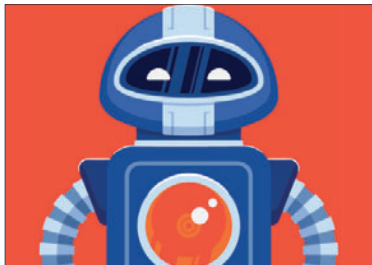


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Artist Kevin Anderson at work on the Civita mural (Photo by Alan Decker)

## New mural brings smiles to Civita community

Kit-Bacon Gressitt

Public art has a long and varied history in the San Diego region. Ancient petroglyphs; Depression-era artworks and architecture; even a sculpture at Scripps Research Institute, described by some as resembling dinosaur excrement

— they have all done what public artworks are intended to do. They engage the public in a distinct place, the people who live and work and play there. The developers of Civita, a mixed-use urban village in Mission Valley, are anticipating that same public engagement with a new mural created by Encinitas artist Kevin Anderson.

“We like doing things that cause people to pause and smile,” explained Marco Sessa, a senior vice president of Civita’s developer Sudberry Properties. “Civita Park has a number of statues. We’re actually putting in bronze plaques at various locations

See MURAL page 2

## Parks plan update underway

Jeff Clemetson  
Editor

The City of San Diego is taking its first steps in updating its parks master plan — a process it hasn’t undertaken since 1956, and according to city officials is long overdue.

“There’s more people in the city now. Our city is denser. We have very different trends in recreation,” said Shannon Skoggins, project manager for Parks Master Plan update. “People recreate differently



Parks Master Plan update project manager Shannon Skoggins at the June 6 workshop in Linda Vista (Photo by Jeff Clemetson)

See PARKS PLAN page 5

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## Summer at Civita

Concerts, Food & Fun in the Park

All summer long, Civita is a smorgasbord of things to hear, see, and love. Music lovers mark your calendars for Civita’s annual concert series, rocking in the outdoor amphitheater. Foodies explore your options on Food Truck Tuesday when local vendors show off their finest fare. And coming soon, a brand new Mission Valley Farmers Market. So bring your friends and join us in Civita Park. Let’s show summer how it’s done. For more information, visit [civitalife.com](http://civitalife.com).

### Sunday Sundown Concerts 6:00 - 7:30pm

- JULY 1 | Finnegan Blue
- JULY 29 | FunHouse
- AUG 26 | Jarabe Mexicana
- SEPT 16 | Betamaxx

### Food Truck Tuesday 5:30 - 8:30pm

Visit [curbsidebites.com](http://curbsidebites.com) for a full food truck schedule.

### Mission Valley Farmers Market at Civita

Coming Soon



#### ► Mural, from page 1

in our sidewalks that in some cases have quotes from people or dance moves — little whimsical things that make a place a little more unique. In new construction, we want to create that sense of place and we believe that a little bit of art helps with character uniqueness and provides for intangible placemaking.”

Placemaking, the design and creation of public spaces and their connections to people, relies heavily on the creative arts, whether a kinetic sculpture like the bronze “Paparazzi Dogs” in Civita or a public piano begging to be played in a New York City park.

“Public art connects people to a location,” Sessa said. “From a community development standpoint, that’s part of why we think it’s important, to differentiate yourself from other run-of-the-mill locations. It promotes community; it promotes pride in where you live.”

That pride of place is evident in Anderson’s mural. Walk the 72-foot painting, located in the pedestrian tunnel in Civita Park, and you’ll experience a visual catalogue of the San Diego region’s landscapes, heritage, people, flora and fauna. The mural’s artfully blended vignettes depict the many diverse things that define the county — and Anderson’s love of them.

“A lot of scenes in this mural are inland,” Anderson said. “I do a lot of murals around San Diego County. I go to the location, drive around, talk to people, do sketches. I did one in El Cajon, then one in La Mesa. My parents live in Julian, so I drive there a lot. That’s what’s on this mural. It starts out in Borrego, in the east, and then it goes to Palomar and Julian and Ramona, then Poway,



Delfin Esposo and his son contributed a footprint to the Civita mural. (Photo by Alan Decker)



“Paparazzi Dogs” by Gillie and Marc (Courtesy of Sudberry Properties)

Rancho Bernardo, San Pasqual Valley. The other side starts at San Diego State and goes to Torrey Pines. It’s kind of a culmination of the places I’m used to painting.”

Anderson has been traveling and painting San Diego scenes for decades. With a degree in art and a background in illustration, he worked for an artist in Encinitas for a couple years and then with some mural groups. He’s painted murals in a grand variety of settings, from Las Vegas casinos to a San Diego military base.

“It’s interesting, when I first did the Navy mural in Coronado,” Anderson recalled, “there were a lot of young recruits who couldn’t leave the base, and they wanted to show them cool places in San Diego. I did a montage scene, and I imagine that was 25 years ago, and here I am doing the same thing but more advanced — similar, but going further than I’ve ever gone before.



Artist Kevin Anderson adding detail to the Civita mural (Photo by Alan Decker)

“This is going to be one of my best,” Anderson continued. “And I’ve met so many people. When I first started working on the [Civita] mural, I wondered what kind of people lived there. All these people started coming by. Now I’m calling people by name. I put a guy’s son in the painting. Another couple came by and needed to have their little dog in there. ... I’ve got an area in the mural where I let the community — whoever came that day — where I allowed people to bring their kids up and do a little painting that the parents signed and dated. It’s really cool looking!”

Cool looking, and the mural is indeed causing people to pause, to take in the art, and to react to it with a smile — and admiration.

“The cool thing about art is there’s so much variety — even architecture,” Anderson said. “I really love the fact that more big businesses and corporations are doing murals. When you see them, you just can’t stop looking at them. When you see public art, it brings your attention to that art, that it is art, that it was created by an artist. It’s all important.”

In fact, public art is so important that a young girl viewing the mural took a moment to give it the perfect name. “The Magic Tunnel,” she called it.

The public is invited to visit Civita to enjoy the mural, located at the top of the stairs at the north end of Civita Park, in the pedestrian tunnel that runs under Via Alta.

Learn more about Kevin Anderson and his artwork at [KevinAndersonPaintings.com](http://KevinAndersonPaintings.com).

—Kit-Bacon Gressitt formerly wrote for the North County Times. She now writes for her site [ExcuseMeImWriting.com](http://ExcuseMeImWriting.com) and she is the publisher and an editor of [WritersResist.com](http://WritersResist.com). She also hosts Fallbrook Library’s monthly Writers Read author series and open mic. Reach her at [kbgressitt@gmail.com](mailto:kbgressitt@gmail.com). ■



“Trinity,” a kinetic sculpture by Amos Robinson (Photo by Juan Tallo)



Artist Kevin Anderson at work on the ceiling of the 72-foot-long Civita mural (Photo by Alan Decker)



# A community-building con

## Mission Valley plays host to InterGalactiCon's inaugural event

Jordan Damond

There are times where a name perfectly symbolizes a person's future. For Steve "Captain" Kirk, the surname he shares with the famous "Star Trek" character James T. Kirk, could explain his latest enterprise — producing InterGalactiCon, a convention for fans of sci-fi and fantasy pop culture.

InterGalactiCon, held June 15–16 at the Town and Country Convention Center in Mission Valley, is a medium-sized convention for fans of manga, anime, movies, cosplay and comic books. The convention is not Kirk's first foray into the world of fan conventions. The former Playstation executive was also a member of the team that put on DEF CON, a convention for computer hackers. He said his experience in the corporate world helped him in organizing InterGalactiCon because it has taught him the value of listening to the members of his team and to fans.

"If you apply that to running the convention, you know being smart enough at the start to say, 'I don't know everything.' So sometimes it's that change in perspective where instead of asking why, asking why not."

Kirk hopes that his convention will be an environment where fans can listen and talk comfortably with those who hold opposing opinions on pop culture. As a long time "Star Wars" fan, Kirk points to the franchise's divided fanbase over its most recent films.

"Star Wars' in the last couple months has been very divisive with 'The Last Jedi' and even 'Solo' to an extent where you get really strong factions who are on the opposite end of the spectrum. But more often than not, especially in an in-person format, the negative voices tend to turn down a bit," he said. "And even the positive people learn and respect having a general discussion, where you can be comfortable criticizing, deconstructing something without it being hateful."

At InterGalactiCon, "Star Wars" fans will get the chance to interact with Colin Cantwell, who designed the film's iconic Death Star. Other panelists at the convention include "Babylon 5" actress Claudia Christian, cast members of the TV show "Eureka," and Force Storm Entertainment founder Noah Fleder and more. The event will also feature live video game battles, light-saber duels for children and adults, a make-up and prosthetics workshop and hundreds of cosplay fans dressed up for the convention.

InterGalactiCon's manga, anime, movies, cosplay and comic book events are a lot for any one person to know about, and Kirk understands that he is not an expert in every kind of comic, sci-fi and fantasy pop culture, which is why he has a council of local members from these communities who can

offer advice whenever he needs it. This council includes, cosplayers, tabletop players and the planner for DEF CON. The convention-hosting knowledge Kirk and his council have allows them to keep things fresh and offer something fans won't see at other conventions.

"It's kinda like flowing down a river," he said. "You gotta go where the current takes you and you can't stand there and say that just because DEF CON was great, that we'll just do the exact same thing. That may not work out."

One way Kirk is keeping InterGalactiCon fresh is by having its primary goal be connecting fans.

"That is probably the biggest point of all this, bringing people together and building that community," he said.

Over the long term, Kirk would like to see InterGalactiCon retain that close-knit feeling so that everyone who attends doesn't feel overwhelmed. After watching DEF CON grow in size from 150 to 25,000 participants, he said he knows what range gives the convention the optimal amount of people, while still keeping that tight-knit atmosphere.

"We can still maintain that small and intimate atmosphere



(l to r) "Star Wars" Death Star designer Colin Cantwell and "Babylon 5" actress Claudia Christian are panelists at the inaugural InterGalactiCon (Photos courtesy MIXTE Communications)

anywhere from 8,000 to 10,000 people," he said. "The event is a success if everyone walks away still excited — whether it be from making new friends or learning new things. As long as they leave with the same amount of passion as they came into the InterGalactiCon with, it is a success."

InterGalactiCon will be held June 15–16 at the Town and Country Convention Center, 500 Hotel Circle North, San Diego. Tickets are \$10 for child passes, \$50 for adults and \$90 for VIP. A ticket for Saturday's after-party is \$25. Tickets and schedule for InterGalactiCon

are available at [intergalacti-consd.com](http://intergalacti-consd.com).

