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Getting closer to Discovery



An artist rendering of the Discover Center at Grant Park project that was recently approved by the Planning Commission (Courtesy SDRPF)

San Diego Planning Commission approves Discovery Center at Grant Park project

Jeff Clemetson

Editor

With a unanimous vote on Sept. 20, the San Diego Planning Commission gave the green light to the Discovery Center at Grant Park project — a 17-acre nature park along the San Diego River at 2450 Camino del Rio North.

The Discovery Center project is a collaboration between the Grant family, which donated the land, and the San Diego River Park Foundation (SDRPF).

“Discovery Park has been a dream of our organization and many others for over a decade,” said SDRPF president and CEO Rob Hutsel.

The now-approved project, in the permitting process for four years, will include two buildings with just less than 10,000 square feet of space to house classrooms for education programs, meeting rooms for the community, a refreshment stand, an interpretive area, a hands-on area for kids to research river-related topics, a conservation action workshop area, and office space. However, the majority of the project acreage will be land restored to its natural habitat.

In addition to providing Mission Valley with much needed park space, Hutsel said he hopes the Discovery Center will “tell the river’s story and promote its stewardship.”

See DISCOVERY page 3

Locals organize over airport issues

Dave Schwab

A neighborhood watchdog group recently formed to oversee Montgomery-Gibbs Field has raised a number of red-flag issues about the airport’s ongoing master plan update including noise, proposed airport runway expansion and the facility’s continued use of leaded fuel.

Runway expansion to accommodate larger jets is one proposal in an ongoing master plan update for the 456-acre, Montgomery-Gibbs airport is undergoing a master plan update and residents nearby are hoping to see some changes to long held practices there, such as allowing leaded fuel. (Photo by Jeff Clemetson)

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NEWS BRIEFS

CIVITA

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Grand opening Mission Valley Farmers Market

Mission Valley Farmers Market at Civita Park will start Oct. 5 with a festive grand opening from 3 to 7 p.m. and continue every Friday.

The Mission Valley Farmers Market will be operated by the San Diego Farm Bureau, which is lining up a diverse list of popular local vendors. The grand opening will also include entertainment, a bounce house for the kids and all of the amenities of Civita Park.

Check for updates on the Farm Bureau website at bit.ly/2QFmW7e, or The Civita website at CivitaLife.com

Redlands, WeWork partner to expand business school

The University of Redlands has announced a collaboration with WeWork, a company that designs and builds shared office space. The university’s School of Business plans to host offices in three of WeWork’s 21 Southern California locations. These will include their downtown Los Angeles, Costa Mesa, and La Jolla office spaces.

To highlight their collaboration, the La Jolla location will welcome former Apple senior vice president, Jay Elliot, who will

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► News briefs, from page 1

be discussing his bestselling book, “Disruptive Innovation: The Steve Jobs Way.”

“We are excited to welcome a guest of Jay’s caliber to our WeWork location in La Jolla,” said Thomas Horan, dean of the School of Business at the University of Redlands in a press release. “This event is an opportunity to hear from one of today’s great business minds and introduce the community to the unique shared working model between U of R and WeWork San Diego.”

The school says it hopes this new investment will work to advance business innovation and expand educational opportunities for alumni and WeWork members throughout Southern California. For more information regarding the La Jolla event, or the University of Redlands, WeWork collaboration, please visit bit.ly/URWeWork

American Rose Society to hold convention in San Diego

The American Rose Society will host its “Fiesta of Roses” convention Oct. 26–29 at the Crown Plaza Hotel in Mission Valley’s Hotel Circle area. The event will include the induction of the society’s new national president, Robert B. Martin, Jr. of Escondido. Martin is the first San Diego resident to be elected to the role in the society’s 126-year history.

The convention will include lectures on all aspects of rose cultivation and preservation, a comprehensive seminar on photography, tours of significant local rose gardens, an enormous national rose show, an auction of more than 200 rare and unusual roses, and talks given by renowned rosarians. A reception will also be held at the Escondido home of incoming ARS President Bob Martin and his wife, Dona.

“Just being in the room surrounded by thousands of exquisite blooms and arrangements of every color and variety is an unforgettable treat,” said Ruth Tiffany, chair of the conference in a press release.

Registration for the event is \$85, with banquets, receptions, tours, and the photo seminar available for additional fees. Additionally, admission to the national rose show and vendor area is \$5 for the public. The 18th annual California Coastal Rose Society’s rare and unusual rose plant auction is free and open to the public. Event information and registration are available at fiestaofroses.org

San Diego Center for Children awarded

The National Foundation for Autism Research has donated \$5,000 to Linda Vista-based San Diego Center for Children to fund the launch of its ASD Thrive Program for children and adolescents with Autism Spectrum Disorder

(ASD) and their families at the Center’s Family Wellness Center.

ASD Thrive aims to help meet the mental and behavioral health needs of San Diego County adolescents with ASD, especially those from low-income households, and to strengthen their families through education, support, and skills training. This emphasis distinguishes ASD Thrive from other programs, which primarily focus on behavioral therapy for the child.

The center’s program model will support families, providing them each with 12 sessions of family therapy interspersed with 48 hours of skills training. Adolescents will receive 48 hours of applied behavior analysis focusing on three adaptive skills (social, self-advocacy or communication, and one coping skill) per participant.

Anticipated outcomes include improvements in: adaptive skills among children and adolescents; parenting skills among parents and caregivers; improved mental health and behaviors; and reduced family stress.

The San Diego Center for Children, founded in 1887, is the oldest children’s nonprofit in San Diego. The Center provides therapeutic care, specialized education, and life skills to more than 1,000 children and their families in eight locations and hundreds of homes across San Diego county. For more information about the

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► Airport, from page 1

three-runway Montgomery-Gibbs Executive Airport at 3750 John J Montgomery Drive in Kearny Mesa.

Reaction to that, and other issues, has spurred surrounding Navajo and Mission Valley residents to create the Montgomery-Gibbs Environmental Coalition.

MGEC is committed to ensuring residents’ concerns about planning for Montgomery-Gibbs Airport’s future are properly — and fully — addressed.

Leaded fuel use tops MGEC Executive Director Sandra Stahl’s airport priority list.

“The Airports Advisory Committee and [Mayor Kevin Faulconer] have both basically ignored our written request to explain why unleaded aviation fuel is not being offered for sale at Montgomery-Gibbs Executive Airport,” said Stahl. “As a result, we have launched an extensive campaign to inform the public about the health hazard caused by the 1.442 metric tons of lead particles generated annually by airport operations.”

Stahl and others from MGEC have begun canvassing local civic groups, including the Clairemont Town Council.

“Hopefully, that will put enough pressure on the city to start offering unleaded fuel that can be used by some 80 percent of general aviation planes that now only have the option to purchase leaded aviation fuel at Montgomery-Gibbs,” Stahl said adding “young children are especially vulnerable to lead pollution.”

Concerning leaded fuel use, the city of San Diego said that’s not in their domain.

“Establishment of aircraft emission standards and enforcement of fuel used by aircraft is outside of the city of San Diego’s authority,” said city Supervising Public Information Officer Arian Collins. “By federal law, such authority is with the U.S. Environmental Protection Agency and the Federal Aviation Administration, respectively.”

Ian Gregor, FAA communications manager, said the leaded fuel issue is being studied.

“The FAA is working closely with aviation associations, aircraft and piston engine manufacturers, fuel suppliers, and the Environmental Protection Agency to research and evaluate unleaded alternatives to leaded aviation gasoline,” said Gregor. “Critical research is taking place through the Piston Aviation Fuels Initiative (PAFI) at the FAA’s William J. Hughes Technical Center in Atlantic City, New Jersey. PAFI expects to provide, before the end of the year, an update on when it plans to complete testing and issue final reports.”

Other MGEC members and their supporters weighed in with their Montgomery-Gibbs Airport concerns.

“Awareness is a big key,” said Quentin Yates, of Clairemont, about the leaded fuel issue. “Lead actually falls on schools, hospitals, businesses and homes,” while adding,

“unfortunately, lead just doesn’t go away.”

“Our goal right now is to raise awareness,” said recent City Council candidate Matt Valenti. “Every time we raise the lead issue — people tell us they can’t do anything about it, that’s for the FAA to regulate.”

Marcelo Bermann, of Kearny Mesa, said airport noise in the area has gotten decidedly worse.

“Sometimes I have 12 to 14 airplanes making racket flying over my backyard — it’s unconscionable,” Bermann said, pointing out there are only two flight paths planes from Montgomery-Gibbs can take over Kearny Mesa.

“The tower does not give the pilot any direction either way,” he said. “So the pilots tend to choose the civilian lower-altitude direction, subjecting the neighborhood to their noise and pollution.”

Joel Pointon, of Clairemont, who was on the Airport Master Plan Advisory Committee, pointed out Montgomery-Gibbs Airport “has no ground-based monitoring system that records airplane noise levels at ground level, so there’s no way to determine whether noise levels are being exceeded at the airport.”

MGEC member Susan Taylor has been a neighbor of Montgomery-Gibbs Airport for 50 years. “People need to know more about this airport expansion, it’s a big one,” she said. “It’s going to really help to have people paying attention about the noise, the lead (exposure) and the (runway) expansion. It feels like the neighborhood is degrading.”

MGEC has an existing Facebook page and a website under construction.

“The message we want to get out to the communities is that there are environmental issues that aren’t being addressed, like noise and leaded fuel,” concluded Valenti. “Those top the list of our concerns, which include safety.”

Montgomery-Gibbs Executive Airport is a public-use airport owned and operated by the city of San Diego and its Airports Division, a branch of the city’s Real Estate Assets Department, which oversees operations at all city-owned airports.

Montgomery-Gibbs is home to a number of facilities providing an array of aeronautical services including fueling, hangaring, tie-down and parking, aircraft rental, aircraft maintenance, flight instruction, hangar rentals, air charter and medical transport.

The city’s Airports Division has embarked on a master planning process to define the vision to guide airport development at both Montgomery-Gibbs and Brown Field airports for the next 20 years.

When finished, the airport master plan update for Montgomery-Gibbs Executive Airport will include reports of existing and future conditions, as well as providing airport layout plans and a schedule of priorities and funding sources for any proposed improvements.

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



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Marine, special agent, author and dad

Mission Valley resident shares life working for DSS

Kit-Bacon Gressitt

Glance at Mission Valley resident Cody Perron and he might strike you as a fit, young professional, with a well-trimmed beard and hair-line threatening to recede — a mild-mannered man with a pleasant Louisiana drawl. And you'd be wrong. This man is from Cajun Country.

"When it comes to rough and tumble, we're outdoorsmen and fighters, and we like challenges," Perron said during a recent interview. "That's the mentality we have down there."

That is also the mentality Perron carried with him when he left Louisiana to enlist in the U.S. Marine Corps in 1998.

"My thought was that the Marine Corps was the best and the toughest," he said, "and I wanted to be the best and the toughest, so that's why I joined."

However, after serving on protection duty at the U.S. embassy in Moscow, Perron wanted a different challenge than those offered by the Marine Corps.

