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Amusing, clever notices appear regularly on Town and Country's marquee. (Photo by Frank Sabatini Jr.)

Whimsical musings

A marquee in Hotel Circle draws second glances

Frank Sabatini Jr.

It has become a common sight in which drivers and their passengers shoot

fast photos of the Town and Country's towering marquee while waiting for the traffic light to change at the corner of Hotel Circle North and Fashion Valley Road.

For decades, the sizable marquee overlooking the busy crossroad was reserved for displaying the names of organizations holding conventions at the 32-acre resort. Yet as of last summer it became a signboard for some of the quirkiest and funniest public statements

See **BILLBOARDS** page 3

Shelter shakeup

Humane Society bids for control of county's animal services

Dave Schwab

The county is changing how it handles animal services by outsourcing them, and the nonprofit San Diego Humane Society (SDHS), among the bidders, said it will be a win-win for them even if they are not the chosen entity. "If we are not chosen, we will continue to provide the level of care that we have for the last 138 years for



Humane Society officers could soon take the place of county animal service personnel. (Courtesy SD Humane Society)

See **ANIMALS** page 9



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Bringing people together

Linda Vista Multicultural Fair celebrates the diversity of its neighborhood

Cassidy Klein

Linda Vista's rich history will be the theme of the 33rd annual Linda Vista Multicultural Fair and Parade taking place on April 30. Fairgoers will get a chance to explore the community's history while eating international foods, watching cultural performances and riding carnival rides.

"Linda Vista has a history of diverse cultures that contribute to its beauty," said Lauren

Garces, fair coordinator. "We aim to promote all of these shared histories, traditions and customs at the fair for future generations and other communities to learn from."

In addition to the parade, rides, booths and entertainment, this year's fair also includes a History Pavilion to go along with the fair's theme, "Our Stories." The pavilion will showcase a collection of photos and stories from Linda Vista community members over the past 75 years since Linda Vista was founded during WWII.



Cultural dances, music performances and presentations are featured at the Linda Vista Multicultural Fair. (Photos courtesy of Lauren Garces)

Janet Kaye, the board president of the fair committee, has been involved in planning the fair since 1984 when it first began. At that time, Linda Vista had waves of Asian immigrants moving in due to the Vietnam War and the affordable housing offered in the community.

"We recognized that we weren't talking to our new Asian neighbors," Kaye said. "They were very shy and very quiet, very reserved. So we voted to have a festival. Because we had a language barrier, people brought food. We had many different foods, very exotic foods as well as hamburgers and hotdogs."

Since then, Linda Vista has the fair each year to celebrate diversity — a diversity that defines and fills the community with multiple ethnicities and 22 recorded languages and dialects.

"I joke about when people decide to put on a 'cultural diversity fair' because we bandy these words around because they sound good," said Kaye. "They have to import the stuff in, but it's like, people, we live it 24/7. This is just a real, authentic cultural area. Even though we don't talk to one another in languages, we can share the food and the fun."

Noli Zosa, the parade coordinator, said the fair also provides an opportunity for University of San Diego (USD) students to interact with their Linda Vista community.

"There's a difference between USD, which is one of the most beautiful campuses in the country, located right here in Linda Vista, and parts of Linda Vista that are a lower economic community," Zosa said. "So it's just a chance for the two parts of Linda Vista to come together and not be intimidated."

This one-day fair may not solve all the problems in the community, but according to

Kaye, it is a day when everyone can come together and celebrate at a "nonthreatening venue."

"People [in the community] aren't familiar with one another, and [at the fair] we're all on the street together," she said. "And you see these kids sitting on the curb watching the parade and there's a black kid and an Asian kid and a white kid and they're not afraid of one another, they talk to one another, and that's what's refreshing."

Around 15,000 attendees are expected at the fair and parade this year. The parade is a mile-long spectacle of noise and color, with various marching bands, musical acts, dancers and other performers.

"These are ethnic dances that people are not going to be able to witness in any other venue," Kaye said. "And it's free. People can sit on the grass and have something to eat or drink and just sit there and watch this unusual music. There's a flavor for everybody."

In addition to food vendors, the fair also has various non-profit and community vendors offering free services. There is also a Kids Zone and three stages with continuous live music and entertainment.

Kaye hopes that at this year's fair, attendees will hear some "fascinating stories" about Linda Vista's history and gain greater appreciation for the uniqueness of the neighborhood.

"We're happy we get to close the Linda Vista block down every year together and present Linda Vista's truly diverse culture," Garces said, "and all the reasons we should celebrate it."

—Cassidy Klein is an editorial intern at San Diego Community News Network, the parent company of Mission Valley News. Reach her at cklein0900@pointloma.edu. ■

Trees



FRIDAY, APRIL 27th | 5 - 7:30 PM

Celebrate Arbor Day at Civita Park.

Arbor Day is April 27th and the community of Civita is calling all San Diegans to come outside and celebrate. Join us at Civita Park in Mission Valley on Friday, April 27th from 5-7:30. Grab a tasty dinner from one of the many food trucks, visit with exotic birds and enjoy a free concert by The Mighty Untouchables.

The homes at Civita are modern-chic, Civita Park is 14-acres huge, and the overall lifestyle is one that'll get you walking, talking, and maybe even tree-hugging.

Visit Civitalife.com for event details and more.



Civita Park, 3960 Civita Blvd. | civitalife.com



Civita is a master plan development of Quarry Falls, LLC. All information, specifications, renderings, and pricing are subject to change.



The Multicultural Parade celebrates the many ethnicities found in Linda Vista.



Traditional and contemporary Mexican music will be featured at Old Town Cinco de Mayo. (Courtesy McFarlane Promotions)

An ‘authentic’ Cinco de Mayo celebration

Cassidy Klein

The 35th annual Old Town Cinco de Mayo celebration, happening May 4-6, is a fiesta Laurel McFarlane of McFarlane Promotions calls “authentic and amazing.”

“It is an amazing festival and we hope all will come out and enjoy,” McFarlane said. “[The festival] showcases Old Town, and it’s free. We have worked really hard to bring authentic elements to it.”

Around 100,000 attendees are expected to attend the free event. The fiesta will include a mercado (marketplace) with 50 food and merchandise vendors, entertainment from over 30 entertainers of multiple music genres, Lucha Libre fights, a car show, drink and restaurant specials and free activities for kids such as stagecoach rides, face painting and arts and crafts. Attendees can also explore Old Town’s museums and shops.

“[The Old Town fiesta] is one of the largest celebrations in the country, and not only has a huge event on the streets, but also has a large sister festival in the historic park at the same time,” McFarlane said.

McFarlane Promotions has been involved in running the event for over 10 years. In that time, they have helped grow the festival from two days to three days and have incorporated more events and performances.

“We have added Lucia Libra and a LowRider Show and have worked hard to make the stage incorporate all types of Latin music,” McFarlane said. “We also are doing a showcase of mariachis on Sunday [May 6].”

Various Old Town restaurants, including Fred’s Mexican Cafe, are known for

their drink specials during the festival and enjoy being involved in the festivities.

“We try to be a part of the community,” said Steve Bassium of Fred’s Mexican Cafe. “Cinco de Mayo is the one time of the year when people from all over San Diego come. People from all over the world come, but it’s just a real fun, great event.”

Fred’s is offering specials on Dos Equis drafts, Herradura margaritas, Frida Kahlos and more.

“Fred’s is a little bit different from the other restaurants in Old Town in that we’re a little less traditional, we’re a little more Cali-Mex,” Bassium said. “We’re a little bit edgier, so we just kinda come in, have fun, throw a party and people enjoy themselves.”

Cinco de Mayo is a historic celebration that commemorates the Mexican army’s unlikely victory against Napoleon III’s French army at the battle of Puebla on May 5, 1862.

McFarlane said that funds raised during the event go to the Historic Old Town Community Foundation which helps fourth-grade programs that teach California history.

McFarlane hopes families who attend will “enjoy the food and booths, visit the local merchants, dance to the live music, enjoy the children’s area and go on stagecoach rides in the park.”

Bassium encourages San Diegans to come out and not only enjoy the history and culture, but have fun drinks with friends as well.

“It’s one big party,” he said.

—Cassidy Klein is an editorial intern at San Diego Community News Network, the parent company of the Mission Valley News. Reach her at cklein0900@pointloma.edu.■



Old Town Cinco de Mayo is a family-friendly event with lots of activities for children.

► Billboards, from page 1

the hotel industry in Mission Valley has ever seen.

“Procrastinators conference postponed,” read one of the earlier postings.

“A penny saved is a really bad savings plan,” read another, followed weeks later by: “3 out of 2 people have trouble with fractions.”

Mission Hills resident Tommy McNeil works in a nearby office complex and regularly passes the marquee on his way to work. The random statements—posted always in removable, uppercase letters—started grabbing his attention last year. He soon called the hotel for an explanation.

“I was confounded and amused,” he recalls. “They told me it was part of an ongoing contest for Town and Country employees, for whoever can come up with the most imaginative thoughts.”

Before recently leaving her position as the resort’s director of sales and marketing, Stephanie Hinkley described the “contest” as a lighthearted effort for keeping the hotel “relevant and fun” as it finally approaches the first phase of a \$70 million makeover.

The sweeping renovation, due to start later this year, comes after lengthy holdups involving labor groups and the San Diego City Council. It will see the demolition of Googie-style buildings, vintage bungalows, weathered gazebos and tended gardens that have become indigenous to the property since it opened in the early 1950s as a quaint motor lodge.

The redesign is slated to include freshly constructed guest structures, a new pavilion, green spaces and more than 800 housing units. All phases of the project are due for completion in 2022.

“It will be transformative, but much of the design will still have that midcentury feel,” Hinkley said.

Since June, employees at the hotel have been invited to submit random thoughts to the marketing department for a chance at seeing them splashed across the marquee, which Hinkley said will also be torn down in the redevelopment process “maybe later this year.”

In the meantime, the marketing coordinators sift through an ever-growing repository of marquee submissions and choose a favorite every week. Employees whose ideas are used receive internal shout-outs and recognition in the company newsletter.

The hotel’s chief engineer, John Medcalf, contributed a winning submission that appeared on the marquee for a week in February: “If a dog sees a police dog, does he think cop?”

The idea, he recalled, “just kind of formed in my mind.” It was chosen over his previous submission that read: “Magicians, quit making the money disappear.”

Haley Asturias is the hotel’s social media coordinator. She says guests and locals alike regularly post pictures of the marquee on social media almost every week. She, too, saw her submission looming



This celebratory post went up in late March after the San Diego City Council granted approval for major redevelopment. (Photos by Frank Sabatini Jr.)

over the property earlier this year—and with a season-appropriate slant intended to incite chuckles from back-East guests: “In San Diego we like to watch winter from our televisions.”

But the weekly musings posted on the marquee aren’t the only offbeat visuals catching people by surprise.

Wander through the grounds and behold lawns occupied by large flocks of multi-colored plastic flamingos as well as herds of ceramic “security” rabbits poised alertly on their hind legs. In addition, bright-yellow rubber ducks have taken residence in the main fountain, located near an enclosed Tiki-style hut that will soon disappear.

“These are all reminders to relax and have fun. They mark a change in our creative department for guests to think of the Town and Country as a throwback to simpler times,” said Asturias.

Hinkley cited that in waiting for the green light over the past year to move ahead with renovations, “we needed to be less serious.” She added that public feedback to the property’s unconventional installments, particularly the marquee postings, has been “incredibly enthusiastic.” A few people, she noted, have expressed confusion or



“Security rabbits” stand guard along a pathway inside the resort.

distaste for what they’ve seen “even though there’s been no ill intent on our part.”