—Jordan Damond is an editorial intern for SDCNN, parent company of Mission Valley News, and a graduating senior at High Tech High School who will be attending University of Redlands in the fall.■



InterGalactiCon founder Steve "Captain" Kirk wants his latest convention to bring the comic book culture together as a community. (Courtesy Steve Kirk)

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# Challenge accepted

## USD's Global Social Innovation Challenge brings positive change to the world

Jeff Clemetson  
Editor

How do we change the world for the better? What can we do, or create, to make a real difference? How can we make it sustainable, both environmentally and financially?

Those are the questions posed to hundreds of students from 27 universities located in 12 countries across six continents who will be gathering at the University of San Diego (USD) on June 23 for its annual Global Social Innovation Challenge (GSIC).

GSIC is a competition where students come up with ideas, inventions, businesses, work plans, or any private sector enterprise that helps solve world problems. The competition started eight years ago as an idea of USD's Center for Peace and Commerce to see if they could encourage students to "care about not only personal success but how to contribute positively to the world," said Dr. Amit Kakkad, director of USD Center for Peace and Commerce.

After raising money from local donors, USD held the first competition involving students from its School of Business and Joan B. Kroc School of Peace Studies.

"We weren't even ambitious enough to go to the whole university on our own campus," recalled Kakkad.

Despite its humble beginnings, GSIC was well received and in its second year the

entire USD campus was invited to compete. With the help of sponsors like the Moxie Foundation, the competition then expanded regionally, inviting other colleges and universities from Southern California. Then it expanded to include schools in Mexico — and this year the competition went truly global.

"There is a growing interest at the university level, across the board, for helping students get this experience, which — apart from the function of the skills they are getting at the university — in a way assimilates the idea that it is possible to personally succeed and at the same time not limit your success definition to just yourself, but do something that helps the world," Kakkad said.

The competition is done in three stages. In the first stage, students pick a problem to solve.

"They are free to pick anything that they are passionate about, as long as it is not about 'how can I get rich for myself,'" Kakkad said.

Student teams are required to study and understand the problem landscape, or how the problem began, and look at what is currently being done about it. By studying the problem, the teams can start to look for areas where a plan or invention might make a difference.

In the next round, the semi-final round, student teams present their ideas for potential solutions in solving the problems they identified.

"We're very realistic, none of the solutions are probably going to solve the problem completely, but as long as it moves things in a positive direction, anything that helps," Kakkad said.

The teams are judged on the solution — whether it has potential for measurable positive impact, whether it is acceptable or desirable to the people that need it, and they must show they've thought about risks, and have a plan for financial sustainability — not just philanthropic donations but commercial applications that make money or other ways to get funding such as micro-loans or crowd-sourcing. Teams also must prove they are willing to keep going with their ideas after the competition and are competent to do so.

In the final round, which is being held on June 23, two teams from all the participating schools give a lengthy presentation of their plans in front of a panel of judges. Because of the global reach of the competition, some presentations will be done remotely using live video. Still, around half of the international teams will make the trip to San Diego to present in person, said Rachel Christensen, USD Center for Peace and Commerce assistant director.

The two teams representing USD in the challenge are Refugee Illuminated, a business plan involving micro-loans to help merchants sell affordable solar lanterns in refugee camps in Thailand that would reduce the number of deadly fires there caused by burning candles; and Water Sensei, a water quality testing and monitoring device that connects to smartphones.

"I didn't know how bad the [water quality] problem was



USD Center for Peace and Commerce director Dr. Amit Kakkad  
(Photos courtesy University of San Diego)

before I started looking into it," said Water Sensei team member David Vessey. "Even here in San Diego we have a lot of water issues, especially California, let alone all around the world. People don't think it's such a big problem in developing countries but it very much is."

Vessey said he got the idea to do something about water quality from working on other social challenges around the time of the crisis in Flint, Michigan. Vessey, who graduated from USD with a master's degree in health care informatics, teamed up with partner Tonya Arora, who graduated with a master's degree in cybersecurity, to start working on the Water Sensei prototype — an IoT (internet of things) device using Bluetooth to monitor PH and the presence of heavy metals in water.

"This product would be mostly directed toward millennials or just someone who is specifically interested in improving water quality in their homes," Arora said. "They'd be monitoring it on their phones and looking at it regularly. So,

one of the concerns there would be security because obviously you don't want an IoT device to come into your apps or your phone and affect other information that you have on there."

In addition to sending water quality information to people who purchase the device, the Water Sensei will also combine all the data from all the users to help monitor regional water quality.

"That's the whole social innovation part of it, not just having it for yourself but sharing it with your community and collaborating," Vessey said. "Even if everyone doesn't have one of my devices, it can benefit the whole region if something like a Flint, Michigan tragedy happens again where it is neighborhood-wide and not just to one home."

Another social aspect of the Water Sensei plan is to sell the devices as a subscription so that as new technology comes out, old devices can be returned and then brought to developing countries to help monitor water quality at a fraction of the cost.

Water Sensei and Refugee Illuminated will be two of the 50 teams presenting their plans to the panel of judges. Of those 50, 10 will advance and \$50,000 of seed money for the projects will be distributed among them in some fashion — all could go to one, or some could go to three or four — at the judges' discretion. From there, the teams will hopefully see their project realized and do some good in the world.

For Kakkad, whether the projects are completed and are successful or not, the GSIC will be a success because it teaches people who are in a position to become future decision makers in the world to be more aware of the world's issues than the decision makers today.

"If we change [their awareness] a little bit through participation in challenges like this — whether they actually win the money at the end or not — the students have lived with these problems the better part of a year, trying to study the problem, understanding how the problem got to be where it is, what's being done about it, why it's not working, what are the gaps. At least they will not be ignorant about those things, at least they will not be as indifferent about those things as they were before this experience," Kakkad said. "So, in a way, for us, that's the win."

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



(l to r) Refugees Illuminated team members Erica Wright, Carly Lutz, Britaney Ochira, Patricia Cosulich and Wachira Chotirosserance



Water Sensei team members Tonya Arora and David Vessey

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► Parks plan, from page 1

than they did 60 years ago. Shuffle board was popular in 1956 and its not popular now. We have all kinds of new sports coming online like pickleball and cricket and quite a lot of other recreation that's not necessarily field based — skateboarding, that kind of thing. So, we're looking to update how we plan for parks, recreation facilities and programs."

Updating the parks plan will come in four phases and take three years, said Skoggins. The first phase is a learning phase where the city looks at its existing parks while simultaneously gathering public input through a series of workshops and on-line tools. The first workshop was held June 6 at the Linda Vista Recreation Center, which focused on in City Council District 7. Residents from inside and outside the district were invited to give input on what they like and don't like about the parks they have, suggest where new parks could be built, and share what their personal park priorities are.

"So, pick your top three. Do you want off-leash dog parks? Do you want more soccer fields? Do you want more swimming pools? That sort of thing," Skoggins said. "We really need to understand priorities because the reality is that we don't have funding to make all improvements so we do need to provide some kind of strategic plan at the end of the day that provides what it most important moving forward."

Kirstin Skadberg, an environmental planner and Mission Hills resident, attended the workshop because she cares about the future of parks in the city and how they are funded.

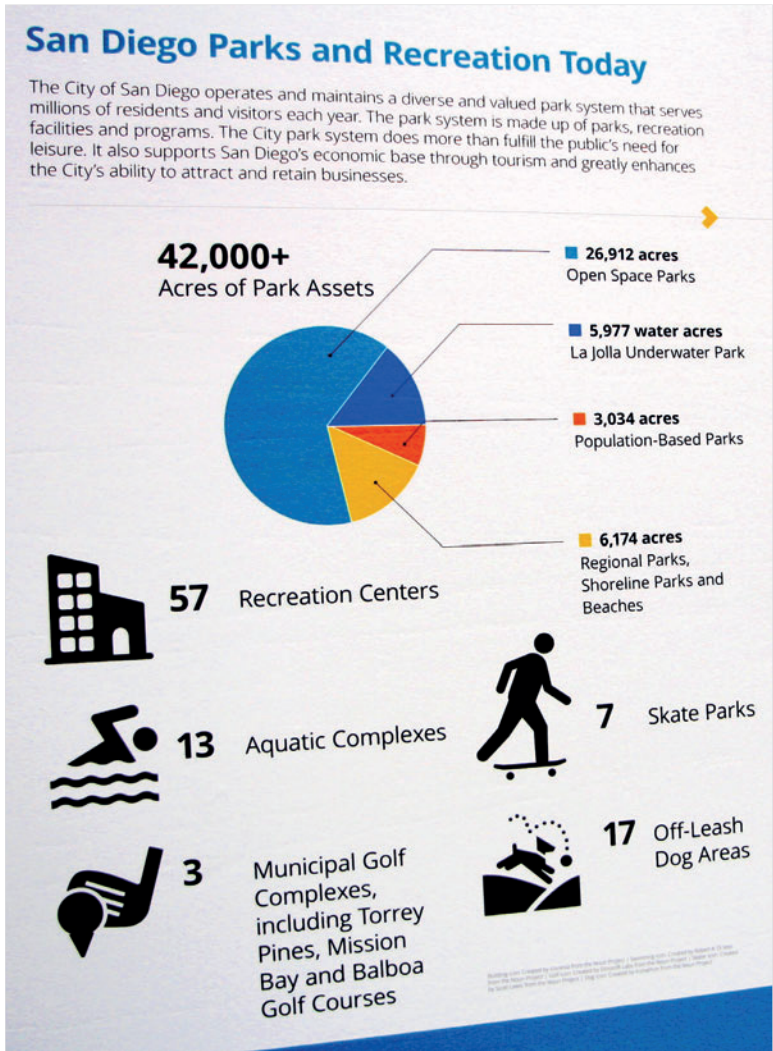
"I do use the parks quite a lot. I think they're important in San Diego and I think we're really lucky to have the ones that we do have," she said, adding that she often frequents Mission Trails Park, even though Balboa Park is much closer to her home. She counts herself as fortunate for being able to use all the parks in San Diego.

"One of my concerns is making sure that we get parks in places where we don't have that many right now — like for people who don't have a car and can't just drive wherever they want in San Diego County like I can, that they have parks close to their homes, that their kids can use too," she continued.

Increasing parks equity is one of the major goals and reasons for updating the parks master plan, said San Diego Planning Department Director Mike Hansen.

"The accessibility of parks across the city is not equal at the moment and we are trying to make sure that people in different communities and the urban communities have accessibility just as much as the newly master planned communities," he said.

Parks needs are much higher in older, infill urban areas than in recently built planned communities. Other areas of concern are neighborhoods like Mission Valley that are



An informational board at the June 6 workshop shows existing conditions of parks in the city today. (Photo by Jeff Clemetson)

changing from retail and commercial areas to more mixed-use with new residences.

