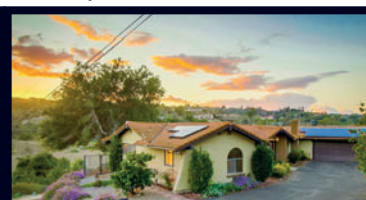
- Located in a Safe, Gated Community
- Lushly Landscaped Backyard
- Entertainer's Dream



\$449,990 - OR TRADE!

Pristine Town-Home!

- Centrally Located
- Open, Modern Living Area
- Gourmet, Masterpiece Kitchen



\$598,999 - OR TRADE!

Stunning Mountain Views!

- Vaulted Ceiling with Wood Beams
- Abundant Natural Light
- Wonderful Views & a Peaceful Setting

EVIDENCE OF SUCCESS

This condo **SOLD** for \$35,000 over asking price before it EVER hit the market! Our team was able to find a buyer in our database to buy this seller's home, quick and hassle free!



The seller of this home needed to sell his home quick and for top dollar. They enlisted us to help them get it done! This home sold for \$25,000 after only 14 days on the market and multiple offers.

This seller was getting ready to move to South Carolina for a new job, so they needed to sell quick! This home **SOLD** for \$15,000 over asking price in only 11 days and multiple offers.