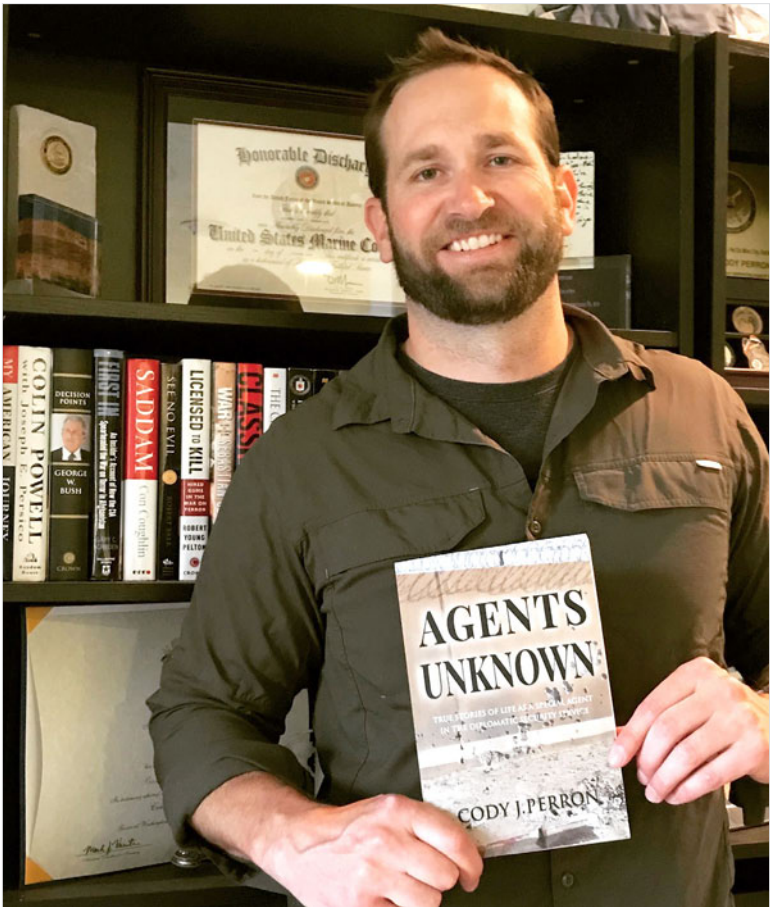
"It was a great assignment. It kind of catapulted me to the [U.S.] State Department and what I wanted to study — with a focus on Russia and Central Asia."

Perron left the Corps after about five years, earned a global affairs degree at George Mason University, and in 2008 became a special agent with the Diplomatic Security Service (DSS), the U.S. State Department's little-known security and law enforcement branch.

"It's on the frontlines," Perron explained, "but nobody knows what we do. About one third of DSS agents are former military. It's federal law enforcement, but also diplomatic. It's a little bit of everything."

Although Perron resigned from DSS late last year, the experience remains close at hand. His responsibilities with DSS included both protection — think the likes of former Secretary of State John Kerry and Britain's Prince Andrew — and personnel recovery.

Perron described that latter: "We're utilizing any and all assets to recover American personnel in any country ... We



Cody Perron (Photos courtesy of the author)

find a way to access them and recover them. My role was more of a facilitator. I developed all the plans. I was investigative and logistics. I combined the assets I had with intelligence and defense organizations, and handed that higher up so they could take action."

At DSS, Perron thrived on "the diversity and the versatility of the job," so much so, that after resigning, he wrote and published a book about it, released in May, "Agents Unknown: True Stories of Life as a Special Agent in the Diplomatic Security Service."

While Perron spent a lot of time protecting U.S. and foreign dignitaries in far-flung locales, one of his most compelling stories is about recovery, set on the border of Iraq and Syria. Two former ISIS hostages, Yazidi girls, had escaped and made it to a United Nations refugee camp. At the same time, U.S. forces had been attempting to find and rescue U.S. humanitarian aid worker Kayla Mueller, who had been abducted in Syria. Perron's task was to glean as much information from the girls as possible, with the hope of aiding in Mueller's recovery.

"What an experience." Perron paused for a moment. "I interviewed these two girls. It was difficult. They were 15 or 16 and they'd been through brutality, but they were resilient. Their parents were executed. One girl was separated from her sister. She had been sold four times — into sex slavery. It was heartbreaking, but it was important that we got that information."

Such missions don't leave much room for family, logistically or emotionally.

"I chose to remain single throughout that time and that made life a lot easier," Perron said. "I'd had a lot of freedom, but it could get lonely, and I was required to leave again. So, I left the department to start a family — with a young lady from San Diego and her soon-to-be 5-year-old."

"I miss it completely," Perron continued, "and I had a blast doing it. But there's an end to everything and this is it. To be honest, I missed out on being a dad and now I get to be a dad."

So Perron is now off on his next challenges, marriage in November, parenting, and promoting his book, with the same sense of discipline he learned in the Corps or perhaps earlier:

"My mom got me a journal years ago and she said I could write a book someday. And when mom says something, you do it."

For more information about "Agents Unknown," visit agentsunknown.biz.

—Kit-Bacon Gressitt is a San Diego freelance writer. She is also publisher of ExcuseMeImWriting.com and WritersResist.com. She is host of Fallbrook Library's monthly Writers Read author series and open mic and teaches Women's, Gender and Sexuality Studies in the Cal State system. Reach her at kbgressitt@gmail.com. ■



Cody Perron providing security to Prince Andrew by Earnie Grafton

► Discovery, from page 1

Alan Grant, who spoke on behalf of his family, said the \$11 million land could have been developed into a high-rise hospital or hotel, but that the Grants decided "the best and highest use for the property is a park."

Many individuals representing educational, recreational, environmental, and government groups and organizations, as well as the commissioners themselves, gave praise and showed support for the project at the Planning Commission meeting.

Planning Commission chairman Stephen Haase predicted the vote would be "quite a celebration" for SDRPF and commissioner Douglas Austin predicted that once completed, the project would be awarded for its design.

Commissioner Dennis Otsuji praised the project but said that the parking lot could be smaller and lamented that the property isn't closer to a trolley stop. Vice chair Susan Peerson also expressed some disappointment that the path through the park, which will be part of the San Diego River Park trail system, starts and ends along the sidewalk of Camino del Rio North and wasn't continually by the river.

Commissioner Vicki Granowitz raised a concern about the number special events that will be allowed to be held there. The Discover Center will be available for

12 public events per year that have more than 188 people and a cap of 350. Hutsel said the special events will be for "celebration of life" events such as weddings, and assured the commission that access to the trails and majority of the park itself won't be impeded during the events.

When the unanimous vote was read, the gallery of supporters — there were no speakers present to oppose the project — erupted in applause.

With the approval of the Planning Commission, SDRPF can restart its funding effort, which Hutsel said they put on hold more than two years ago while the project was in the permitting phase. The estimated cost of the project is around \$8.5 million, Hutsel said, and before the fundraising effort was put on hold SDRPF had raised close to \$2.5 million of that.

Now that the Discover Center has been approved, Hutsel hopes to see more pledges for funds come in. He shared that there were several people who had expressed interest in supporting the project, but wanted to wait until they knew it could be built.

For more information on the Discover Center at Grant Park or to make a donation, visit bit.ly/2OGouwy. To read previous Mission Valley News coverage about the project, visit bit.ly/2NYI49V.

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

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Civic San Diego celebrates opening of Thrive school

To increase access to quality public education for families, in August 2017, Civic San Diego (CivicSD) closed on a \$6.7 million New Markets Tax Credit Program investment with Thrive Public Schools to help finance the new charter school and community center in Linda Vista that celebrated its opening Sept. 14.

Thrive Public Schools (Thrive) is an award-winning free, public K-12 charter organization serving students from all over San Diego. Thrive's innovative approach to engaging students and personalizing their learning has been nationally recognized. At Thrive, students academically advance about 1.5 years of growth every year. Thrive currently serves close to 1,000 students with campuses in Linda Vista and Mid-City. Students come from 45 different zip codes and more than half the families live at or below the poverty line.

In February 2017, Thrive partnered with the Bayside Community Center to construct the new, approximately 35,000-square-foot facility that includes 30 unique learning spaces, a technology lab, an outdoor classroom, learning lounges, collaborative student offices, and community rooms. The 500-student K-8 campus component will allow Thrive to serve 250 additional families. Bayside Community Center

will also offer social services, counseling and health education to all community members.

"Since our founding in 2014, establishing a school in Linda Vista has been a top priority for Thrive Public Schools. The area surrounding the Bayside Community Center is reported to be one of the six most distressed blocks in San Diego with under-resourced housing and educational facilities," said Nicole Assisi, CEO of Thrive Public School. "The opportunity to partner with Bayside, a true community champion, allows us to immediately address the educational inequity that exists in this community. Offering quality education in a first-rate building in a disenfranchised neighborhood creates a sense of pride and is the starting point of community transformation."

In 2012, CivicSD formed the Civic San Diego Economic Growth and Neighborhood Investment Fund to become certified as a Community Development Entity. The main role of the Community



A sign at the Thrive school ribbon-cutting thanking community partners (Courtesy Civic San Diego)

Development Entity is to secure New Markets Tax Credit Program funds as well as manage qualifying low-income community investments to continue the work of revitalizing San Diego's underserved neighborhoods. CivicSD has received four allocations of program funds totaling \$133 million from the United States Department of the Treasury. "A key component of the New Markets Tax Credit Program is to provide tangible benefits to the residents of those neighborhoods," notes CivicSD Assistant Vice President Michael Lengyel, "and we are very excited about the partnership between Bayside Community Center and Thrive Public Schools to provide comprehensive services to the Linda Vista community."

Congress established the New Markets Tax Credit Program in 2000 to drive investment in both businesses and real estate projects in low-income communities. The program attracts investment capital to these communities by allowing corporations and individuals to receive a credit against their federal income taxes in exchange for making direct equity investments in entities such as CivicSD. With the new Thrive facility, for instance, CivicSD provided \$6.7 million in New Markets Tax Credit Program funds that were then purchased by Chase Bank to provide flexible financing to support construction of the new school and community center that will be a benefit to the Linda Vista community.

CivicSD is actively working to identify qualifying projects to receive this type of investment. To qualify, a project must be located in, or directly benefit, a low-income community by creating quality jobs, or providing goods or services to low-income persons. This form of financing is intended to provide no more than 20 percent of a project's total cost, and is best suited for large capital projects of \$8 million or more. To present CivicSD with potential projects for New Markets Tax Credit Program funding, contact Michael Lengyel at lengyel@civicsd.com. ■

Mission Valley Pipe & Supply celebrates 35 years

Ombretta Di Dio

As he'd done every day for more than a dozen years, before 6 a.m. on Aug. 22, Randal Densley opened the doors of Mission Valley Pipe & Supply, on Mission Gorge Place. However, that day was somewhat different. The store that has been serving San Diego plumbers for decades was getting ready to celebrate its 35th anniversary.

After a few hours, people began lining up in the parking lot, standing by an old firetruck that carries a wood-fired oven. A tall girl meticulously prepared pizzas one by one as new people came by to celebrate the event. Many said hello to Densley, who is now the president and CEO of Pipe & Supply. Among them was loyal customer Milo Zika.

A general contractor who often finds himself in need of plumbing equipment, Zika said he has been buying material at Mission Valley Pipe & Supply for over 32 years. He knows everybody at the store, he added, and developed friendships with the employees. Now, his daughter works for the company.

"This place is fantastic," he said. "They take care of you, that's for sure."

At the entrance of the big warehouse, where different tools and materials are piled in big packages, a coffee pot sits on a table next to a box of donuts, which customers can enjoy before they return to their day and their duties.

