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

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

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(left) The start of construction on the Mission Valley Library solar project (Photo by Jeff Clemetson); (right) An artist rendering of the finished solar canopies (Courtesy City of San Diego)

Library solar project underway

Jeff Clemetson
Editor

The Mission Valley Library is going green. A project to install solar panels over the parking lot began this month and is expected to be completed sometime in July of this year.

The new solar system is expected to generate 168.8 kW of energy annually, and will save the city approximately \$580,000 over the 20-year life span of the system, said San Diego Senior Public Affairs Officer Paul Brencick.

Also, the city is not paying any upfront costs for the solar system because the project is covered under a power

purchase agreement between the city and the solar developer, Onyx Solar, who will sell to the city the power generated from the solar panels for 20 years at a rate that is lower than what the city currently pays SDG&E.

The solar project at the Mission Valley Library is just one of many solar installations on City of San Diego buildings. Solar projects are a key part of the city's effort to curb carbon emissions as part of its climate action plan.

Although the construction has limited access to the library parking lot, branch manager Karen Reilly said library operations have not been disrupted and that many patrons are still finding parking because staff

and construction crew members are parking on the street.

The solar panels have to be installed on canopies in the parking lot because the library's roof is arched.

"The upside to this is that when they are done, they will shade our patrons' cars," Reilly said. "The downside is that many of our trees had to be cut down to make way for the canopies."

Once the canopies are up, toyon berry shrubs will be planted to replace the trees.

"These are really pretty, native plants that are low-water use and shouldn't compete with the canopies, so I think the parking lot will still look nice," Reilly said.

Despite losing trees and parking spaces for a few months, Reilly is excited about the project because it will reduce the carbon footprint of the library.

"Due to some factors like our architectural light fixtures and the HVAC system, the Mission Valley Library has historically been one of the heaviest energy users in the branch system," she said. "We have tried to improve this by doing things like retrofitting our light fixtures with high efficiency bulbs, but knowing that the power itself is green will make us feel much happier about using it."

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

River Days events in Mission Valley

Jeff Clemetson
Editor

On May 12 and 13, the San Diego River Park Foundation (SDRPF) kicked off its annual River Days with events along the San Diego River from the headwaters in Julian all the way to the Famosa Slough in Ocean Beach. The four-day event, held over two weekends, continues May 19 and 20.

Several events in the Mission Valley area on opening weekend included a work party at the Native Plant Landscape in Old Town, hosted by the California Native Plant Society; an invasive species removal along the river near the Presidio Little League diamonds; a guided walk hosted by Walkabout International near Fashion Valley Mall; and Mother's

See RIVER DAYS page 2 →



(l to r) Volunteers Shirley and Bill Kimich and SDRPF river ecosystem manager Shannon Quigly-Ramond examine a sample of river water. (Photo by Jeff Clemetson)

MVPG responds to grand jury report

Jeff Clemetson
Editor

In April, the San Diego County grand jury released a report recommending changes to the area's 43 community planning groups. At its May 2 meeting, the Mission Valley Planning

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MISSION VALLEY NEWS BRIEFS



Artist Kevin Anderson works on the ceiling of the 72-foot-long mural he is painting in the pedestrian tunnel under Via Alta in Mission Valley's Civita Park. (Courtesy Merz Public Relations)

Civita pedestrian tunnel mural nears completion

Encinitas artist and muralist Kevin Anderson is nearing completion on a colossal 72-foot-long, 270-degree mural in the

pedestrian tunnel under Via Alta that connects the main portion of Civita Park to the dog park in Mission Valley.

The mural depicts the majesty and diversity of San Diego County from the desert to the ocean and highlights "places to go and things to do" in the far-flung county, which encompasses 4,526 square miles. (The county is larger than Rhode Island and Delaware combined.)

Anderson is illustrating dozens of famous points of interest including Cabrillo National Park, The Star of India, Hotel del Coronado, hang gliders at the Torrey Pines Gliderport, San Diego Zoo — all the way east to the Desert Bighorn Sheep in Borrego Springs. The mural also details the delights of Civita Park.

The artist said it's not challenging for him to paint the diverse landscape of San Diego County, because "when I'm not painting murals, I'm out with an easel painting my favorite places in San Diego."

During his decades-long career, Anderson has painted numerous murals, including ones at Navy installations in Coronado, Caesars Palace and Harrah's in Las Vegas, restaurants and private homes.

Civita residents have been observing his progress and watching the mural take shape since Anderson is painting in the tunnel most days. Recently, he got a little help from dozens of Civita residents who added their signatures, handprints or footprints.

The tunnel is open to the public and located at the top of the stairs at the north end of Civita Park. The mural is scheduled to be complete in early June.

More of Kevin Anderson's murals and paintings are on display at his website, KevinAndersonPaintings.com and updates on the mural are posted on the Civita website and Facebook page, civitalife.com and facebook.com/CivitaLife

Local organization wins Eagle Spirit Award

Mission Valley-based Rehabilitation Care Coordination will be one of the recipients of an Eagle Spirit Award at the 28th annual "Victories of Spirit" celebration, held May 18, from 6 to 9 p.m., at the Manchester Grand Hyatt. This is a joint event between Sharp Rehabilitation and the Sharp HealthCare Foundation meant to pay tribute to extraordinary individuals and community organizations for their inspirational achievements and contributions to others.

According to event organizers, the Eagle Spirit Award symbolizes the Navajo sign of the most potent healing power. Rehabilitation Care Coordination will receive the award along with three individuals — Joan Embery-Pillsbury, Hydred Makabali and Steve Scott.

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River Days, from page 1

Day event at the San Diego River Garden.

At an event called Clean Water Warriors on May 12, SDRPF staff and volunteers offered educational and art booths for community members of all ages. SDRPF river ecosystem manager Shannon Quigly-Ramond explained the importance of the river and some of the work the foundation does to preserve it.

Due to start in a couple of weeks, the solar aeration project will increase the level of dissolved oxygen in the river water.

"When there's not a lot of oxygen, it's not a good environment for fish, we get lots of stinky smells," she said. "Have you ever smelled the rotten egg smell? That is associated with low oxygen environments, it's actually hydrogen sulfide coming out of the water."

The project, funded by a grant from the San Diego River Conservancy, will involve large aerator boxes installed in the river that will act like the bubblers in a fish tank. The aerators will be placed in the river section between Qualcomm Way and Camino Del Este.

"We'll take our lessons learned from this project and potentially implement it at other locations which are low in dissolved oxygen," Quigly-Ramond said.

In addition to the update on the future project, participants at the Clean Water Warriors also conducted experiments testing the river water's temperature, dissolved oxygen content, turbidity and PH level using a basic sampling kit.

Another station was set up to teach about the river's plankton and bugs that the fish feed on. The plankton station was manned by volunteers Bill and Shirley Kimich who were oceanography teachers in Ontario, California before retiring to San Diego. The Kimichs shared their knowledge of plankton — including the fact that salt water plankton is brown or gold and freshwater plankton is green — with the River Days participants who then viewed the aquatic life under microscopes.

River Days continues May 19 and 20 with more events along the entire San Diego River. Local Mission Valley events will be held on May 19 and include a petting zoo, pony rides and river crafts activities hosted by Mission Valley Library at 1:30–3:30 p.m. and an event called Clean and Green River Clean-Up: Mission Valley East hosted by SDRPF at 9 a.m.–noon, meeting at Quicke-Lube 4232 Camino Del Rio North.

For more information about River Days or about the San Diego River Park Foundation, visit sandiegoriver.org.

—Reach Jeff Clemetson at jeff@sdenn.com.



(l to r) Brady & Associates staff at the CMAA awards banquet: (top row) Ron Brady, Javier Saunders, Scott Reilly, Rick Brady, Crystal Kolland, Terry Smith, Jim Wageman, Amanda Del Bello, Dan Black, Kelly Eppard and Bill Siegel; (bottom row) Garrett Murawsky and Jorge Balderrama (Photos courtesy Brady & Associates)

Mission Valley firm honored for expertise

Margie M. Palmer

Most people don't spend a lot of time thinking about how water gets to their home, but thanks to the engineers at Mission Valley-based Richard Brady & Associates, they don't have to.

"We do design and construction management for water and wastewater-type projects," said company founder Richard Brady. "When you turn on the tap and water comes out, or when you flush water and it goes away, we make sure those things happen efficiently with the least disruption as possible."

Engineers don't often get a lot of recognition, he said, which is why having his company be named as Firm of the Year at Construction Management Association of America's (CMAA) San Diego Chapter's Annual Awards Banquet on April 18 was such an honor.

"The award hit us out of the blue because there is a lot of competition; we're one of about a dozen local firms that could win on an annual basis. The award isn't related to any specific project, it's about doing things successfully, on time and on budget, because the city has defined money to spend on these things and no one likes their costs going up," he said. "[The award is] also a nice validation to have for our clients when we submit proposals. Getting this award is like getting a gold medal sticker on your homework when you were a kid."

The 19-year-old firm may not be well known to those outside of the field, but they have been involved with a myriad of

well-known projects throughout the county, including the Padre Dam Project.

One of the most intricate parts of that project, Brady said, involved the construction of a pipeline that needed to go underneath Interstate 8.

"As the construction manager, we needed to watch the contractor and make sure they're constructing the project as it's designed. They have to do it exactly the way they see it and they can't make changes in the field. They need to have qualified people there who know what they're looking at," he said.

Yet that's not to say that managing these types of projects doesn't come with a certain amount of stress.

When news of a partial I-8 freeway collapse hit the airways, Brady admits his stomach tightened quickly.

"The collapse happened down by Hotel Circle, but when I first heard about it I thought it was our job. Fortunately, it wasn't," he said. "It can be stressful, because this is the last type of thing you want to have happen."

People often have a tendency to take the engineering profession for granted, he continued, adding that what they don't realize is that these men and women, who are lumped in with all the chaos that comes with construction, are the ones who are ensuring projects, including ones that involve reliable water being delivered to your home for the next 50 years, are executed properly.

"We're all silently doing our jobs without a lot of recognition, which is why receiving this award is quite significant," he said. "It's a validation that we've done our job. Engineers don't often get a lot of credit but I would encourage more people to get into the profession. There is great satisfaction in what you do, even if people don't appreciate or understand it. Either way, you still know you've done something that will last long after you're alive."

—Margie M. Palmer can be reached at margie@alumni.pitt.edu. ■



The Padre Dam is one of the large projects Brady & Associates has worked on.

Acupuncture clinic heals veterans for free

Doug Curlee
Editor at Large

Guy Page is a big believer in acupuncture.

The ancient Asian medicine helped him through some rough times earlier in life.