The Town and Country is co-owned by Lowe Enterprises, AECOM Capital and C. Terry Brown. It is located at 500 Hotel Circle North. For more information and updates, call 619-291-7131 or visit towncountry.com.

—Frank Sabatini Jr. is the author of “Secret San Diego” (ECW Press), and began his local writing career as a staffer for the former San Diego Tribune. Reach him at fsabatini@san.rr.com.■



A rainbow of flamingos adorn one of the property’s lawns.

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Offering perspective

Mission Valley nonprofit helps women through reproductive loss

Joyell Nevins

You are not alone. That's what La Mesa resident Michaelene Fredenburg and the Mission Valley-based Life Perspectives want those who have suffered reproductive loss to know — whether miscarriage, abortion, stillbirth, the pain is real, and support exists. Life Perspectives comes alongside the women going through the grieving and healing process, and gives tools to the family and friends floundering beside them.

"The way those reproductive losses occur are different, but the way they experience it and how they deal is very similar," Fredenburg said.

Fredenburg herself was 18 when she became pregnant unexpectedly. She was competing and teaching ballroom dance at the time. She and her boyfriend decided together that an abortion would be the best life decision. But what Fredenburg didn't count on was the onslaught of negative emotions she felt afterward.

"I was confused and isolated. I blamed [my boyfriend], but I knew that was not fair," she said. "I didn't cope well. My own emotions and behavior started to alarm me."

Fredenburg felt incredibly alone. But the pain became so intense, she knew that she had to reach out. And that's where light began to creep in.

As Fredenburg started to heal, and learned that she *wasn't* alone, she thought maybe there were other people who felt the same way. Fredenburg contacted a few organizations in the area and offered to share her story. Once she did, an amazing thing happened.

"When you share your story, people share their stories with you," Fredenburg explained. "Then they started sharing their stories of loss through miscarriage, too."

That was 25 years ago. Fredenburg began to realize that there was a great need for a safe space for those grieving reproductive loss: a community and a place to share their pain and their story, a place to bring hope and healing. According to



(l to r) Some of the Life Perspectives staff: Trainer Premala Jones, Safe Place Institute director Carol Porter, mental health coordinator Sharon St. Pierre, CEO Michaelene Fredenburg (Photo courtesy Life Perspectives)

the National Health Service, an estimated 1 in 6 pregnancies end in miscarriage. The Center for Disease and Control states that approximately for every 1,000 births, there are 186 abortions. That's a lot of women affected.

Yet, there is still a "code of silence" surrounding these events, Fredenburg notes. Abortion has become a very politicized issue. Miscarriage often carries a certain amount of shame and guilt. When a friend of hers suffered a miscarriage, it struck Fredenburg that there

were no sympathy cards in the greeting aisle for that kind of loss.

"It's not that people are unfeeling or uncaring — we just don't know what to do," Fredenburg said.

So, Life Perspectives also gives tools for those surrounding the women.

"One of our truisms is it's better to say something awkward, than to not say anything at all," Fredenburg explained. "In saying something, you *acknowledge* them and what [they're going through]."

In 2000, Life Perspectives zeroed in to solely focus on those affected by reproductive loss. In 2007, there was an internal organizational shift, and a focus on more digital tools. The websites "Miscarriage Hurts" and "Abortion Changes Me" were designed. Since 2008, more than 270,000 hurting men and women have visited those sites.

Just last year, the "Safe Place App" was launched — sparked by a conversation Fredenburg had with a random airplane passenger. He told Fredenburg of someone he knew who had experienced reproductive loss and said, "I know they're hurting, but I don't know what to do." He mentioned how helpful it would be to have an app to reach those resources. Now, the Safe Place App offers a "Find Help Directory," "Questions to Consider," basic tips for how to be a safe place, and even a spot for journal entries.

Another resource Life Perspectives has developed based on outside requests are trainings. They go into hospitals, nonprofits and other related organizations and teach how to "engage men and women in the healing journey." Yes, men too. Fredenburg notes that men are often ignored in these situations, but are still going through their own pain and suffering.

"Our policy is we emphasize men more than women in these trainings, since what we culturally do by default is the opposite," Fredenburg said. "We have to overcome that."

In the last 10 years, Life Perspectives has trained more than 1,600 pregnancy center staff, peer and professional counselors, church leaders, and nurses. They just got back from a trip to the Ukraine, where through a 'six degrees of Kevin Bacon' setup, were connected with a conference bringing together 80 mental health and reproductive professionals from across the country.

At these trainings, Life Perspectives will share stories of people who have gone through reproductive loss and practice dialoguing — what to say and what *not* to say. Despite the seriousness of the situations, the trainings are interspersed with places to laugh and have fun.

"They traffic in a lot of pain, so we focus on self-care

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See PERSPECTIVE page 5 —>

Kindness celebrated at ‘Above and Beyond’

Jeff Clemetson
Editor

When you think of honoring firefighters for their deeds, the heroic acts of running into burning buildings to save a crying baby or parachuting into a blazing forest fire come to mind. The men and women of San Diego Fire and Rescue certainly rise to the occasion when these kinds of challenges present themselves, and are given the proper accolades when appropriate. But in addition to bravery and courage in the line of duty, there is another quality that San Diego firefighters are rewarded for: kindness.

On March 23, the San Diego Fire Rescue Foundation (SDFRF) honored the kindness of San Diego firefighters at an event called “Above and Beyond” at the Bahia Hotel in Mission Bay. The luncheon fundraiser and honorees ceremony was emceed by ABC 10 news anchor Kimberly Hunt and featured appearances by San Diego City Council President Myrtle Cole, former City Councilmember and SDFRF vice chair Marti Emerald, and San Diego Fire Rescue Chief Brian Fennessy.

Although the purpose of the event was to honor firefighters and first responders for going that extra mile in serving the public, it was also a chance for Chief Fennessy — who will be leaving the department after 28 years for a job in Orange County — to say farewell to the foundation members who have helped to financially support the Fire Department.

“It’s been an honor and a privilege to serve as a member of this department for as many years as I have,” Fennessy said. “Public safety has always been a top priority for Mayor Faulconer and the City Council. We’re very fortunate to have their strong support and you can imagine there are many competing demands on a limited city budget. This is where the San Diego Fire Rescue Foundation comes in. The foundation has been a great partner.”

Speaking to the nature of the Above & Beyond honors, Fennessy said the public has three expectations from their Fire Department: to respond to emergencies quickly; to be well-trained and know what to do; and to treat people with dignity and respect.

“This sounds like a no-brainer, but trust me when I travel and have conversations with fire chiefs from throughout the U.S., this isn’t always the case. We have something very special here in San Diego,” he said, adding that the awards are for firefighters who “demonstrated acts of kindness above and beyond our expectations.”

The first two honorees were not firefighters or lifeguards. Peter Seidler and Dan Shea are homeless advocates who were instrumental in building the industrial tent shelter. In a video presentation, the two said the hepatitis A outbreak was what “pushed the city into doing it.” The pair also said the program has been a success, taking over 700 homeless off the streets and cutting down on the number of emergency service calls dealing with homeless. The two were not in attendance but were each given an honorary white fire chief’s helmet.

Captain Kieran Maloney, engineer Steve Adler, firefighter-paramedic Justin Loftis, and firefighter Charles Lacey from Mission Valley’s Station 45 were honored for kindness they showed when they responded to a call where woman had taken her own life and then learned she was a police officer.

Lacey suggested getting a flag to honor the officer, and presented it to the police sergeant on the scene. When the medical examiner brought the body out, it was draped in the American flag, which was later given to the family.

“Maybe it seems like a simple thing, but it did mean a great deal to the fellow officers that were there,” Hunt said in her presentation. “It helped on that dark day.”

Capt. David Allen, engineer Arlo Nieto, firefighter-paramedic David Ross, and firefighter



(l to r) San Diego Fire Rescue Department Chief Brian Fennessy with firefighter Charles Lacey, Captain Kieran Maloney, engineer Steve Adler and Kevin Leap of Mission Valley’s Station 45 (Photo by Natalia Robert Photography)

James Montgomery of Station 33 in Rancho Bernardo answered a call to help a man who had fallen and was pinned to the floor. The paramedic stabilized him and took him to hospital while the rest of firefighters stayed behind to clean his house.

“The whole level of professionalism and kindness they showed throughout the whole event was just overwhelming,” said a family member of the man in the video presentation.

When a 2-year-old girl got her hand stuck in the door of a truck, Captain Jack Middleton, engineer Jesus Arce, firefighter John Hernandez, and firefighter Isaac Chavez of Station 12 in Lincoln Park not only freed her without major injury, but also made sure she would see firefighters as people who help. Two days after the incident, the firefighters showed up at her door and brought coloring books and toys.

A letter to Chief Fennessy earned firefighter Sierra Brown an Above & Beyond award. Brown had responded to a job site accident where a man fell on the job and died in route to the hospital — it was supposed to be his last job before retirement. A few days after the accident, Brown spoke with the man’s niece and shared with her that her uncle had fought hard.

“She showed the human side to firefighting in my eyes and I

will not forget that,” the niece wrote of Brown in her letter to the chief. “If there is a kind and compassionate award the city gives to staff doing more than their job description, Sierra should win.”

Lifeguard chiefs James Gartland and Rick Wurts (ret.), Lt. John Sandmeyer, Lt. Richard Stropkey, and the Frost Family and Beach Cottages were honored for kindness they showed during the search for Taylor Watts, who fell off a pier and was missing for several weeks before his body was found. The lifeguards brought meals to and made personal connections with the Watts family, who flew out from their home in Houston, Texas, and even helped get them discounted hotel rooms while they went through the ordeal.

The San Diego Fire Rescue Foundation was founded 13 years ago with mission to provide equipment, training, technology and community education resources above what the city budget can provide. For more information, visit sdfire-rescue.org.

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

► Perspective, from page 4

with the trainers, too,” Fredenburg said. “We ask, ‘What will fill *you* up?’”

One of the trainings, “Reproductive Loss: Facilitating the Grieving Process,” meets the qualifications for three hours of continuing education credit by the California Board of Behavioral Sciences. One of Life Perspectives’ next goals is to have even more of their training courses qualified for CEUs.

Fredenburg now has two adult sons and a husband of 23 years. Both of her sons are involved with Life Perspectives and passionately support the work her team does. Her husband Michael is a founding board member and volunteers for the office’s major technology needs.

“But most of all, he’s one of my biggest fans and the number one member of my support system,” Fredenburg declares.

How can you get involved?

Through lifeperspectives.com, you can link to the websites focusing on training, abortion and miscarriage. Donations are accepted on that site as well. The app is available in both Google Play and the iTunes App Store. Life Perspectives is also looking for volunteer and committee members to help prepare for their Side by Side 5K, their largest fundraiser of the year held annually in October. Visit the website or email contact@lifeperspectives.com for more information.

—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. ■

► News briefs, from page 1

University of Redlands School of Business awarded accreditation

The University of Redlands, a private liberal arts and professional university in Southern California, recently announced the recognition of its graduate and undergraduate business programs by the Accreditation Council for Business Schools and Programs (ACBSP). The accreditation certifies that the teaching and learning processes within the University’s School of Business meet the rigorous educational standards established by ACBSP.