"We are absolutely looking at Mission Valley and what sort of park needs are appropriate there in the future, that's a key component of that plan, definitely," Hansen said, adding that the plan for paths and parks along the San Diego River is a main priority.

For District 7 City Councilmember Scott Sherman, updating the outdated master plan is a chance for the city to reprioritize how parks are funded.

"We haven't had the master plan updated in over 60 years. Needless to say, it's a little out of date," he said. "How we spend the money, what we do with the money, how we calculate what parks are required and how to do those things are incredibly inefficient at this point."

One area of improving efficiency, Sherman said, is the process the city uses to calculate the number of acres a neighborhood needs and how fees collected from developers pay for parks.

"When developments are done, [the developers] have to pay a fee for parks in the community. But so many of these communities are built out so there's no room or land to make a park and that money sits there and doesn't do anybody any good," he said, adding that the only thing the money is being spent on is administrative fees.

"We're looking at different ways of calculating parks, needs for parks and how the money is spent," he continued. "Instead of letting it sit there and wait for an opportunity to build a new park in a pretty built out area, why don't we take that money and put it into the existing parks? Spend it quicker more efficiently and upgrade our parks to be the best they can be in the City of San Diego."

The parks master plan update will also reexamine how the city determines what will count as a park. The plan will decide whether existing regional parks should count as adequate park space so that new developments near them can have reduced development impact fees for new parks and hopefully bring down the cost of building housing.

"Balboa Park is not considered a park for our parks needs master plan — totally excluded," Sherman said. "So, you can build something on Sixth Avenue, right across the street from Balboa Park, the jewel of San Diego, and you have to pay park fees to build a park somewhere else, even though the park is right across the street. We all know Mission Trails, 11,000 some-odd acres of park, it also isn't counted as a park."

The public workshops in phase one of the parks plan update continue through the month of June — at Mid-City Gym, June 18; Skyline Hills Rec Center, June 19; Canyonside Rec Center, June 20; Stadley Rec Center; June 21; Golden Hill Rec Center, June 25; and San Ysidro Community Activity Center, June 27. For those who can't attend a workshop, there is an online workshop at cityofsandiego.org/parksplan.com.

After the public input is completed, the next phase will be to analyze the data collected and start putting together a new plan. Phase three will be about developing a long-range park plan and will also include public input workshops. The final phase will be implementing the plan that "will shape the future of the city's parks and recreation facilities and programs for 20 to 30 years," Skoggins said.

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

► News briefs, from page 1

Traffic controls and detour signs will be placed to alert motorists in advance.

This work is related to the Mid-Coast Trolley project. Once complete, the project will extend Blue Line service from Old Town to the University City community, serving the VA Medical Center, UC San Diego, and the busy commercial and residential districts along Genesee Avenue. Major construction work began in 2016, with service anticipated to begin in 2021.

For more information on Mid-Coast project construction, go to bit.ly/2ugS5BI. For transportation solutions during construction, visit ShiftSanDiego.com.



**Francis Parker student honored by National WWII Museum**

The National WWII Museum in New Orleans has named local student Adam Nussbaum of the Francis Parker School as a 2018 Billy Michal Student Leadership Award recipient. The national honor is awarded annually to one student in every state who has maintained a strong record of volunteerism, demonstrates school and community activism, and helps implement creative solutions to recognized problems. Each honoree was flown to New Orleans to participate in the Museum's American Spirit Awards program June 7 and 8.

The leadership award, which the museum first presented in 2017, was created in honor of Billy Michal, who was a child living in Louisiana during World War II and at only 6 years old, helped his one-room school win a state-wide scrap paper-collection contest during the war.

"It's extremely gratifying to recognize students throughout the nation for the wonderful

contributions they make to their local communities," Stephen J. Watson, president and CEO at The National WWII Museum, said in a press release. "During World War II, our country needed everyone to come together for a common goal of securing freedom and democracy around the world. Much like Billy Michal's contribution over 70 years ago, our student honorees prove that their positive actions, no matter how big or small, can make a difference in their communities. We are proud to honor their accomplishments."

A junior at Francis Parker High School, Nussbaum is president of the Hiking Club and director of education and outreach for History Day Club. Outside of school, he interviews WWII veterans about their experiences, recording oral histories for The National WWII Museum's archive as part of his role as a 2018 WWII Student Ambassador for the institution. He also volunteers at a pediatric dental clinic in Ensenada, Mexico, every three months.

The National WWII Museum's American Spirit Awards is as multiday gala where the Billy Michal students receive their awards and are honored throughout the event. The 2018 American Spirit Award honorees include Senator John McCain, actor and humanitarian Gary Sinise and WWII veteran Maurice "Hank" Greenberg. Proceeds from the American Spirit Awards support educational programming at The National WWII Museum.



**PAWmicon returns to Hazard Center**

As comic book enthusiasts prep the perfect costumes for this year's Comic-Con Convention, local pets are busy creating their pet superhero costumes for Helen Woodward Animal Center's 6th Annual PAWmicon Convention. The 2018 PAWmicon will be held

See NEWS BRIEFS page 13 —>

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Guest editorial

# Every neighborhood needs to do its part to solve homelessness

Shawn VanDiver

[Editor's note: This op-ed first appeared online in the Voice of San Diego on May 23.]

It's no secret that San Diego, and nearly all of California, is in the midst of a housing affordability crisis. It's also no secret that San Diego has seen an influx in the number of folks experiencing homelessness. I don't know anyone who enjoys seeing these folks living in squalor on the streets — and yet seemingly every reasonable solution encounters resistance.

Challenges of this magnitude require that every neighborhood does its part.

That's why I was so disappointed to see my neighbors show up to the Clairemont Community Planning Group's meeting in May to vehemently oppose [2] a private project that would bring about 60 supporting housing units.

Health care and addiction services would be provided at the Mt. Alifan Drive site, as well as help finding jobs.

Despite this, my neighbors complained that they didn't want alcohol abusers, homeless people or dangerous criminals in our neighborhood. They also insisted that the "housing-first" model [3] doesn't work. Although this project doesn't require input from the community planning group, the group inserted itself into the discussion anyhow and is considering the formation of an ad-hoc committee on homelessness that could result in more red tape.

Whether they realize it or not, my neighbors are telling the people trying to get their lives back on track that they aren't good enough to live in the Clairemont community. That their struggle doesn't matter. That they should pull themselves up by their tattered bootstraps.

This phenomenon isn't unique to Clairemont. Every

time one of these proposed projects comes before a city council, planning group or town council — essentially any sort of body tasked with approving or providing input on community affairs — a group of folks show up to say "no" or "yes, but not in my backyard."

They always argue that some other neighborhood would be better — ensuring that nothing changes and that responsibility is passed around. With SANDAG projecting that, by 2050, there will be a 150,000-unit shortage in San Diego, every neighborhood needs to build and build now. We know that "housing first" is a proven model, because it provides homeless families a stable environment without overly difficult barriers.

It's working in Detroit, Hawaii, Seattle and more. It works because it prioritizes security and housing over other issues, such as sobriety. Just consider how hard

it would be for any of us to focus on finding a job, getting sober or otherwise getting our lives back on track if we didn't have a place to call home. Consider how hard it would be to get ready for a job interview without a mirror, electricity or clean water.

The opponents of the Mt. Alifan Drive project have attracted much of the attention, but the good news is that once the site is developed into supportive housing, nearly 60 folks will no longer be homeless. They'll be our neighbors, and welcoming them to our community should be a priority. And while we're working on this project, we should also be working to identify other areas in our region to build more housing.

San Diego should be famous for its weather, bi-national relationships and delicious tacos, not for our housing and homelessness crises. If we want to get there, everyone in the region needs to do their part. I hope my neighbors, and all San Diegans, will open their minds and encourage the political leadership, planning groups, labor unions and business community to set aside their petty fights and build like they've never built before.

—Shawn VanDiver is a Navy veteran and formerly served as the chief operating officer of the Three Wise Men Foundation, a veterans nonprofit.■

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Guest editorial

Is the sky falling?

William E. Kelly

The inadequacy of social safety nets intended to protect a burgeoning population of older adults is a political, cultural and moral hot potato. Advancements in medical science, means a rapidly expanding number of us will be living longer. We will do so with more expensive medical issues and rising living expenses dependent on inadequate incomes and declining assets. At the same time, our younger population is experiencing a decline in numbers. This translates to more of us relying on those safety nets and fewer of us to replenish the funds to sustain them.

Social Security was designed to supplement savings and pensions as we retire. It was never intended to replace them. Social Security taxes are collected from worker paychecks. If self-employed, the individual pays 100 percent of the taxes due. If employed by another, the employer and employee each pay half of what is due. In 2018 Social Security tax is 6.2 percent of the first \$128,700 of wages or a maximum of just under \$8k a year. Those funds are used to purchase interest bearing U.S. Treasury bonds. The U.S. government pledges to protect and grow the funds collected so that principal and interest remain sufficient to keep the Social Security Trust Fund solvent. But it is projected that this holds true for only another

year or two (2019-2020) before Social Security needs to begin redeeming the bonds to cover benefits.

Two years ago, Social Security trustees of the funds projected that by 2034, absent any changes to the law, benefits would need to be reduced by roughly 79 percent of current levels to remain solvent. In 2014, \$785.6 billion came into the Fund and \$848.5 billion was paid out in benefits. Social Security was able to make payments in excess of its tax income because of interest income earned on the Treasury Bonds. That scenario has been reversed and it is projected that the Social Security taxes collected, and interest earned will be spent down without reforms. This means benefits paid out to future recipients and some currently receiving benefits will need to be reduced as early as 2034. That cannot be allowed to happen. To do nothing invites unnecessary suffering, social unrest and a decline in the standard of living Americans have come to expect and as a nation we can very well collectively afford, even as too many individuals cannot.

Two graphs published in an extensive 43-page report by the Social Security Administration last September, pretty much tell the story. (The link to that report is: [bit.ly/2J2vzYq](http://bit.ly/2J2vzYq)).

In 2010, tax and other non-interest income did not fully cover the costs of programs, and the 2017 Trustees

Report states, "Social Security is not sustainable over the long term at current benefit and tax rates." Post-World War II baby boomers are retiring at rates that will double in the next 50 years. In 2016, 2.8 workers were paying into Social Security for each person collecting benefits. By 2036 the ratio falls to 2.1 to 1 and without changes in the pattern this ratio will continue to decline for the next 75 years. Further, estimates show the Social Security Trust Fund reserves will be depleted by 2034 when income flowing into the fund will cover only about 77 percent of program costs.

There are four possible ways to cover the Social Security Fund short-fall: increase revenues (taxes) by raising the percentage withheld and/or raising the maximum amounts subject to the tax; reduce the benefits paid to recipients; increase the rate of return on the invested Social Security Trust Fund and or some combination of the other three options.