It helped keep him leveled out when booze, drugs and something like post-traumatic stress disorder (PTSD) threatened to bring him low.

Which is why Page is about to open an acupuncture clinic in Mission Valley, at 3505 Camino Del Rio South. Opening day is June 1.

"I know what good it has done for me, and I know what good it can do others," he said.

Page is especially interested in acupuncture and what it can do for military veterans fighting the PTSD battle. (He's ex-Air Force). The clinic, to be called The Inn Spot Community Acupuncture Center will be open six days a week, but closed to the general public on Tuesdays, when it will be restricted to free treatments for military patients.

The Tuesday veterans program opened on May 15.

Unlike traditional acupuncture clinics, The Inn Spot practices "community acupuncture," which is done in a group setting rather than a private room. According to Page's website, community acupuncture "improves the experience for patients by allowing them to connect with others and alleviate

feelings of being alone. The overwhelming benefits and case studies show how a group setting has added an extra layer of benefits ..."

Page has pretty much put this clinic together with the help of Acupuncturists Without Borders, a worldwide non-profit group.

But much of this has come out of Page's pockets — literally. Paychecks, 401K, you name it, and he's using it all to get the business rolling.

At the clinic's soft opening on May 12, we talked with acupuncturist Dr. Michele McIntyre about what the ancient art does.

"The ancients who gave birth to acupuncture had discovered points on the head and body that, when stimulated by a tiny needle, can tell the body to relax — to heal — to get in physical and psychological balance," she said. "It's good for detoxification. People at first often don't believe it until they actually experience it, and they become believers."

Christian Helmand took a treatment, as he has before, because he's found it helpful in detoxifying from opioids.

"It helps you get your mind off it, and sometimes that's what's needed," he said.



Guy Page receives some acupuncture at his own clinic from Dr. Michele McIntyre. (Photo by Doug Curlee)

The kinds of procedures used are watched over by the NADA, or National Acupuncture Detoxification Association, sort of a watchdog body for the art.

Many people look at acupuncture and think it's a fake, or a con, or something.

It's not. Traditional Asian medicine has a long history in the world — a history of accomplishing good where Western medicine hasn't helped.

The Veterans Administration has been offering acupuncture for many years, and it's benefited many veterans.

For more information about The Inn Spot Community Acupuncture Clinic, visit innspotacu.com.

—Doug Curlee is Editor at Large. Reach him at doug@sdcdn.com. ■

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Recreational cannabis settles into Mission Valley area

Jess Winans

Driving down Camino del Rio South you may see one, two or three spinning “Cannabis 21+” signs pointing you to one of San Diego’s only recreationally exclusive dispensaries: San Diego Recreational Cannabis (SDRC).

SDRC, located at 1299 Camino del Rio S., is owned and operated by couple Tara and Sean St. Peter who opened it in January of 2018 following the legalization of recreational marijuana use in California.

Mission Valley News sat down with Tara from SDRC to discuss the changing marijuana industry, recreational marijuana usage, cannabidiol (CBD) and their inspiration.

Why did you decide to open your dispensary in Mission Valley? What was it about the area that enticed you?

“It is very hard to find a location to open a cannabis dispensary. The city only allows four per district and SDRC was the third license in this location. It has to be away from schools and parks. This place is a prime location. I think it’s the best in San Diego — it’s in Mission Valley, it’s next to Hotel Circle, there’s 34 million tourists and 17 million of those are overnight stays and it’s also the seventh largest city. It’s right off of the [Interstate] 8 providing easy access and parking. I couldn’t ask for a better location.”

How long have you been working in the marijuana industry?

I’ve been in the industry for 10-plus years and I have

a corporate background of accounting. My husband and business partner, Sean, is a military veteran who got into cannabis for post-traumatic stress disorder (PTSD). Long story short, [cannabis] changed his life and our life. I wasn’t always supportive in the beginning, but over time I saw these benefits of cannabis and now it’s my industry. I left the corporate sector about 10 years ago to come help him run businesses.

Is this your first marijuana endeavor?

We’re not new to the San Diego cannabis industry, we had shops from 2008 to 2011. After the ordinance was repealed in 2011, I spent some time in Washington’s recreational market, not into the retail side, but manufacturing in a 30,000-square-foot facility of cannabis and edibles. I really have a lot of experience in the recreational market.

What are your thoughts on the recent legalization of recreational marijuana?

I think it’s about time. It’s time to tax it. It’s time to regulate it. It’s time to have safe access to it. It has been legal medically since 1996 but it wasn’t regulated like people thought it was. Nothing was tested. Most marijuana came from people coming into shops with backpacks on or growers coming from their houses.

The best thing legal recreational weed can do is one, bring in tax revenue, and two test for pesticides and make sure everything is consistent and products are safe for consumption. That’s why it’s important. The average consumer doesn’t think that. They think, ‘I’ve been buying medical cannabis at a dispensary for so long’ but it hasn’t been tested and it hasn’t been regulated.

Now, the state has set so many high standards after seeing Washington, Oregon, Colorado and Nevada’s regulation for pesticides and



A display case of edibles

all that. Now, any cannabis has to go through this testing. I’m only allowed to purchase through licensed distributors who already went through this testing. That’s the best thing I think. You know what you’re smoking. It’s not being sprayed with miracle grow.

You have a section of your store presenting information about CBD. What is CBD? How is it different than marijuana?

I want the area to be an interactive learning space and I’m working on adding more to it. CBD is for people who have work to do or they have kids to take care of and they can’t be high all day. CBD has no psychoactive effects to it but it has so many benefits that can help people. There have been doctors who came in who are working with things like opioids and they basically want to have an alternative or a center where people can go. Not necessarily a medical place, but an outlet for people to say, “You know what, this place is a licensed place that has these options for you.” That was my thinking behind the CBD area.

A new customer walks into your store and has never tried recreational marijuana before: What do you say?

Really everyone who comes into our door is new to the cannabis industry. Most of my customers who come through here are first-time smokers or first-time cannabis users who saw my billboards, saw the sign that says “Cannabis 21+,” or they’re tourists.

I’ve had people who looked us up in Florida and came here. What we are is a cannabis



Customers checking out the products in the SDRC sales room. (Photos by Jess Winans)

destination and that’s what we’re trying to do. That’s what our motto is. A recreational destination.

What we want to be is any recreational needs you have, you can get that here whether you smoke going up Cowles Mountain or you smoke and go to the gym and need something to help your muscles to relax, whether you, not medically, need help sleeping with edibles. Whether you smoke or eat it — we have something for everybody.

What would you say to critics of recreational marijuana?

It’s everywhere. Look on Craigslist right now — you should want it in a facility that’s required to have armed guards 24 hours a day. You should want it in a place that has surveillance 24 hours a day. You should want it in a place that’s paying taxes, because if it’s not here, it’s on the streets. It is right now. It has to be regulated and safe to smoke.

What do you think will be the next big thing in the marijuana industry?

Recreational. It’s just starting. We’re creating the market for recreational cannabis. We’re doing things that have never been done before — things have been done medically maybe, but even our setup is different than any medical store.

We do not share inventory, we have 10 separate check-out stations and each station has its own inventory. That’s how we’re able to move customers in and out but also have a personal experience. People come here and have their different needs for smoking and their different

reasons why they come to the store, but it’s still a personalized experience. You’re able to talk with someone that can fit you in for the right product.

It’s not medicine, they’re not patients, they’re customers. And everything here has to be pre-packaged, pre-weighed and placed in childproof packaging. It then leaves my store in an exit bag that is child resistant and given away for free.

How has Mission Valley responded to the dispensary?

The neighborhood has been pretty welcoming. We’re just average people providing a nice environment where people feel comfortable and safe. I can’t tell you how many couples I see coming in for date night or how many families I see. We welcome groups and pets and I can’t tell you how many times people come in and they’re scared. We had some people come in from a church and it was two older ladies and they were just scared.

Everybody who comes in doesn’t know what to expect from a cannabis store because there is so much stigma. We want to break the stigma down and let people know that there’s no difference between coming in here and going to the Apple store or any other retail store. It doesn’t smell like marijuana, it’s clean, professional and we value customer service. Our sales associates are warm and welcoming.

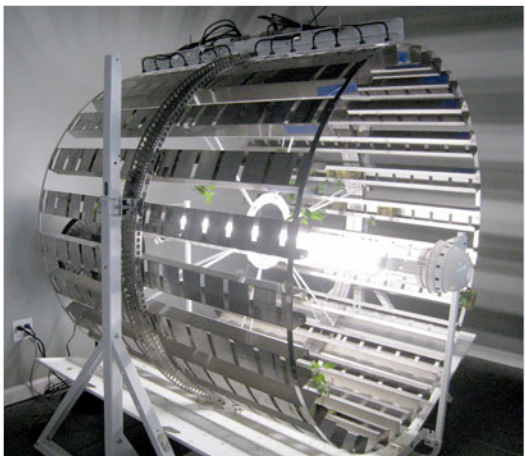
I know how me and my husband shop. We’re Walmart great-value-type shoppers and that’s what we want — we want to offer quality-tested nice products but at an affordable price where people can feel like they’re getting a good deal but still contribute to paying taxes. It’s no different than any other taxes on things you buy.

What’s next for SDRC?

Delivery, shuttle services and more community outreach. I’d love to volunteer at food banks or help other nonprofits. There are so many nonprofits I’d love to contribute to. We are also looking to open a second location.

For more information about SDRC or to see their list of products, visit sandiegorecreationalcannabis.com.

—Jess Winans is editorial assistant at SDCNN, parent company of Mission Valley News. Reach her at jess@sdenn.com. ■



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Celebrate summertime at Mission Valley Branch Library

Karen Reilly

Summer is approaching, and we are gearing up for our annual summer reading program starting June 1. What is summer reading? It's a chance for everyone — babies through adults — to come to the library for fun events, great reads (plus movies, music, and e-materials), and the chance to win books and other prizes. Our theme this year is “Reading Takes You Everywhere,” which celebrates the incredible places people go when they crack open a book. Summer reading runs from June 1 to Aug. 1 at all San Diego Public Library locations.

If you can't make it in for the opening day of the summer reading program, don't worry. You can register online at sandiego.gov/summerreading, and challenge yourself and your family to either read 10 books or read for 10 hours. No summer reading program would be complete without prizes, and this year those include a book bag with food coupons (kids get museum and San Diego Zoo and Safari Park coupons, too) and a free book of your choice. Every 10 books — or 10 hours — also gets you an entry into our raffle for gift cards to the Library Shop, the gift shop at the Central Library. The store features an eclectic and

well-curated offering of fun toys, jewelry and accessories, home décor, and (of course!) books.