“While our student and alumni surveys have consistently noted the value of our business programs, the ACBSP accreditation is a very meaningful milestone in the evolution of the school,” said

Dr. Tom Horan, dean of the U of R School of Business in a press release “It signifies and validates that we are operating at a level of excellence required for such accreditation.”

Established in 1988, ACBSP is the only organization offering specialized business accreditation for all degree levels, from associate to baccalaureate to doctoral degree programs. ACBSP uses the Baldrige Education Criteria for Performance Excellence, which evaluates aspects of leadership, strategic planning, relationships with stakeholders, quality of academic programs, faculty credentials, and educational support to determine whether or not the programs offer a rigorous educational experience and demonstrate continuous quality improvement.

“The University of Redlands has shown its commitment to teaching excellence and to the

process of quality improvement by participating in the accreditation process,” said Dr. Steve Parscale, ACBSP chief accreditation officer. “This accreditation is evidence that the University is committed to providing the highest quality business education for its students.”

The University of Redlands San Diego campus is located in the heart of Mission Valley, near the Westfield Mission Valley and Qualcomm Stadium and is accessible from the 15, 8 and 163 freeways.

District Hiring Fair to be held April 27

The San Diego Community College District (SDCCD) is holding a hiring fair on April 27 from 10 a.m. to 2 p.m. at the Handlery Hotel, 950 Hotel Circle North in Mission Valley.

See NEWS BRIEFS page 7 —>



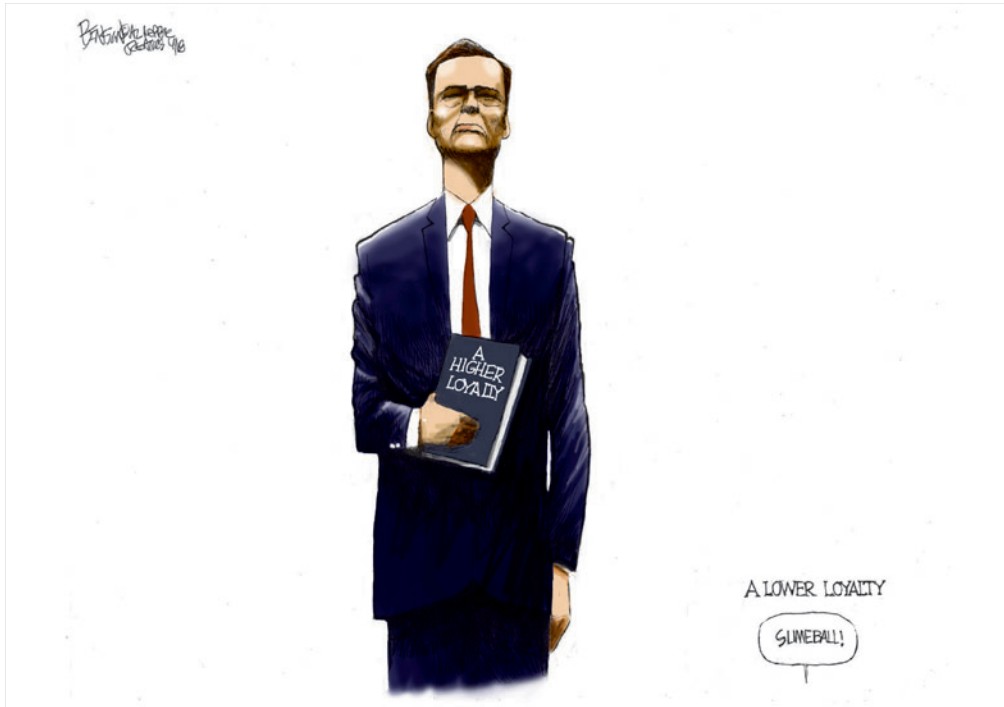
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Dimensions Collaborative School, is an independent-study program with resource centers throughout San Diego County, including one in Mission Valley.

Through the guidance of an educational facilitator, a personalized academic plan is designed to match the learning style, interests, and talents of each individual student. The majority of a student’s academic work is completed at home with his or her parent(s) as the primary educator(s).

To enrich the work done at home by each student, optional group instruction is offered at resource centers, 2-3 days per week. The flexible schedule and environment empower students to learn from various mentors in a wide range of environments. Students work in groups and individually to explore and discover knowledge of the world and to develop their maximum potential.

DCS is now enrolling. For more information, please contact Charles Schechter, regional manager at 619-876-7380 or visit our website at dcsocal.org.



Guest editorial

SoccerCity is the right choice for Mission Valley

Nick Stone

In a little less than seven months, the people of Mission Valley and voters throughout the city will go to the polls to decide the future of what was once the Qualcomm Stadium site.

As project manager of the SoccerCity plan, I'd like to lay out for you why our proposal is better for Mission Valley residents than the so-called "SDSU West" concept – a private development devised by local developers under the guise of a university expansion.

In crafting the SoccerCity plan, we sought to create something that delivers maximum benefit to the residents of Mission Valley while minimizing any negative impacts to the surrounding community.

We looked at a variety of issues. What do residents here want and need? How do we fulfill the community's long-held dream of a large river park? How do we create new recreational opportunities? How can we address the impacts that occur, such as additional vehicle trips in and out of eastern Mission Valley? And how do we accomplish all of this without asking the people of Mission Valley – or San Diegans in general – for a dime of their money?

After a great deal of planning, we have designed and placed on the ballot a proposal that will have a positive impact on the community. It will transform what has become an expensive eyesore into a unique venue that Mission Valley residents can enjoy.

First, SoccerCity will create a large river

park with walking and biking trails. Not only have we committed to privately fund the \$40 million park, we'll pay to maintain it for the next 99 years. While other developers in Mission Valley have traditionally shirked their responsibility to provide parks, we'll deliver on our promise to make this open space a reality through a legally-binding agreement with the city.

By contrast, the developers behind SDSU West deliberately refused to buy the river park land. The land would remain in the city's hands, requiring the city to build a park — with no commitment for a dime of funding in their initiative.

To preserve the football program at SDSU and to bring professional soccer to San Diego, we are proposing to build a multi-use stadium that would accommodate 33,500 fans, saving SDSU \$150 million compared to building it alone.

Just as important, SoccerCity will also provide for the long-term growth of SDSU by designating 35 acres for classrooms, research facilities, and student housing. We have always planned that SoccerCity would provide space for the university to flourish for decades to come.

To give Mission Valley residents an exciting place to dine, shop and enjoy live music, we'll also create a vibrant sports-and-entertainment district, which will be easily accessible via the existing trolley line. The SDSU West proposal includes no such concept; the community would get housing and offices, without any benefits to the neighborhood.

The SoccerCity proposal will also create new housing options — again, conveniently located along the existing trolley line. The mix of offices, restaurants and shops at SoccerCity means residents won't have to get in their cars as often — they can live, work and play, all within walking distance.

But for those who will have to commute, as well as those coming to watch a football game or soccer match, we will privately fund \$50 million in road improvements along Friars Road and the freeway connectors. SDSU West again fails to commit to any road improvements.

And unlike SDSU West, the entire SoccerCity plan will be funded privately — without the use of a single taxpayer dollar.

Perhaps most importantly, SoccerCity's detailed 3,000-page plan stipulates exactly what will be built on the site — unlike the vague 12-page "SDSU West" plan, which gives Sacramento politicians and appointed bureaucrats the ability to do essentially whatever they want with the property, according to the City Attorney's independent analysis. SDSU West is not a campus expansion; it's the same developers who are responsible for the traffic and lack of parks in Mission Valley today promoting more of the same for Mission Valley.

SoccerCity is the best plan for Mission Valley residents. For more information, go to soccercitysd.com.

—Nick Stone is the project manager for the SoccerCity initiative. ■

Guest editorial

Prioritize bikes, transit to fulfill climate promises

Sophie Wolfram

Two years ago, San Diego put itself on the map as a city on the forefront of the battle against the climate crisis, the greatest threat to our health, safety and quality of life. With the support of Mayor Kevin Faulconer, the City Council voted unanimously to adopt a Climate Action Plan, or CAP, that makes a legally binding promise to slash our emissions in half.

Making alternatives to driving safe and accessible, as well as convenient and appealing, is a big part of what the mayor and council promised San Diego families in the CAP. The city has established quantifiable targets for walking, biking and transit ridership, and they're ambitious but achievable. That's something to be proud of.

It will take ingenuity, coordination, investment and political will to meet these goals. And it will be worth it. Facilitating alternative modes of transportation will clean the air, protect our hearts and lungs, improve public health and enable families burdened by transportation costs and lack of transit options to more readily access jobs, school and after-school activities.

But progress on transportation is limited at best. The mayor needs to make the CAP's walking, biking and transit goals a top priority to fulfill the promise of a better future for our children.

We need three things from our mayor: A roadmap detailing how we will meet the targets, investment in transit and bike infrastructure, and championing a regional plan at San Diego's Regional Planning Agency (SANDAG) that meets these goals.

First, the roadmap. San Diego needs a document that establishes the vision and the blueprint for how our city will become a pedestrian-friendly, bike-friendly and transit-rich environment that supports mobility in a safe, accessible, inclusive, vibrant and livable city. In 2016, the mayor promised to develop a transportation master plan, but the public has yet to see a draft, and no information is available about when a draft will be available. That Transportation Master Plan needs to chart the course from where we are today to our transportation targets in 2035, and it needs to be finalized by 2019 so that we can get moving on the ample work that lies ahead to shift commuter habits.

Second, we can't change mobility patterns without investing in the protected bike lanes and sidewalks and crosswalks that make traveling on foot and by bike safe, attractive options. We at the Climate Action Campaign are calling on the mayor to back up his promises with investment in his proposed budget, due out in mid-April. The long-awaited Downtown bike network, the bike projects on El Cajon and University in City Heights, and the "Fatal 15" intersections must be addressed and implemented to begin moving the needle on pedestrian and bike ridership. To coordinate the many moving parts that contribute to a multi-modal

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Ethics questioned on Capitol Hill

Congressional Watch
Andy Cohen



Congressman **Duncan Hunter (R-50)** just can't seem to buy a break these days. Then again, his troubles are of his own making, so it's difficult to feel any sympathy for the man and his family. It's become somewhat of a monthly ritual to chronicle the saga of the Alpine Republican's continued fall from grace, because each time it appears that he has hit rock bottom, the bottom falls even deeper.

Last month, new details about the federal investigation into Hunter's campaign finance shenanigans were uncovered, including attending congressional committee meetings inebriated, and frequent meetings with "the bros caucus," a pack of his (Republican) buddies at the Capital Hill Club in Washington, D.C., often during daytime hours. It was also reported that Hunter is suspected of having had one or more extramarital affairs, including with one young female intern-turned-full-time staffer.

A new investigation by the San Diego Union-Tribune has uncovered an even more troubling pattern of campaign finance expenditures dating all the way back to 2008, Hunter's first campaign for his father's old congressional seat. Hunter's campaign filings have shown 301 separate transactions totaling \$138,666 from Hunter's campaign accounts shelled out at various bars, liquor stores, and "bar dominant restaurants and similar businesses."

But wait! There's more! The SDUT dove deep and further discovered that 247 of the 301 transactions took place in Washington, D.C., and not at campaign events in the San

Diego area, and that 30 percent of those transactions were for less than \$100, indicating that they were not for major campaign events. Roughly half of those disbursements occurred at a notorious lobbyist hangout. But, hey, "Drain the swamp!" Right?