Densley and his colleague Matt Trunick, who works for the company's sales department, agree the relationship the company has built with its customers over time is the main reason why people keep coming back, remaining faithfully tied to Mission Valley Pipe & Supply.

"The place is a staple in the community," Trunick said. "If customers have a problem, they know they can count on communication and trust. When [customers] come here, they always ask me how I'm doing."

Trunick began his career at the store "right out of high

school." He said he used to drive by all the time when he was younger, and he has worked his way up in the company, first as a warehouse employee, then at the front desk, before eventually landing his current position, for a total of nearly 17 years devoted to the same place.

Trunick and Densley said the business changed and expanded as years went by, with added technology and a new online store, but all in all, its familiarity hasn't varied, and neither has the positive attitude toward clientele and suppliers.

"Business is more 'fast-paced' now," said Densley. "There's more technology involved. Customers can find products and prices online, but at the end of the day, it's still great to have that human interaction."

Densley explained Mission Valley Pipe & Supply is employee-owned, "so employees have a lot of say in how to make decisions."

This makes the relationship among them even tighter, said Mike Milton, who also works in the inside sales department.

According to Milton, "word of mouth played a big part in the growing of this company." He would know, he said, because he has worked with plumbers since the '80s, forming close ties on both sides of the spectrum, as a customer first and an employee later.

At the anniversary event, another customer soon popped by to say hello, before approaching the truck where warm pizzas continued to come out of the oven. It was Dan Medrano, an estimator for a plumbing company. Medrano said the generosity of the employees here has played a big role in his becoming the affectionate customer he is, and he plans on remaining one for as long as he stays in the plumbing business.

"They consistently offer a good service here," he said. "And sometimes they take care of me very quickly."

This is true even when the store is especially busy, serving all levels of plumbing customers, from homeowners to the government, he added.

As clients left and employees thanked them for joining in the fun, someone was already talking about the next big event — a Christmas party, said Trunick. It will be another chance for Mission Valley Pipe & Supply to show customer appreciation and another opportunity to celebrate with friends.

—Ombretta Di Dio is a freelance writer and story producer for NBC7. Reach her at ombretta.didio@gmail.com. ■

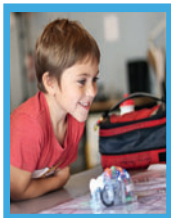
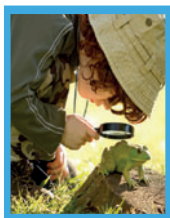


Mission Valley Pipe & Supply owner Randal Densley (Courtesy MVP&S)



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Local difference maker: Kiran Shelat

Jeff Clemetson
Editor

[Editor's note: This interview is the first in a recurring series about local people or organizations that make a difference or positive impact in the community. If you know of a local difference maker that lives or has offices in the Mission Valley area, contact editor Jeff Clemetson at jeff@sdCNN.com.]

Mission Valley resident Kiran Shelat is passionate about music. And although she doesn't play an instrument herself, she does the next best thing — brings music into the lives of children who don't have it. Shelat is executive director of Classics4Kids, a nonprofit organization that provides music education for underserved schools.

Born in England, Shelat moved to Louisville, Kentucky with her family when she was 11 years old. After college in Kentucky, she went to work for nonprofits in Cincinnati, including the Red Cross before moving to San Diego a few years ago to be closer to her sister who just had children. After working for Jewish Family Services for a few years, Shelat took a position at Classics4Kids and was named executive director two years ago.

Classics4Kids is celebrating its 25th year this month, as well as the 15th year working with artistic director and conductor Dana Zimbric, which Shelat described as "a huge milestone."

Mission Valley News recently spoke with Shelat about the work that Classics4Kids does and the difference it makes in the community. For additional information about Classics4Kids, visit classics4kids.org.

What is the mission of Classics4Kids?

We're a small organization and really the large goal is making music education accessible to all of San Diego's elementary students and teachers — specifically the low-income students. So, our mission is to inspire children through the experience of music, generate creativity, academic success and cultural understanding.

What kinds of programs do you do?

We have three programs. Our first program is our orchestra concerts at the Balboa Theatre, Downtown. We have close to 15,000 students and teachers come to the theater three times a year. We have a full orchestra onstage and we have different types of themes. We have the orchestra and we have guest artists. Our first concert that is coming up in November is called "Music Takes Flight" and we're partnering with the San Diego Air & Space Museum. So, we're going to be talking about things that fly — butterflies, airplanes, superheroes, rockets, spaceships. It's going to be really fun and interactive.

Then we have "Patterns in Music," where we're partnering with a group called The Hutchins Consort, a wonderful group of musicians from Encinitas. The kids will be learning about Carleen Hutchins, who crafted violins ... and since it will be March, it fits in with Women's History Month. We will be talking about patterns and how patterns play into music, patterns all around us and how mathematics and patterns in music combine.

Our final performance will be "Sing Me A Story" and we're going to be partnering with an opera duo and they're going to be singing and acting out their world premiere of "The Enchanted Tale: A story of a princess and a fox." It's going to be really great for the kids.

For our orchestra concerts, it's not just kids getting on a bus to go on a field trip, we do more than that. We partner with a group called Advocates for Classical Music and it's all volunteer-based and they go into the classroom before the concert and talk to the kids about theater etiquette, what the concert is, the composers, the music, how mathematics play into any of this and really get the kids to learn more before they go see the performance. We also do pre- and post-testing with them and provide a lesson plan that's already created for the teachers.

That's a lot ... and you said you offer more programs?

Our second program is our interactive workshops that align with the California Common Core standards. We have four. Sound of Science is a STEAM-related program (science, technology, engineering, arts and mathematics) [which is] very interactive, where kids get to learn about sound waves and frequency. Another workshop is World of Percussion where the kids get to see instruments from all over the world that they've never seen before. ... Pattern Play is another STEAM-focused, 45-minute presentation where we have a trio teach them patterns and how the instruments work. And then our new workshop is Music for Ukulele Trio and we're partnering with a duo — Sarah Meisel and Craig Chee — they're ukulele superstars, they travel the world. We just had them for our Aloha Friends performance back in May and the kids just loved it. We're having them as part of our programming now for the kids to learn about ukuleles. It's an easier instrument to learn.



Classics4Kids executive director Kiran Shelat (Courtesy Kiran Shelat)

And our third program is Heartstrings Outreach to Rady Children's Hospital and Ronald McDonald House. A lot of these kids, and even their siblings, are going to be at the hospital for quite some time and so we figured let's bring our musicians in and it's free to Rady Children's Hospital and Ronald McDonald House, they're great partners of ours. We bring musicians, our conductor comes and we pick a theme. We just did a Hawaiian theme — gave some kids leis and had them pluck strings on a violin, get them out of their room to do something educational and fun at the same time.

How has Classics4Kids programs grown over the years?

In all our programs, we serve 30,000 students a year, 75 percent from low-income schools. So, we really target those underserved schools that just don't have access to music. A lot of schools are cutting or just don't have any, we try to fill that void to make sure they have some type of music education.

For our concerts, we've been at Balboa Theater about nine years and the capacity is the capacity, we can't change that. But we've reached out to more schools and more schools around the county so we're expanding. We serve schools from Oceanside to Chula Vista, National City, then to Jamul to Pacific Beach. So, our radius of who we serve has grown. We want to serve the San Diego County. We have schools come from Escondido that want to come enjoy our performances because they know how valuable it is.

Our biggest goal is to reach out more to the schools that have never come before. We have repetitive schools which is amazing but we know there are schools out there that have no idea who we are but would be interested in our programming.

—Reach Jeff Clemetson at Jeff@sdCNN.com. ■

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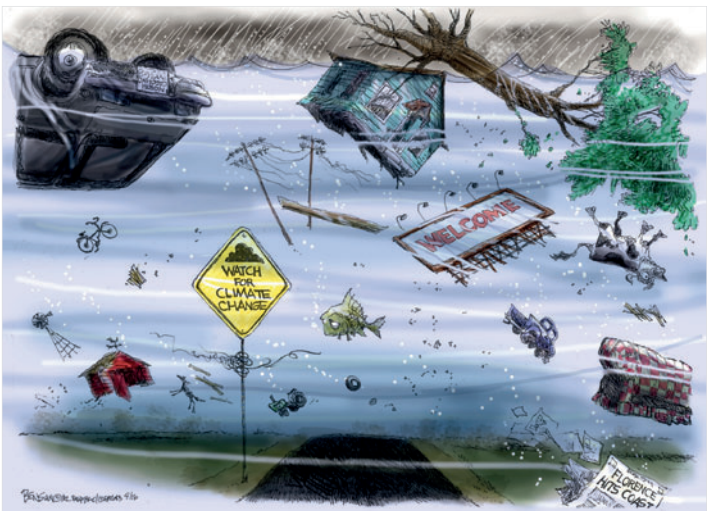
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Guest editorials

San Diego's de facto ban on short-term rentals is a blow to its reputation

Matthew Kiessling

[Editor's note: This editorial first appeared in the Voice of San Diego on Aug. 22. View the original article at bit.ly/vosd-kiessling.]

Just a few years ago, San Diego laid claim to being the only North American municipality featured in the National Geographic documentary series “World’s Smart Cities,” touting its strong technology sector, local talent and high quality of life as factors lifting it to be one of the most forward-thinking cities across the globe. But recent actions by the San Diego City Council have dealt a blow to its reputation as a transformative innovator.

The City Council decided last month to reject the interests of local residents who want to list their homes on short-term rental platforms — like Airbnb, VRBO and HomeAway — thereby stripping San Diego residents

of much-needed income and costing the city millions of dollars in tax revenue. And it’s not just the local economy that will be negatively impacted by this decision; San Diegans are quite literally being told what they can and can’t do with their homes.

More concerning is that the City Council’s decision has the potential to fundamentally change San Diego tourism. Travelers are increasingly seeking short-term rental accommodations when they travel, so it’s likely that many tourists will simply choose another destination, with the city no longer willing to offer travelers and their families choices when it comes to accommodations.

San Diego residents should support the public referendum to overturn the City Council’s recent action to ban short-term rentals, because they understand the significant economic opportunities that tourism, including short-term rentals, provide to the San Diego community, including thousands of jobs

and nearly \$500 million in economic activity annually.

Perhaps the most important implication of the City Council’s decision, however, is that it represents a sharp turn away from the openness to technology and innovation needed to foster the 21st century gig economy. There is no better indicator of a city’s mindset toward technology and innovation than how that city has treated the sharing economy.

Entrepreneurs and innovators in San Diego have historically been met with a supportive ecosystem, but as the city shifts its stance on the gig and sharing economy, it signals to technology companies that the city will not be accommodating to future innovation and investment. Not only was San Diego’s ability to attract the next generation of job creators at risk, but the future of home delivery via drones, mobility solutions and much more. Is that the precedent that this forward-thinking city wants to set?

It’s not too late for the city residents to correct for the City Council’s misstep. The referendum to overturn the recently adopted de facto ban on short-term rentals must collect signatures from 35,823, or 5 percent, of the number of San Diego’s registered voters as of the 2016 general election within the next two weeks for the City Council to withdraw the regulations or put the issue on the 2020 ballot. To add your name to the list of San Diego residents that support this referendum and ensure that restoring property rights is on the ballot in 2020, look for residents in green shirts collecting signatures of support around your community.