The Mission Valley Library will host a kick-off event on Saturday, June 2, at 10:30 a.m., with an incredible family magic show. Then, every Thursday at 10:30 a.m. through July 26, you'll find fun children's programs related to music, dance, science, and animals. For a full lineup of our programs, visit our online calendar sandiego.librarymarket.com or check out our Facebook page at facebook.com/missionvalleylibrary.

Solar project

If you have driven by the library recently — or read the article in this very newspaper — you know that the city of San Diego is in the process of installing solar panels in our parking lot. Why? The short answer is because the panels will provide 80 percent of the power needed to run our building, and save the city \$28,000 a year in electricity costs. The longer answer is because the city is taking the lead in implementing our Climate Action Plan, which calls for all electricity used in the city of San Diego to come from renewable sources by 2035. That's a pretty tall order, and explains why solar panels have been sprouting up at city buildings all around San Diego.



(Courtesy Mission Valley Library)

Why is the city going to all this trouble? Because in 2005, then-Governor Arnold Schwarzenegger signed an executive order mandating that by 2050, greenhouse gas emissions in California be 80 percent below what they were in 1990. Once that goal was set, the Assembly decreed that greenhouse gas emissions be back at 1990 levels by 2020, and in 2015 Governor Jerry Brown signed a new executive order decreeing that California needs to be 40 percent below 1990 levels by 2030.

These are ambitious goals, and the state has enlisted local governments like the city of San Diego to help get us there. The city developed its own

See SUMMERTIME page 8 —>

I think I can



Erica Moe

Do you believe in ghosts? One-third of Americans do, according to a Gallup poll. It is hard to fathom that more people believe in ghosts than exercise regularly. The Centers for Disease Control and Prevention reports that only about 20 percent of Americans get the recommended amount of exercise — that's 10 percent less than those who believe in the supernatural.

Ever wondered what exercise goals you could achieve if you just “believed” you could? Theodore Roosevelt said, “Believe you can, and you're halfway there.”

Science proves you're even further along than halfway. Your belief in yourself (also known as self-efficacy), is the No. 1 predictor of exercise adherence (also known as sticking with it).

The mind is a powerful thing. Where the mind is, the body will follow. One study found that, for any given exercise intensity, people with higher belief in themselves had a lower perception of how hard they were working. Coincidentally, belief in yourself and exercise have a reciprocal relationship. One of the best ways to increase your confidence in yourself is by exercising!

Consider your past physical activity accomplishments — that Little League championship, making the varsity team, the 5K you finished a decade ago, the hike last summer. All of those positive experiences build your confidence for a repeat. Think about how sports teams that achieve success often continue to be successful — like the Lakers' three-peats. The Lakers weren't the best team each year, but they knew they could win because they had done it before.

Utilize the home-field advantage. Scientifically, in the NBA, playing at home yields 10 percent more wins. Where is your home field? If it is not the treadmill in your



(Courtesy Mission Valley YMCA)

basement, could it be a dance studio, on a trail in the wilderness, or a group exercise class with others?

Find and follow positive role models. Maybe it's your personal trainer, who is a consistent fitness badass, your coworker who lost 15 pounds and kept it off, your sister who reduced her blood pressure after starting yoga. Surround yourself with health superstars. If they can do it, you can, too!

A study published in the New England Journal of Medicine found that people were 57 percent more likely to gain weight when a friend gained weight, even if the friend was hundreds of miles away. When you take your first step, take a friend with you. Having an exercise partner can help both of you stick with it.

Replace “I can't” with “I don't.” After one study, 80 percent of the women were still using “don't” instead of “can't” because they found it empowering. Try “I don't eat candy” instead of “I can't eat candy.” See the difference?

When the “Little Engine That Could” said, “I think I can,” it was just enough to meet and conquer the challenge. What will be your motivating mantra? Try on:

- I can, and I will.
- Today, I can.
- I got this!
- Be amazing today

Start by saying the words, then create a strength inside yourself to believe them.

Whether you think you can or you can't, you're right.

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

Products poisonous to pets

Sari Reis

Recently, one of our clients reported that his cat had been hospitalized due to ingesting the pollen from a lily in his backyard. His story was very distressing so I decided to research the plants and other products that are most toxic to our pets. I logged onto the American Society for the Prevention of Cruelty to Animals (ASPCA) website. Here is a top 10 list from their Poison Control Center compiled in 2016.

10. Garden products which include herbicides, fungicides and fertilizers. Please make sure the packaging is tightly sealed and that they are kept out of the reach of pets.

9. Numerous plants and flowers can be toxic to dogs and especially cats. Some of the worst offenders are lilies of any kind. They can cause kidney failure in cats very quickly. Azaleas cause gastro-intestinal (GI) upset as well as potential cardiac failure. Tulips can cause GI distress and hypersalivation. The sago palm, which is often found in our backyards, can cause GI distress, liver damage and death. For a complete list of toxic plants please visit aspc.org/pet-care/animal-poison-control.

8. Rodenticides don't just kill rats and mice but can also be fatal to our pets if ingested. Keep them locked away from where pets may have access.

7. Insecticides can be very hazardous to our cats and dogs.

Check the instructions for use carefully.

6. Chocolate may be delicious, but it is highly toxic to dogs; especially the dark chocolates. If you are a chocolate eater, do not give any to your dog and be sure to put it away safely where the dog can't help himself.

5. Household products used to clean or spruce up our homes, can be dangerous. Keep paint and glue away from pets as well as common cleaners containing bleach. Also, things like carpet fresheners, some essential oils, toilet cleaning tablets, dryer sheets, and products containing Febreze. Be sure to read labels to see if they are pet-safe and when not in use, lock them away.

4. Surprisingly, veterinary products made the list. Things like joint pain medication and other supplements as well as pain medications prescribed by the veterinarian are dangerous if not administered as instructed or if the animal helps himself.

3. Not all food fit for a human is OK for our dogs and cats. Avoid giving your pets onions, garlic, grapes or raisins, avocado, macadamia nuts, alcohol, xylitol (an artificial sweetener), yeast dough and dairy products which contain lactose. Many felines are lactose intolerant and it will cause GI upset.

2. Over-the-counter human medications such as ibuprofen and other NSAIDS, are lethal to pets, especially cats. Keep the caps secured and the bottles



Prescription medications are the number one poisoner of pets. (Wikicommons Media)

in a medicine cabinet where the pets can't reach them.

1. Lastly, but most importantly, human prescriptions are the No. 1 poisoners of our animals. About 17 percent of calls reported to the ASPCA involve a pet ingesting their guardian's medications. Heart medications, anti-depressants, ADHD drugs, etc. may be beneficial to you but can kill your pet.

The above list is based on reported calls to the ASPCA Poison Control Center. If you suspect your dog or cat has ingested any of the products listed above, call the ASPCA poison hotline immediately at 888-426-4435. They are available 24 hours a day, every day. Remember to be very vigilant in how you use and store products in and around your home and hopefully, you never have to make that call.

—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 missionvalley-petsitting.com.■

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Guest editorial

Water tax proposal remains poor policy

Mark Muir

Like a bad penny, a plan to tax water keeps turning up in Sacramento.

That's right — under two proposals circulating in the Capitol, California would start taxing the most fundamental resource on the planet. Such taxes would needlessly drive up costs for families already struggling to make ends meet and undermine the very goals that proponents profess.

Senate Bill 623 by state Sen. William Monning (D-Carmel) and a budget trailer bill supported by Governor Jerry Brown would add a tax to local residential and business water bills in the name of providing safe, clean drinking water to disadvantaged communities, mostly in the Central Valley.

There's no question that some Californians in low-income, rural areas don't enjoy the same level of safe drinking water delivered by the San Diego County Water Authority and its 24-member

agencies. That's why the Water Authority and many other water agencies statewide have made it a priority to promote sensible funding strategies to address this important issue. We are committed to delivering safe and reliable water, and we wholeheartedly support the goal of ensuring the same for all Californians.

But taxing water isn't the right approach.



San Diego County Water Authority

Among the many problems with this is strategy is that it sets a bad precedent. California currently does not tax water or essential food products. However, even before the first proposed water tax has been voted on, two additional water tax proposals emerged in Sacramento. Both of those taxes would drive up water bills by as much as \$15 to \$20 each month.

The cost of living in California is already high, and taxing drinking water

works against the very people that the funds are intended to help.

Of course, Californians overwhelmingly object to SB 623, legislation that would create a new tax on drinking water, according to a recent poll of likely 2018 voters conducted by Tulchin Research. In all, 73 percent said they opposed the Senate legislation. Over half said they "strongly opposed" the measure, while just 8 percent said they "strongly supported" it.

Thankfully, there are better alternatives.

California appropriately uses its general fund to pay for other important programs and social issues identified as state priorities, including public health, education, housing and disability services. The public supports using the general fund to pay for programs that serve and protect residents and communities in need.

Dozens of local water agencies, chambers and other groups have joined together to advance more appropriate funding solutions — a package that includes federal safe drinking water funds, voter-approved general obligation bond dollars, cap-and-trade revenues, agricultural fees related to nitrate in drinking water, and general fund money. With this approach, we can address an important issue for our state without adding a tax on our most precious natural resource.

—Mark Muir is the board chair San Diego County Water Authority. ■

Letters

An enjoyable fair

Re: "Bringing people together" [Volume 12, Issue 4 or bit.ly/2L1JeVW]

You had a good story about the Linda Vista [Multicultural] Fair. I saved the article so I could read it again after enjoying all the musical and dance groups.

My feet hurt because we stayed there many hours and [there were] not enough chairs. So maybe next year, let's get more. The main stage could be a lot bigger. It was very enjoyable; lots of good food. I joined my daughter who lives in Linda Vista and visited with neighbors.

The parade was very enjoyable — so many different groups and lots of bands and different organizations in the parade and law enforcement. I think a fire engine could have interested the young people as a career. Maybe there was one but I don't remember.

The announcer was very energetic and kept the crowd entertained. I told him so.

We ate good food from Kenya. It was vegan. We enjoyed all the hard work that the dancers and musicians gave us. And wow, the steel drums! What a great treat. Their instructor should be recognized.

—Nadine E. Ulloa, San Diego

Looks like a great event. Your able reporting sparks interest, creates a desire to attend. Wish we were there to go with you. The art pieces, textiles are beautiful and bright. And what interesting people — 23 different languages and dialects.

I once taught with an Indonesian teacher in Austin, and they had so many dialects and variations in that small country that she could barely understand someone who lived 30 minutes away. Her husband was doing graduate work on a breed of frogs who had no trouble finding cockroaches to eat in their college UT housing.

Thanks for sharing this article with me.