In a bit of good(?) news for Hunter, the House Ethics Committee has again postponed its own investigation into Hunter's campaign finance forays out of deference to the Justice Department criminal investigation that is ongoing.

Hunter, for his part, believes he's being treated unfairly.

"I think that the Department of Justice is somewhat biased," he previously told San Diego's KUSI TV. "There are individuals there, they like to make big cases, they like to do big things. It makes a name for them. I think that the longer they drag this out, the worse it is for me, and they know that. So, let's just get it over with."

It is unconscionable that this man would be allowed to continue to represent the interests of the San Diego region, but sadly that's likely exactly what will happen, short of a criminal conviction. Recall that it took a federal bribery conviction to remove Duke Cunningham from office, so this scenario is nothing new for San Diego.

Anti-LGBT pride lawsuit dismissed

A federal judge dismissed a lawsuit filed against several members of Congress, including **Susan Davis (D-53)** for flying a rainbow flag outside their congressional offices. The plaintiff, Chris Sevier, had argued that displaying the rainbow flag, a symbol of LGBT pride, was tantamount to the establishment of a religion, and was thus prohibited by the Establishment Clause of the First Amendment.

"The rainbow flag is a symbol of commitment to full equality, freedom, and love and I will continue to display it outside my D.C. and San Diego offices," said Davis in a press statement. "These lawsuits attacking equality only strengthen my resolve to fight to fulfill our nation's principles of liberty, freedom, and equality."

Sevier, an attorney who represented himself in the lawsuit, wanted the court to declare homosexuality itself a religion.

"Homosexuality is a series of unproven faith-based assumptions that are at the very least implicitly religious, if not completely absurd," Sevier wrote in an email to the SDUT. "When someone says they are 'born gay,' 'born with gay genes,' 'that they came out of invisible closet and were baptized gay' — those are naked assertions that cannot be proven and can only be taken on faith. They are insurmountably religious in nature and are unworthy of civil rights protections."

The judge, it appears, felt otherwise.

The more things change...

Darrell Issa (R-49), who has decided not to run for re-election in 2018, told Fox News that he believes a special prosecutor will eventually take over investigations into the FBI and the Obama administration. Issa, who as the chairman of the House Oversight and Government Reform Committee, oversaw several investigations into the Obama administration that discovered no wrongdoing whatsoever and wasted millions of taxpayer dollars, says he is really, really sure they'll find something this time.

"My belief is it should be a special counsel," Issa told Fox News. "I want a special counsel with the same determination and resources to look

at the abuses of the FISA process; was the Hillary Clinton email investigation a sham; were there conflicts of interest in the Justice Department?"

"I want a special counsel to be appointed with the same resources and the same determination to look at those issues as is Mueller looking at the Trump campaign, and I don't see that yet."

Congressional Republicans, it seems, are increasingly desperate to manufacture corruption in the FBI after Special Counsel Robert Mueller, the former director of the FBI under George W. Bush, produced 22 indictments (including 13 Russian agents) with five guilty pleas, and former Trump National Security Adviser Michael Flynn as the big fish (so far).

Issa apparently hasn't learned anything, even after being ousted as House Oversight chair. Issa still insists that there were "serious scandals" committed by Obama administration officials, including the Benghazi investigation, IRS, ATF, (among others) — all leading to exactly zero indictments which proved to be nothing more than politically motivated salvos, desperate to prove preordained conclusions.

The more things change...

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

► Transit, from page 6

transportation system, the city needs a director of mobility in the mayor's office and a mobility department that can deliver efficient, effective solutions.

Finally, the mayor needs to play an active, consistent role in transportation policy at the regional level, starting with insisting that SANDAG adopt a Regional Transportation Plan, or RTP, that supports the city's ability to meet its climate targets. Assembly Bill 805, passed in 2017, requires that SANDAG produce an regional plan that increases biking, walking and transit; reduces air pollution in disadvantaged communities; and is consistent with local climate plans. The mayor needs to direct staff to ensure that any scenario they put forth to shape the future of transportation in our region complies with those requirements.

I believe the mayor wants to do the right thing. Climate Action Campaign wants to remind him that slashing our carbon footprint in half, shifting half of our population out of cars, and becoming a world-class city doesn't just happen — those goals require sustained commitment, investment, and focus. We stand ready to partner with the mayor and council to ensure we meet the needs of the current generation without compromising the ability of future generations to meet theirs.

—Sophie Wolfram is director of programs at Climate Action Campaign.■

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The fair includes interviews and potential on-site conditional job offers for dozens of adjunct faculty job positions in various disciplines and vocational fields.

"We want to draw attention to our district as a well-established public educational institution that is growing, and we have many job opportunities," said Erin Milligan-Hill, director, Employment and Professional Development in a press release. "Our highly competitive salaries and benefits make us an attractive option for many qualified candidates."

San Diego City, Mesa, and Miramar Colleges, in addition to San Diego Continuing Education, will have deans and department chairs at the hiring fair to interview applicants and possibly make conditional job offers.

Information also will be available regarding current and upcoming tenure-track faculty, classified employees, and non-academic hourly job opportunities.

Attendees are encouraged to bring a resume or curriculum vitae and a copy of their transcripts for review. Completed applications are available at sdccdjobs.com.



The building that housed the recently-closed Junk House Restaurant has been sold. (Courtesy Location Matters)

Landmark restaurant building sold

On April 9, commercial real estate brokers Location Matters announced the sale of the building that recently housed the Junk House Restaurant. The building, located at 5351 Adobe Falls Road in East Mission Valley, originally housed Nicolosi's Italian Restaurant, a Mission Valley Landmark that operated there for over 57 years.

The Junk House owners extensively rehabbed the building, which sold for \$1,850,000

to Davies, LLC, an affiliate of the Cohn Restaurant Group.

Creek to Bay Cleanup seeks volunteers

I Love A Clean San Diego (ILACSD) is now accepting volunteers to register for its countywide Creek to Bay Cleanup.

This year will be the organization's 16th one-day cleanup event that gives residents the opportunity to donate their time to create a cleaner, healthier San Diego County. ILACSD anticipates over 6,000 volunteers will participate in this year's cleanup, held April 21, from 9 a.m.—noon.

There are 114 cleanup locations in neighborhoods, parks, beaches, and open spaces throughout San Diego County for volunteers to get involved. A complete list of cleanup sites is available at CreekToBay.org.

With a tagline of "Your Neighborhood, Our Environment," Creek to Bay highlights the importance of acting locally to contribute regionally. Volunteers can get

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A second chance through continuing education

Allura **Garis**

Ozzie Lubach, raised by a single mom and stepfather in San Diego, was on track for a scholarship to the United States Naval Academy in Annapolis, Maryland.

“I was very interested in joining the Navy after high school. It was a big part of my life,” said Lubach. “NJROTC gave me a sense of purpose.”

When he was asked to leave the Navy Junior Reserve Officer Training Corps (NJROTC), that military scholarship disappeared and Lubach’s future plans changed forever.

For most of Lubach’s high school education years, he moved in and out of public and private institutions, including homeschool, due to substance abuse and bad behavior.

“I chose a lifestyle that I couldn’t get out of,” Lubach said of his academic journey sharing his battle with depression and addiction. “I put my family through a lot. It was difficult for my mom to watch me struggle. So I ended up at a boarding school in Arizona.”

Just months following his high school graduation, Lubach found himself without a place to sleep when he returned home to San Diego, finding shelter in Mission Valley along the San Diego River and bathing at the nearby Starbucks.

Lubach’s life turned around when he was admitted to the San Diego Rescue Mission’s (SDRM) 12-Month Residential Recovery Program, a rehabilitation service that guides men in need with therapy, vocational training and educational classes.

“Not even six months after I entered the Mission, I was selected to learn a trade at San Diego Continuing Education (SDCE).

“I’m holding on to this opportunity and grasping it with both hands.”

In 2016, SDCE, the largest provider of noncredit education in California, announced its pilot partnership with the charity. Dozens of families who stay at the SDRM (located in Downtown San Diego) are looking for emergency shelter, hot meals, transitional housing, recovery counseling, and now, education and potentially hands-on job training.

Currently in its second year, the expanded partnership granted 12 SDRM clients the opportunity to pursue free career training programs in plumbing, heating, ventilation, and air conditioning (HVAC), welding and office assistance at an SDCE campus during the current 2018 spring semester.

“These men were hand-selected from a competitive pool that showed the most promising potential for success,” stated Carlos O. Turner Cortez, Ph.D., president of SDCE. “Once the students complete their career training programs, we will work with the San Diego Workforce Partnership and SDCE employee partners to find jobs for students.”

Lubach considered a career in plumbing.

“I was worried about being inside a classroom after being on the streets for a while but I started thinking about what I could do to provide for my future and my family.”

According to the Bureau of Labor Statistics, the median pay for a plumber is \$24.74 per hour.

“I no longer have to worry about stealing something just to eat or where I will rest my head the next day,” said Lubach.



Student Ozzie Lubach was once homeless in Mission Valley and is now studying to be a plumber. (Courtesy SDCE)

While staying at the Mission, Lubach has been reunited with his family for the first time since 2013.

“This year was the first Thanksgiving, Christmas and birthday that I spent with them. It feels good,” he said. “Growing up, my mother was my biggest fan and my stepdad took me to NJROTC, baseball and football practice. My stepdad entered my life when I was 2 and stepped up to the plate and provided for my mother and me. He is my role model. He has shown me what it means to be a man.”

Lubach’s mom earned an associate of arts degree at San Diego Mesa College and his stepdad works in real estate.

“Education and workforce go hand in hand and each contributes toward self-sufficiency and success,” said Cortez. “Our goal is to leverage resources and provide social and emotional support to help students achieve and to ultimately build a successful, strong workforce for the region.”

“My instructor works all day in the trade and then comes at night just to teach us. Knowing that there are teachers willing to do that sparked a fire in me,” said Lubach.

“By the third week of class we were talking about how to solder, braze and install pipe systems.”

Now 29 years old, Lubach aspires to be a journeyman plumber within the next five years.

Lubach will complete SDCE’s free plumbing certificate program this summer and will participate in SDCE’s commencement ceremony at the Spreckels Organ Pavilion in Balboa Park on Friday, June 1.

—Allura Garis is an information assistant for the San Diego Community College District. Reach her at agaris@sdccd.edu.■

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involved at a site in or nearby their neighborhood and make a difference for the overall health and beauty of the entire county. In 2017, more than 6,500 volunteers removed over 190,000 pounds of litter and debris during the three-hour event.

While trash removal is a large focus of the event, volunteers will also enhance their communities through beautification projects such as native planting and graffiti removal. These beautification projects restore local outdoor areas and evoke a strong sense of community pride.

Citing a commitment to zero waste practices, ILACSD encourages volunteers to bring their own reusable water bottles, gardening or work gloves, and buckets to this year’s cleanup. By choosing reusable options, volunteers will reduce the amount of plastic waste produced at the cleanup, keeping thousands of single-use bags and disposable gloves out of San Diego’s crowded landfills.

There will also be a “Bling Your Bucket” contest that encourages creativity and conservation. Kids and adults can submit a photo of their decorated reusable trash collection bucket for the chance to win fun prizes.

The Creek to Bay Photo Contest, sponsored by Sony, will also be returning for another year. The photo contest allows volunteers to celebrate their volunteerism and commitment to reducing waste through reusable items. This year’s theme, “Rocking Reusables,” encourages youth and adults to capture photos highlighting their zero waste cleanup habits. The winner of this contest will receive a Sony Cybershot Camera.