—Matthew Kiessling is vice president of short-term rental policy at the Virginia-based Travel Technology Association, which represents online travel agencies and other companies, including the short-term rental platforms Airbnb, HomeAway and VRBO.■

New vacation rental rules aren't a 'ban' — they're reasonable regulations

Matt Valenti

[Editor's note: This editorial first appeared in the Voice of San Diego on Aug. 31. View the original article at bit.ly/vosd-valenti.]

The sky is falling. Or so it would seem, if you believe the claims the vacation rental industry is making. They’re upset about the compromise ordinance passed by San Diego’s City Council. Brainchild of Councilwoman Barbara Bry, the ordinance is the final result of years of back and forth between the two sides of the issue.

The mayor and many others have praised the compromise. Housing advocates have breathed a sigh of relief. We can’t make headway on the housing crisis when we’re currently losing two housing units to vacation rentals

for each three new ones we build. But Airbnb and the vacation rental industry aren’t happy. They want investors to be able to continue to buy multiple homes and take them off the housing market to put them on the mini-hotel market.

And they don’t want you to know that Bry’s ordinance actually legalizes the kind of home-sharing they claim they’re trying to protect. The ordinance allows all San Diego homeowners to list their spare room as a vacation rental all year long, and their entire home for up to six months a year.

That’s not a “de facto ban,” it’s a reasonable regulation. The beauty of Bry’s ordinance is that it puts the “bnb” back in Airbnb.

It’s also exactly what the residents of San Diego overwhelmingly expressed they wanted. And a bipartisan majority of the Council agreed.

But the industry wants to continue profiting from San Diego’s overstretched housing stock. So they’re sending out an army of paid signature-gatherers, who have been repeatedly accused of being untruthful about the true purpose of the referendum.

And they’re rolling out a multimillion-dollar media campaign, with the theme, as I said, best summed up as “the sky is falling.”

The latest variation on this theme, put forth by an industry spokesman from Virginia, is that the new ordinance will stifle innovation and discourage entrepreneurship in San Diego.

It’s a silly argument. San Diego is doing what cities like New York, San Francisco and Los Angeles are also doing. We’re preserving our residential housing for the residents who live and work here, while providing ways for residents to use their own

home to make a little extra money. That’s good for the economy all over. And it’s especially good for innovation.

I know because I worked for nearly a decade in the local biotech industry. The groundbreaking research performed in laboratories all over San Diego starts at UCSD and an ecosystem of small research organizations. The students and scientists working in these labs struggle to afford to live in San Diego as it is. Like everyone else, they need affordable housing. The same goes for the lab technicians, the office staff and the employees of the small businesses that serve them. And of course, entrepreneurs and the founders of new start-ups are well known to be short of cash, but still need a roof over their head.

San Diego can’t afford to risk our world-renowned biotech industry, or green

See RENTAL RULES page 7 →



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Old Town to celebrate Dia de los Muertos

OLD TOWN TID-BITS

Sunny Lee

The annual Dia de los Muertos (Day of the Dead) will be celebrated Nov. 1–4 in Old Town. This free event will include the traditional candlelight procession on Nov. 2 starting at 6 p.m., beginning at the entrance of the Old Town State Historic Park, located at San Diego Avenue and Twiggs Street. The procession will travel down San Diego Avenue to El Campo Santo Cemetery.

Many restaurants, businesses, museums and shops will be creating more than 50 traditional and contemporary Dia de los Muertos altars. Unique altars will honor historic Old Town figures, as well as more current stories. A public

altar will be located in El Campo cemetery where visitors are encouraged to add their own mementos, photos and written tributes to loved ones.

Originating in Mexico, Dia de los Muertos is a celebration to remember and honor those who have departed. On this day in Mexico, the streets near cemeteries are filled with decorations, flowers, candy calaveras and parades. Mexican families create special altars displaying offerings of food, candles, incense, ochre yellow marigolds and photos of departed loved ones.

The celebration will continue throughout the weekend with



(Wikipedia)

street food, vendors and activities on San Diego Avenue. Many Old Town restaurants will be providing special Dia de los Muertos menus and live music, along with activities for the entire family, including traditional face painting, mask making and many more. For more information about Dia de los

Muertos in Old Town, contact the Old Town Chamber of Commerce at 619-291-4903 or visit OldTownSanDiego.org

—Sunny Lee is executive director of the Old Town San Diego Chamber of Commerce. Reach him at sunny@oldtownsandiego.org.■

Linda Vista Planning Group approves new marijuana production businesses

LINDA VISTA VIEWPOINTS

Noli Zosa

The Linda Vista Planning Group (LVP) approved two marijuana production facilities in the community. Urbn Leaf is an existing retail dispensary that has been in operation since April 2017 on Buenos Avenue. The LVP endorsed the renovation of the adjoining warehouse for the production of marijuana products.

The second conditional use permit that was endorsed was for Golden State Greens, which is opening a production facility on Pacific Highway. The planning group vote to approve the projects were 12-1 and 12-2 respectively.

There was also a presentation from Community Housing Works, which is looking to build a 188-unit affordable-housing project adjacent to the recreation center.

The city of San Diego released its draft proposal to increase development and reconfigure transportation options along Morena Boulevard. The city wants to increase housing density and height limits near stations along the \$2 billion Mid-Coast Trolley extension. The new plan would revamp development rules around the Tecolote Drive station, allowing 100-foot buildings in the commercial district that is currently home to Jerome's Furniture and the now-closed Toys R Us.

The environmental report for the plan is now in its public review period, which the planning group is now taking part in. To be a part of this public review, the September LVP meeting will take place on Monday, Sept. 24 at 5:30 p.m. at the Canyon Ridge Church.

USD garners top rankings

U.S. News and World Report released its 2019 Best Colleges rankings and the University of San Diego ranks 85th among the nation's top national universities. This is USD's highest ranking by the publication. USD maintains its position as the youngest private university included in the survey.

The 2018-19 academic year is officially underway at USD and faculty, staff and administrators have welcomed the Class of 2022, which has the highest academically-achieving first-year class in USD history with an average SAT score of 1,230 and GPA of 3.81.

According to USD admissions, this is also one of the largest and most diverse classes ever with more than 40 percent of students identifying as a student of color. USD is committed to creating a community that reflects the world around us and the breadth and depth of this year's class reflects that commitment.

Candidate forum

Linda Vista will host a meet-and-greet with candidates for office in November to represent

the community. Candidates are Bonnie Dumanis for Supervisor, Morgan Murtaugh for Congress, Michael McQuary and Marcia Nordstrom for School Board. The event will take place on Thursday, Sept. 2 at 5:30 p.m. at Fashion Hills Community Pool located at 6952 Fashion Hills Blvd. The event will have food provided by my restaurant group, Dirty Birds.

—Noli Zosa is chairman of the Linda Vista Planning Group. Reach him at nolizosa@gmail.com.■

Trash and debris removed from fire-prone canyons

District 7 Dispatch

Scott Sherman



With a goal of reducing the risk of wildfires in San Diego's most fire-prone areas, the city of San Diego has begun clearing trash and debris from canyons as part of Mayor Kevin Faulconer's "Clean SD" initiative.

According to the San Diego Fire-Rescue Department, the city has seen the number of fire incidents related to camping or cooking increase from nearly 150 in 2014 to almost 300 in 2017.

The Clean SD initiative expanded to include canyons on Aug. 13 and already more than five tons of trash and waste has already been removed. Since November, crews have removed 158 tons from the river, and 168 tons from Downtown streets and sidewalks.

District 7 has many communities where houses go right to the canyon edge. In fact, around 45,000 structures are along canyon edges throughout the city. This cleanup effort goes a long

way to help mitigate fire risks and keep residents and firefighters safe.

The 1,400 tons of debris include:

- 481 tires
- 4595 mattresses and box springs
- 1,577 shopping carts
- 203 appliances

Also, San Diego residents should take the time to ensure they have taken the proper precautions to protect their family and property.

For tips on how to prepare, please visit San Diego Fire-Rescue's website at sandiego.gov/fire.

It is also important to remember that wildfire danger isn't just near canyonlands. In the 2007 fires, houses were burning when the fire-front was 89 minutes away. Flying embers have been known to travel over 5 miles from a wildfire.

Together, we can ensure that our property and families are safe from wildfires.

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

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► Rental Rules, from page 6

tech industry or any other innovative, job-creating part of our local economy. And a lack of affordable housing creates exactly that risk.

In fact, the San Diego Regional Chamber of Commerce recently released a report warning that the housing crisis is driving employers away.

The reality is that vacation rentals simply don't contribute

nearly as much to the economy — not to mention to the culture and community life of our city — as the loss of housing takes away.

After all, tourists are good for the economy. But they'll never be a replacement for residents.

—Matt Valenti is an attorney, former San Diego City Council candidate, and board member of the community advocacy group *Save San Diego Neighborhoods*.■

GI Film Festival makes San Diego 'home base'

George Takei special guest at opening night celebration

Albert H. Fulcher
Contributing Editor

Founders of the GI Film Festival announced in May that San Diego is the official home of the military dedicated festival. The shift to the West Coast is a natural one for the national festival, which launched in Washington, D.C. in 2007.

San Diego has one of the largest military populations in the U.S., with seven major military bases between the Navy, Marines and the Coast Guard. San Diego County has the third largest veteran population in the country (240,000) and more than 100,000 active duty members. San Diego is also home to a thriving film and media production industry with dozens of film festivals year-round.

Documentaries, shorts, and narratives highlight stories of heroism, resilience, and honor. The festival includes Local Film Showcase, which features San Diego's filmmakers, events, people, or places. Panel discussions with filmmakers, actors, and documentary subjects are also part of GIFFSD.

The festival is organized by KPBS in partnership with the GI Film Group and Film Consortium San Diego. The GIFFSD is a proud member of the San Diego Veterans Coalition.

Now in its fourth year, the six-day military film festival is back to feature more untold and underrepresented stories of America's military through film. GI Film Festival San Diego (GIFFSD) kicks off with the opening night screening and reception on Tuesday, Sept. 25 from 7–10 p.m. at the Museum of Photographic Arts in Balboa Park. The evening includes screenings of the narrative short "American," followed by the documentary short, "The Registry."

Special guest George Takei is attending as the leading actor in "American." Both films focus on World War II events and the important roles and services that Japanese-American military members provided. In addition to Takei, the directors of each film are expected to attend the opening night celebration and will

participate in a panel discussion after the screenings.

'American'

In "American," actor and activist Takei plays a 94-year-old veteran who works as a volunteer at the Japanese American National Museum. His character encounters a mother and her young daughter, triggering events that happened in his past, including his time as a young man in a Japanese American internment camp and later serving with the 442nd Central Postal Directory in World War II.

The history of the Japanese American internment camps is personal for Takei. From the age of 5 to 8 and a half years old, his family transferred from camp to camp. Takei said his father influenced his knowledge and eventual activism to ensure this part of American history was not forgotten.

His role in "American" first came to him with a call from "American" producer, creator and director Richie Adams. The more Adams talked about the film, the more Takei got excited about participating in this project.

"First of all, the subject matter, the internment of Japanese Americans and the heroism of the young men that were taken from barbed wire imprisonment who fought with such incredible, amazing valor and indeed heroism, the telling of their story is very important to me," Takei said.

But there was more to the story that drew Takei in. Executive Producer Ken Whitney married a Japanese American woman. Her mother was Takei's father's secretary while imprisoned in the Arkansas camp.