—Judy Garrett, via website ■



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

EDITOR

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

CONTRIBUTING EDITORS

Sara Butler, x118
Albert Fulcher, x110

COPY EDITOR

Dustin Lothspeich

WEB & SOCIAL MEDIA

Sara Butler

CONTRIBUTORS

Doug Curlee
Steve Doster
Kathy McSherry
Erica Moe
Mark Muir
Margie M. Palmer
Karen Reilly
Sari Reis
Frank Sabatini Jr.
Scott Sherman

EDITORIAL ASSISTANT

Jess Winans

EDITORIAL INTERN

Jordan Damond

SALES ASSISTANT

Erik Guerrero

SENIOR INTERN

Erik Diaz

SALES INTERNS

Naja Chaidez
James Gonzalez

ACCOUNTING

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

SALES & MARKETING DIRECTOR

Mike Rosensteel
(619) 961-1958
mike@sdccnn.com

ADVERTISING CONSULTANTS

(619) 519-7775
Heather Fine, x107
Sloan Gomez, x104
Brenda Vergara, x114
Bill Jones, x113
Jim Scannell
Mike Everaet

PUBLISHER

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

PUBLISHER EMERITUS

Jim Madaffer



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

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► News briefs, from page 2

“The Victories of Spirit event is a celebration of former rehabilitation patients who have overcome unimaginable challenges and personal tragedy. It’s an honor to showcase their extraordinary stories of determination, strength and courage,” said David Brown, system director of rehabilitation services for Sharp HealthCare, in a press release. “In addition, they are being recognized for their kindness and compassion displayed through their unselfish commitment of giving back to others and the community. This year’s honorees are an inspiration to all of us.”

For more information or to purchase tickets, please contact Sharp Rehabilitation Services at 858-939-4468 or visit sharp.com/rehab.

Fashion Valley apartment complex sells

On May 1, it was announced that The Heights at Fashion Valley, a luxury residential development site in San Diego’s submarket of Mission Valley was sold for an undisclosed price to buyer, Fairfield Residential. This complex is located at 6950 Friars Road, across the street from Fashion Valley Mall.

“This fully entitled development site was a rare investment opportunity to build high-end residential in one of San Diego’s most dynamic infill markets,” said Rachel Parsons, first vice president of CBRE, the company representing the seller, Guardian Capital. “Mission Valley’s population is also forecasted to increase by 6.1 percent over the next four years. The Heights is poised to deliver multifamily units at an opportune time as San Diego is experiencing outstanding apartment investment fundamentals with occupancy levels of 96.1 percent.”



Volunteers at last year’s Red Shoe Day fundraiser (Courtesy Ronald McDonald House)

Ronald McDonald House seeks volunteers

Hundreds of enthusiastic volunteers are needed on June 21 from 6:30 to 9:30 a.m., to collect donations from morning commuters for Ronald McDonald House Charities of San Diego’s annual Red Shoe Day fundraiser.

Ronald McDonald House Charities of San Diego provides a range of services — including lodging, meals and emotional support — for families who have a critically ill or injured child in a local hospital.

Visit RedShoeDaySD.com to register as a volunteer or create

a personal fundraising page to help support Ronald McDonald House Charities of San Diego. To learn more, visit rmhcsd.org.

USD coach celebrates 1,000th career win

Shane McGuire’s home run during the 11th inning was the first of his college career and resulted in Rich Hill’s 1,000th win as a USD baseball coach as the Toreros won over Gonzaga.

Only 17 active college coaches have at least 1,000 career wins, putting Hill in an elite category.

“Putting that into perspective, it’s more about what does 1,000 wins or 31 years of coaching, of teaching, of being a fireman or policeman mean?” Hill said in an interview with Times of San Diego. “That means perseverance. It means being able to manage and overcome adversity. It means flexibility. And it means a relationship-focused approach to your job.”

Hill has led the Toreros to seven West Coast Conference titles. Out of all the players he has worked with, he’s had 80 players drafted by Major League Baseball and 85 players involved with professional contracts. From 2013 to 2015, Hill has cranked out first-round draft picks from Kris Bryant, to Conner Joe and Kyle Holder.

“A number of things go into why you’re winning,” former USD baseball coach John Cunningham said. “It starts with the players. As long as he’s been coaching, he’s brought in quality kids... And I said that academically, I say that character-wise, I say that in every way.”



One of the new electric buses purchased by MTS (Courtesy MTS)

MTS board approves electric bus purchase

In continued efforts to reduce carbon emissions in San Diego, the Metropolitan Transit System (MTS) board of directors unanimously approved the purchase of six 40-foot electric buses from New Flyer and options to purchase nine depot chargers. The total cost is estimated to be \$6 million and the buses are expected to arrive in mid-summer 2019.

“This is a major milestone for MTS,” said MTS board chair Georgette Gómez in a press release. “These buses will serve as the benchmark of MTS’ zero-emissions bus pilot program and continue moving the agency toward operating the cleanest possible bus fleet.”

In October 2017, the MTS board directed staff to implement a zero-emission bus pilot program. As part of the pilot, MTS will purchase nine zero-emissions buses and use them on existing routes throughout San Diego for a period of two years. The pilot program will allow MTS to analyze vehicle performance, challenges and capabilities. Staff will analyze characteristics such as

in route vs. depot charging, climate, route profiles, passenger loads, operator performance, battery capacity and more.

For more information, visit sdmts.com.

University of Redlands teams with United Technologies Corp.

The University of Redlands, a private liberal arts and professional university in Southern California, has announced a collaboration with United Technologies Corporation (UTC) to expand educational opportunities for the company’s global workforce.

This collaboration will enable UTC employees to pursue graduate or undergraduate degrees offered by the University of Redlands at one of its seven campuses in California, including Mission Valley, or via the University’s online MBA program. UTC employees will receive tuition discounts and customizable schedules at Redlands through the company’s Employee Scholar Program. The agreement features University of Redlands’ School of Business offerings for UTC employees.

“We look forward to offering many UTC employees access to the high-caliber business education resources at the University of Redlands,” said Thomas Horan, dean of the School of Business in a press release. “Our programs provide a personalized education that enables students to pursue their business passions and career aspirations. When students graduate, they join more than 28,000 School of Business alumni with representation in top private, public and nonprofit organizations.”

The new, nationwide agreement builds upon an existing relationship between the University of Redlands School of Business and UTC locations in Riverside and San Diego Counties, where more than 200 employees have enrolled in undergraduate and graduate business degree programs.

In addition to UTC, the University of Redlands has partnerships with more than 400 organizations —including community colleges, public agencies such as law enforcement and city government, and the U.S. Department of Veterans Affairs. The programs use a cohort-based approach with numerous one- and two-year options for graduate students and innovative pathways for undergraduate students.

“Our Employee Scholar Program is more than just a story based on numbers,” said Laurie Havanec, Corporate Vice President, Human Resources, UTC. “It is about the investment that UTC makes in its people as a way of attracting and retaining a motivated and engaged workforce.”

Since 1996, UTC employees in more than 60 countries have earned more than 39,000 degrees. Global full-time and part-time UTC employees are eligible for the program after one year of continuous service. Currently, there are more than 6,500 employees enrolled in the Employer Scholar Program.

For more information, visit redlands.edu/schoolofbusiness.■

Council waives fees for granny flats

District 7 Dispatch

Scott Sherman



The city of San Diego is currently facing a severe housing crisis. Monthly rent and mortgage expenses continue to rise, forcing younger generations as well as seniors to move out of San Diego to more affordable regions. To help fix this, the City Council adopted a measure making it easier and more affordable for homeowners to build secondary units on their property.

One of the fastest and least expensive options to increase housing in San Diego is to make it easier to build granny flats. With these new incentives, and removal of expensive fees, San Diego residents will find it much easier to build new affordable units.

The unanimous vote will waive Development Impact Fees, Facility Benefit Assessment Fees, and General Plan Maintenance Fees for the construction of “companion units,” otherwise known as accessory dwelling units or granny flats.

In addition to the council vote, Mayor Kevin Faulconer

also directed \$100,000 to the Public Utilities Department to cover the cost of Water and Sewer Capacity Fees for the remainder of fiscal year 2018.

Companion units provide a great housing option in the city that we desperately need. The unanimous vote by the City Council moved us one step closer to increasing the number of these units by reducing the burdensome fees. In addition to this measure, I will soon be bringing forward a companion unit toolkit providing three different designs that will help homeowners easily navigate the development process.

While these are important step, there is much more work to be done. More than 70 percent of San Diegans cannot afford to buy a home at the county’s median home cost of more than \$550,000 – making San Diego one of the least affordable markets in the country. I am committed to continue working on this important issue.

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



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► MVPG, from page 1

Group (MVPG) debated the grand jury recommendations and prepared a response for the city. Mayor Kevin Faulconer and the City Council are required to answer the grand jury's report after evaluating input from the different community planning groups.

In its report, the grand jury asked for the following input on five recommendations:

1. Review community planning group boundaries and determine if any consolidation should take place. The grand jury recommended consolidating the 43 planning groups into six.
2. Determine if the city's Planning Department should develop methods and provide resources to improve recruiting that could result in a more diverse membership.
3. Determine if members of the Planning Department staff should attend all meetings.

4. Consider directing San Diego City Neighborhood Service staff to closely monitor community planning group actions and provide timely guidance to include requests for inappropriate projects, additions and modifications.

5. Determine if all community planning group members should be required to complete the Electronic Community Orientation Workshop (ECOW) training each time they are re-elected or reappointed.

The most contentious item of the grand jury report was its suggestion to consolidate the 43 planning groups into six. MVPG member Keith Pittsford called the suggestion "a bit of an overreach."

"I think to take it down to six means that each one of those groups has an increased load and they may not know that sector of the city as well as we all know Mission Valley," he said.

MVPG member Marco Sessa said that there are areas of

the Mission Valley border that should be reviewed because they either fall awkwardly into a different City Council district, like the area south of Interstate 8 near Texas Street, or have development impacts that are shared with neighbors like Linda Vista along Friars Road and state Route 163, but was also against the idea of massive consolidation.

Rob Hutsel agreed with Sessa and said that planning groups need to find a process to resolve issues of adjacency when looking at developments along borders.

Hutsel also raised concerns over the grand jury's fourth recommendation, specifically that planning groups would need to be monitored when reviewing developments because they might deem something "inappropriate."

"We can only provide advice; it's up to city staff and decision-makers what to determine whether it is appropriate or not, so I would hate to stifle discussion," he said.

There was agreement on the second recommendation about city staff attending community planning group meetings.

"We're very fortunate to have [city planner] Nancy [Graham] at all of our meetings, but not all planning

groups have that," said MVPG chair John Nugent.

Graham said that she only attends all meetings because Mission Valley is in the middle of updating its community plan and would likely not attend all meetings once it is completed.