Registration information and details regarding the Creek to Bay Cleanup can be found at CreekToBay.org.



An artist rendering of the Stylus development in Civita. (Courtesy Scribe Communications)

Affordable housing development breaks ground

On April 12, Chelsea Investment Corp. and Sudberry Properties broke ground on a 306-unit affordable housing development along Friars road in the Civita master plan community. The \$156.2 million project is comprised of two buildings:

- 203 affordable apartments for families at Stylus, where

two- and three-bedroom units offer 770 and 1,040 square feet. Rents are anticipated to start at \$965 per month for qualified households, which represents a 50 percent discount to market.

- 103 affordable apartments for seniors at Siena, where one- and two-bedroom units offer 540 and 783 square feet. Rents are expected to range from \$500 per month for qualified households, which represents a 70 percent discount to market.

During the groundbreaking, lender Sonia Rahm of Citi Community Capital called Stylus and Siena a “transformational project” and Chelsea project manager Jodi Rothery said the building will “challenge the stigma of what affordable housing is.”

Stylus and Siena are the centerpiece of Sudberry’s first mixed-use retail development in Civita, which will be anchored by LA Fitness and includes 37,000 square feet of ground-floor retail space, seven floors of affordable apartments and three levels of subterranean parking.

Stylus and Siena will include three courtyards landscaped with picnic and barbecue areas, fitness equipment and outdoor entertaining areas. Both Siena and Stylus will include a large clubroom with a fully equipped kitchen for events and gatherings. The development is convenient to a planned elementary school site and a block from the 14-acre Civita Park.

Completion of the project is expected in mid-2020. Approximately six months prior to the completion of Stylus and Siena, prospective residents can register their interest at aptsinsocal.com.

Your Healthy Spine program supports One Love Movement

Your Healthy Spine, a wellness clinic in Mission Valley, is hosting a Self-Care Series which includes several mind-body classes. Classes are donation-based. Proceeds will go to One Love Movement. Classes will be held at Your Healthy Spine Mission Valley, 5005 Texas St.

“Caring for our mind and body regularly is key to living well and optimally — now and tomorrow,” said Dr. Travis Johnson in a press release. “We are thrilled to team up with One Love Movement for this series. We love their work here in the San Diego community and beyond.”

One Love Movement serves underprivileged children both locally and globally.

“We’re excited to partner with Your Healthy Spine,” said Kim Bauman, founder of One Love Movement in a press release. “They have been dear supporters of ours for years now, so their thoughtfulness and generosity in taking this next level of support doesn’t come as a surprise because of who they are as business owners.”

Upcoming classes include: Group Meditation on Monday, April 16 at 6:30 p.m.; Morning Yoga on Sunday, April 22 at 9 a.m.; and Mobility & Wine (MoWine) on Monday, April 30, at 6:30 p.m.■

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► **Animals**, from page 1

this community — handling 30,000 animals a year right now, 20,000 companion and 10,000 wildlife,” said Katherine Shenar, chief of staff for SDHS, which is headquartered at 5500 Gaines St. in the Linda Vista/Morena area. “We have a full-time job already. If we don’t get the contract — we keep going. We don’t change who we are.”

And if SDHS gets the county contract?

Shenar said SDHS’s goal would be “the health of the animals and lessening the confusion for people, while striving to be more efficient providing care for the animals.”

Believing SDHS is best positioned to most efficiently run county animal services, Shenar said the nonprofit is laying the groundwork now, should the county approve its contract bid.



SPCA officers already train at the SDHS facility in Linda Vista.



Already established services like pet adoption make SDHS a strong candidate to take over animal services from the county. (Photos courtesy SDHS)

“We have met with the different cities and talked about what they need, with each community having a different focus, their own nuances,” said Shenar. “We’ve met with all of them and said, ‘Here are the services we provide: If you’re interested, we’re happy to negotiate with you.’”

The county informed its current animal services providers in six San Diego cities last July that things would be done differently beginning with the new fiscal year in July 2018.

“We informed them that contracting with them was over, that that was going to be the last year, and that they would need to get their own (contractor),” said Michael Workman, director of the County Communications Office.

Workman pointed out that San Diego County’s Animal Services Department will now only be responsible for unincorporated areas. He said there were originally

three bidders for outsourcing animal services, with two now remaining: SDHS, and in-house with the Animal Services Department.

“Our [county’s] own employees doing the [animal services] job formed into a group, and they are now going to compete bidding against the Humane Society to retain the job,” he said adding, “Right now, [the employees] are putting together their bid.”

Once word got out that county animal services was being outsourced, Shenar said, “Citizens approached us to say, ‘Why don’t you guys offer to do those services?’”

SDHS’s chief of staff talked about what contracting out to provide county animals services would entail for the nonprofit.

“For us, it’s about building a relationship with the community,” she said. “It’s about education.”

Shenar talked about what SDHS is most proud of.

“As of July 2015, we were incredibly elated that San Diego, among the top 10 largest



If SDHS takes over animal services for the county, the health of the animals will be its main goal.

cities in America, had attained the status of zero euthanasia of healthy and treatable animals,” she said. “There is no other top 10 city in America that has accomplished that.”

Workman said it is uncertain exactly when the county Board of Supervisors will award the contract to either SDHS or its own employee-led group. The decision, however, will be made sometime this spring before the summer July 1 deadline for the start of the 2018-19 fiscal year.

“It’s not so much about doing the job, or making the numbers come out, but figuring out what [the contract] is asking for you to do as part of the job,” Workman said adding, “It’s very complicated. We have to keep it fair.”

Whether the county keeps animal services in-house, or opts instead to contract out with SDHS, Shenar said it’s important to keep the overall big picture in mind.

“The finish line is always moving,” she said. “We’re talking about continuing to save all the healthy and treatable animals.”

And to do that, SDHS needs help.

“We can’t do it alone,” Shenar said. “The only way we can continue to have zero euthanasia is to hold hands together, and wrap our arms around animals in this community. We have more than 5,000 volunteers, people who’ve opened their hearts — and homes — to animals. Our focus is to collaborate and to work in tandem with the entire community.”

The mission of SDHS is to promote the humane treatment of animals, to prevent cruelty to animals, and provide education to enhance the human-animal bond.

—Dave Schwab is a San Diego-based freelance writer. Reach him at dschwabie@journalist.com.■

Eau du toilet

Sari Reis

Does your dog or cat like to drink from the toilet? Although the thought of it may disgust you, there is logical reasoning behind it. In the wild, both cats and dogs learned that the tastiest and healthiest water came from naturally running water such as mountain streams and gurgling brooks. It was cool, clean, and refreshing. Cats are especially drawn to running tap water in the sink and who hasn’t seen a dog delight in drinking from the water hose or sprinkler? Our toilets, which are flushed regularly throughout the day, remind our pets of these cool streams with running water and beckon them to drink there when they are thirsty. So, is it a bad thing for them to drink from the toilet? Well, yes and no.

Some negative aspects of this behavior are:

- **Cleaning Agents** – If you are using drop-in cleaners that keep the water blue or any type of chemical cleaner containing bleach, the water can be toxic and make the animal sick; especially if it has been recently done and the toilet has not been flushed numerous times.

- **Water Quality** – Toilets are breeding grounds for germs and bacteria. If the bowl is

dirty and has not been cleaned regularly, i.e. daily, your furry friend could experience gastrointestinal problems.

- **Falling in** – Depending on the water level in the toilet, a small dog or cat could easily fall into the bowl while trying to drink. This could leave them trapped or injured and has the potential for drowning.

Dr. Patrick Mahaney, a holistic veterinarian in Los Angeles, is not a fan of permitting pets to drink from the toilet.

“If you don’t clean your toilet very often, you are going to put your dog or cat at risk for coming down with coliform bacterial contamination.”

He suggests keeping the toilet lid down and placing a water fountain close by as an alternative.

Dr. Jennifer Coates, veterinary advisor with petMD, approaches the topic this way.

“When was the last time you dumped and scrubbed your pet’s water bowl? If you can’t remember, chances are the water in the toilet is more appetizing than what’s available in the water bowl!”

She suggests if you want to offer the excitement of drinking from the toilet to your pets without the potential risks, provide one of the many varieties of water fountains available, “particularly for cats who may not drink enough water from bowls to stay well hydrated.”



Drinking from toilets is perfectly natural for pets. (Wikimedia Commons)

There is one water fountain available that looks just like a toilet bowl.

If you have a pet that will only drink from the toilet, then clean it daily with vinegar or other non-toxic natural cleaner and flush it numerous times after you have done so. Since it is the only source of water for the pet, be sure to keep the lid up so the pet has access. If you have other people in your home, put up a note to keep the lid raised.

Bottom line, as long as the toilet bowl is cleaned daily without toxic chemicals, your pet can drink from it safely. Alternatively, keep their water bowls scrubbed daily and filled with clean, cool water or get a water fountain.

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

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DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.



April 28 will mark the second year for the Taste of



Yellow fin tuna tartare in cones from Stone Brewing World Bistro & Gardens at last year's Taste of Liberty Station (Photo courtesy of Maria Pablo)

Liberty Station event, which will combine music and art with food and drinks from 5 to 9 p.m. in the iconic former Naval base. Among the restaurants that will dole out samples throughout the historic grounds are **Dirty Birds**, **Solare**, **Stone Brewing World Bistro & Gardens**, **Olala Crepes**, **Soda & Swine**, **Pisco Rotisserie & Cevicheria**, and more. The cost is \$30. tasteoflibertystation.com.

Joining the crop of vegan establishments that have sprouted up in San Diego over the last several months, such as **Anthem** in North Park, **O.B. Garden Cafe** in Ocean Beach, **Starry Lane Bakery** in Hillcrest, and **Donna Jean** in Bankers Hill, is **Soulshine** in Mission Beach.

The newcomer offers plant-based takes on Indian, Asian, Mediterranean and American dishes. Heading the kitchen is Mike Feil, an Alpine native who attended the Culinary Institute

of America and worked at restaurants in San Francisco, Idaho and Maui. He was also a chef at **Casa de Luz** in North Park and **Trilogy** in La Jolla.

The restaurant was launched recently by Amalia Huffman. She also owns the nearby **Barefoot Bakery** (3852 Mission Blvd.), which sells vegan, organic and gluten-free items such as scones, muffins and biscuits. Beginning in about a month, her bakery will also sell cakes by advance order. 3864 Mission Blvd., 858-886-7252, soulshinemb.com.



A variety of internationally inspired vegan dishes await at Soulshine (Photo by Amalia Huffman)

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One of San Diego's most ambitious spring menus rolls out each year at **True Food Kitchen**, the national chain known for promoting Dr. Andrew Weil's anti-inflammatory diet. With locations in **Fashion Valley Mall** and **University Town Center**, the new, seasonal offerings are available from April 11 to July 10.

Highlights in this year's lineup include miso-glazed eggplant with tahini yogurt and black walnut pesto; asparagus toast with roasted onions, mint, lemon and hemp seeds; and artichoke-pesto pizza with vegan ricotta made from almonds. Several new cocktails and "refreshers" are also in the offing. 7007 Friars Road and 4303 La Jolla Village Drive, truefoodkitchen.com.



Spring is for vegans at True Food Kitchen. (Photo courtesy of Raluca State)



This year's food theme at the San Diego County Fair is centered on unicorns (Photo by Frank Sabatini Jr.)

Culinary vendors for this year's **San Diego County Fair** (June 1 through July 4) have been asked to create "unicorn

food" to tie in to this year's fair theme: "How Sweet It Is."