Higher payroll tax means lower pay checks and the risk of lower future raises due as employers try to cover the raise in their part of the tax. Lower benefits mean fewer Social Security and other safety net funds for our elder recipients, many of which are already unable to survive on current benefit checks. With certainty, lower worker take-home pay decreases individual ability to remain financially independent. But decreasing Social Security benefits also puts an increased financial burden on family

caregivers working to have financial independence during their own retirement years.

It is no secret that there is and continues to be a strong push from the current Washington, D.C. administration and a cry across the nation to reform our social safety nets in ways that will result in considerable and totally unnecessary suffering and loss for millions of Americans — in particular the senior population who are outliving their assets, their off-spring, or others left with the responsibility of supplementing the costs of and providing more of the measures that permit our elders to live out their retirement years with safety, security, care, dignity and respect?

It remains to be seen if Social Security and other safety net taxes we are forced to pay, and the interest earned will remain sufficient to help supplement the costs. Of one thing I am certain, poverty, homelessness and anger allowed to rise until trust in our political, medical and social systems implodes and then explodes into mass desperation, depression, hopelessness, civil unrest and rebellion is not a viable option. Of necessity, attitudes and expectations need to be adjusted to resolve existing challenges facing Social Security and our current system of social safety nets. I reiterate, we are certainly collectively capable of far better than what this picture paints but far too many individuals are not capable.

The truth is, that as a whole, we simply did not anticipate

and plan ahead as individuals or as a society for these eventualities. But social safety nets are necessary to assist people of all ages who for whatever reasons fall on "hard times." It is neither a humane nor a cost-effective solution to alternatively imprison, institutionalize, dispose or simply leave to fate all those less fortunate for any reason. Unemployment, poverty, drug and alcohol abuse, lack of education, lost opportunities, crime, homelessness, mental illness, depression and disease are far costlier on every level than addressing the causes and treating these societal ills to minimize the number afflicted.

Those of us who possess and benefit from the ability and opportunity to remain largely self-sufficient need to be more compassionate for and assist those who do not and provide increased opportunities to those who with help could become self-sufficient. In any case, there is a cost to doing nothing. That cost will be in dollars or the quality of life we have as a society or some combination of both. The questions are: when we do each have enough and what responsibility do we have to see to it that those who do not are not left behind to become a further burden to society or themselves. Think about it!

—William E. Kelly is a longtime local activist who currently focuses on senior issues, especially for the LGBT community. Reach him at [wekbill@yahoo.com](mailto:wekbill@yahoo.com). ■

Honoring those that serve

Notes from Toni

Toni G. Atkins



San Diego is home to an array of talented, hard-working, conscientious people who are dedicated to growing our economy, improving our quality of life and helping others in need. And throughout June, I'll have the privilege of honoring some of our residents, organizations and businesses for their contributions.

First, on June 6, I recognized **ElderHelp** as my choice for Nonprofit of the Year in Senate District 39. Californians are living longer, and the oldest baby boomers are now in their 70s. We need organizations dedicated to serving this "Silver Tsunami," and San Diego's ElderHelp is one of the best.

Led by CEO and Executive Director Deborah Martin and her talented staff, ElderHelp's purpose is to make it easier for seniors to remain in their own homes, providing services like care management and coordination, housing assistance such as roommate matching and affordable-housing navigation, transportation to medical and non-medical appointments, caregiver support and daily check-in calls.

The organization served more than 7,000 seniors in the most recent fiscal year and enrolled 123 volunteers, a 21 percent increase over the previous year. Those volunteers logged more than 11,000 hours helping clients. Some 60 percent of new program participants were placed in affordable housing.

Next, on June 19, I will honor **i.d.e.a.** as my choice for the 39th District's Small Business of the Year. Led by founders Indra Gardiner Bowers and Jon Bailey, i.d.e.a. has been a leading creative agency in San Diego for the past six years, helping clients such as Qualcomm, Splat, Harrah's and Curio Hotels connect with the public.

But for i.d.e.a., it's not just a business for profit. They have a strong community ethic, as well, having been named a Certified B Corporation, which requires meeting rigorous standards for social, community and environmental responsibility. For example, i.d.e.a. partnered with Father Joe's Villages, which serves homeless San Diegans, to alter the public perception of homelessness from people being a problem to people being seen as who they are: people.

In addition to recognizing i.d.e.a in a ceremony in Sacramento, I will be honoring

a number of great small businesses located throughout my district at a local event on June 21.

Finally, my pick for Veteran of the Year in the 39th District will be feted on June 20 — and that veteran is **Veronica Zerrer**. Retired U.S. Army Major Zerrer was active in the U.S. Navy from 1976 to 1980, serving as a cryptologic technician, and then in the Army from 1980 to 1998, as a cavalry scout, platoon leader, company commander and staff officer while assigned to the 1st Infantry and the 35th Infantry divisions.

After active duty, she served in the Reserves and embarked on a civilian career in social services and government. She has managed a shelter for people experiencing homelessness, a home-maintenance program for seniors and traffic-safety projects for the state of Kansas. She also worked as the tribal grant writer for the Prairie Band Potawatomi Nation and was the director of development for the Orange County, California LGBT Community Center.

Having relocated to San Diego, she is the president of the board of directors for both The Neutral Corner, Inc., San Diego's longest active transgender education organization, and

TransFamily Support Services, a nonprofit devoted to supporting transgender youth and their families.

I am pleased to honor these incredible San Diegans and thank them for their

considerable contributions to our communities.

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

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# Kearny High students work to improve fitness scores

Laura **Farrar**

Playing games and sports in elementary school used to be the norm. However, in San Diego today, many elementary school students are not getting the level of physical activity that they should be.

Whether students get an adequate level of physical education (PE) in elementary school often depends on if there is a physical education teacher at the school site. When this is not the case (as is true of several Mission Valley-area elementary schools), classroom teachers are tasked with teaching PE in addition to English, math, science, history, etc. Sometimes these teachers are not familiar with the best methods or strategies for teaching it, or PE is a low priority compared to other subjects. This can result in students not getting meaningful physical activity during the school day.

The Fitnessgram is a physical fitness exam given in grades five, seven, and nine in the San Diego Unified School District. It tests various measures of physical fitness including body mass index (BMI). According to data available on the California Department of Education website, more than 38 percent of fifth graders at Mission Valley's nine area elementary schools have a BMI that indicates they are overweight or obese.

Enter students in Corri-Anne Burgess's geographic information systems (GIS) class at Kearny High's School of Science, Connections & Technology (SCT). Several years ago, students recognized that there was a high number of students not passing the Fitnessgram in ninth grade, and those students were not likely to pass the Fitnessgram when retested in following years. They found that the Fitnessgram results from seventh and fifth grades were not much better. The students found that if we want to make a change in the physical fitness of our youth, we need reach students even earlier than fifth grade.



**Kearny SCT senior Julian Vaca collecting BMI data from an elementary school student. (Photo by Corri-Anne Burgess)**

Burgess partnered with Kearny SCT English and biology teachers and Lynn Barnes-Wallace, physical education resource teacher for the San Diego Unified School District, to find ways to engage high school students in improving the physical fitness of elementary school students.

To start, Kearny SCT students visited more than 20 schools in San Diego to collect BMI data for students in kindergarten and third grade. This included Carson, Jones, Juarez, Florence, Birney, and Adams elementary schools in the Mission Valley area.

While working as an elementary school PE teacher, Barnes-Wallace only saw her students once per week. To provide a resource for classroom teachers teaching PE the other four days of the week, she developed the Increased Movement and Physical Activity Class Time (IMPACT) program.

"There was the need to create a program that was easy for classroom teachers to implement to increase the amount of physical activity time at the elementary level," she said.

Kearny SCT students are now working with Barnes-Wallace to design elementary school fitness curriculum that incorporates not only movement but the health and science content that goes along with it. Teachers will have access to cards with examples and explanations of different types of exercises they can use with their students. This will give the teachers resources to ensure that students' physical education is meaningful and productive. Kearny SCT students are also learning more about physical literacy and are becoming empowered to make change in their communities.

Several elementary schools are already taking part in the IMPACT program, with more joining in the 2018-19 school year. Four of Mission Valley's nine area elementary schools have signed on. According to Barnes-Wallace, the overall goals are "more physical activity time at the elementary level, increased attentiveness in class, healthier students and improved Fitnessgram scores."

—Laura Farrar writes on behalf of Kearny High, where she teaches Spanish. ■

## Summer Reading, Sensory Sundays and return of exercise classes

**Karen E. Reilly**

The Mission Valley Branch Library is in the thick of our annual Summer Reading Program, offered through Aug. 1, 2018. I hope that you have had a chance to sign up, either by stopping in to see us, or by going online at [sandiego.gov/summerreading](http://sandiego.gov/summerreading). This all-ages program rewards participants with a free tote bag, coupons and a book of your choice. The Summer Reading Program challenges pre-readers and kids under 12 to complete 10 books, and teens and adults to log 10 hours of reading, to claim their prizes. Prizes for completing the program will be available starting July 1, and will be available while supplies last. There are special events for kids at the Mission Valley Branch Library each Thursday at 10:30 a.m., in the Community Room.

While much of our kids' programming is for neurotypical children, we are proud to also host a quarterly program for families with children on the autism spectrum. Sensory Sunday takes place every few months on a Sunday starting at 11 a.m., before the library opens to the public at 12:30 p.m.

We realize that the library's bright lights and unpredictable environment can be disturbing to those with sensory processing differences, and children on the spectrum can be noisy and unpredictable in a place where people are usually expected to be quiet. We wanted to host an event where families would feel welcome to use our resources in a comfortable and non-judgmental setting. At every Sensory Sunday, we start the day with a fun and educational performance, then encourage families to explore the library, check out books and movies, lounge outside on our sunny Children's Patio, or play with the toys we've provided. We partner with Autism Society San Diego, which advises us on best practices. Past events have included a magic and bubble show, a hands-on look at tide pool creatures, a Lego program, and a puppetry show. Stay



(Illustration by T. Murphy)

tuned: we aim to have our next Sensory Sunday program in September!

A year ago, the Mission Valley Branch Library discontinued its weekly zumba and yoga classes. This decision came after a thorough review of programming, which determined that the library was using a disproportionate amount of its budget on programs that were more in line with the city's Park & Recreation Department's mission, "A healthy and fit San Diego." However, we also realized that there isn't a nearby rec center, and that many in our community had difficulty accessing Park & Recreation classes.