Sessa suggested that every community planning group should have someone from the city in attendance to answer questions.

"I think it's really important for the planning staff to be here," he said. "I think they should go to every planning group, and I appreciate the fact that they have other things to do, but I think part of their job description should be to come to the planning group meetings."

On the recommendation to improve recruitment to diversify the planning group boards, Pittsford said planning groups should look at changing the categories and requirements to qualify for board membership.

"I like the idea of a more diverse background and getting lots of points of view," he said.

Graham said that diversity is a problem and that there are boards where every member is a residential property owner, although that is not the case with MVPG.

"That is one of the concerns about diversity — what you are

representing," she said. "Then there's also demographic diversity. There's a lot of groups that have very few, if any, women. Also, age ranges. A lot of groups tend to have a lot of retired people. It's very common that groups don't have renters, and that's one of the complaints — that the needs of a renter can be different from the needs of a property owner and so sometimes that rental voice is not being represented in the room."

In addition to MVPG's responses to the grand jury recommendations, Nugent included a statement he prepared asking the mayor and City Council to affirm the city's support for community planning groups and to work on strengthening communication between them and the city's planning and development services departments.

"I think there are some people who are questioning whether [community planning groups] really have a function," Nugent said. "I don't want to say anything negative about city staff, but even working with city staff, mainly out of the Development Services Department, sometimes I get the feeling that they see us as a nuisance, a burden."

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



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► Summertime, from page 5

Climate Action Plan to both meet the goals of the state, and try to benefit San Diego's economy, save taxpayer money, and improve our quality of life at the same time.

Cars, trucks and airplanes are the city's most notorious polluters, but electricity generation creates 24 percent of greenhouse gas emissions in San Diego. Every new solar panel helps us decrease emissions. The panels will not only save the city \$28,000 a year in electricity costs, but the construction cost of the entire project is born by the solar company. Construction is being handled by Southern California companies Helix Renewables and Horizon Underground, both of which support local green jobs. Once the canopies are up, two-thirds of our parking lot will be shaded, which will make your car much more pleasant to get back into after a visit to the library. And yes, we will be replacing the trees removed for this project.

Try the trolley

In the meantime, to help with the loss of parking spaces during this project, our neighbors at Sudberry Properties' Fenton Marketplace have very kindly offered to host your car in their parking lot during our summer reading program events. We would also encourage you to take the trolley to the Mission Valley Branch Library! The Fenton Parkway stop is the closest to the Mission Valley Library, and using public transit will also help the city reduce greenhouse gas emissions.

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

DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.



A brick-and-mortar farmers market of sorts on Morena Boulevard
(Photo by Frank Sabatini Jr.)

The two-aisle **Stehly Farms Market** in Linda Vista is an inconspicuous gem for buying organic produce and groceries, not to mention fresh juices made from a juicing station in the back of the store. Many of the fruits and vegetables are brought in daily from the company's 300-acre namesake farm in North County as well as from others in the region. 1231 Morena Blvd., 619-276-4985, stehlyfarmsmarket.com.

A new culinary journey awaits chef Rich Sweeney as he prepares for his role as executive chef for the San Diego debut of **North Italia**, due to open this fall in **Fashion Valley Mall** by Phoenix-based **Fox Restaurant Concepts**. Sweeney became known for his creative takes on American comfort food while running the former **R Gang Eatery** in Hillcrest for five years. He most recently served as executive chef at **Waypoint Public** in North Park and helped open its second location in Del Sur.

Sweeney says that cooking Italian — and for the projected high volumes expected at North Italia — will present the career challenges he has been seeking. "I'll be making my own pasta dough, which I haven't done in years," he added.

North Italia will be located at the northeast section of the mall, near **Bloomingdale's** and **True Food Kitchen**. With more than a dozen locations spanning from Southern California to Kansas, the menu will offer scratch-made fare ranging from meatballs and fresh-pasta dishes to assorted pizzas and meat and seafood entrees. 7055 Friars Road, northitaliarestaurant.com **Error! Hyperlink reference not valid.**

Odds and Ends: Who would've thought that a single slice of cheese pizza from the **Costco** food court packs a whopping 760 calories?



Chef Rich Sweeney transitions from Uptown to Fashion Valley (Courtesy of Rich Sweeney)

Strangely, the count is higher than the pepperoni slice, which is listed at 710 calories. "I think it's because there is a little less cheese on the pepperoni slices," an employee at the Mission Valley location told us. 2345 Fenton Parkway, 619-358-4000, costco.com.



An intimate omakase sushi bar is coming to San Diego
(Courtesy of Alternative Strategies)

San Diego's first omakase-only sushi bar is due to open in Kearny Mesa by mid-summer. Named **Hidden Fish**, the 1,000-square-foot space will feature only 13 seats and offer dining sessions lasting either 30 or 90 minutes.

The Japanese term "omakase" means that customers leave the selection of what they eat up to the chef. Here, the menu will be void of pedestrian fare such as miso soup and California rolls and instead feature artistic constructs using ingredients like local sea urchin, sea bream, caviar and truffles.

The restaurant is headed by chef John Hong (known also as Chef Kappa). He was previously the lead chef at **Bang Bang** in the Gaslamp Quarter. 4764 Convoy St., Suite A, hiddenfishsushi.com.

A number of restaurants throughout San Diego are donating proceeds from certain dishes throughout May to **Promises2Kids**, a non-profit that provides foster-care children and youth in San Diego County with various support programs to help them succeed in life.

Restaurants taking part in the charity drive include **Bunz** in Mission Valley, which is donating 100 percent of proceeds

from sales of its "limone" pancakes as well as 50 percent of proceeds from purchases of mimosa flights. Also in Mission Valley, **Cupcakes a la Yola** is giving 80 percent of its profits from sales of mini cupcakes.

Encrontro in North Park is kicking in 100 percent of proceeds from sales of mini corn dogs while **The Crack Shack** in Little Italy and Encinitas has committed to the same

amount with its popular bird's nest sandwich.

Other establishments taking part include **The Duck Dive** in Pacific Beach; **Cafe 222** downtown; **Terra American Bistro** in The College Area, and others. For further details visit, promises2kids.org.

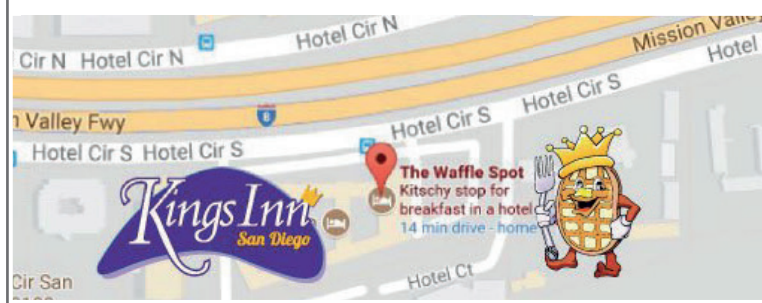
—Frank Sabatini Jr. can be reached at fsabatini@san.rr.com. ■



The plant-based Impossible Burger has sizzled into a number of San Diego eateries. (Photo courtesy of Impossible Foods)



The Waffle Spot is located at Kings Inn in Hotel Circle and serves breakfast daily from 7am - 2pm and lunch from 11am - 2pm. Ample Free parking and Free Wi-Fi are available for patrons. Large Groups are welcome and Catering and To Go services are available.



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A TREASURE CHEST OF OCEANIC MEALS IN BAY PARK



One of San Diego's best seafood restaurants resides on a quaint commercial block in Bay Park, just off Morena Boulevard at 4121 Ashton St.

For 13 years, the neighborhood hot spot has been a beacon for top-quality fish and seafood dishes that potentially kick off with citrus-kissed clam chowder, fresh yellowfin sashimi or fresh ahi poke.

Savory starters abound, with others pointing to panko-crusted crab cakes, coconut-curry mussels and a delectably unique stacking of smoked local fish, avocado and hearts of romaine.

Bay Park Fish Company is owned by a trio of locals: Jerry and Karen Adams, and Marc Muller. Jerry and Marc are no strangers to the sea and its seasonal bounties of seafood. Both are seasoned fishermen and have worked on private and commercial boats over the years.

In addition, Jerry is a retired firefighter, Marc co-owned the former Zenbu Sushi Bar in La Jolla, and Karen transitioned from stay-at-home mom to president of the company.

Marc recalls that he and Jerry came up with the idea of opening a fish market when sitting around after a day of fishing. About a year later, they opened Bay Park Fish Company in what used to be a water ski shop, starting in a single storefront and then expanding into the 4,600-square-foot double storefront they currently occupy.

Plans are currently underway to update the interior design with a fresh look that will include new seating, tables and lighting.

With the help of consulting chef and waterman David Traylor, a skeleton menu of casual fare was born. It

has since evolved into an array of delicious options such as ceviche, sushi rolls, fresh oysters, sandwiches and tacos – not to mention enticing top-selling entrees such as fresh catch of the day, macadamia-encrusted halibut, and swordfish picatta drizzled in buttery lemon-caper sauce. There are several non-seafood items as well, including chicken picatta.

"Many of our dishes started off as successful specials," said Marc, referring to the macadamia halibut served with mashed potatoes, asparagus, carrots and spicy cream sauce. Other acclaimed dishes include the spicy crab and tuna torta, and a green chili burrito with your choice of carne asada, shrimp, chicken or fish.

The nautical-themed restaurant – complete with a dog-friendly outdoor patio, a bar-lounge showcasing photographs of anglers, and a private dining room that seats 30 guests – receives daily deliveries of fresh seafood from a variety of local purveyors. They include Pacific Shellfish, Catalina Offshore Products, and Leong Kuba.

Sushi also takes center stage. The list offers specialty and traditional rolls. The signature Tarantino roll is a favorite. It greets the palate with a top layer of tuna, yellow tail, avocado and jalapeno, and progresses to a filling of panko shrimp, spicy tuna and cucumbers. Wasabi-citrus aioli and eel sauce clench the deal.

Fans of fish and chips can choose between cod or local halibut while those hankering for a BLT with avocado will savor the addition of grilled swordfish on the sandwich.

The menu is built for all tastes, extending also to crispy Brussels sprouts; flame-



Bay Park Fish Company is a neighborhood restaurant that focuses on fresh, local seafood. (Photos courtesy of Bay Park Fish Company)

broiled burgers; steamed clams in cilantro-chili butter and white wine; shrimp-Caesar wraps, and more.

Bay Park Fish Company is open daily for lunch and dinner (11 a.m. to 9 p.m.) It also serves brunch from 11 a.m. to 3 p.m. on Saturday and Sunday, when dishes such as crab cakes Benedict (or traditional Benedict), crab omelets, huevos rancheros and Belgian waffles rule the kitchen.