According to the fair's public information officer, Annie Pierce, dishes on tap so far include rainbow grilled-cheese sandwiches; unicorn cotton candy ice cream sandwiches; and unicorn "crack" fries with caramel drizzle, sea salt, Fruity Pebbles and Pop Rocks. Also in the pipeline are unicorn beef sundaes and unicorn burgers. Their specs, however, remain a mystery.

Pierce adds that fair-goers can expect all of the outrageous, fried foods as well, although a list of those items won't be finalized until sometime next month. The annual fair is held at the **Del Mar Fairgrounds**, 2260 Jimmy Durante Blvd., Del Mar, 858-755-1161, sdfair.com.

The **San Diego LGBT Community Center's 12th annual Dining Out for Life** is April 26. Restaurants, bars and coffeehouses taking part donate between 25 and 100 percent of their day's profits to The Center's HIV/AIDS services and prevention programs.

This year's participants — about 75 in total — stretch from Downtown to Oceanside. They include: **Cowboy Star** (lunch and dinner); **Hundred Proof** (any meal); **The Mission** (breakfast and lunch); **Babycakes** (breakfast, lunch, dinner, desserts and cocktails); **Gossip Grill** (any meal); **Blind Lady Alehouse** (dinner); **The Wine Pub** (dinner); **Kensington Cafe** (breakfast, lunch and dinner); **Hello Betty Fish House** (lunch, dinner and cocktails); **Burger Lounge** in Hillcrest, Kensington and La Jolla (lunch and dinner); and more. diningoutforlife.com.



Chef Hanis Cavin presents games and meat in North Park (Courtesy of Carnitas Snack Shack)

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See DINING OUT page 11 →



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HIDDEN IN HOTEL CIRCLE

Restaurant Review

Frank Sabatini Jr.



I'm guessing that 95 percent of the local population has never heard of Seaglass Restaurant. And here's why.

For starters, it's tucked away in the Doubletree Hotel by San Diego Hilton, which is partly obscured by large trees at the west end of Hotel Circle South. If you do happen to momentarily spot the circa-1971 structure while whizzing down Interstate 8, there's nothing about it that really jumps out.

Secondly, the restaurant is a recent reinvention of Panini Grill & Bar, so there still isn't a website for it, let alone any presence on Facebook, Yelp or Google. That will change, however, in the next month or so, according to food and beverage director Shauna Aguirre.

And then there's the fact that San Diegans generally don't patronize hotel restaurants unless they have friends and relatives staying at them. But exceptions should maybe be made in this case because the food is seriously good, parking is free and easy, and the face-lifted property has begun selling day passes to the public for use of its swimming pool, where customers can enjoy full food and beverage service.

There's also some history here. The famous Butcher Shop steakhouse resided in this exact space from 1972 to 1986, before moving to its current home in Kearny Mesa. Sadly, recent renovations did away with the last vestiges of the Frank Sinatra-type restaurant, which I'm told were red velvet

panels adorning the front and back of the bar.

The new look is clean and sleek, albeit an offshoot to the hotel's refurbished lobby that was designed with a safe, corporate touch.

A historical nod, however, is given to Albie's Beef Inn, the iconic restaurant and lounge that operated down the street for 53 years until closing in 2015. Seaglass pays tribute to it with the Albie's French dip sandwich.

I could barely contain myself when biting through the buttery roll and into layers of the thinly sliced house-roasted beef inside. The meat was supremely tender and completely gristle-free. The jus served alongside for dipping was a tad weak in flavor, but I didn't care because the accompanying horseradish sauce gave the sandwich all the perk it needed. Dare I say, it was better than the French dip I ate a few times at Albie's.

My sister visiting from the Chicago area joined me at Seaglass. She was initially skeptical about eating here, assuming we'd be subjected to banquet food served in some outdated mauve-colored dining room. With neither being the case, we learned there's an executive chef and a pastry chef in place, and that nearly everything is scratch-made: soups, sauces, flatbread, pizza dough and even the bar syrups used in a variety of contemporary cocktails.

The house salad with raspberry vinaigrette featured spinach leaves that were properly de-stemmed and tasted uber-fresh, as though they were plucked from the soil moments before we dug in. (Our server told us the produce is locally sourced.) The jumbo medley also featured ripe strawberries, candied walnuts and creamy bleu cheese crumbles.

We ordered the Caesar salad as well, a straight-forward

composition of crispy, chilled hearts of romaine strewn with coarsely shredded Parmesan cheese and garlic-kissed croutons — a respectable Caesar with no deviant surprises.

A snappy lime-cilantro vinaigrette cloaked five large shrimp and seeped into a bed of outstanding cabbage-apple slaw accented with tarragon. Everything jived with the chary pith of the flame-grilled shrimp. We agreed the

appetizer was constructed with same finesse as any you'll find in hyped-up restaurants.

I don't ever recall ordering pizza from a hotel restaurant — until now. We chose a 16-inch pepperoni pie that offered a refreshing change of pace from the thin, cracker-like crusts served everywhere else. It was neither thick or thin, but rather the medium-girth that pizzerias of yesteryear commonly made — and with quality cheese and sweetish red sauce that also tasted nostalgic.

Many items at Seaglass are fairly new, such as New England clam chowder, corn elotes, shrimp scampi, flatbreads, several burgers, and prime rib, which serves as yet another tribute to Albie's.

One of the carryover dishes from Panini Grill is a tempting turkey panini constructed with rosemary ciabatta, herbed mozzarella and breast meat roasted in-house. There are also tacos and quesadillas — obligatory chow for those overnight guests rolling in from places devoid of Mexican cuisine.

With the first phase of the hotel's remodel completed, renovations to the rooms and outdoor areas are slated to begin in the next two months.

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



The "Albie's" French dip sandwich (Photo by Frank Sabatini Jr.)

Seaglass Restaurant

1515 Hotel Circle South (Mission Valley)

619-881-6900
doubletreehotelcircle.com

Dinner prices: Soups, salads and small plates, \$8 to \$16; pizzas and flatbreads, \$15 to \$18; burgers, sandwiches and tacos, \$14 to \$19; entrees, \$13 to \$32

► Dining Out, from page 10

Cavin during his Carnitas Snack Shack game day.

The event will be held from 3 to 7 p.m., April 21, at the North

Park location. It will feature a host of games in the eatery's back patio, where Cavin will cook from an outdoor grill and smoker. Customers can place their food orders at a nearby table rather than the walk-up

window. The meals will feature a main protein plus a couple of side dishes for an average price of \$10. Wine and craft beer will also be available. 2632 University Ave., 619-294-7675, carnitassnackshack.com.

The quaint, new Olala Crepes in the Gaslamp Quarter has taken root with plans of adding a patio for additional seating in the near future, according to manager Sarah Kieffer. The cafe, which seats about 15 people, is owned by southern France transplants Samuel Icyk and his wife, Lucile Paolin. They originally launched the business in Point Loma's Liberty Public Market just over a year ago and still maintain

that location. Their menu Downtown, however, offers a couple more crepe options in addition to brioche glace, which is toasted brioche stuffed with ice cream, which they source from Moo Time Creamery in Coronado.

The crepe recipes hail from Icyk's grandmother and they're made with buckwheat flour imported from France. 453 Fifth Ave., 619-230-5700, olalacrepes.com.



This 'a la folie' crepe with strawberries, bananas and Nutella is available at a new Downtown crepery. (Courtesy of Olala Crepes)

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

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MVN+Puzzles ANSWERS ON PAGE 13

SUDOKU

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2	5		9				3	
	6			3	5		4	
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14 Quaker gray
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39 Looks out for
40 Abominated
41 Tried to refute
- 43 Bedevil
44 Uncork
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46 Certain curtain
49 Had a yen
54 Timely poem
56 Otherwise
57 Grasps the nettle
58 Topnotchers
59 Roe or doe
60 Mouse house
61 Submerged

- DOWN**
- 1 Tub scrub
2 Racqueteer Arthur
3 On the briny
4 Trick ending
5 With craft
6 Throes
7 Nadir
8 View
9 Acquired
10 Labor Dept. organization
11 Like ___ of bricks
12 Hurl the gauntlet
15 Experienced again
- 18 ___ Depends on You
19 He played Phileas Fogg
23 Social affairs
24 Breath taker
25 Leaf-sucker
26 Enswathe
27 Covering leaf
28 Crosscut
29 Greek letter
30 Sounds of pain
32 Actress Sophia
34 Pea holders
36 Provided as specified
37 Links norm
- 39 Dido
40 Gives ear to
42 Kegler
43 Trustworthy
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47 She played Della Street
48 River to the Wash
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Mission Valley Money
Steve Doster



Imagine having a friend you could turn to whenever you had a financial question. Think about how amazing that would be. Not sure how much of a house you can afford? Call your financial friend to walk you through the numbers. Don't know which investments to choose in your 401(k)? No problem, you have someone to answer that question.

All of us make financial decisions every week. Most often, we do it alone or we ask unqualified individuals to help answer our questions. How comforting would it be to pick up the phone, ask a question, and get an answer that is not only correct, but in your best interest.

Unfortunately, this is rare in the United States. The current regulation structure allows financial advisors to sell insurance and investment products that are not in your best interest.

There are a small group of advisors that follow a fiduciary standard. This simply means that an advisor must provide recommendations that are in the clients' best interest. There is also a much larger group of financial advisors who are not required to put their clients' best interest first. They operate under something called the "suitability standard."

It's common knowledge that there's a looming financial crisis of Americans not saving enough for retirement. People have been taught very little about personal finance throughout their lives. If these individuals reach out to a financial advisor that falls under the "suitability standard," they are likely to be sold expensive products that are not in their best interest.

For example, let's say there's an advisor who has two mutual funds he could

recommend to you. The first mutual fund has low annual fees and good investment performance. The second fund has high annual fees and poor investment performance, and it pays a hefty commission to the advisor. The advisor, under the "suitability standard," recommends the expensive, poor performing mutual fund because he wants to earn a big commission; however, it's not in your best interest to invest in this fund.

Large financial firms argue that a fiduciary standard hurts low- and middle-income investors. They argue that the suitability model allows them to help lower income people that can't afford fiduciary financial advice.

This is a ridiculous argument. Variable annuities are just one type of product that some financial advisors sell to clients. These expensive financial products have commissions that range between 7 to 10 percent. It's estimated that \$95.6 billion of variable annuities were sold in the United States during 2017. That means investors paid somewhere in the range of \$7 billion to \$10 billion in commissions to big financial firms and their advisors. That's hard-earned money people need for retirement.

When you are reaching out for financial advice, it's important to know there are two types of financial advisors — fiduciary and non-fiduciary. The first question to ask your advisor is if they operate under the fiduciary standard. If they say yes, ask for it in writing. If they say no, then don't work with them. It's in your best interest not to!

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

Finding science at the library

Library Matters
Karen Reilly

Libraries, once the bastions of homework and the hottest novels, have grown into so much more in the 21st century, and the Mission Valley Library is no exception. In the modern age, we still provide research and bestsellers, but we also link our patrons to the world via our computer labs, and to cutting edge technology, in part by forging partnerships with our local biotech and science innovation communities. Case in point: Library NExT, a collaboration with UC San Diego Extension and Sally Ride Science.