To resolve this issue, the Mission Valley Branch Library has enlisted the help of the San Diego Community College District's Continuing Education program and our former zumba and yoga teacher Carol Phillips to bring exercise programs to Mission Valley. We now offer a class similar to zumba called "Lifetime Fitness" on Mondays from 3:30–5 p.m., and a class similar to yoga called "Stretch and Balance" on Thursdays from 1:30–3 p.m. Both classes are held in the Community Room and are free to participants. You can join at any time and are not required to register in advance. We feel this is a great example of how the library can work with other organizations to maximize our budget and bring patrons the services they are asking for. I hope to see you reading — or exercising — at our library this summer.

—Karen Reilly is managing librarian for the Mission Valley Branch Library. Reach her at [KReilly@sandiego.gov](mailto:KReilly@sandiego.gov). ■

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## Sudoku & Crossword puzzle answers from page 12

M	O	R	O		B	E	A	S	T		S	C	A	T
A	L	O	U		A	L	M	A	H		C	H	A	N
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7	1	4	2	3	9	6	8	5
2	8	5	4	1	6	9	7	3
9	3	6	7	8	5	2	1	4
6	9	8	1	4	3	5	2	7
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1	5	7	6	2	8	3	4	9
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5	6	3	8	7	2	4	9	1
8	2	1	5	9	4	7	3	6



# Why do I need a Realtor?

## ASK KATHY

Kathy  
McSherry



Kathy:

*My husband and I recently moved to San Diego and are interested in purchasing our first home. I am originally from Sweden and met my husband in Europe who is in the military. He is a Navy pilot/doctor and has been relocated to San Diego. He is originally from New Jersey. In my country, I can go online and purchase a home. I do not understand all the benefits of having a real estate agent and what services you provide?*

—Petra T.

Hi Petra:

First, welcome to America! Without getting into politics, the United States runs our government and policies different, our taxation system different, our education system different, and also our real estate. Here, when real estate becomes your profession, and you represent people in a legal and binding contract, it is required in most of our 50 states, to be licensed. An agent will need to complete schooling and pass both a national test and a state test to receive their license. Additionally, you happened to land in the state of California, which is one of our most litigious states, and I would strongly recommend the guidance and advice of a licensed Realtor.

Typically, sellers pay the commissions for a Realtor in a basic residential real estate transaction. So, if you are interested in buying a home, this should not cost you anything. The benefits to you are probably more than you may realize. Here are some of the basic services that a good Realtor can provide:

1. Help in understanding the **financing process**, should a loan be involved. Many people new to home buying need to understand that unless they have the cash to pay for a home, they will need to borrow money from a bank and obtain a loan. Your Realtor should be able to guide you through this process and possibly direct you to one or two lenders that you could actually use when you apply for your loan. In the United States, we have many different types of loans to know and understand. With your husband being in the military, you are probably familiar with a special type of loan called a VA loan that has better terms, interest rates and down payment options due to having served in the military. Your Realtor can help you pre-qualify and explain the lending process. Getting pre-qualified helps everyone understand what you can afford before you start your search, and often required by a seller to be submitted with your offer to show that you have completed this first initial process in financing.

2. **Find your home.** A good Realtor will ask the right

questions to narrow down what your needs are and help you to locate a home in your price range and in an area that meets your family's needs.

3. **Representing you** in a legal and binding transaction. A residential purchase agreement consists of many legal documents and disclosures. Your Realtor should be able to explain everything that you are signing as there are liabilities due to all sorts of information that must be disclosed and acknowledged by both parties to the transaction.

4. **Explaining the process.** Your Realtor should help you understand the timeline involved and be able to walk you through a typical real estate transaction. A buyer has specific timelines where they must complete a home inspection and obtain full loan approval per the contract. We also use escrow companies in California, which are neutral third parties that hold all the monies involved in the transaction; and escrow is responsible for making sure the contract is executed exactly the way the contract is written.

5. Helping you **hire a home inspector** and attend the home inspection. Your Realtor will help to explain this detailed report regarding any items that may be of concern or need repair.

6. **Managing the entire process** and keeping you informed. Your Realtor should be in constant communication with you, your lender, the other agent, and doing their best to ensure a smooth transaction.

I recently visited Stockholm and fell in love with your city, and your beautiful country. I think the weather in San Diego with our all-year climate will be a wonderful experience for you. Regarding real estate, people pay for that lifestyle here in the United States. San Diego has been considered prime real estate in the United States for many years and has a nickname of "America's Finest City." Thank you, Petra.

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

# What to do with employer savings plan after retirement

Mission Valley  
Money

Steve Doster



Congratulations, you've made it to retirement! You've saved your entire life and now it's time to stop living off your paycheck and start living on your savings and retirement income.

Some decisions need to be made about your employer savings plan. Employer savings plans include accounts with names like 401(k), 403(b), 457(b), and Thrift Savings Plan (TSP). The main decision is whether to leave your account at your former employer, or to roll them over directly into an IRA at a firm like Schwab, Fidelity, Vanguard, or any of the numerous brokerage firms.

When making this decision, consider the following:

- Expenses of the employer savings plan.
- Investment options available in the plan.
- Ease of monitoring the entire portfolio.
- Convenience of withdrawals.

These aspects should be compared to what is offered by an IRA. For example, can better mutual funds be purchased in an IRA compared to what is available in the company plan? How responsive is the customer service for the company plan? Is the plan flexible on withdrawals and investment changes?

There is no right answer that applies to everyone. Leaving your accounts at your former employer can work well or choosing to roll them into an IRA could also work. The decision is on a case-by-case basis; therefore, we encourage you to speak with your fee-only advisor before making this decision.

## Withdrawing money

Withdrawals from IRAs and employer plans are allowed at any age. However,

you will get hit with ordinary income tax and an additional 10 percent penalty if withdrawals are done prior to attaining age 59 and a half. After this age, the penalty goes away and withdrawals of pre-tax money are taxed at ordinary income tax rates.

For early retirees under the age of 59 and a half, there is a way to avoid the 10 percent penalty from IRAs using a withdrawal method called "substantially equal payments." This is a bit more complex, so we will spare you the details. Additionally, someone retiring after age 55 can withdrawal from their employer plan after they separate from service, without incurring a penalty. It is important to know you can retire early, access your retirement savings, and avoid the 10 percent penalty. This also links back to the previous topic of whether to keep your employer accounts or to roll them over into an IRA.

How much should you withdraw from these accounts? The goal is to keep your annual withdrawals below 5 percent of your portfolio value. That includes your entire portfolio, not just your retirement accounts.

In general, the most tax-efficient way to withdrawal from

your portfolio in retirement is in this order:

1. Brokerage accounts.
2. IRAs, 401(k)s and other tax-deferred accounts.
3. Roth IRAs and Roth 401(k)s.

For someone with a large brokerage account, taking the entire 5 percent withdrawal from brokerage accounts, while not touching IRAs or employer retirement accounts might be the best strategy, at least in the early retirement years. A different retiree may not have a sizable brokerage account and, thus, their entire 5 percent withdrawal may need to come from their IRAs or employer accounts.

Each person has a unique situation, so it is important to work with a fee-only advisor that understands taxes to help with the details on how best to use your life savings to fund your retirement.

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

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## DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.



ramen burritos; and unicorn cotton-candy ice cream sandwiches.

On the liquid side of things, there will be plenty of suds and spirits for the tasting as the grounds make way for the **San Diego International Beer Festival** (June 15-17) and the **Distilled Spirit and Cocktail Festival** (June 23). 2260



Cotton candy ice cream sandies are among the new, outrageous foods at the San Diego County Fair. (Courtesy of Del Mar Fairgrounds)

Jimmy Durante Blvd., Del Mar, 858-755-1161, [sdfair.com](http://sdfair.com).

The food court on the second level of **Fashion Valley Mall** will soon feature its first-ever cheesesteak tenant. **Charley's Philly Steaks** is due to open by mid-July, according to franchisee John-John Kim, who previously ran restaurants in China

and South Korea. The space was last occupied by **Muscle Beach Lemonade & Hot Dogs**. Charley's spans the globe with 500 locations and features a variety of cheesesteaks made with beef or chicken. 7007 Friars Road, Suite 925, [charleys.com](http://charleys.com)

The new **El Tianguis** in North Park has one of the most straightforward menus of any Mexican eatery in San Diego. Aside from agua frescas, horchata and sodas, customers are faced with four easy meal decisions: beef, chicken, potato or lentil-quinoa rolled tacos. They're served with or without sour cream, cheese, lettuce, salsa and guacamole. The quaint space captures the vibrant colors of Mexico's markets and bazaars, which are known as tianguis throughout Latin America.

The eatery is owned by Oscar Ancira, whose family founded the highly successful **Deli Mex**, a wholesaler and manufacturer that supplied taquitos to retailers mainly in markets west of the Mississippi. Ancira says that when his family sold the business in 2001, they were making 2 million rolled tacos a day, hence the



A colorful eatery specializing in rolled tacos has opened in North Park. (Courtesy of Alandra Chavarria)

idea to open an eatery specializing in "what I know best." 2810 El Cajon Blvd., 619-677-3581, [eattaquitos.com](http://eattaquitos.com)

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before



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The Air Conditioned Lounge's new "glampisphere" (Photo courtesy of Alternative Strategies)

What the heck is a glampisphere, you ask? The answer lies in North Park's **Air Conditioned Lounge**, which

opened a groovy, outdoor space tailored for private events and business meetings. It features an elevated bar, retro-style tables and chairs, and a soothing waterfall. Situated on the building's back patio, the glampisphere was created expressly to "ignite creativity and spark conversation among guests," according to Air Condition's public relations team. 4673 30th St., 619-535-6007, [glampisphere.space](http://glampisphere.space).

High-butterfat decadence has descended on the Gaslamp Quarter with the recent arrival of **Cali Cream**, a walk-up ice cream shop featuring nearly 70 flavors every day. The business is owned by Ken Schulenburg (aka Scoop Dogg) and Juliana Ortiz, both of whom worked in the retail industry and call themselves "foodies by nature."

The ice cream is made onsite and uses pure sugar, natural colorings and regionally sourced ingredients. Aside from several dairy-free options, the ice creams ring in at 16 percent butterfat (12 percent is the average in commercial brands). In addition, the large selection stays exclusively within the sweet category.

"We're staying away from all the crazy stuff and letting **Salt & Straw** have that part of the market," said Schulenburg, referring to certain savory flavors



A new ice cream shop has opened on Market Street. (Courtesy of Cali Cream)

found at the Little Italy ice cream parlor.

Cali Cream's dreamy concoctions include Red Dawn (black raspberry and chocolate truffles); Death by Chocolate (dark chocolate with fudge ripples and brownies); and peanut butter with salted fudge. 425 Market St., 619-450-4078.

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

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# Quarter pounders from a little burger chain

## Restaurant Review

Frank Sabatini Jr.



In an age when you can out-bro your fellow bros by broadcasting your love for certain burgers, along comes a chainlet founded in Portland, Oregon that has yet to register on the radar of cool 30-somethings. Teens and fresh-faced college students, however, appear captivated.