In addition, happy hour (3 to 6 p.m. daily) affords customers \$2 discounts across 24 handles of draft beer, mostly craft, plus wines by the glass. Appetizers and basic sushi rolls are 20 percent off, and fish tacos are \$4. If you come knocking on taco Tuesday, you can enjoy \$3.50 tacos all day along with discounts on select bottled beers.

General manager Sal Corral is usually on hand to steer customers to the latest specials and promotions.

For more information, call 619-276-3474, or visit www.bayparkfishcompany.com.



A casual, nautical design pervades throughout the double-storefront restaurant.



Fish tacos stuffed with fresh ingredients



The well-stacked BLTA with grilled swordfish



The Tarantino roll is a favorite on the sushi list.



Macadamia-encrusted halibut is a top seller.

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Throwback to 1994

Come On Get Happy! Dr. Ink

In restaurant years, Benihana is ancient.

The national chain, founded in 1972 by the late Rocky Aoki, sizzled its way into San Diego 24 years ago. I was among the flocks of consumers back then who got all goofy sitting around the habachi grills at communal tables while gawking at the “performance chefs” slicing and dicing my teriyaki steak with rapid precision.

After a couple of visits, the thrill wore off. I concluded that the food wasn’t that good. And until recently I never gave the place another thought.

Now, more than two decades later, I found myself flowing with the herds through the faux-palace doors again, if only to take a trip down memory lane.

Everything seemed the same except for the bar lounge, which might have grown larger to accommodate weekday happy hour, which is the main reason I decided to return.

Also, within the lounge area is a sushi bar. I’m not sure that even existed back in the day.

Happy hour is available only at the bar or when seated at any of the tightly arranged tables in its shadow. The food and drink specials are printed on small cards hidden inside Benihana’s regular, laminated menus. My rushed but friendly waitress kindly pointed that out as soon as I sat down.

Discounted drinks start at \$3 for hot sake and graduate to \$4 for Kirin Light and Lagunitas IPA. Premium well

RATINGS

Drinks: ★★★★

Despite its innocent presentation, the Benihana punch was kicky, fruity and refreshing.

Food: ★★★★★

Based only on the two-piece salmon nigiri, the fish tasted top-grade and ultra-fresh.

Value: ★★★★

You’ll save on average \$2 to \$3 per drink and appetizer during happy hour.

Service: ★★★★

Amid the restaurant’s steady clamor, the wait staff performed quite efficiently.

Atmosphere: ★★★

Despite what appears like upgraded lighting and carpeting since I last visited in the ’90s, an outdated feel pervades, which could seem interesting if you’re into restaurant history.

drinks are \$6.50, and wines by the glass and specialty cocktails are \$7.

The latter includes items such as sake sangria, yuzu margaritas, lychee blossoms and Behihana punch, which felt like the right drink to order there. Not since I lounged at some beach bar in Honolulu ages ago have I raised a cocktail to my lips with a paper umbrella poking into my face and a maraschino cherry and a lime wedge floating on top. But the drink wasn’t as frou-frou as it looked. The blending of Myers’s Platinum Rum and various fruit liqueurs yielded a sinister kick.

Numerous noshes are also on the cheap during happy hour. They include California rolls and beef gyoza (\$4); chicken tempura and Philadelphia rolls (\$5); chili shrimp rolls and poke (\$7.50); and dragon or rainbow rolls (\$7).

I took a \$4 gamble on the two-piece salmon nigiri and loved every bite. The fish was velvety and melt-in-your mouth fresh — and not such a graceless match to my silly glass of punch.

Assuming both Benihana and I stick around for another 20-plus years, I’ll likely saunter in sometime again for drinks and sushi. As for eating in the main dining room with culturally-starved suburbanites who think they’ve been transported to Japan, I’ll give that a hard pass. ■



Rum-based Benihana punch (Photo by Dr. Ink)

Good eats off the beaten path

Restaurant Review

Frank Sabatini Jr.



Carve is a modern, American bistro residing in a unique king-of-the-road location. To the benefit of consumers, it’s easy to find since there are no other retail businesses along this colorless stretch of Aero Drive. In addition, the food is of high caliber, ranging from hearty to wholesome.

The eatery is a culinary beacon amid office buildings and new condo developments. In fact, it fronts one of them — the Olympus Corsair housing units. It’s the only commercial kitchen you’ll see for a few miles once you start heading east on Aero Drive off state Route 163.

Owner Chris Karetas isn’t nuts about the location, admitting that the bulk of his business stems from consumers who live and work along the road. As a result, he axed dinner service last year and isn’t ruling out opening a second location in a high-traffic neighborhood like Little Italy, Cardiff or Encinitas.

In the meantime, he serves up a repertoire of salads, sandwiches and plates that have attracted a fair share of devoted followers. Having grown up in the food service industry from an early age when his father ran concessions and cafeterias, Karetas relies on batch cooking and uses house recipes for nearly everything, including craft sodas.

Visiting as a twosome, we started with the green goddess salad, named more for its green ingredients than the perky lemon vinaigrette dressing used on them. In this age of gourmet salads, never do I encounter roasted fennel in the mix. Asparagus and chickpeas are rarities, and English peas prove a lovely herald to springtime. Indeed, this was a killer medley.

Pastrami is smoked and steamed in-house after receiving a secret house-made rub. It comes out super tender and ends up thickly sliced on two different sandwiches: the caloric “Carve ‘strami” featuring the additions of maple bacon, creamy Mornay sauce, Dijon mustard and pickles; and the “smokin’ ‘strami” layered with Swiss cheese, coleslaw, pickles and Russian dressing.

We chose the latter and devoured it without encountering a speck of chewy gristle. Served on toasted ciabatta, it was as good as any creation from a Manhattan deli.

My companion was especially fond of the “turkey jam” sandwich, which offered an underlying sweetness from fig jam. The standout feature, however, was the dreamy combination of the jam and buttery melted brie. Lurking in the background was a hint of horseradish sauce, a nice complement

that could have perhaps been given a louder voice.

Both sandwiches were served with excellent house-made chips. Other choices include the “Aero Club” constructed with roasted turkey breast, bacon, avocado, tomato and Parmesan aioli; and the “Italian hero” stacked with smoked ham, soppressata and provolone cheese.

There are also grass-fed burgers, which taunted the heck out of us with their char-grilled aroma when we first walked in.

Though we succumbed to the “make a plate” category, choosing the catch of the day (salmon) as our protein; baby kale salad as our seasonal vegetable; and roasted potatoes as the starch. Lucky for the nine-to-fivers in the area we saw taking this option.

It’s exactly the kind of lunch that prevents cubical workers from developing “office butt,” as we used to call it in a newsroom I worked in when fearing the effects of eating from the junky cafeteria over time.

Other protein options for the plate entrees are ancho-rubbed chicken breast and flat-iron steak. The additional sidekicks are french fries and mac n’ cheese, should you want to add a dose of naughty cholesterol to your meal.



Grilled salmon with salad and roasted potatoes



Owner Chris Karetas (Photos by Frank Sabatini Jr.)

Carve

8583 Aero Drive
(Serra Mesa)

858-634-2384
carvesd.com

Prices: Salads and soups, \$6 to \$9.95; sandwiches and burgers, \$10.95 to \$15.95; plates, \$12.95 and \$13.95

Therein lies the appeal of Carve. It’s a place that welcomes both lawless and healthy eaters, and where quality isn’t compromised by slapdash cooking. Karetas isn’t trying to reinvent the wheel. But he’ll do well introducing his tasty concept to the rest of San Diego if he opens another location.

—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. ■

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MVN-Puzzles

ANSWERS ON PAGE 13

SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle.

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

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CROSSWORD

1	2	3	4		5	6	7	8	9		10	11	12	13
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69						70						71		

- ACROSS**

 - 1 Mob chaser
 - 5 Scare
 - 10 Leaning
 - 14 First class
 - 15 Loops: geom.
 - 16 Sole
 - 17 One of the family
 - 19 Edge
 - 20 Passion
 - 21 Asiatic weight
 - 22 Dame Myra
 - 23 Suggestive
 - 25 A_U vowel connection
- DOWN**

 - 1 Mob chaser
 - 5 Scare
 - 10 Leaning
 - 14 First class
 - 15 Loops: geom.
 - 16 Sole
 - 17 One of the family
 - 19 Edge
 - 20 Passion
 - 21 Asiatic weight
 - 22 Dame Myra
 - 23 Suggestive
 - 25 A_U vowel connection
- ACROSS**

 - 27 Ringo was one
 - 30 One of the family
 - 35 Automotive pioneer
 - 36 Exploit
 - 38 Chutzpah
 - 39 Bon ____
 - 40 Particulars
 - 42 Loser to DDE
 - 43 Baseball Hall of Famer
 - 45 Heater
 - 46 RBL, e.g.
 - 47 One of the family
 - 49 Badger's cousins
- DOWN**

 - 18 Russian inland sea
 - 24 Grant
 - 26 Country places
 - 27 Across the ____
 - 28 Fudd and Rice
 - 29 Gallic goodbye
 - 30 British prime minister
 - 31 Wotan
 - 32 Speechify
 - 33 Pertaining to eye part
 - 34 Orals
 - 37 Vous ____
 - 40 Nimble
 - 41 Byron poem
 - 44 ____ a rat
- ACROSS**

 - 51 Catchall letters
 - 52 Early rock musical
 - 53 Road or bridge fee
 - 56 River to the North Sea
 - 59 Celebrities
 - 63 Billy, of Rock
 - 64 One of the family
 - 66 Fairway cry
 - 67 Vigilant
 - 68 Warning word
 - 69 Delius or Chopin, to friends
 - 70 Place for a barbecue
 - 71 Tennis rating

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Why staging a home is effective

ASK KATHY



Kathy McSherry

Kathy: Staging has become an essential element for maximizing the resale value of a home. Why is staging so effective? How much can a seller expect to pay for staging a property and will staging really yield a significantly higher sales price?

—Tom S.

Hi Tom:

You are correct. Staging, which is simply a method of decorating, enables a home to showcase itself in the best light possible in hopes of obtaining the highest price possible and in usually the quickest time frame. In my opinion, staging can be essential when selling your home. It will really depend on the home itself and the current décor that is in the home. With that being said, first impressions do count. And, with 80 to 90 percent of home buyers starting their search online, great staging makes for great photography and great pictures are powerful and essential to good marketing. According to realtor.com, staged homes sell 80 percent faster than non-staged homes and for 20 percent more!

Staging sets the stage for a quicker sale. A professional stager or Realtor understands current trends in the home industry and can advise a Seller what items should stay or go, how to de-clutter your home, and prepare the home to look its best.