Library NExT (Network of Education x Training) is a series of workshops for middle and high school students on topics including robotics, circuits and 3-D modeling, as well as life-science concepts (think slime!). Initially started as a pilot program at six city of San Diego libraries in 2017, it is expanding to 10 locations in 2018 — including Mission Valley — with plans to grow to even more libraries in the future. Programs at the Mission Valley Library so far this year include The Physics of Fidget Spinners, Marine Mammals of

California, and Messy Science. Keep an eye on this space — more are coming soon!

Spring into STEAM: Blast Off! is another Library partnership with local science experts, including the Fleet Science Center, Chandra X-Ray Observatory and Microsoft. This STEAM (Science, Technology, Engineering, Art and Mathematics) challenge for 9- to 12-year-old students features five different workshops during the months of March, April and May, held at all 36 branch libraries across the city, and an interactive poster task. Participants who complete all six missions will learn principles of coding, practice building a Mars colony, discover facts about the cosmos, write code to rescue a stranded spacecraft, and team up to master the physics of landing a glider — and will earn a Citizen Scientist Award Medal!

We haven't forgotten the "A" in STEAM: Art! Currently on display at the Mission Valley branch, "Art of Change" is an engaging art exhibit spearheaded by the Climate Science Alliance, a partnership between the California Department of Fish and Wildlife and the Scripps Institution of

Oceanography. Comprised of climate change-inspired art created by local artists, children, and community members, this exhibit reflects the passions, concerns, and hopes of our San Diego community with respect to climate change. The family-friendly exhibit not only gives visitors a chance to see thought-provoking art, but it also features a scavenger hunt for kids!

On the health front, you may have heard that Sharp HealthCare is now the Official Health and Wellness Partner of the city of San Diego. As part of this exciting partnership, Sharp will be offering six free wellness classes per council district throughout the year at various Library and Parks and Recreation locations, including the Mission Valley Library. Upcoming classes include a seminar of "Coping with Life's Transitions," on June 8, and a look at "Resources for Seniors" in San Diego, on Sept. 14. Check our calendar for more details. Don't miss out on this free opportunity for a healthy you.

We're excited to have so much more that we can help people learn!

—Karen Reilly is managing librarian for the Mission Valley Branch Library. Reach her at KReilly@sandiego.gov.■



Happy feet feel the beat


Erica Moe

We celebrate many of life's more important occasions with dance — the first dance at a wedding, the end zone dance after a touchdown, and a child's happy dance expressing pure joy. At the best times in our lives, we dance. It has such a positive connotation, it can even make exercise more enjoyable and entertaining, not to mention effective.

Consider this: Zumba, a Latin-inspired dance workout, burns more calories than cardio kickboxing, step aerobics, hooping and power yoga, according to a study funded by the American Council on Exercise (ACE) conducted at the University of

Wisconsin. Additionally, the Zumba participants perceived the workout to be less intense than it was because it was so much fun. Dance workouts feel like a party!

This party can come in many packages. From ballet to bachata, Bollywood to belly dance — and everything in between — you can find a class for that. Find a type of dance you enjoy and have fun getting fit while you're moving and grooving. Learning dance can improve your cognitive health, as well. It enhances neuromuscular activity and helps improve the mind/body connection through learning specified movement patterns.

Dance is for all ages. The New England Journal of Medicine published a study showing that dancing was the only physical activity associated with a lower risk of dementia. Young or old, dance makes a difference. Another study by the American Council on Exercise proved that a simple video game, like "Dance Dance Revolution," can burn between 5.9 (light mode)–9.4 (difficult mode) kcal/min, which is equivalent to cycling 12–14 mph. "Dance Dance Revolution" is registered as an official sport in Norway!

You can dance anywhere! Literally, you can take an Aqua Zumba class in the pool or join a synchronized swim team at the YMCA. Dance workouts can be individual, with a partner or in a large group. Dance provides something for everyone. Research proves that no matter your fitness level, beginner to advanced, dance can deliver a highly effective workout.



Dance workout classes are a great way to burn calories. (Courtesy Mission valley YMCA)

Physiologically, dance strengthens the heart and lungs. The USDA recommends 150 minutes of moderate to vigorous physical activity per week. It rates dance as a moderate activity.

Moving in different directions while cutting a rug can increase core strength and stability while allowing you to burn additional calories in the same way you would in an interval workout. It is also a weight-bearing activity, which helps reduce the risk for osteoporosis. Flexibility, muscular strength, balance and coordination are also improved by dancing. Psychological benefits include increases in self-esteem and confidence, improved mood and reduced stress.

Trademarked exercise dance classes like UJAM, Zumba and Pound are finding their way to group exercise studios near you. In addition, there are many youth (and adult) dance classes like ballet, tap, jazz, line dancing and ballroom, to name a few. Check out schedules at ymca.org.

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

Sudoku & Crossword puzzle answers from page 12

B	A	A	S		C	A	P	S			G	O	A	D					
A	S	S	T		A	C	I	E	R		O	S	T	E					
T	H	E	E	I	G	H	T	E	E	N	T	H	O	F					
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2	5	4	9	8	6	1	3	7
7	6	9	1	3	5	8	4	2
8	3	1	7	2	4	5	6	9
1	9	6	2	7	8	3	5	4
4	8	2	5	1	3	7	9	6
5	7	3	4	6	9	2	8	1
9	4	7	8	5	1	6	2	3
6	2	8	3	9	7	4	1	5
3	1	5	6	4	2	9	7	8

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Fill Out at Least 50% of The Best Business and Retail Ballot

ENTER FOR A CHANCE TO WIN

THEATER TICKETS, MOVIE PASSES

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IT'S EASY! Click the "Best Of" Voting Link

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123 Camino de la Reina, Suite 202 East, San Diego, CA 92108

One ballot per person. Ballots must be postmarked, submitted online or hand-delivered by 11:59 pm on Sunday, May 27th

BUSINESS & RETAIL		
Accountant	Credit Union	Massage
Acupuncture	Day Spa	New Business
Adult Business	Dentist	Optometrist
Antiques	Dermatologist	Personal Trainer
Appliances Store	Doctor	Pet Boarding/Day Care
Art Gallery	Dry Cleaner	Pet Groomer
Attorney	Financial Planner	Pharmacy
Auto Dealership	Florist	Pilates
Auto Repair Shop	Furniture Store	Plumber
Bank	Garden Supply	Real Estate Agent
Barber	Gym/Workout Studio	Real Estate Office
Best Local Community Event	Hair Salon	Solar Company
Best MMA or Boxing Gym	Hardware Store	Tanning Salon
Bike Shop	Hospital	Tattoo/Piercing Studio
Boutique	Hotel	Veterinarian/Veterinary Hospital
Chiropractor	Insurance Broker	Waxing or Threading Salon
Collective	Jewelry	Yoga Studio
Consignment/Resale	Lawyer	
Cosmetic Services	Manicure/Pedicure	

Mission Valley News

COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

CONTINUING EVENTS



San Diego Asian Film Festival Spring Showcase
Through April 26
Pacific Arts Movement (Pac Arts) presents the eighth annual Asian Film Festival, featuring 15 films from nine Asian countries. All films will be shown at UltraStar Mission Valley, 7510 Hazard Center Drive, except for a special screening of "Ulam: Main Dish" that will be part of a special "Film & Feast" event at San Diego History Museum Kaplan Theater. Tickets are \$12 for general admission; \$9 for Pac Arts members; \$10 for students, seniors and military; and \$75-\$110 for an All Access Pass. For a list of films and show times, visit festival.sdaff.org.



'A Little Night Music'
Through April 22
Cynet 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 Twigg St. Show runs through April 22. Visit bit.ly/2F2ox4c.

FEATURED EVENTS



Pet Pals
San Diego Humane Society hosts this monthly event for children to meet and learn about our animal friends. 4:30-5:30 p.m. at the San Diego Humane Society campus, 5500 Gaines St., San Diego. For more information, visit bit.ly/2JiIjaJ.

San Diego Gem Faire
April 20-22
Discover fine jewelry, crystals, gems, beads, gold, silver, minerals and more at manufacturer's prices. Over 100 exhibitors from all over the world will be on site. \$7 for a weekend pass. 12-6 p.m. at Scottish Rite Center, 1895 Camino del Rio South. Visit bit.ly/2GYjtif.



Pet Loss Support Group
Family, friends and society don't always understand how

drastically the loss of a pet can affect us, and can find it difficult to support the grief we often feel. The San Diego Humane Society's Pet Loss Support Group provides an environment where thoughts and emotions can be shared and feelings of grief are understood and validated. The Pet Loss Support Group is open to everyone ages 10 and up and is appropriate for those who have recently lost a pet, are still mourning an old loss, are anticipating the death of a pet or are preparing for euthanasia. 10-11:30 a.m. at the San Diego Humane Society campus, 5500 Gaines St., San Diego. For more information, visit bit.ly/2saCw2G.



EarthFair and Earth Day Parade
The 29th annual EarthFair in Balboa Park is the largest free annual environmental fair in the world, drawing around 60,000 people. This year's theme is "We're All in this Together" and will feature more than 300 exhibitors, theme areas, a food pavilion, children's activity area, four entertainment venues, the eARTh Gallery arts and crafts show, the Cleaner Car Concourse, and more. The fair is open 10 a.m.-5 p.m. and the parade starts at 10:30 p.m. at the Balboa Park Visitor Center, 1549 El Prado, San Diego. For information about volunteering, visit EarthDayWeb.org. To register for the parade, visit EarthParade.org.



Junior Pocket Protectors
San Diego Humane Society program gives youth ages 12-17 the opportunity to help socialize rabbits, guinea pigs and fancy rats available for adoption, providing them with valuable enrichment during their shelter stay. 4-5:30 p.m. at the San Diego Humane Society campus, 5500 Gaines St., San Diego. For more information, visit bit.ly/2GGBI8A.



Arbor Day Celebration
Civita's annual event featuring food trucks, exotic birds, live music by The Mighty Untouchables and more. 5-7:30 p.m. at Civita Park, 7964 Civita Blvd., San Diego. Free and open to the public.

RaceLegal
The RaceLegal program was developed to be a safer and legal alternative to illegal street racing. There are several classes to race in, including motorcycles. Races are held on the west side parking lot portion of SDCCU Stadium. 5-11 p.m. at SDCCU Stadium, 9449 Friars Road. Tickets are free to \$30. Visit racelegal.com for more information.

Galaxy Art Class
In this easy (but stellar) free art class, young artists will create galaxy art paintings inspired by the cosmos. All supplies and step-by-step instructions will be provided. Final art will look like a Hubble telescope picture of a galaxy. No prior art experience needed. Registration is required; sign-up below. Recommended for children ages 9-12. This class is part of San Diego Public Library's *Spring into STEAM--Blast Off!* program series. 4-5 p.m. at the Mission Valley Library Community Room. Register at sandiego.library-market.com.



Rocket Con
Rocket Con is San Diego's newest comic, toy, collectibles, artist and cosplay convention. Disney cover artist Jonathan Young, Killer Bunnies creator Jeffrey Bellinger and more will be in attendance, as well as comic book and toy dealers and other collectibles experts. 10 a.m. at the Scottish Rite Event Center, 1895 Camino Del Rio South, San Diego. Tickets for the all ages event cost \$5-10; available at sdrocketcon.com.

Springtime Blooms at Nordstrom
Join host Kelly Hansen from Alice's Table for an afternoon of shopping and flower fun. Grab your friends and tap into your creative side as you learn how to create a beautiful flower arrangement that will bring spring cheer to your home! At the end of the class, take home your gorgeous blooms in a lovely vase. \$65. 11 a.m. at Nordstrom Fashion Valley, 6997 Friars Road. Visit bit.ly/2IvAduj.