I'm betting that the new Little Big Burger in Mission Valley won't put a competitive dent in places like The Friendly in North Park or The Balboa Bar & Grill in Bankers Hill, where their burgers are trending wildly among savvy audiences. Ditto for dozens of other kitchens throughout Uptown and beyond (Burger Lounge, Cali "O" Burgers, Rocky's Crown Pub, etc.), which probably aren't flinching a spatula over this In-N-Out Burger wannabe.

The menu at Little Big Burger lists four food items in grade-school font: hamburger, cheeseburger, veggie burger and truffle fries. I consumed all of them over a couple of visits. They're followed by two other entries: fountain soda and root beer float, neither of which I bothered ordering. (Give me cold beer or nothing with my burger.)

A sterile red-and-white scheme prevails, save for the bold geometric graphics on a large wall and the designer-gray color of another wall displaying merchandise.

Run by a franchisee through Chanticleer Holdings Inc. — the same company that owns Hooters — the mom-and-pop factor is blatantly absent. This is quite similar to all of the other burger chains operating within a two-mile radius, including The Habit, In-N-Out, Shake Shack and Fuddruckers. In comparison, Little Big Burger is younger, cuter and smaller, with only about 17 locations in several states since launching in 2010. More are in the pipeline locally and nationally.

Strangely, since opening its two

locations in the area months ago — both here and in El Cajon — neither offers a working phone number. So for now, pick-up orders can be placed via the website.

I love burgers just as much as any ravenous kid or foodie hipster. These are made with black Angus beef by Jensen Meat Company in Otay Mesa, which uses a 75/25 lean-fat ratio. (Only the San Diego locations source from Jensen.)

In addition, some of the cheese options are rather chic for a fast-food concept; chevre



A beef burger with cheddar, mayo, pickles and raw onions

and bleu reside among the usual lineup of cheddar, pepper jack and Swiss.

So why my lack of affection for these quarter-pound pucks?

When I asked one of the Gen Z grill cooks if the meat is seasoned, he answered, "Only with a little salt and pepper." As it turned out, that was all I tasted. The flavor of the beef was overtaken.

Also, I'm not a fan of patties verging toward

## Little Big Burger

1620 Camino de la Reina  
(Mission Valley)

littlebigburger.com

Prices: Burgers,  
\$4.25 and \$4.75;  
Truffle French fries, \$2.95

the shape of meatballs. These are small in diameter and chubby in stature. What you get are concentrated mouthfuls of meat in fewer bites compared to standard burgers — not necessarily a bad thing among some aficionados I know.

As the burgers sizzle on the griddle, they're squirted periodically with water. The cook said the H<sub>2</sub>O helps lock in the moisture. He was right. It made for a reasonably juicy outcome.

What I did enjoy very much were the thick-sliced pickles on the burgers and the moist, springy brioche buns. As for the Camden's catsup and "fry sauce" you'll find in squeeze bottles throughout the smallish dining area, they were forgettable.

The catsup tasted flat. And the sauce — an equal mix of the catsup and Hellman's mayo — struck me as unimaginative, like something that might have tasted edgy when I was 10 years old experimenting with condiments.

A couple days later I ordered the veggie burger and truffle French fries. I had high hopes for the mushroom-based patty "made by some woman in San Diego," according to an enthusiastic employee. Rice, peas and carrots are apparently in the mix as well. But not even the tiny flecks of red chili peppers hiding in the pepper jack cheese I chose could pep up the nicely textured patty. Extra onions might have helped.

I'm officially done with truffle fries until places that serve them prove to me that the oil drizzled over the spuds is infused with actual truffles. Based on my research, the flavoring is an altered form of formaldehyde shunned by respected chefs. It's a hyped product that will hopefully disappear one day from every commercial kitchen.

Little Big Burger will surely be well-served by



Little Big Burger in Mission Valley's Park Valley Center plaza (Photos by Frank Sabatini Jr.)

its location in the Park Village Center, which offers a trolley station and ample parking for motorists willing to cheat on their favorite burger joints. My guess is that in their search for something sexier, few will say they found it here.

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



Truffle French fries



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MVN-Puzzles

ANSWERS ON PAGE 8

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.

7			2				8	
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- ACROSS**

1 Former Italian prime minister

5 Horror movie heavy

10 Emulate 6 Down

14 Baseball family name

15 Egyptian dancing girl

16 Old cinema sleuth

17 Suffragette

18 County in western Ireland

19 Makeshift craft

20 Dig?
- 23 Nerd's cousin

24 Mariners' home

27 Kind of bud

31 Young haddock

32 Help a waiter

34 Dig?

37 Half a Parisian dance

38 A way to post

39 "... two if by \_\_\_"

40 Dig?

42 Ukr., e.g.

43 Incident

44 Precipitous
- 46 Confederate

49 Big John, of the ring

52 Dig?

57 \_\_\_ a living

59 Takes on

60 \_\_\_ Bator

61 Spoiled one

62 Feeling of dread

63 Bonet, of TV

64 \_\_\_ one's time

65 Hangouts for horns

66 Fictional planet denizens
- DOWN**

1 \_\_\_ the Knife

2 16 Across portrayer

3 Machine part

4 Gets the better of

5 Giant of music

6 Fitzgerald

7 She/he loves: L.

8 Raneer wear

9 Kind of song

10 Beelzebub

11 6 Down, e.g.

12 US military arm of WWII
- 13 Explosive letters

21 FDR project

22 Atelier fixture

25 Misanthrope

26 Saga

28 Chem., et al.

29 Illegal act

30 Samms and Mrs. Peel

32 Repository for lire

33 Student, for short

35 Emulate Marmaduke

36 Sally, of space

37 Tip

38 \_\_\_ you the one!
- 41 Understanding

42 Kitchen utensil

45 Handy abbreviation

47 Frome or Allen

48 Watch on the \_\_\_

50 Dutch treat, garden variety

51 Obliterate

53 Work units

54 Fly

55 Loyal followers

56 Bambi's aunt

57 Wane

58 Meyers, of Kate & Allie

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# Traveling through Texas eats

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Situated about halfway between Austin and San Antonio, the city of San Marcos is the epicenter of a culinary area of deliciousness known as The Texas Hill Country. Spread over multiple counties, this region offers the real Texas experience. Get your taste buds ready for action and prepare yourself for down-home hospitality as you experience award-winning barbecue, one-of-a-kind distilleries, and family-owned eateries.

One of the first things that you will notice about a visit to the Hill Country is how friendly and helpful people are. Etiquette and manners are still in vogue and adults are frequently referred to as “sir” and “ma’am.” Most venues are located in Hays and Caldwell counties and can be reached in about an hour’s drive from San Marcos.

## Best of the Mom and Pop Restaurants

Small towns and cities are where you will find some of the most unique, non-chain foodie establishments.

For example, the town Kyle has been called “The Pie Capital of Texas,” primarily due to the pastry skills of Chef Julie Albertson and her Texas Pie Company. Just look for the giant cherry pie jutting out of the rooftop.

Albertson’s chocolate fudge, Dutch apple, and strawberry rhubarb pies, all use her family’s secret sugar dough recipe. She says her pecan pie tied for the best in the nation by Jane and Michael Stern in their book “500 Things to Eat Before It’s Too Late: and the Very Best Places to Eat Them.” Her dough is legendary in these parts, and it ships right to your door from her website.

Just down the street is La Ola Pop Shop, which makes homemade ice creams and palatas (ice pops). Using fresh, natural ingredients, they create approximately 35 flavors including avocado and cream, kiwi-coconut, and a local favorite — Cookie Monster.

Celebrating their sixth year, Cody’s Bistro and Lounge in San Marcos is a neighborhood restaurant and bar serving up eclectic American cuisine and colorful cocktails. Even located in Texas, their most popular entrée is the iconic Beef Wellington, prepared with a



The Texas Pie Company’s building in the town of Kyle, Texas with its iconic slice of cherry pie on the roof (Photos courtesy Ron Stern)

tender sirloin wrapped in puff pastry.

Palmer’s Restaurant Bar and Courtyard has been recreated from its 1920s origins and is a small oasis complete with a fountain. Try tableside guacamole and Mexican martinis, one of which uses a frozen ball of hibiscus.

Serving Southern dishes with an Asian twist, Creek Road Café in Dripping Springs has developed quite the reputation for the place to go for an elevated yet unpretentious fare.

You don’t have to travel all the way to France to enjoy authentic crepes. Just head over to Crepe Crazy for sweet or savory folded pancakes, filled with ham and cheese, Nutella or other ingredients. This is one of the few places in the world where they employ an all deaf staff.

Surrounded by mesquite trees and lush landscaping, The Leaning Pear is run by two native Texans offering locally-inspired Hill Country cuisine. Menu favorites are its meatloaf, chicken and grits and crab cakes.

## Celebrating the “spirit” of Texas

Using plenty of grit, determination and entrepreneurship, resilient Texans create their own American dream. Such is the case with local distillers who have carved out their own creative niches.

Deep Eddy Vodka in Dripping Springs uses water from underground aquifers to produce smooth, clean-tasting and hand-crafted spirits. Choose from a variety of vibrant flavors including grapefruit, peach, lemon and cranberry.

Sotol (Desert Spoon) plants have been a part of the West Texas landscape for generations. Desert Door Distillery was founded by three military veterans who distill a unique

beverage that fills the taste gap between agave and mescal. Sotol is becoming more in demand as people discover its unique taste, creating a whole new category of fermented beverages.

AFT (Austrian Farms of Texas) Distillery in Lockhart — the only fruit-to-bottle Edelbrand distiller in the state — uses techniques passed down from master distillers in the Austrian Alps. You can really smell and taste the fresh apples, pears, and cherries.

## Barbecue for all

Established in 1874, Luling — once known as “the toughest town in Texas” — was built on cattle, cotton and oil. But today, hungry travelers with a craving for barbecue head to City Market. Family-owned for the past 30 years, this establishment slowly cooks their meats over a pit of post oak wood. No fancy plates or tablecloths here — just butcher paper wrapped around flavorful brisket, ribs, and sausages served with a tangy mustard sauce.

Luling is also known for its annual Watermelon Thump festival. The highlight is a seed spitting contest with the record of a whopping 68 feet.

Open since 1967, Salt Lick BBQ in Driftwood is home to award-winning meats and was featured on Top Chef Texas. The eatery’s ever-expanding domain showcases its success; every week it caters to thousands who come for their taste tantalizing meats as well as their own brand of wines.

With a long barbecue history that dates back to 1900, Kreuz Meats in Lockhart uses a “low and slow” brick pit method in this traditional German-style meat market. Famous for their dry rubbed ribs, they also feature barbecued beef, pork and turkey.