Pricing for professional staging varies depending on how much staging you need: Is it an empty home? Is some of the furniture useable? Maybe just artwork is missing; these questions will determine how much the stager needs to do and how much furniture or items will be rented. Some stagers charge for an initial consultation and then separately for the items that you rent. They might also have a minimum monthly rental time frame, typically two or three months. I have had clients spend as little as \$600 which got them artwork, small decorating objects and new towels for a bath, which was for a two-month contract. In high-level, multi-million dollar listings, I have seen Sellers spend \$190,000 as the home was 12,000 square feet and listed for almost \$18 million.

In one of my recent listings, the seller barely lived in the home; and although the home appeared brand new, it did not give off a “homey” or warm feeling. The seller had beautiful artwork and some stored furniture in the garage that he never used due to his heavy travel schedule. I used what he already had and coordinate the

new items with his other existing items and décor. Sometimes it just takes an outside eye to rearrange from a neutral perspective.

Buyers want to see themselves living there and imagine themselves in the home. If a home is messy, cluttered, and doesn't seem to flow, it can turn qualified buyers away.

A great way to save money and costs for staging is to concentrate on only the most important rooms in the home. Where do people spend most of their time? Focus on the living/dining rooms, kitchen and the master bedroom. Here are a few tips:

A home needs to be welcoming. As you approach the front door, is that area clean? When in doubt, less is more. The less items in the home, the more spacious it will appear. There should be a balance between clean and lived in. Declutter and make the home as clean as possible. Clear everything from kitchen countertops, steam carpets and clean floors, use neutral colors in the master bedroom, beware of pet odors, and put away all memorabilia.


According to Proud Home Staging, there are six scents that influence people to where they are more likely to buy — basil, cedar, green tea, vanilla, lemon and pine. Buy a scented candle or room freshener. For bathrooms, nothing screams spa like rolled towels. Declutter closets and hang clothes in a rainbow, grouping all colors together. Set the dining room table and use fresh flowers whenever possible; in a vase or even a new plant by the front door. Your goal is to make your home appear bigger, brighter, cleaner, loving and warm so that buyers will want to purchase it instantly.

Hope this helps Tom. Let me know when you are ready to sell your home!

—Kathy McSherry is a Realtor at Coldwell Banker Residential Brokerage. Email your questions to kathy@kathymcsherry.com, or call 702-328-9905.■

Qualcomm layoffs: What to do if it happens to you

Mission Valley Money



Steve Doster

Qualcomm filed paperwork with the state of California to meet a required notification that significant layoffs are forthcoming. News reports say approximately 1,200 San Diego employees will be let go in June. Layoffs at any company are extremely nerve-racking and difficult for you and your family. During this period of uncertainty, the best advice is to stay positive hoping for the best while simultaneously preparing for the worst-case scenario.

Now is a time to take inventory. Boost up your emergency fund; review recurring expenses that can be cut; understand how much you need for the most critical expenses like housing, food, and utilities. If you own a home, consider getting a home equity line if you do not have six months of cash saved up as an emergency fund.

If you are one of the people selected for a layoff, then face it like any other major life change. This is something you can survive. It will make you stronger and the changes that come from this could very well put you in a much happier place.

The first thing to do is stay calm. Don't take this news personally. Decisions are made at a very high level and have nothing to do with performance, value of your position, or a reflection of your skills and experience. Layoffs can happen to anyone.

The next step is start taking control of some immediate items. This means reviewing and understanding the layoff information package provided by Qualcomm. Typically, this package will provide information on filing for unemployment, continuing health insurance, and choosing what to do with your 401(k) and stock options.

You will be eligible for unemployment benefits that can be up to \$450 per week for 12 weeks and possibly up to 26 weeks for continuation benefits. The amount you receive is based on your earnings

over the previous year. An annual salary over \$46,700 will receive the maximum \$450 per week benefit. You'll need to apply for benefits before knowing the actual amount. Managing your account online at eapply4ui.edd.ca.gov is the best method to apply.

Maintaining health coverage is crucial. Do not go without medical insurance trying to cut expenses. You have two choices for health insurance. Keep your current insurance through the Consolidated Omnibus Budget Reconciliation Act (COBRA) or get new insurance through the Covered California Health Exchange. COBRA allows you to keep all your current doctors while paying the full cost of your health insurance. Once you are let go, your employer will stop paying a portion of your health insurance. This causes a sizable increase in health insurance premiums under COBRA. However, it's worth the cost to keep your current doctors and health care system if you are actively receiving treatment or have an upcoming procedure.

Covered California has a special enrollment period during the first 60 days after employer coverage ends. Start researching health plans and costs at CoveredCA.com right away after a layoff. You can easily compare health plans and monthly premiums to COBRA coverage to determine the best option for you and your family. For Covered California coverage, you may qualify for help depending on your income. Find out if you qualify for this “premium assistance” to make an actual cost comparison between COBRA and Covered California.

Finally, understand the choices for your 401(k) and stock options. Nothing has to happen right away with your 401(k) plan. It can stay at Qualcomm for your lifetime. However, it might not be the best move. Compare costs of the mutual funds in the 401(k) plan to the ones you could invest in at a separate custodian like Schwab, Vanguard, or TD Ameritrade. You may be able to get less

expensive and better performing mutual funds outside of the Qualcomm 401(k). It's also easier to manage your portfolio by consolidating accounts at one custodian.

A 401(k) plan held at a former employer can be rolled over to your IRA without any tax liability. Be sure to get help with this from a financial advisor or custodian so that the rollover is executed correctly. The entire 401(k) balance could be considered taxable income if it leaves the 401(k) and is not deposited into your IRA within 60 days.

Stock options are complex. And decisions will need to be made within time limits outlined by Qualcomm. Every employer will offer something different and there are different types of stock options, so read the materials carefully to understand what happens to your stock options. Typically, you will have a specified time limit to exercise any vested stock options before they expire. Most of the time, unvested stock options disappear on your final day of employment. Be cautious and work with a CPA or qualified fee-only financial advisor to help you understand the tax implications.

Going through a layoff will be an emotional time. Remember this isn't a personal attack. Use it as an opportunity to reset your career and find another job (or maybe even a career change) that will make you happier.

—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.■

Sudoku & Crossword puzzle answers from page 12

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

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

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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

ONGOING EVENTS



'The Wind and The Breeze'
Through June 10
A play by Nathan Alan Davis about a Midwest emcee that explores the politics of place, the unspoken expectations of friendship and what happens when we stand our ground. Dates and times vary. Chat with playwright on May 18; designer showcase on May 22; Out Night @ Cygnet on May 23; pre-show beer tasting on May 25; wine tasting on May 31. At Cygnet Theatre, 4040 Twiggs St. Visit cygnettheatre.com for more information and tickets.■

FEATURED EVENTS



River Days: Pony Rides and Petting Zoo
Come celebrate San Diego River Days with pony rides, a petting zoo and crafts at the Mission Valley Branch Library. Located on the library's outdoor patio, this event is one of dozens taking place in honor of San Diego River Days. Intended for babies, toddlers and for children aged 3-12 years old. 1:30–3:30 p.m. at 2123 Fenton Parkway. Visit bit.ly/2L2HvaO.

Tierrasanta Crafts Fair
Tierrasanta's annual Crafts Fair features beautiful hand-made craft items made by talented local artisans, food vendors and activities for children. 9 a.m.–3 p.m. in the New-break Church parking lot at 10791 Tierrasanta Blvd. Tierrasanta's Patriot's Day Parade starts at 10 a.m. on Tierrasanta Boulevard. Barbeque dinner is from 4–9 p.m. at the Community Rec Center Park. A fireworks display will be held at dusk. For more information, call Amy at 858-573-2648 or email amyhall@san.rr.com.



'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.



Coding With Python
In this Python coding workshop, participants new to this language will learn to draw faces, fractals, and more using Python's turtle module. For anyone who has already attended a prior Python coding workshop with All Girls STEM and has some experience, more advanced topics will be discussed. Recommended for girls in 8–14; all are welcome to attend. 2–4 p.m. at Mission Valley Community Room, 2123 Fenton Parkway. Visit bit.ly/2k0hTPB.

How to Receive Medical Aid in Dying
Learn how to utilize the California End-of-Life Option Act. Don't wait until it's too late to end your suffering by peacefully hastening your death. Dr. Bob Uslander, MD, and Elizabeth Semenova, ACSW, MSW, MTS, will discuss finding a doctor, the steps required, the time frame to expect, what medication is used, approximate costs, what this kind of death is like, family involvement and more. 1:30–3:30 p.m. at the Scottish Rite Event Center, 1895 Camino Del Rio South, Mission Valley. Free and open to the public. For more information, visit hemlock-societysandiego.org or call 619-233-4418

Young Musicians Ball
The second annual Young Musician's Ball honors musicians and performers of the Heartbeat Music & Arts Academy and throughout San Diego. Choreographer/actor/author Darrin Henson will be the guest speaker and the evening will feature performances by 2018 graduating seniors Kwesi Chan-Williams, Hazel Marie Jenkins, Alexandria Payton and Heartbeat Academy students. 5–8 p.m. at the San Diego Performing Arts Center, 4579 Mission Gorge Place. Tickets for the fundraiser range \$25–\$5,000; available at bit.ly/2JK10Um.



Death Café
Death Cafe provides a place to talk about death and dying

and living. 12:15 p.m.–3:15 p.m. at Mission Valley Community Room, 2123 Fenton Parkway.



Messy Science
Messy Science class offers hands-on learning activities, including the opportunity to design structures and test their resiliency. Students explore topics such as tsunamis, landslides, permafrost, glaciers and sea level rise. Learn why and how things ooze, what makes an explosion, and the hidden reason why some things can spin, and others cannot. 4:30–7:30 p.m. at Mission Valley Community Room, 2123 Fenton Parkway. Visit bit.ly/2INLNVg.



Knit-A-Bit
Meet up and work with other knitting and crocheting enthusiasts. Come check out the bi-weekly gathering of creative, crafty yarn workers who are happy to admire your accomplishments and assist you with your knottiest problems. Intended for anyone over the age of 13. 12:30 p.m.–2 p.m. at Mission Valley Community Room, 2123 Fenton Parkway. Visit bit.ly/2rNBg2A.

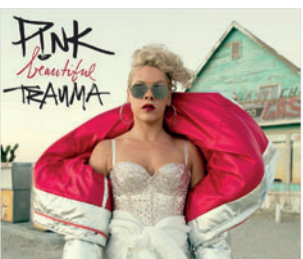


My Life Everyday
LED Presents My Life Every Day USA 2018 at Valley View Casino Center Memorial Day weekend. Featuring Galantis, RL Grimes, JACKAL and others. General admission \$85 and parking is \$20. Doors open at 9 p.m. at 3500 Sports Arena Blvd. Visit bit.ly/2IMwUTr.