"My father was a block manager," Takei said. "The camp was divided into blocks. Each block had a block manager who was the liaison between the camp command and also dealt with whatever issues came up within the block. I remember that. She was a young teenager then. I went to my father's office and she was tapping away at this amazing machine [typewriter], I was 5 [years old] and had never seen that. It fascinated me."



George Takei stars in "American," a short film about a 94-year-old volunteer at the Japanese American National Museum. (Courtesy "American" filmmakers)

Takei said after reading the script and additional reading material for the short film, he already knew the story of heroism of the young men who were drafted from those barbed wire prison camps and that it was an important story to tell.

"It's really a small world and a world of not coincidences, but I think this was all meant to be," Takei said. "In San Diego, I did another passion project of mine, 'Allegiance,' a musical at The Old Globe Theater. It was the biggest box office success in Old Globe history. I love San Diego because of all of these wonderful things that have happened in connection with San Diego. These projects, that happened in an almost a pre-ordained way, is something in life that I believe that some force is controlling our lives. That's how 'American' came to me."

Takei said he was able to share much of the information that he has gathered throughout his life with the producers.

"As many people know my mission in life is to try and raise awareness of that chapter of American history, the imprisonment of Japanese Americans," Takei said. "Because of the inability of this country to draw the distinction between the Japan that bombed us and American citizens of Japanese descent. They thought we were the same as them. So, that story is very important to me."

After the bombing of Pearl Harbor, Takei said that like many other young Americans, young Japanese Americans rushed to the recruiting office to volunteer to serve. He said this act of patriotism was answered with a "slap in the face." They were denied service to

their country and categorized as enemy aliens.

"They were born, raised, educated ... they were Americans," Takei said. "That's the kind of hysteria that Japanese Americans were subjected to. At the age of 5, I was classified as an enemy alien too. But I was 100 percent non-alien. I was American. My mother was born in Sacramento and my father was a San Franciscan, and they married in Los Angeles, where I was born. So we are Americans. And then, to take everything away from us, impoverish us, and imprison us for the duration of the war was crazy."

"American" is a movie about a veteran of the 442nd Central Postal Directory. It is best known for its history as a fighting unit composed almost entirely of second-generation Japanese Americans who fought during WWII, recruited from the internment camps.

"He [the character] saw his buddies die right next to him," Takei said. "The character I play is a veteran in his 90s who volunteers at the Japanese American National Museum. A museum which I am one of the founders of, chairman of the board from 2000–2004. He volunteers as a docent to honor his buddies that died. This subject is so near and dear to me, I was impelled to do this film."

'The Registry'

Following the screening of "American," there will be a viewing of "The Registry," a documentary directed by Bill Kubota and Steve Ozone. "The Registry" breaks open the hidden history of the U.S. Army's Military Intelligence Service

GI Film Festival schedule*

Sept. 25
Opening Night Screening & Reception
Museum of Photographic Arts
7 p.m. – "The American" and "The Registry"
Panel discussion with directors and George Takei

Sept. 26
Museum of Photographic Arts
5 p.m. – "Never Forget" and "Unforgotten"
7:15 p.m. – "The Flashback" and "Thud Pilots"

Sept. 27
Museum of Photographic Arts
4:30 p.m. – "The Hello Girls: The Story of America's First Female Soldiers" and "Black Jack Pershing: Love and War"
7:30 p.m. – "I Am That Man"

Sept. 28
Museum of Photographic Arts
4 p.m. – "Aircraft Carrier: Guardians of the Sea" and "The Last Signal"
6 p.m. – "From Baghdad to the Bay"
8:15 p.m. – Selected Shorts and Local Films: "Hotflakes," "Satellite Drop," "The Dark Resurgence," "Safe With Me," "G.I. José," "Lion in a Box," "Popcorn & Chocolate" and "Let It Go"

Sept. 29
UltraStar Cinemas at Hazard Center
10 a.m. – "Heroes Dive" and "Kilimanjaro Warriors: A Monumental Goal for Recovery"
1 p.m. – "We Are Not Done Yet" and "The Weight of Honor"
3:30 p.m. – "Surviving Home"

Awards Celebration
7 p.m. at Double Tree by Hilton Hotel, San Diego

Sept. 30
UltraStar Cinemas at Hazard Center
Noon – "Brooklyn in July," "Cod of Honor," "One Soldier's Stand For Equality" and "Major Capers: The Legend of Team Broadminded"
1:30 p.m. – "Sgt. Stubby – An American Hero"
3 p.m. – "Trauma"
6 p.m. – "When the Smoke Clears"

*For a more information and a complete listing, visit giffilmfestivalsd.org.

See FILM FESTIVAL page 12 —>

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Sudoku & Crossword puzzle answers from page 13

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1	7	2	3	6	4	8	9	5
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Your local library’s online offerings

Karen Reilly

We know that our community enjoys visiting the beautiful Mission Valley Branch Library, and we certainly enjoy seeing you. But did you know that you can use San Diego Public Library resources without ever leaving your home? We use part of our materials budget every year for our “ecollection” — e-books, e-audiobooks, digital magazines, newspapers and other databases which you can access through your computer, smartphone or tablet — and they’re available 24/7.

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(Courtesy City of San Diego)

leads, Reference USA allows you to search its 14 million businesses by geographic area (for example, your ZIP code, or within 5 miles of your house), business type, and dozens of other factors.

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—Karen E. Reilly is branch manager of the Mission Valley Library. Reach her at kreilly@sandiego.gov.■



(Courtesy Mission Valley YMCA)

Active Aging Week



Erica Moe

Active aging. Seems like an oxymoron. But, no longer! Changing the perception of healthy aging is a must. Currently, 11 million of the 78 million baby boomers, born between 1946 and 1964, are exercising in fitness facilities. Raising this number and raising awareness is the goal of the Active Aging Week, Sept. 23–29. This annual International Council on Active Aging (ICAA) event promotes health and wellness to adults over age 50.

Previously, the old adage was to age gracefully. Today, we’re looking to age actively. Being active may look different

See GET FIT page 12 —————>

Active Aging Week events at Mission Valley YMCA

- Sept. 24:** Hydration & Fall Risks, noon
- Sept. 25:** Check Your Mood Screenings, 8–11 a.m. Thrivent Financial Table, 8–11 a.m.
- Sept. 26:** Elder Help Table, 8:30–10:30 a.m. Blood Pressure Screenings, 8 a.m.–1 p.m. InBody Screenings, 8 a.m.–1 p.m. Your Legacy Workshop, noon–1:30 p.m.
- Sept. 27:** Coffee Social, 9–11:30 a.m. Textiles Workshop, noon–2 p.m.
- Sept. 28:** iPhone Training, 11 a.m. Gravity Demo, 8:30–9:15 a.m.

CBD for pets – hemp without the high

Sari Reis

Does your dog or cat suffer with any of the following conditions or diseases: arthritis, cancer, degenerative joint disease, chronic pain, poor appetite, seizures, inflammation, anxiety, sleeplessness, and G.I. upsets? If so, then CBD (cannabidiol) oil may be a wonderful supplement to help reduce symptoms and improve your pet’s quality of life.

Tetrahydrocannabinol, or THC, is the ingredient in cannabis that creates the “high.” CBD oil, which is extracted from industrial hemp, contains less than .3 percent of THC, and is therefore non-psycho-tropic. CBD is now approved in all 50 states for human and animal use. The reason being is that it is safe, effective, natural and has very few side effects. A research study from 2016, based on a survey of 631 pet owners, reported by the American Holistic Veterinary Medical Association, stated the most prevalent side effects of CBD use were sedation at 19 percent, and overactive appetite at 5 percent. CBD is safe and effective, even in high doses and over extended periods of time. There is, however, a warning. CBD intake can increase the activity of liver enzymes used to metabolize many prescription drugs. If your dog or cat is on a prescription, be sure to check with your holistic veterinarian before using it. The results of the study also indicated mild to significant impact on symptom reduction from pain, anxiety, inflammation, seizures, etc. Unfortunately, there is not a significant amount of empirical evidence on the effectiveness of CBD, but the anecdotal evidence is overwhelming, and as

a result, more research studies are currently being conducted. One of my own clients, whose dog has cancer, saw a huge reduction in the size of the tumor since using CBD oil. Dexter’s Deli, a local boutique-style pet product provider that sells CBD oil, stated in a publication on Aug. 16, 2018, “Research is in and CBD for dogs and cats is having some life-changing benefits”.

Dr. Rob Silver, a holistic veterinarian, is a big supporter of the use of CBD for his patients. You can learn more on his website, wellpetdispensary.com. Click on “Cannabis for Pets.” Another website with excellent information on the use of CBD for pets is Dogs Naturally. The site provides a free downloadable “CBD Oil Buyer’s Guide.”

All the proponents of CBD for pets agree on several things. Do your research before purchasing or using CBD. Not all products are created equal. Look for transparency. Ask for a certificate of analysis

by a third party independent laboratory. Buy 100 percent organic industrial hemp. Check out where the product is being sourced and manufactured. The best extraction method is CO2 extraction, so look for companies that use this method. It assures purity. Avoid products made with solvents. For maximum absorbability, look for products infused with coconut oil. Using a tincture, as opposed to other delivery options, gives you the best control for dosing. Always start with a low dose and increase as needed.

Due diligence is the key here, but if you find a product that meets all of the important criteria, CBD oil can be highly effective giving your pet healthy, pain-free years with you.

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



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DINING OUT IN SAN DIEGO

BITS OF FOOD NEWS FROM MISSION VALLEY AND BEYOND

Frank Sabatini Jr.



The Friars Mission Center shopping plaza in Mission Valley will soon be home to the third San Diego location of **Wich Addiction**, a gourmet sandwich shop lauded for its house-roasted meats and assorted aiolis. The eatery will replace **Elva's Bowls & Wraps**, which closed Aug. 31 because of an impending 25 percent

rent increase, according to proprietor Melvin Fleschman. The property is owned by Regency Centers Corporation.

Wich Addiction was first launched six years ago in Sorrento Valley before branching into Torrey Pines. It is owned and operated by Mark Manning and his wife, Dyann, a graduate of the Culinary Institute of America who serves as chef. Her sandwiches capture everything from hand-breaded

fried chicken, and eggs with artichokes, to steak, seared salmon and braised pork. Creative salads and burritos filled with a variety of proteins, such as Virginia baked ham, are also on the menu.

Manning expects to open the new location by mid-October, adding that he hopes to launch several more outlets throughout San Diego if the market permits. 5664 Mission Center Road, wichaddiction.com.



This chimichurri steak sandwich hails from a gourmet deli that's heading to metro San Diego. (Courtesy of Wich Addiction)

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Fashion Valley mall makes way for a sit-down restaurant specializing in fresh and creative Mexican fare. (Courtesy of Baybird Inc.)

Fox Restaurant Concepts from Phoenix brings to Fashion Valley Mall colorful, modern spins on Mexican food and cocktails with a Sept. 26 opening of **Blanco Tacos & Tequila**. The 6,300-square-foot restaurant offers indoor-outdoor seating and replaces **California Pizza Kitchen's** original

space on the mall's second level.

Executive chef Aimee Patel has developed a menu featuring grilled avocado tacos, wagyu beef fajitas, creative ceviches, and more. Her menu complements an extensive margarita and tequila program. 7007 Friars Road, Suite 901, 619-810-2931, blancotacostequila.com.