The culinary experience in the Hill Country is as beautiful and unpretentious as their beloved bluebonnets that grace the landscape during the spring. If you come for a visit, enjoy the countryside hospitality but come hungry — you certainly won’t leave that way.

—Contact Ron Stern at [travelwriter01@comcast.net](mailto:travelwriter01@comcast.net) or visit his blog at [globalgumshoe.com](http://globalgumshoe.com). This was a sponsored visit; all accommodations, meal, and transportation that were the subject of this review were provided at no charge to the writer. However, all opinions herein are the author’s. ■



Barbecue from City Market in Luling, Texas comes served on nothing but paper.

# Pets and seniors

## FOR LOVE OF PETS

Sari Reis

For years, medical professionals have touted the health benefits of pet “guardianship.” Although several of the benefits of caring for companion animals are physical, many are emotional and spiritual as well. The advent of pet therapy, where people take their dogs to retirement homes, hospices, and other care facilities, has proven to be immensely successful as the animals spread warmth, love and joy to the ailing and potentially lonely residents.

It has been scientifically proven that petting or stroking an animal can lower one’s blood pressure and may be responsible for the reduction of anxiety, stress, and depression; conditions many seniors live with on a daily basis. While walking a dog daily provides the benefits of regular exercise, it also gets an otherwise inactive or housebound senior outside into sunshine, fresh air and the opportunity to meet other pet parents.

As we age, our lives go through many changes, both good and bad. Children leaving home, divorce, the death of a spouse and loss of longtime friends, are just a few of the things that can make a senior feel alone and isolated. Added to this, retirement, or loss of livelihood can damage one’s sense of purpose. This is where caring for a pet is helpful. Many seniors have said that caring for their dog or cat is what gets them out of bed in the morning. The unconditional love of a dog can make the difference between a happy

and healthy “Golden Age” and a life of quiet despair.

I know as a professional pet sitter, the wet kisses and wagging tails I get whenever I care for someone’s dog make me feel wanted, needed and loved. The purring and gentle heads butts I receive from many of the cats I look after provide the same wonderful and joyful feelings. A day doesn’t go by that one of the pets in my care doesn’t make me laugh out loud with their antics and idiosyncrasies. When a senior lives alone with few contacts, too often this kind of joy is not part of their life. Pets make us feel needed. They give us a purpose and a sense of gratification that other humans cannot provide.

On the flip side of the coin, the animals that are fortunate enough to be homed by a senior, also “luck-in.” Seniors often work from home, work shorter hours or are retired. They are able to offer pets a great deal of time, attention, and presence. With no human children at home, these guardians have a tendency to indulge their furry kids with the best food, treats, toys and lots of love. They are taken to the groomers, the dog park, dog beach and other places they might otherwise not experience.

There is no question that pairing a loving cat or dog with a senior can add enrichment, satisfaction and years to both their lives.

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

## ► News briefs, from page 5

one week prior to Comic-Con, allowing attendees to take in both conventions. The PAWmicon Convention will be held on Sunday, July 15, 10 a.m.–noon, at Hazard Center, 7610 Hazard Center Drive, San Diego, CA 92108.

The family-friendly event includes carnival games, opportunity drawings for comic-themed prizes, dog-friendly goodies, gifts from Blue Buffalo and the shops at Hazard Center, fun snack options, and the all-important PAWSplay Contest for superheroes and their heroic dogs. Contest participants can dress up as a duo, or simply enter their dog. The contest is \$10 to enter, and entrants will receive a goodie bag (while supplies last). All funds raised will go to the pets and programs at Helen Woodward Animal Center. Prizes will be awarded for the top three costumes.

“We love celebrating the superheroes who support orphan pets at PAWmicon in Hazard Center,” said Helen Woodward Animal Center Vice President of Development Renee Resko

in a press release. “For the last two years, it has been the ideal location to unite with animal-lovers from all over the city, and we’re excited to do it again.”

“PAWmicon gets bigger and better every year, and we think this will be the best event yet!” said Lisa Gualco, Hazard Center’s general manager. “It’s a pleasure to host such a fun, unique affair that supports Helen Woodward Animal Center’s worthwhile programs that help orphan pets find loving homes.”

According to event organizers, PAWmicon has one sole purpose — to draw the attention of potential adopters to perform a superhero action of their own and provide a lucky pet with a forever home.

To adopt a pet, make a donation or for more information, contact Helen Woodward Animal Center Adoption Department at: 858-756-4117, visit [animalcenter.org](http://animalcenter.org) or stop by at 6461 El Apajo Road in Rancho Santa Fe.

For more information about PAWmicon, visit [animalcenter.org](http://animalcenter.org) or [hazardcenter.com](http://hazardcenter.com). ■



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One ballot per person. Ballots must be postmarked, submitted online or hand-delivered by 11:59 pm on Sunday, July 29th

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/A/eterinary Hospital
Chiropractor	Insurance Broker	Waxing or Threading Salon
Collective	Jewlery	Yoga Studio
Consignment/Resale	Lawyer	
Cosmetic Services	Manicure/Pedicure	



# Mission Valley News

## COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

### FEATURED EVENTS

FRIDAY

June 15



#### InterGalactiCon

Comic convention by the fans for the fans, featuring guest star panels, independent filmmakers, professional gamers, workshops, exhibitors, cosplay contests, VIP costume parties and more. Opens June 15 at 6 p.m. and June 16 at 10 a.m. in the Town and Country Convention Center, 500 Hotel Circle North, San Diego. Tickets cost \$10–\$90. Visit [intergalacticonsd.com](http://intergalacticonsd.com).

SATURDAY

June 16



#### Antiques, Bottles & Collectibles Show and Sale

Find rare and colorful bottles, glass, antiques and collectibles of all types on display and for sale. Educational and historic displays and raffles will be offered. There will be something for everyone! Admission and parking are free. 9 a.m.–3 p.m. at the Courtyard Marriott Liberty Station, 2592 Laning Road, San Diego.

#### San Diego Pin & Patch Con

The San Diego Pin & Patch Con is the world's first official wearable art convention. Celebrate the culture you love along with other pin and patch lovers while meeting your favorite artists and companies. Enjoy the annual convention this year and take part in the many activities that the SDPPC team has put together. \$10. At Montezuma Hall on SDSU campus, 5500 Campanile Drive. Visit [bit.ly/2sDBOUk](http://bit.ly/2sDBOUk).

TUESDAY

June 19

#### Library Book Club

Monthly meeting of the Mission Valley Library Book Club. Title for June is “The Underground Railroad” by Colson Whitehead. 6:30–8 p.m. in the Seminar Room of the Mission Valley Library, 2123 Fenton Parkway.



#### 'Zombieland'

Liberty Station Movie Nights at Stone Brewery presents a zombie spoof comedy starring Woody Harrelson, Emma Stone and Jesse Eisenberg. Rated R. Free. Movie starts 15 minutes after sunset at Stone Brewery Liberty Station, 2816 Historic Decatur Road, San Diego. The brewery will feature a tap takeover by Wild Barrel Brewing.

THURSDAY

June 21

#### Superhero Science!

This Summer Reading Program event explores bold, noisy and shocking “superhero” science, presented by the Fleet Science Center. The Summer Reading Program is for people of all ages to come to the library for fun, games, reading, music, movies and more. 10:30–11:30 a.m. in the Community Room of the Mission Valley Library, 2123 Fenton Parkway. Visit [sandiegolibrary.org](http://sandiegolibrary.org).

FRIDAY

June 22



#### 'Romeo, Romeo & Juliet' Through July 8

The Roustabouts Theatre Company presents a play about what happens when Shakespeare's iconic, star-crossed lovers get a third wheel: a tangled triangle of unrequited love. In this fun and fizzy romantic comedy, a rehearsal room becomes a hilarious hothouse for palpable passion, witty repartee, and comedic conflict as the Bard's glorious language inspires the hopeless romantic in us all. Shows on June 22, 23, 24, 28, 29, 30, and July 5, 6 and 7 all start at 8 p.m. at The Moxie Theatre, 6663 El Cajon Blvd. Tickets are \$38; available at [bit.ly/2LbryPB](http://bit.ly/2LbryPB).

TUESDAY

June 26

#### An Artist's Way of Life: Life as a Disney Illustrator

OASIS presents world-renowned artist and illustrator Terry Naughton as he shares personal stories about his time on the Disney lot and

his creative process, and gives live demonstrations of his techniques. Terry is known for his work on “The Lion King” (1994), “Beauty and the Beast” (1991) and “Aladdin” (1992). This event is free and open to the public, and no pre-registration is required. 1–2:30 p.m. in the Community Room of the Mission Valley Library, 2123 Fenton Parkway.



#### 'The Three Amigos'

Liberty Station Movie Nights at Stone Brewery presents the comedy starring Steve Martin, Chevy Chase and Martin Short. Rated PG. Free. Movie starts 15 minutes after sunset at Stone Brewery Liberty Station, 2816 Historic Decatur Road, San Diego. The brewery will feature a tap takeover by Pizza Port.

WEDNESDAY

June 27



#### 'Monty Python's Spamalot' Through Aug. 5

Cygneth Theatre presents a musical about King Arthur and his Knights of the Round Table as they embark on their quest for the holy grail. Flying cows, killer rabbits, taunting Frenchmen and show-stopping musical numbers are just a few of the reasons you'll be eating up “Spamalot.” Winner of three Tony Awards, including Best Musical, the show elevates silliness to an art form. June 27–Aug. 5 on Wednesdays through Sundays, except July 4. Evening shows at 7:30 p.m. on Wednesdays and Thursdays; 8 p.m. on Fridays and Saturdays; and 7 p.m. on Sundays. Matinee shows at 3 p.m. on Saturdays and 2 p.m. on Sundays. Tickets are \$35–\$60, available at [cygnetheatre.com](http://cygnetheatre.com).

THURSDAY

June 28

#### The Bayou Brothers

The Bayou Brothers play toe-tapping Cajun, zydeco, and blues music! This show is one of several offered as part of Mission Valley Library's Summer Reading Program. The Summer Reading Program is for people of all ages to come to the library for fun,

games, reading, music, movies and more. 10:30–11:30 a.m. in the Community Room of the Mission Valley Library, 2123 Fenton Parkway. Visit [sandiegolibrary.org](http://sandiegolibrary.org).

SUNDAY

July 1

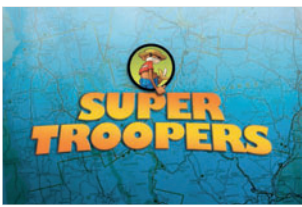


#### Finnegan Blue

Civita's Sundown Sunday concert series presents Finnegan Blue — a folk band that blends together Celtic, bluegrass, and second line music with a punk rock edge. Finnegan Blue has an eclectic instrumentation, allowing them to cover tunes spanning between the Grateful Dead, The Pogues, and Flogging Molly, to Stevie Wonder, Amy Winehouse, and New Orleans second line parade tunes. 6–7:30 p.m. in the outdoor amphitheater in Civita Park, 7960 Civita Blvd.