Open Stitching
Members of the San Diego American Needlepoint Guild (SDANG) will be having an educational needlework meeting open to public. Bring cross stitch or needlepoint project

to stitch on. 1–5 p.m. at Mission Valley Community Room, 2123 Fenton Parkway. Visit bit.ly/2k5Yn49.



PINK
Valley View Casino Center is hosting PINK Beautiful Trauma World Tour. Ticket cost range from \$47–\$223, depends on seating. Doors open 6 p.m. at 3500 Sports Arena Blvd. Visit bit.ly/2rKGbS1.



Sumi-E-Painting
Learn the Japanese art of ink and brush painting, with Sensei Tatsuko Sandin. 2–5:30 p.m. in the Mission Valley Community Room, 2123 Fenton Parkway.



The Magic of Rafael and Katia
Magicians Rafael and Katia kick off the free summer lineup of performers at Mission Valley Library, 2123 Fenton Parkway. Before and after the magic show, you can register yourself and your family for the summer reading program. 10:30–11:30 a.m.

Rock 'n' Roll San Diego 5K
Join the Rock 'n' Roll experience and enter the 5K run. The course runs up and down Sixth Avenue between Pennsylvania and Hawthorne avenues, and includes Marston Loop and Balboa Drive in Balboa Park. 6:30–10 a.m. Visit bit.ly/2lrXs8X.



Sundown Sunday Concerts
Civita Park is having its annual Sundown Sunday Concert Series featuring CalPhonics. Bring your lawn chairs, blankets, and picnic baskets or enjoy food from some of San Diego's most popular food trucks. Kid friendly and free admission for all. 6–7 p.m. at 7964 Civita Blvd Visit shorturl.at/bgKX1



LEGO League: Imagine, Build, Share
Join us for a weekly LEGO freestyle 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.



Sparkles the Clown
Sparkles the Clown performs a silly and sweet show for kids of all ages. This performance is one of several offered as part of Mission Valley Library's summer reading program. 10:30–11:30 a.m. in the Mission Valley Library Seminar B, 2123 Fenton Parkway.



Wonderspaces Through June
Wonderspaces presents over a dozen unique experiences, ranging from room-sized installations to virtual reality films and including works previously enjoyed at Burning Man, Sundance Film Festival, and SXSW. Tickets are \$24 for adults; \$20 for students, seniors and military; \$14 for children 12 and under. Only tickets purchased directly from Wonderspaces will be valid for entry. 10 a.m.–10 p.m. at 1140 N Harbor Drive, B Street Pier. Visit bit.ly/2IkUW4o.

Coping with Life's Transitions
As we age, life is filled with twists and turns — from coping with limited retirement savings to impaired mobility and chronic illness. At this free workshop, clinicians from Sharp Mesa Vista Hospital will share tips for healthy aging to help you lead a more balanced and fulfilling life. 10 a.m. at Mission Valley Community Room, 2123 Fenton Parkway. Pre-register at tinyurl.com/SharpTransitions.



Old Town Artisan's Market
Also on June 10. Open air market offering an array of

interesting art, jewelry, pottery, clothing, gift items and more by local artists. 9 a.m.–4:30 p.m. Located between San Diego Ave. and Congress St. Visit bit.ly/2wNb5y3



Arts and Dance for Children
In this children's program, music teaching artist Julie Leonard brings traditional, contemporary and multicultural songs for children to life using simple dances, movement, rhythm sticks, and shakers. Indented for children infants-8 years old. 10:30–11:30 a.m. in the Mission Valley Library Community Library, 2123 Fenton Parkway.



San Diego River Coalition Meeting
Monthly meeting of the San Diego River Coalition, an association of groups and organizations interested in the San Diego River and establishment of the regional San Diego River Park. 3–4:30 p.m. in the Mission Valley Library Community Library, 2123 Fenton Parkway.



Antiques, Bottles & Collectibles Show/Sale
Find rare and colorful bottles, glass, antiques and collectibles of all types that will be on display and for sale. Educational and historic displays and raffles will be offered. Free admission and free parking offered. 9 a.m.–3 p.m. at Courtyard Marriott on 2592 Laning Road.

Snapology
Build with LEGO bricks and learn about the world. Topics and subjects change with each class and may include science, technology, engineering, art, and math (STEAM), as well as robotics and animation. Intended for children 7–12 years old. Registration is required. 10:30 a.m.–noon in the Mission Valley Library Community Library, 2123 Fenton Parkway. Visit bit.ly/2KwR40J.

Street Food Cinema: 'Spice World' 20th Anniversary
Street Food Cinema features outdoor movies, picnic-ready food trucks, live music from emerging artists, interactive games and more. 5:30 p.m.–11 p.m. at Civita Park on 7964 Civita Blvd. Visit bit.ly/2wMzPqk.■



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COMING SOON!	\$424,999 - OR TRADE!	\$574,999 - OR TRADE!	COMING SOON!	\$774,999 - OR TRADE!	\$699,999 - OR TRADE!
Logan Heights <ul style="list-style-type: none">Upgraded ThroughoutMulti-Unit PropertyExpansive, Off Street Parking	Lincoln Park <ul style="list-style-type: none">Completely RemodeledOpen Floor PlanExpansive Backyard w/ Patio	Chula Vista <ul style="list-style-type: none">Renovated DownstairsPristine Backyard SpaceLarge Picture Windows	La Jolla <ul style="list-style-type: none">Tiled Entry & FireplaceModern Open FloorplanGarage Parking	Old Town <ul style="list-style-type: none">Situated on a Quiet Corner LotLarge, Expansive BackyardPrivate Jacuzzi	University City <ul style="list-style-type: none">Tri-Level HomeOversized 2 Car GarageLarge Corner Balcony
COMING SOON!	\$424,999 - OR TRADE!	COMING SOON!	\$330,999 - OR TRADE!	COMING SOON!	\$699,999 - OR TRADE!
Normal Heights <ul style="list-style-type: none">Unique Lot With Great PotentialOver-sized Corner Lot6 Off Street Parking Spaces	Hillcrest <ul style="list-style-type: none">New Landscaping & FencingFully Fenced YardTandem Parking for 4 Spaces	Central San Diego <ul style="list-style-type: none">State-of-the-art KitchenFenced Front & BackyardOriginal Hardwood Flooring	La Jolla <ul style="list-style-type: none">Open w/ Abundant LightStunning Gourmet KitchenBalcony w/ Space for Seating	North Park <ul style="list-style-type: none">Light & Bright Gourmet KitchenPeriod Style Masterpiece FireplaceAmazing, Fenced Backyard	4S Ranch <ul style="list-style-type: none">Renovated ThroughoutGourmet Chef's KitchenSpacious Backyard Patio
\$1,395,999 - OR TRADE!	COMING SOON!	\$1,499,999 - OR TRADE!	\$779,999 - OR TRADE!	\$974,999 - OR TRADE!	COMING SOON!
Ocean Beach <ul style="list-style-type: none">Panoramic Bay ViewsLight & Bright InteriorUpdated Gourmet Kitchen	Mission Hills <ul style="list-style-type: none">Floor to Ceiling WindowsExpansive Chef's KitchenRaised Patio w/ Amazing Views	Point Loma <ul style="list-style-type: none">Spectacular Evening & Day ViewsUpdated Gourmet KitchenExpansive Back Deck w/ Views	4S Ranch <ul style="list-style-type: none">Hardwood FlooringAccess to Community PoolUpgraded Appliances	Rancho Penasquitos <ul style="list-style-type: none">Expansive Backyard w/ CourtGorgeous InteriorUpdated, Gourmet Kitchen	Chula Vista <ul style="list-style-type: none">Low Maintenance YardClose to Restaurants & ShopsCommunity Amenities
COMING SOON!	COMING SOON!	COMING SOON!	\$1,174,999 - OR TRADE!	COMING SOON!	\$749,999 - OR TRADE!
Paradise Hills <ul style="list-style-type: none">RV ParkingExpansive Backyard w/ PatioRenovated Interior	Central San Diego <ul style="list-style-type: none">Spacious, Open Kitchen AreaStylish Features ThroughoutExpansive Patio Space	Central San Diego <ul style="list-style-type: none">Sweeping Views From PorchVery Quiet, Safe NeighborhoodAffordable Home in Great Area	Mission Hills <ul style="list-style-type: none">Desirable, Quiet NeighborhoodViews of San Diego BayDual-Level Backyard	National City <ul style="list-style-type: none">Full Fenced PropertyStainless Steel AppliancesLarge Picturesque Windows	South Park <ul style="list-style-type: none">Expansive Backyard w/ BBQGorgeous, Pristine InteriorUpdated, Gourmet Kitchen

EAST COUNTY

\$499,999 - OR TRADE!	COMING SOON!	COMING SOON!	\$199,999 - OR TRADE!	\$649,999 - OR TRADE!	\$674,999 - OR TRADE!
La Mesa <ul style="list-style-type: none">Spacious, Yet CozyLarge & Open BackyardComplete Solar Array	Alpine <ul style="list-style-type: none">Vaulted CeilingsModer Updates ThroughoutMaster Suite on 2nd Floor	Alpine <ul style="list-style-type: none">Gourmet Kitchen in Main HomeLocated on Several Acres of LandAbundant Natural Light	Campo <ul style="list-style-type: none">Single Story, Ranch Style HomeHandcrafted Hardwood FlooringSingle Story, Ranch Style Home	Lakeside <ul style="list-style-type: none">Detached 2 Car GarageZoned for AnimalsKitchen w/ Upgrades	Linda Vista <ul style="list-style-type: none">Hardwood Flooring ThroughoutCrisp, Pristine KitchenLight & Bright Living Spaces
COMING SOON!	\$639,999 - OR TRADE!	COMING SOON!	\$899,999 - OR TRADE!	\$399,999 - OR TRADE!	COMING SOON!
Lakeside <ul style="list-style-type: none">Pristine, Gourmet KitchenCovered Main Patio2.5 Acres of Land	El Cajon <ul style="list-style-type: none">Tile Throughout DownstairsEnchanting, Warm FireplaceGourmet, Chef's Kitchen	Lakeside <ul style="list-style-type: none">Panoramic Mountain ViewsLocated Just East of SanteePlenty of Parking	Lakeside <ul style="list-style-type: none">Safe, Gated CommunityLushly Landscaped BackyardExpansive Patio w/ Built-In Bar	Lakeside <ul style="list-style-type: none">Spacious Living SpacesAbundant Natural LightGreat Community Amenities	Poway <ul style="list-style-type: none">Single Level on Elevated LotUpgraded AmenitiesFenced, Landscaped Backyard