Executive chef Brad Wise of **Trust** in Hillcrest and **Hundred Proof** in University Heights is fulfilling a career dream by cooking dinner at New York City's James Beard House on Oct. 3. Wise and Trust pastry chef, Jeremy Harville, were selected to present the dinner for both the public and members of the legendary townhouse, which was home to the late culinary

icon, James Beard. They've titled their multi-course meal, "Sunny San Diego."

On home turf, Wise is preparing to open **Fort Oak** restaurant in Mission Hills this fall. He's also been re-vamping **Hundred Proof** with enhanced aesthetics and a revised cocktail program steered by new beverage

See DINING OUT page 11 —>



San Diego chef Brad Wise is on the up and up. (Photo by Jim Sullivan)



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► Dining Out, from page 10

director Stephen Kurpinsky (formerly of George’s at the Cove California Modern). 4130 Park Blvd., 619-501-6404, hundredproofsd.com.



Raise a beer glass for the fight against breast cancer. (Courtesy of Malouin Marketing)

Green Flash Brewing Co. in Mira Mesa will host the eighth annual **Treasure Chest Beer + Food Fest** to raise funds for Susan G. Komen San Diego, which invests in research to prevent and cure breast cancer.

The event takes place from noon to 5 p.m., Sept. 30 in the brewery’s tasting room. It will feature specialty, one-off beers plus food from **OB Noodle House, Green Flash Gastro Truck, The Knotty Barrel, The Alpine Pub, Frat Boy Donuts** and more.

The charity has raised more than \$250,000 since it was established in 2011 by breast cancer survivor and Green Flash co-founder Lisa Hinkley. Tickets range from \$25 to \$55. 6550 Mira Mesa Blvd., 858-622-0085, greenflashbrew.com or eventbrite.com.

Looking for dining establishments in Uptown and beyond that are free of flat-screen televisions and the noise that often comes with them? La Mesa resident Claudia Erickson keeps a running list of such places on her website, unpluggedvillage.com, which is the namesake program she launched that promotes dining without cell phones and other wireless devices. She cites recent surveys by Zagat and Consumer Reports showing that restaurant-goers complain most about excessive noise in restaurants over service and food issues.

Among those in metro San Diego that she credits for their absence of televisions are **Soltan Banoo, Breakfast Republic, Pisco Rotisserie & Cevicheria, Tender Greens, Plumeria** and nearly two dozen more.

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

HAPPY HOUR ITALIAN STYLE

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

Sardina’s Italian Restaurant dates back to when The Beatles released their final studio album, “Let It Be,” and when the floppy disc was invented. It was also when ABC launched “Monday Night Football,” which today is carried by ESPN and can be viewed in Sardina’s roomy bar lounge.

Since 1970, the Linda Vista establishment has managed to stay afloat in a locale better known for its home-re-modeling stores than restaurants. It’s the only place along this preliminary stretch of Morena Boulevard — just blocks off Friars Road in west Mission Valley — where you’re greeted by the alluring aromas of red sauce, meatballs and eggplant Parmesan.

It may also be the only joint in town where you’ll find a bar slinging limoncello martinis. Priced at \$5.75 during happy hour, I would’ve been damned to pass one up.

The cocktail tasted like the mature sibling of a lemon drop. Despite its sugar-lined rim and inclusion of Sprite in the recipe, it wasn’t cloying and sticky like lemon candy. For that very reason, I drank two. Vodka also goes into the drink, although it’s heavily disguised by the liqueur’s smooth, sunny essence of lemon peels.

For the same price, you can score an “antipasto” bloody mary garnished with skewered



A generously allotted happy hour awaits this well-established Italian restaurant. (Photos by Dr. Ink)

meats, cheeses and pepperoni. There’s also a vodka-based



Limoncello martini

Tuscan martini, described by the bartender as tasting smooth and earthy due to the inclusion of Tuaca, a brandy dating back to the Italian Renaissance and known for its citrus and vanilla notes.

If you’re hankering for a pint of domestic or premium beer, they cost \$4 and \$5 respectively, or \$8 and \$9 for 34-ounce “king” sizes. Well drinks are \$4.75, and wines are priced at \$4 a glass, \$8 for half carafes, and \$12.25 for full carafes.

The happy hour deals are available only in the bar

lounge or outdoor patio. Both areas offer ample wiggle room and expose you to classic

Italian dishes flying around the place. Many of them are discounted during happy hour, such as cheesy garlic bread, spaghetti with red sauce, meatballs, sausage, and pizza.

I ordered the fried zucchini for \$5.50, which was coated evenly in Italian breadcrumbs and served with excellent marinara sauce and so-so ranch dressing. Served in large slices, I’m guessing these crispy critters were fried gently in olive oil, given their depth of flavor.

Sardina’s offers a taste of Italy



Fried zucchini with marinara sauce and ranch dressing

RATINGS

Drinks: ♂♂♂♂♂

In addition to Italian-inspired cocktails and standard well drinks, the bar offers a limited selection of beer and wine.

Food: ♂♂♂♂♂

There are numerous and affordable food choices during happy hour, ranging from Caesar salads to pizzas to steamed clams, meatballs, pasta and more.

Value: ♂♂♂♂

You’ll save about 30 percent on well-constructed food and drinks.

Service: ♂♂♂♂

The waiter doubled as a bartender while maintaining a cheerful disposition. Though rushed at times, he didn’t pull any disappearing acts.

Atmosphere: ♂♂♂♂

Frescoes and vintage family photos play into the Old World feel of the dining rooms, while the bar lounge feels a little more contemporary.

where you least expect it. If you block out the stucco archways inside and the palm trees outside, you could be in any Italian restaurant in Brooklyn, New York — replete with old family photos hanging on the walls and large, festive parties often present with bambinos and grandmas in tow.■

Sardina’s Italian Restaurant

1129 Morena Blvd.
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► Film Festival, from page 8

(MIS) during World War II — a story made possible because of a few aging veterans, a little internet savvy and a lot of determination. There's little doubt the 7,000 soldiers of the MIS helped shorten World War II by as much as two years. Many have told their stories, recorded for history.

But for those in the MIS that were Japanese Americans, also known as Nisei, and who fought in the Pacific against the Japanese enemy, many of their stories have been lost, as the unit was sworn to secrecy for decades after the war. The documentary "The Registry" profiles a few of those who served in the MIS, including surviving veterans, Seiki Oshiro and Grant Ichikawa, as well as other veterans who help tell the unit's story. The film looks at decisions made during a time of war regarding loyalty to this country while facing racism and the mass internment in the U.S. of people of Japanese descent.



"The Registry," Budd Snow (Courtesy "The Registry" filmmakers)

"Films like 'American' and 'The Registry' remind us all of the sacrifice and service that all active duty and veterans have given to be considered proud American soldiers regardless of their country, origin or cultural background, and they deserve to have their stories be told," said Jodi Cilley, founder and president of Film Consortium San Diego. "Even in today's current affairs, we're seeing immigrant military members who have served our country to become citizens being discharged and deported. By viewing these films, we may begin to discuss the connections between the past and present day."

Following the GI Film Festival San Diego's opening night, festivities will continue through Friday, Sept. 28 at the Museum of Photographic Arts. The festival moves to UltraStar Cinemas at Hazard Center for Sept. 29 and 30 screenings.

All access passes for entry into festival events and screenings, general admission tickets for the opening night screening and reception, as well as the rest of the festival screenings are available online. Many events are open to the public with discounted opportunities for active duty personnel and veterans. More details on the full film festival lineup are available at gifilmfestivalsd.org.

—Albert can be reached at albert@sdenn.com■

The complexities of love during a life of activism

David Dixon

There are many real and fictional stories set in the past that are told in a modern style in an attempt to connect with 21st-century audiences. These types of books, shows, films and television programs are often able to draw parallels with today.

Diversions Theatre's production of the comedy "Bull in a China Shop" (currently in previews and officially opening on Sept. 22), tells a true story about a woman ahead of her time.

Bryna Turner's script takes place over several decades in the life of Mary Woolley (Jo Anne Glover), an influential president of the Massachusetts women's school Mount Holyoke College. Woolley advocated for gender equality, and was an advocate for the women's suffrage movement, with many progressive views concerning women's education.

Throughout the play, audiences get to witness a complicated relationship between Mary and Jeannette Marks (Tamara McMillian), a professor at the college. Their relationship, which lasted more than 40 years, was far from a fairy tale love affair.

Director Kim Strassburger finds the warts of relationships and depiction of commitment to be rare in the world of theater. "It really shows the ups and downs of long-term relationships," she said. "That's a universal concept for gay and straight audiences."

Like Strassburger, Glover finds this aspect of the play fascinating. "I don't feel like you often see portrayals of relationships that last a lifetime," she said. "This show does a good job of displaying the ups and downs of a gay couple that couldn't get married at that time period."

Beyond the LGBTQ focus of the plot, Turner's narrative has a lot to say about feminism in the early 20th century.

Woolley advocated for women to be independent thinkers.



Jo Anne Glover's character Mary Woolley, a pioneer and activist during the Women's Suffrage movement

"She made efforts to make the school an intellectual institution, as opposed to a place to go to before you get married," Glover said. "She was a force of nature."

Rather than portraying an authentic depiction of the time period, the women on-stage speak in contemporary dialogue and, just like the premiere production from the Lincoln Center Theater, Strassburger's version features a diverse ensemble. The present-day style of speech, and the casting decisions, fit with the events that occur today at the University Heights venue.

"Women have the right to vote now, but there are still so many ways that women are overtly or covertly not treated equally," Glover said. "It's interesting to see a plot that occurs at a time when we were very overtly restricted."

Glover, former development director for Moxie Theatre, believes that the issues brought up in this play are still relevant in today's society. "Even having been a part of a feminist company for several years, it's still fascinating to me that we are still having these discussions," she said.

Having performers of different ethnicities helps reflect current-day theatergoers.

"Telling a story with more universal themes into a cast



Director Kim Strassburger (Photos courtesy of SIMPATIKA)

that looks more diverse is helpful to bringing to story to a wider audience," Glover said. "It keeps the story from being pigeonholed into being just a story about white people from the 20th century."

Strassburger thinks LGBTQ theatergoers will relate with the problems that Mary and Jeannette face. "It's a very timely story for the community," she said. "I believe they are going to connect with how the production shows the struggle of the LGBTQ community in determining their own fate and making change in spite of societal bias."

During the 90-minute evening, Turner packs in a lot of information about the various decades featured in "Bull in a China Shop." While it is not a simple story, Strassburger trusts that different audiences will be able to appreciate all the dramatic situations.

"She doesn't talk down to the audience and you don't need a Ph.D. in women's studies to enjoy the play."

"Bull in a China Shop" is running at Diversions Theatre through Oct. 14. For tickets or more information, visit diversionary.org or call 619-220-0097.

—David Dixon is a freelance film and theater writer. He can be reached at daviddixon0202@gmail.com.■

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The cast of *The Heart of Rock & Roll*. Photo by Jim Cox.

► Get Fit, from page 9

as you get older. If you are active, don't stop! If you haven't started, it is never too late.

Physical activity guidelines suggest 150 minutes of moderate cardiovascular activity per week. This includes activities like walking, water aerobics and dancing. You can find many activities that are easier on the joints, but be sure to do some weight-bearing activity like strength training.