San Diego Made Springtime Market
The 4th annual San Diego Made Springtime Market features handmade goods from over 75 vendors, locally-grown organic food, craft beers and cocktails, live music, games and attractions, a custom embroidery station and much more. 11 a.m.-4 p.m. at Liberty Station, 2875 Dewey Road, San Diego. Cost is \$5. For more information, visit sandiegomade.org.



Adams Avenue Unplugged
The seventh annual Adams Avenue Unplugged will feature 60 artists performing on 24 stages along Adams Avenue, from University Heights through Normal Heights to Kensington. The 2018 headliners are Little Feat vocalists/guitarists Paul Barrere and Fred Tackett. They will perform one set on Saturday evening in the intimate sanctuary of the Normal Heights Methodist Church. Tickets for this performance are \$15 and available online. Also performing will be Gregory Page, Sara Petite Band, Stephen El Rey, Nina Francis, Blue Creek Band, and Shawn Rohlf Band. These performers and many more will perform free multiple sets at participating restaurants, bars, and coffeehouses along Adams Avenue. In addition to the great music, there will be a beer garden. Tickets for the beer garden will be \$19, which will include four 14-ounce beers and a plate of food from City Tacos. For the lineup, schedule, concert tickets for Paul Barrere and Fred Tackett, beer garden tickets, and further information, visit bit.ly/2Iin6g3.



World Music Series: Javanese Music and Dance
SDSU School of Music presents Javanese Music and Dance by the Javanese Gamelan. The Javanese Gamelan performance ensemble is offered through the music department's ethnomusicology program. Tickets \$10-20. 6-7 p.m. at Smith Recital Hall, SDSU, 5500 Campanile Drive. Visit bit.ly/2Izemlw for tickets.



Baby Time!
Baby Time is a weekly program which is perfect for babies and young toddlers age 0-2: short, fun and interactive.

3-3:30 p.m. in the Mission Valley Library Community Room, 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.

Disney On Ice Presents 'Frozen'
May 3-6
Discover the full story of Disney's "Frozen" like never before. Dazzling ice skating, special effects and unforgettable music will magically transport you to wintry Arendelle. Tickets starting at \$17.50. Doors open 6 p.m. at Valley View Casino Center, 3500 Sports Arena Blvd. Visit bit.ly/2H1vXFU.



Walk for Apraxia
Walk for Apraxia aims to raise funds and awareness for children who have apraxia, a neurological speech disorder. \$10-20. Registration begins 9 a.m. at University of San Diego-Colachis Plaza, 5998 Alcalá Park. Visit bit.ly/2H1usHM.



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

Lego League: Imagine, Build, Share
Join us for a weekly Lego free-style build session where creating, learning, and collaborating is the key to making everything fit. All Lego pieces will be provided. Intended for children ages 3 and up. 3:30 p.m. in the Mission Valley Library Seminar B, 2123 Fenton Parkway.



Baby Time!
Baby Time is a weekly program which is perfect for babies and young toddlers age 0-2: short, fun and interactive. 3-3:30 p.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? Adults and Seniors are invited to 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. 12:30-2 p.m. in the Mission Valley Library Community Room, 2123 Fenton Parkway.



Gator By The Bay
Through May 13
San Diego's festival celebrating all things Cajun. Blues, zydeco, salsa, swing, NOLA jazz, country and more will be performed on seven stages over four days — over 100 music acts. Food vendors will provide authentic Cajun and Southern food, including over 10,000 pounds of crawfish. Music starts at 6 p.m. Thursday; 4 p.m. Friday; 11 a.m. Saturday and Sunday at Spanish Landing Park, 3900 North Harbor Drive, San Diego. Ticket passes range \$20-200, depending on number of days in pass and package; available at gatorbythebay.com.

Preschool Story Time & Craft
Preschoolers are invited to a story time, then a fun craft right afterwards! 10:30-11:30 a.m. in the Mission Valley Library Community Room, 2123 Fenton Parkway.



'Violin with Love'
Virtuoso violinist Jonathan Leviim will present a classical concert of popular classical violin masterpieces that will include musical arrangements by composers such as Bach, Handel, Dvorak, Paganini, Marcello, Albinoni, Massenet, Schubert, Chopin, Gluck, Mozart, Kriesler, Rachmaninoff and more. A special musical tribute will also be paid to honor our remarkable men and women of the U.S. Armed Forces. 12:30 p.m. at Point Loma/Hervey Branch Library, 3701 Voltaire St. in Point Loma. Tickets are \$25, available at door or by calling 858-740-4049.



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\$255,999 - OR TRADE!

Oceanside

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



\$424,999 - OR TRADE!

Fallbrook

- Pristine Gourmet Kitchen
- Oversized Garage
- Gorgeous Backyard w/ Gazebo



COMING SOON!

Normal Heights

- Unique Lot With Great Potential
- Over-sized Corner Lot
- 6 Off Street Parking Spaces



\$949,999 - OR TRADE!

Rancho Penasquitos

- Warm, Built In Fireplace
- Polished, Open Kitchen
- Spacious Master Suite



\$899,999 - OR TRADE!

Lakeside

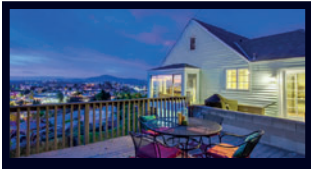
- Safe, Gated Community
- Lushly Landscaped Backyard
- Expansive Patio w/ Built-In Bar



\$499,999- OR TRADE!

El Cajon

- Spacious Living Spaces
- Abundant Natural Light
- Entertainer's Dream Patio



\$649,999 - OR TRADE!

La Mesa

- Patio w/Panoramic Views
- Rare Triple Lot
- Original Hardwood Floors



\$424,999 - OR TRADE!

Escondido

- Coveted Ranch Style Home
- Masterpiece Chef's Kitchen
- Spacious Private Backyard



\$279,999 - OR TRADE!

El Cajon

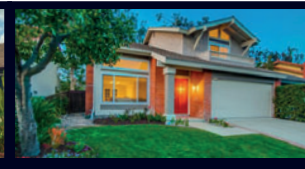
- Captivating & Fresh Design
- Resort Style Amenities
- Garage & Off Street Parking



\$399,999 - OR TRADE!

Escondido

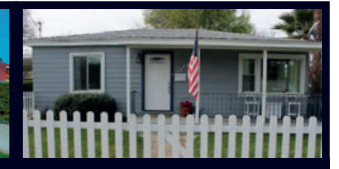
- Beautiful Tiled Fireplace
- Fully Fenced Yard, Covered Patio
- Stunning Gourmet Kitchen



\$774,999 - OR TRADE!

Encinitas

- Private, Gated Community
- Spacious Bedrooms
- Updated Interior & Appliances



COMING SOON!

La Mesa

- Light & Bright Gourmet Kitchen
- Upgraded Amenities
- Amazing, Fenced Backyard



\$199,999 - OR TRADE!

Mission Valley

- Functional, Flowing Floorplan
- Crisp, Quartz Countertops
- Warm, Laminite Flooring



\$439,999 - OR TRADE!

Vista

- Nestled on a Quiet Cul-De-Sac
- Abundant Natural Light
- Kitchen Overlooks Dining Area



\$649,999 - OR TRADE!

Lakeside

- State-of-the-art Kitchen
- Entertainer's Dream Patio
- Full Solar & Soft Water System



\$224,999 - OR TRADE!

Oceanside

- Spacious Living Spaces
- Fantastic Amenities in Complex
- No Rental Restrictions



\$1,394,999 - OR TRADE!

Ocean Beach

- Expansive Deck for Entertaining
- Gourmet, Chef's Kitchen
- Warm, Hardwood Flooring



\$499,999 - OR TRADE!

Oceanside

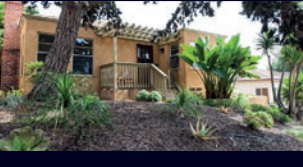
- Abundant Natural Light
- Spacious Living Spaces
- Perfect for 1st Time Buyer



\$774,999 - OR TRADE!

Old Town

- Situated on a Quiet Corner Lot
- Large, Expansive Backyard
- Private Jacuzzi



COMING SOON!

South Park

- Light & Bright Gourmet Kitchen
- Warm, Original Fireplace
- Amazing, Fenced Backyard



\$174,999 - OR TRADE!

San Ysidro

- Near Shopping & Restaurants
- Large & Open Patio
- Spacious Gourmet Kitchen



\$424,999 - OR TRADE!

Alpine

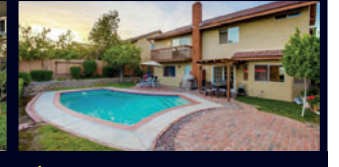
- 2 Acres of Land
- Moder Updates Throughout
- Master Suite on 2nd Floor



COMING SOON!

Solana Beach

- Walking Distance to Beach
- Completely Updated
- Idealic Community Atmosphere



\$639,999 - OR TRADE!

El Cajon

- Warm Fireplace
- Gorgeous Gourmet Kitchen
- Entertainer's Dream



\$599,999 - OR TRADE!

Murrieta

- Expansive Backyard w/ Bar & Pool
- Gorgeous, Pristine Landscaping
- Emaculate Upgraded Interior



\$659,999 - OR TRADE!

Carlsbad

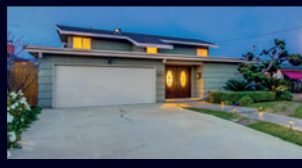
- Walking Distance to Beach
- Master Suite Offers Walk-In Closet
- Complex offers Spectacular Views



COMING SOON!

Perfect for a Family!

- Stainless Steel Appliances
- Travertine Floors
- Expansive Backyard



\$1,499,999 - OR TRADE!

Point Loma

- Spectacular Views of Downtown
- Updated, Gourmet Kitchen
- Pristine Back Patio and Deck



COMING SOON!

Chula Vista

- Low Maintenance Yard
- Close to Restaurants & Shops
- Community Amenities



\$998,999 - OR TRADE!

Escondido

- Vaulted Ceilings
- Warm Laminite & Tile Flooring
- Gourmet, Masterpiece Kitchen



COMING SOON!

National City

- Full Fenced Property
- Stainless Steel Appliances
- Large Picturesque Windows



COMING SOON!

Santee

- Covered Front Porch
- Chef's Kitchen w/Modern Touches
- Kitchen Opens to Dining Area



\$959,999- OR TRADE!

Escondido

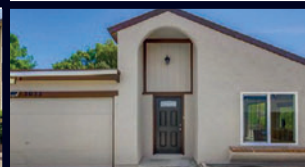
- Spacious Living Spaces
- Vaulted Ceilings
- Expansive Backyard w/Pool



\$374,999 - OR TRADE!

Mission Valley

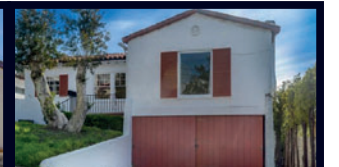
- Mission Valley Condo
- Open Concept Floorplan
- Immaculate, Gourmet Kitchen



\$399,999 - OR TRADE!

Central San Diego

- Extended Driveway Gives Privacy
- Expansive Backyard w/Patio
- Perfect Gourmet Kitchen



\$1,174,999 - OR TRADE!

Mission Hills

- Desirable, Quiet Neighborhood
- Views of San Diego Bay
- Dual-Level Backyard