TUESDAY

July 3



#### 'Super Troopers'

Liberty Station Movie Nights at Stone Brewery presents this classic comedy about Vermont State Troopers. Rated R. Free. Movie starts 15 minutes after sunset at Stone Brewery Liberty Station, 2816 Historic Decatur Road, San Diego.

THURSDAY

July 5



#### Chazz Drumming and Percussion

Percussionist Chazz Ross will conduct a drumming and rhythm show sure to get you moving and grooving in your chair. This program is one of several offered as part of Mission Valley Library's Summer Reading Program. The Summer Reading Program is for people of all ages to come to the library for fun, games, reading, music, movies and more. 10:30–11:30 a.m. in the Community Room

of the Mission Valley Library, 2123 Fenton Parkway. Visit [sandiegolibrary.org](http://sandiegolibrary.org).

FRIDAY

July 6



#### Primus and Mastodon

Primus is an American rock band based in San Francisco, California, currently comprised of bassist/vocalist Les Claypool, guitarist Larry "Ler" LaLonde and drummer Tim "Herb" Alexander. Mastodon is an American heavy metal band from Atlanta, Georgia, formed in 2000. The group is composed of Troy Sanders, Brent Hinds, Bill Kelliher, and Brann Dailor. \$25–\$85. 7 p.m. at Open Air Theatre at SDSU, 5500 Campanile Drive. To learn more, go to [bit.ly/2Jup1lQ](http://bit.ly/2Jup1lQ).

SATURDAY

July 7

#### Coinarama

San Diego County's seven affiliated coin collector clubs host the 61st annual San Diego Coinarama Coin Show, July 7–8, featuring over 75 tables of coin and paper money dealers, offering investment-quality American and foreign coins and currency, ancient coins, precious metal bullion pieces, jewelry, reference books and collecting supplies. Admission is \$5 general public, \$4 for numismatic organization members. Active duty military and children under 15 are free. 10 a.m.–6 p.m. Saturday; 10 a.m.–5 p.m. Sunday at the Scottish Rite Center 1895 Camino del Rio South, San Diego. Visit [coinarama.org](http://coinarama.org).

THURSDAY

July 12

#### Inside Out (aka The Bug Tour)

League of Extraordinary Scientists presents activities to learn about our creepy crawly insect friends and how scientists gather and share information about bugs with other scientists. This show is one of several offered as part of Mission Valley Library's Summer Reading Program. The Summer Reading Program is for people of all ages to come to the library for fun, games, reading, music, movies and more. 10:30–11:30 a.m. in the Community Room of the Mission Valley Library, 2123 Fenton Parkway. Visit [sandiegolibrary.org](http://sandiegolibrary.org).

SUNDAY

July 15



#### PAWmicon

The Helen Woodward Animal Center presents a family-friendly event that includes carnival games, opportunity drawings for comic-themed prizes, dog-friendly goodies, gifts from Blue Buffalo and the shops at Hazard Center, fun snack options, and the all important PAWSplay Contest for superheroes and their heroic dogs. Contest participants can dress up as a duo, or simply enter their pawsome pup. The contest is \$10 to enter, and entrants will receive a goodie bag (while supplies last). All funds raised will go to the pets and programs at Helen Woodward Animal Center. 10 a.m.–noon at Hazard Center, 7610 Hazard Center Drive, San Diego. Visit [animalcenter.org](http://animalcenter.org) for more details.

TUESDAY

July 17

#### Library Book Club

Monthly meeting of the Mission Valley Library Book Club. Title for June is “The Tea Girl of Hummingbird Lane” by Lisa See. 6:30–8 p.m. in the Seminar Room of the Mission Valley Library, 2123 Fenton Parkway.

#### 'Clerks'

Liberty Station Movie Nights at Stone Brewery presents the classic comedy by director Kevin Smith about convenience store clerks. Rated R. Free. Movie starts 15 minutes after sunset at Stone Brewery Liberty Station, 2816 Historic Decatur Road, San Diego. The brewery will feature a tap takeover by Benchmark Brewing.

THURSDAY

July 19

#### Michael Rayner, Juggler and Trickster!

Get ready for the whimsical juggling and stupendous wackiness of Michael Rayner. This show is one of several offered as part of Mission Valley Library's Summer Reading Program. The Summer Reading Program is for people of all ages to come to the library for fun, games, reading, music, movies and more. 10:30–11:30 a.m. in the Community Room of the Mission Valley Library. ■





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<b>COMING SOON!</b>	<b>\$424,999 - OR TRADE!</b>	<b>\$574,999 - OR TRADE!</b>	<b>COMING SOON!</b>	<b>\$774,999 - OR TRADE!</b>	<b>\$699,999 - OR TRADE!</b>
<b>Logan Heights</b> • Upgraded Throughout • Multi-Unit Property • Expansive, Off Street Parking	<b>Lincoln Park</b> • Completely Remodeled • Open Floor Plan • Expansive Backyard w/ Patio	<b>Chula Vista</b> • Renovated Downstairs • Pristine Backyard Space • Large Picture Windows	<b>La Jolla</b> • Tiled Entry & Fireplace • Modern Open Floorplan • Garage Parking	<b>Old Town</b> • Situated on a Quiet Corner Lot • Large, Expansive Backyard • Private Jacuzzi	<b>University City</b> • Tri-Level Home • Oversized 2 Car Garage • Large Corner Balcony
<b>COMING SOON!</b>	<b>\$424,999 - OR TRADE!</b>	<b>COMING SOON!</b>	<b>\$330,999 - OR TRADE!</b>	<b>COMING SOON!</b>	<b>\$699,999 - OR TRADE!</b>
<b>Normal Heights</b> • Unique Lot With Great Potential • Over-sized Corner Lot • 6 Off Street Parking Spaces	<b>Hillcrest</b> • New Landscaping & Fencing • Fully Fenced Yard • Tandem Parking for 4 Spaces	<b>Central San Diego</b> • State-of-the-art Kitchen • Fenced Front & Backyard • Original Hardwood Flooring	<b>La Jolla</b> • Open w/ Abundant Light • Stunning Gourmet Kitchen • Balcony w/ Space for Seating	<b>North Park</b> • Light & Bright Gourmet Kitchen • Period Style Masterpiece Fireplace • Amazing, Fenced Backyard	<b>4S Ranch</b> • Renovated Throughout • Gourmet Chef's Kitchen • Spacious Backyard Patio
<b>\$1,395,999 - OR TRADE!</b>	<b>COMING SOON!</b>	<b>\$1,499,999 - OR TRADE!</b>	<b>\$779,999 - OR TRADE!</b>	<b>\$974,999 - OR TRADE!</b>	<b>COMING SOON!</b>
<b>Ocean Beach</b> • Panoramic Bay Views • Light & Bright Interior • Updated Gourmet Kitchen	<b>Mission Hills</b> • Floor to Ceiling Windows • Expansive Chef's Kitchen • Raised Patio w/ Amazing Views	<b>Point Loma</b> • Spectacular Evening & Day Views • Updated Gourmet Kitchen • Expansive Back Deck w/ Views	<b>4S Ranch</b> • Hardwood Flooring • Access to Community Pool • Upgraded Appliances	<b>Rancho Penasquitos</b> • Expansive Backyard w/ Court • Gorgeous Interior • Updated, Gourmet Kitchen	<b>Chula Vista</b> • Low Maintenance Yard • Close to Restaurants & Shops • Community Amenities
<b>COMING SOON!</b>	<b>COMING SOON!</b>	<b>COMING SOON!</b>	<b>\$1,174,999 - OR TRADE!</b>	<b>\$599,999 - OR TRADE!</b>	<b>\$749,999 - OR TRADE!</b>
<b>Paradise Hills</b> • RV Parking • Expansive Backyard w/ Patio • Renovated Interior	<b>North Chula Vista</b> • Spacious, Open Condo • Warm Fireplace • Amenities Include Pool & Spa	<b>Central San Diego</b> • Sweeping Views From Porch • Very Quiet, Safe Neighborhood • Affordable Home in Great Area	<b>Mission Hills</b> • Desirable, Quiet Neighborhood • Views of San Diego Bay • Dual-Level Backyard	<b>Rolando</b> • Gorgeous Fenced Backyard • Detached Garage • Crisp, Clean Interior	<b>South Park</b> • Expansive Backyard w/ BBQ • Gorgeous, Pristine Interior • Updated, Gourmet Kitchen

## EAST COUNTY

<b>\$499,999 - OR TRADE!</b>	<b>COMING SOON!</b>	<b>\$399,999 - OR TRADE!</b>	<b>\$524,999 - OR TRADE!</b>	<b>\$649,999 - OR TRADE!</b>	<b>\$674,999 - OR TRADE!</b>
<b>La Mesa</b> • Spacious, Yet Cozy • Large & Open Backyard • Complete Solar Array	<b>Alpine</b> • Vaulted Ceilings • Moder Updates Throughout • Master Suite on 2nd Floor	<b>Encanto</b> • Encanto Style Home • Peaceful, Pristine Garden • Abundant Natural Light	<b>Jamul</b> • Single Story, Ranch Style Home • Panoramic Mountain Views • 35 Minutes to Downtown SD	<b>Lakeside</b> • Detached 2 Car Garage • Zoned for Animals • Kitchen w/ Upgrades	<b>Linda Vista</b> • Hardwood Flooring Throughout • Crips, Pristine Kitchen • Light & Bright Living Spaces
<b>COMING SOON!</b>	<b>\$649,999 - OR TRADE!</b>	<b>COMING SOON!</b>	<b>\$899,999 - OR TRADE!</b>	<b>\$399,999 - OR TRADE!</b>	<b>COMING SOON!</b>
<b>Lakeside</b> • Pristine, Gourmet Kitchen • Covered Main Patio • 2.5 Acres of Land	<b>El Cajon</b> • Quaint, Quiet Neighborhood • Private Cul-De-Sac • Large, Expansive Bedrooms	<b>Lakeside</b> • Panoramic Mountain Views • Located Just East of Santee • Plenty of Parking	<b>Lakeside</b> • Safe, Gated Community • Lushly Landscaped Backyard • Expansive Patio w/ Built-In Bar	<b>Lakeside</b> • Spacious Living Spaces • Abundant Natural Light • Great Community Amenities	<b>Poway</b> • Single Level on Elevated Lot • Upgraded Amenities • Fenced, Landscaped Backyard