Add in some coordination and balance training for a well-rounded program for aging adults. Try tai chi, adaptive yoga, or pickleball. Get active with a group to an added bonus in combining physical and social components.

Active aging is attainable and enjoyable. There are many facets to health including physical, mental, social and emotional factors. These components

of life are not separate, but are interconnected.

Not only does physical activity make your body move and feel better, the American Council on Exercise states that it also improves memory, enhances problem solving skills and blood flow to the brain, acts as a natural anti-depressant and stress reliever, and improves concentration.

If that's not enough, here's another reason to find physical activities that you enjoy: Age-related weight gain occurs due to reduced metabolism. Metabolism lowers in response to muscle loss, which can be as much as a half a pound a year. With a half-pound less of muscle, not as many calories are being burned as fuel and weight gain occurs.

The USDA My Plate for Older Adults can be helpful. Be aware that hunger cues due to aging and medication can be challenging to get all

the nutrients that are needed for a healthy diet. Under use of available resources is also a factor. ICAA reports that only two in five eligible older Americans currently enroll in the Supplemental Nutrition Assistance Program (SNAP).

The ICAA states that by 2020, there will be 1 billion people over the age of 60. This will continue to increase and by 2045, one out of every five people will be over 60.

In celebration of Active Aging Week, the YMCA will be open free of charge to those 50 and older. Look for special educational seminars, group exercise classes and more! And, anyone who joins in September gets up to \$50 to use toward a program.

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

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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.

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

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CROSSWORD Gamesmanship

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

ACROSS

- 1 Porgy's love
- 5 Head of hair
- 8 Beau Brummel wear
- 13 Fitzgerald
- 14 Relay, e.g.
- 15 Shire, of Rocky
- 16 Mr. Hoople
- 17 Model MacPherson
- 18 CO resort
- 19 Bengal in the ring
- 22 Wipe out
- 23 Maple genus

- 24 1976 US Open champ
- 28 Sought office
- 29 Gobbler on the line
- 32 Woolly companion
- 33 Exams
- 34 Mansions
- 37 Abandon
- 39 Tintling
- 40 Makes public
- 41 Gander in the out-field
- 45 George's collaborator
- 48 Evict

- 49 Smell ____
- 50 Huckster
- 52 Deer on the court
- 55 ____ of roses
- 58 Grandma
- 59 "... maids all in ____"
- 60 Twist
- 61 Vane dirs.
- 62 ____ majesty
- 63 Paul, of comedy
- 64 Gridiron abbreviations
- 65 Old or young chaser

DOWN

- 1 Punisher
- 2 City west of Binghamton
- 3 Shibboleth
- 4 Letter ends.
- 5 Wild ducks
- 6 Twelve ____ High: Peck
- 7 Comedy man Herman
- 8 Celebrity
- 9 Travel necessities
- 10 High place
- 11 Four-in-hand
- 12 ____ Remo, Italy

- 14 Ump counterpart
- 20 Optical network
- 21 Witch windup
- 25 Art subj.
- 26 Famed archer
- 27 First word of NC's motto
- 30 Caps capper
- 31 Chronicle
- 32 Skirt part
- 34 Half a Samoan town
- 35 ____ Ben Adhem
- 36 Gentlemen Prefer Blondes penner
- 37 Soup mates

- 38 Ovid's 102
- 42 Monogram of a legendary general
- 43 Islands off Scotland
- 44 "I came, ____ overcame": Shakespeare
- 45 Turkish hostelry
- 46 Branching: bot.
- 47 Solution
- 51 Telephones
- 53 Encourage
- 54 Scale notes
- 55 Cobbler's tool
- 56 Good ____!
- 57 TN roofing material

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Queen of Soul died with no estate documents

Mission Valley Money

Steve Doster



It was such a sad day when Aretha Franklin died. Fans and critics alike knew of Aretha and her amazing talent. My big “Aretha moment” occurred in 1998 while watching the Grammy Awards. Aretha performed early in the broadcast. Later in the show, the presenter said Luciano Pavarotti, one of the most famous opera singers in the world, was sick and could not perform that night. The producer had about 45 minutes to find someone to fill in for Pavarotti. Who could fill in for one of the world’s greatest opera singers? Aretha could, and she did. It gave me goosebumps, watching her sing Italian opera with a full orchestra — knowing that none of this was rehearsed. Pure talent like that cannot be measured. The Queen of Soul could do it all!

There is something else sad about Aretha’s passing. She

did not have estate documents, which means no one knows how she wanted her assets to be distributed. Did she want everything to go to her kids? Did she want to leave something for other family and friends? Did she have charities she was passionate about and want to gift money to those causes?

With estate documents prepared beforehand, she could have divided her money, homes, and property among the people and charities she cared about most. Instead, the state of Michigan will decide for her.

This is not a unique situation. Many people do not have a will, living trust, advanced health care directive, or power of attorney for finances. When you don’t have the proper estate documents in place, the state you live in will choose where your assets go in the event of your death. Each state has their own order of who will receive your assets. For a married person with no kids, the surviving spouse gets everything in Michigan. But in California, the surviving

spouse gets all community property and half of the separate property. The other half of separate property goes to the siblings of the deceased person.

Estate documents clearly state who gets what. Don’t let the state decide for you. That family member you haven’t talked to in decades could end up with everything.

In addition to your state making decisions for you, it is also very expensive not having estate documents. California charges a lot of money to transfer your assets to family members. California is one of the few states that have “statutory fees” for attorneys. This means there is a defined fee schedule that attorneys can charge the estate to get it through probate.

Let’s say you have a \$500,000 home with a \$400,000 mortgage. For this example, we will keep this very simple and say you have no other assets. If you die unexpectedly with no estate documents, an attorney can charge your estate \$13,000 based on

the \$500,000 value of your home. The mortgage is not netted from the value of the home to determine the fee. There are also probate filing fees that can add up to a few thousand dollars more.

Compare such large probate fees to getting estate documents for around \$2,000. It makes financial sense to have proper estate documents. Don’t give away thousands of dollars to an attorney after you die. Pay them a few thousand while living and do this right. And, it’s the only way to ensure that your assets pass according to your wishes.

Aretha Franklin will always be the Queen of Soul. However, she will also be an example of the consequences of not properly planning for the future of your assets. Hopefully her family will not pay too much in legal and probate fees to get through this. For those reading



(Wikipedia)

this article, I hope you will take this as a reminder to get your estate documents in place.

—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. Rowling & Associates helps people with their taxes, investments, and retirement planning. Read more articles at rowling.com/blog. ■

► News briefs, from page 2

center, including its program services and events, please visit centerforchildren.org



SANDAG has new executive director

After a nationwide search, the San Diego Association of Governments (SDAG) board of directors announced that it has hired Hasan Ikhrata, the current executive director of the SCAG, as the new leader of the regional agency.

“We’re bringing in a heavy hitter because we have some heavy lifting to do here at SANDAG,” board chair and Del Mar Councilmember Terry Sinnott said in a press statement.

The SANDAG board voted on Sept. 19 to approve the terms of Ikhrata’s contract. After approval, the board agreed to work on specific performance measures for Ikhrata before he starts on Dec. 3.

“Hasan brings incredible expertise and a new perspective that SANDAG greatly needs,” said San Diego Mayor Kevin L. Faulconer, a SANDAG board member and a member of the board subcommittee that led the recruitment effort. “As we tackle our regional goals of developing a

modern transportation system, environmental stewardship and a thriving economy, we are fortunate to have someone of Hasan’s caliber at the helm.”

Ikhrata, holds a master’s in civil and industrial engineering from UCLA, is a Ph.D. candidate in urban planning and transportation from the University of Southern California, and has been the executive director of SCAG for 10 years. The municipal planning organization is the largest in the nation, covering six counties (Los Angeles, Orange, San Bernardino, Riverside, Imperial, and Ventura), 191 cities, and 19 million people.

“This is a new and interesting challenge that will provide a great opportunity,” Ikhrata said. “My goal coming in will be to listen and learn. I will need a deep knowledge of all the communities and stakeholders of the San Diego region if I am to do my job — which will be to help all of us build a shared vision for the future and then make that vision a reality.”

As executive director, Ikhrata will be responsible for leading a SANDAG staff of approximately 375 people and overseeing a \$1.3 billion annual budget. The executive director reports directly to the board of directors, which is composed of 21 elected officials from the region’s 18 cities and the County of San Diego (two each from the County Board of Supervisors and the city of San Diego).

Under the agreement approved by the board, Ikhrata will enter into a three-year contract. His annual salary will be \$414,149, matching his current salary at SCAG.

Former SANDAG Executive Director Gary Gallegos, who led the agency starting in 2001, retired in August 2017.

Visit sandag.org/NextExec to learn more about the recruitment process. ■

Question about save payment

ASK KATHY

Kathy McSherry



Kathy:

My husband and I have been trying to save for quite some time for a 20 percent down payment and it seems to be taking forever. I am a school teacher and he is a police officer and we have one 2-year-old and another child on the way. I keep hearing it is a great time to buy and interest rates may go up. How can we take advantage of the market without our full 20 percent down payment?

—Missy B.

Hi Missy:

You know I will always say that it is a great time to buy real estate because in order to see any benefits of home ownership, you have to be in the game. Even if prices are higher than you would like to pay, I recommend starting out with something smaller just so that you can start as soon as possible with owning your own home. Of course, everyone’s situation is different.

You, however, have a few great things going for you as far as you and your husband’s professions. There are many down payment assistance programs out there for teachers, law enforcement, first responders, etc. These programs were put in place to help or give back to those that sacrifice their time to educate, serve, and protect our community.

There are a few options for you to consider. First, there are loan programs such as an Federal Housing Administration (FHA) loan, that have looser guidelines for qualifying and you can have a down payment as low as 3.5 percent of the purchase

price versus the traditional conventional financing of 20 percent down. You may be able to come out of pocket with less money, but you will have to pay a price for this as you will be considered more of a high-risk borrower and will have to pay what is called a mortgage insurance premium that will be added to your monthly mortgage payment. Putting less money down will mean your payment will be higher. Depending on your income and qualification, if you can afford the higher monthly payment, you can at least purchase with less of a down payment.

Another option to look into is asking your lender about programs that are available for first-time homebuyers that are offered through the Department of Housing and Urban Development based on your profession. Teachers and law enforcement often qualify for down payment assistance programs.

CalHFA Buyer Assisted Loans, if you qualify, render you eligible for down payment assistance and closing costs. There is also an Extra Credit Teacher Home Purchase Program available to teachers, administrators, school district employees and staff members. This program offers between \$7,500 and \$15,000 in down payment assistance for first-time homebuyers. California homebuyers can use CalHFA down payment assistance programs for a purchase price of up to \$660,000.

The other two programs to check out are MyHome Assistance Program and the School Teacher and Employee Assistance Program (STEAP).

In the MyHome Assistance Program, CalHFA will pay up to 3.5 percent of the price of the home with a deferred zero-interest loan that you don’t have

to pay off until your mortgage has ended.

If you get an FHA loan with a 3.5 percent down payment, this program means that you won’t have to put any money down at all when you buy your California home.

The second is STEAP. This program is special because it is only available to California public school teachers.

There are certain guidelines and income limitations to qualify for most of these programs and you may be required to complete a course with an eligible homebuyer counseling organization. Make sure you check with a CalHFA-approved loan officer. CalHFA is not a direct lender, rather their programs are offered through private loan officers who have been approved and educated through the agency.

You mentioned your husband is in law enforcement and there is the CalHero program. Another program meant to give back to or aide those who sacrifice for us, CalHero mortgages have fairly low credit requirements and they are paid back over 15- or 30-year fixed interest rate periods. And, in many cases have no income limits and can be used for purchasing or refinancing an existing home. In some cases, there is no down payment at all.

I think you are in a great spot to purchase depending on your income and credit scores. Speak to a qualified loan officer to get all your questions answered and to take advantage of all the assistance that you can.

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

Mission Valley News

COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

FEATURED EVENTS



Pancakes and booze

The Pancakes & Booze Art Show pop-up art show provides art lovers an opportunity to explore more than 200 pieces of artwork created by more than 50 local San Diego artists. Featuring a wide variety of pop art, fine art, and photography; show-goers can sip craft beer or signature cocktails while enjoying endless free pancakes. \$10 at the door. 1735 Hancock St. For tickets and information, visit bit.ly/pancakesSD

Historic home tour

The Mission Hills Heritage Annual Home Tour invites guests to view some of the beautiful historical homes throughout the community. This year's theme is the Gems of South Mission Hills. A variety of houses and styles will be shown; from small and quaint, to large and opulent, both original and remodeled. Guides will describe distinguishing architecture and interior details of the homes, as well as the history of some of the interesting people who lived in the homes. \$25. bit.ly/2PKnVSj

Just Between Friends

Just Between Friends consignment will host a children's and maternity consignment sale. Featuring over 40,000 gently used and new children's and maternity items at 50-90 percent off retail. This biannual sale will have all sorts of kids items from strollers, to swings and bouncers, exercisers, shoes and clothes, DVDs, books and more. Free. 1895 Camino Del Rio South



Vaud & The Villains at Liberty Station

Back by popular demand, Vaud & The Villains are a 19-piece orchestra and cabaret – a genre-bending spectacle that invites you to bring your dancing feet! The ever-evolving cast of the show is composed of a five-piece horn section, vocalists, a rhythm section and dancers. They will be joined by soulful groove band Iron Sage

Wood. Free. Show starts at 5 p.m. 2848 Dewey Road. Visit bit.ly/LSCconcerts for more information.

Seany Chef Fest

The Seany Foundation will hold a battle of the bites on Sept. 23 to be judged by those in attendance. Chefs from over 12 restaurants around San Diego will be cooking up delicious morsels to help raise funds for childhood cancer awareness month. Enjoy live music and local art as the festivities raise funds for camping experiences that bring relief and happiness to kids struggling with cancer and their families. Admission \$49. For tickets and information, go to bit.ly/ChefFestSD



GI Film Festival Through Sept. 30

The GI Film Festival will be held from Sept. 25–30 and will show films that celebrate the military and those who have served. Documentaries, shorts, narratives, and family-friendly films are presented – highlighting stories of heroism, resilience, and honor. The festival includes the Local Film Showcase, which features San Diego's filmmakers, events, people, or places. Post-screening discussions with filmmakers, actors and documentary subjects are also part of the festival. Passes for all events and shows are \$120. Tickets, event locations, and information is available at gifilmfestivalsd.org/2018



Register to vote

The Mission Valley and Linda Vista branch libraries will host a voter registration workshop on National Voter Registration Day, Sept. 25. Staff will be registering eligible voters as well as answering questions about the registration process. Noon–5 p.m. Mission Valley: 2123 Fenton Parkway. 1–5 p.m. Linda Vista: 2160 Ulric St.



La Mesa Oktoberfest Through Sept. 30

La Mesa Oktoberfest returns Sept. 28–30 to the avenues

of the La Mesa Village. An all-ages event that draws over 100,000 people from across San Diego for three days of fun, music, delectable food, and of course, beer! The community of La Mesa has joined together to revive the festival by bringing back elements of time-honored favorites as well as introducing new interactive and immersive experiences for attendees to enjoy. Activities include traditional games and music, speakers and demonstrations, a children's carnival, food and a craft beer and spirit garden, as well as a vendor market. 4–10 p.m. Friday; 10 a.m.–10:30 p.m. Saturday; 10 a.m.–6 p.m. Sunday. For more information, visit lamesaoktoberfest.org.



Angra at Brick by Brick

Brazilian power metal band Angra will be preform at Brick by Brick on Sept. 30. The band is touring its newest studio album "Ømni" on its first full-force North American tour. Tickets start at \$25. Event is 21-plus only. For tickets, visit ticketf.ly/AngraSD



Knot Theory Class

The All Girls STEM Society will host a fun and accessible math workshop for girls' grades three through eight. The class will focus on knot theory and the tangled world of mathematical knots. The event is free and located at the Mission Valley Branch Library. Registration is required and can be done online at, bit.ly/2PGtgdp. 2123 Fenton Parkway.



Savage House 'Backwoods' Through Oct. 31

Get in the Halloween spirit with San Diego's newest themed horror house. Follow along in a terrifying story that's sure to get the blood pumping. This attraction will be located in the Target parking lot at Westfield Mission Valley mall. Tickets start at \$5. Runs through Oct. 31. 1288 Camino Del Rio North.



Mission Valley Farmers Market Grand Opening

Mission Valley Farmers Market at Civita Park will start Oct. 5 with a festive grand opening from 3 to 7 p.m. and continue every Friday. The grand opening will include entertainment, a bounce house for the kids and all of the amenities of Civita Park, 7960 Civita Blvd., San Diego. Free. CivitaLife.com.

Friday Night Liberty

Liberty Station features San Diego's largest art walk on the first Friday of every month from 5–9 p.m. Enjoy dancing, live theater and music, museums and galleries while you explore the district. This month features a special event with the Station's ARTventure experience. Find outdoor art installations and meet the artists and celebrate the grand opening of two new Liberty Station shops. Free. Go to bit.ly/ARTventureSD.



Trolley Dances Through Oct. 7

San Diego Dance Theater's "Trolley Dances" returns to captivate audiences at Hazard Center, The New Children's Museum and IDEA1, a mix of apartment homes and commercial spaces in San Diego's Upper East Village neighborhood. In partnership with Metropolitan Transit System, the contemporary dance series will entertain crowds throughout the county with popular dance numbers from the last two decades, with performances on Friday, Oct. 5, noon–2 p.m. and Saturday, Oct. 6 and Sunday Oct. 7, 10 a.m.–2 p.m.

San Diego Dance Theatre will give two hour guided tours that follow the unique storytelling experience, beginning at Hazard Center and continuing along the green and orange lines. Onlookers and touring groups alike will enjoy inspiring dance numbers performed by 50 of San Diego's most talented dancers. Tickets are \$90 family four pack; \$40 general admission; \$25 senior/military/working artist; \$15 students; and free for children under 3. Visit bit.ly/2QHYGBR.



Etsy Guild Market
The SoCal Esty Guild Market brings handmade artisan vendors, local designers, artist, live music, food, giveaways, and more to Westfield Mission Valley. Venders will be located in front of Nordstrom Rack, Michael's, Starbucks, and the parking lot. Market runs from 10 a.m.–9 p.m.



'Economic Inequality in America'

Studies have shown that since the 1970s, wealth and income inequality in the United States has significantly increased, and wealth has become concentrated in the country's most affluent households. The American dream is built on the idea of economic mobility, and that financial success is determined by individual merit. This seminar will examine how that concept holds up for Americans today. Learn how growing economic inequality has affected the younger generation's belief in the American dream. This OASIS program is free and located at the Mission Valley Library Community Room, 2123 Fenton Parkway. No need to register.



Knit-a-Bit

Looking to meet up and work with other knitting and crocheting enthusiasts? Come check out Knit-a-Bit, a bi-weekly gathering of creative, crafty yarn workers who are happy to admire your accomplishments and assist you with your knitting technique. Free. Mission Valley Library Community Room, 2123 Fenton Parkway



'Star Wars: The Last Jedi'
Liberty Station's final outdoor film event of the year is on Oct. 13 and will feature "Star Wars: The Last Jedi." The evening will include surprise

pop-up performances and activities, along with curated shorts preceding the feature film. Arrive early and visit the art galleries, studios, and museums the district has to offer. Free. 2848 Dewey Road.



Shirley Weber Mobile Office

Connect with Assembly member Weber's staff at the Mission Valley Library and get help with any problems you are having with public agencies, ask questions about legislation, and learn about state and local services. Issues that staff can assist with include renter's and homeowner's assistance programs, property tax issues, consumer complaints, and unemployment and disability insurance. No preregistration required. Free. Seminar Room, 2123 Fenton Parkway.



PoeFest Through Sept. 28

In response to the success of TwainFest, Write Out Loud San Diego presents PoeFest from Sept. 19–28. A 10-day festival celebrating the life and works of Edgar Allen Poe and featuring live readings and performances of some of his and his contemporaries' best works. Located at the historic Adobe Chapel, tickets are \$20 per program, or \$75 for an all-access pass. 3963 Conde St. For tickets and information, go to bit.ly/Poefest

RECURRING EVENTS

Tuesdays

Food Truck Tuesday

Get out to Civita Park for some of San Diego's most delicious mobile eateries. Free. Every Tuesday from 5:30–8:30 p.m. 7960 Civita Blvd. To see the changing food truck lineup, go to bit.ly/FTTSD

Wednesdays

Wednesday Morning Storytime

Join the Barnes & Noble at the Hazard Center every Wednesday with the little ones for morning story time. Childhood stories, bubbles, hand-stamps and more to get young kids interested and engaged in reading. Free. 7610 Hazard Center Drive.

—Calendar compiled by Jules Shane. To submit events for possible inclusion in upcoming issues, email editor Jeff Clemetson at jeff@sdcdn.com.

Vote Today for Your Favorites!

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

ENTER FOR A CHANCE TO WIN

THEATER TICKETS, MOVIE PASSES

AND OTHER GREAT PRIZES *

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

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Missionvalleynews.com



OR, mail your ballot to Mission Valley News
123 Camino de la Reina, Suite 202 East, San Diego, CA 92108

**One ballot per person. Ballots must be postmarked, submitted
 online or hand-delivered by 11:59 pm on Sunday, September 30th.**

Dining & Entertainment

American Cuisine	Food Truck	Mexican Cuisine
Bakery	Family Restaurant	Micro Brewery
Barbeque	Farmers Market	Movie Theatre
Beer	Fast Food	New Restaurant
Breakfast	Fine Dining	Nightclub
Brunch	French Cuisine	Outdoor Dining
Buffet	Greek Cuisine	Pet Friendly Dining
Burger	Golf Course	Pho/Noodle House Restaurant
Burrito	Happy Hour	Pizza
Business Lunch	Health Food Store	Romantic Dining
Casino	Hot Wings	Salad
Casino Buffet	Indian Cuisine	Sandwich
Casual Dining	Irish Pub	SD County Winery
Catering	Italian Cuisine	Seafood
Chinese Cuisine	Japanese Cuisine	Sports Bar
Cocktail	Jazz Bar	Steakhouse
Coffee Shop	Juice	Sushi
Comfort Food	Late Night Dining	Thai Cuisine
Deli	Live Music Venue	Vegetarian/Vegan
Dessert	Lunch	Wine Bar
Dinner	Margarita	
Donut Shop	Martini	

BUSINESS & RETAIL

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