

ART FOR THE EYES, FOOD FOR THE TABLE

Artists creating lively murals for the new Barons Market



The mural created by Amy Baca Lopez, the principal artist selected, incorporates images of fruit, seeds and transportation. Look for the scooter (modeled after an actual scooter she saw in the adjacent U.S. Bank parking lot), bicycles, a dog walker, and a bird of paradise. (Photo by Jim Childers)

When Barons Market moves into a new neighborhood, it tries its mightiest to blend in seamlessly with the neighborhood and its residents, from the design of the store building to the products inside. So what better way to accomplish this at the North Park store than to invite local artists to create murals combining some of Barons' products with some of North Park's attractions. Read Susan Taylor's story on **PAGE 10**



Barons Market's North Park store rendering. The building, a former Fresh & Easy store, will be finished this year at 3232 University Ave.

WHAT'S INSIDE?



Museum Pieces: Vintage Station Wagons

The San Diego Automotive Museum in Balboa Park has opened "Wagons...Weekend Warriors," an exhibit that highlights the development of station wagons from the early days. **PG. 6**



The Fun of Cycling

Before baseball was "America's favorite pastime," and football stadiums dominated the news, the No. 1 spectator sport of its time was track cycling. The San Diego Velodrome at Morley Field keeps the tradition going. **PG. 14**



Deep Diving for Conservation

Emily Callahan and Amber Jackson, two alumnae of Scripps Institution of Oceanography, have made it their mission to dive below the surface of oil and gas platforms to determine the best possible "afterlife" for these complex structures. **PG. 19**

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Investment Strategy - Look to Company Leaders for Real Value

Monjazi Capital is the latest up and coming investment firm to join our San Diego ranks. This fraternal team of Jonathan and JD Monjazi is taking an innovative angle when it comes to stock selection. Monjazi Capital believes CEOs have the greatest influence on long-term returns for investors. "We believe a great CEO can revolutionize a business. After all, it's the CEO who has a direct impact on the services, products, and people of a company," says Jonathan.

The examples are abundant, including the Walt Disney Company under Bob Iger (following a tumultuous period under Michael Eisner), Apple Inc. after regaining its founder, Steve Jobs, and Starbucks with Howard Schultz. The firm believes focusing on company CEOs can not only dramatically boost investment returns, it also keeps corporate America accountable by ensuring our corporate leaders do right by their customers, their shareholders, and their employees.

Far too often CEOs are rewarded for complacency and fail to threaten the status quo. Monjazi Capital seeks out the leaders willing to upset the status quo in order to pursue a better future for the company.

Jonathan Monjazi, the Founder and CEO of Monjazi Capital, is the investment adviser representative of



Jonathan Monjazi Left and JD Monjazi right

the firm. He is responsible for determining and formulating investment recommendations. With a degree in finance from CSU San Marcos, Jonathan has worked with firms in San Francisco, Los Angeles, and San Diego. Recognizing the need to see more than the numbers being presented by an investment opportu-

nity, Jonathan came to realize the importance of discovering real value based upon the strength of each company's leadership.

Together with his older brother JD, he created a firm dedicated to doing just that - seeking out wealth potential hiding in businesses with exemplary leadership. He chose his

brother, a consultant and entrepreneur, to act as an outside consultant tasked with providing business solutions to better serve Monjazi Capital's clients. While JD does not have access to non-public client information and does not act as an investment advisor, his entrepreneurial experience and

MONJAZI
CAPITAL

savvy provides an outside and fresh perspective keeping the firm on the cutting edge of client service. "Too often company founders and leaders are surrounded by "yes" men, so having someone there to fight you and give you a different perspective is the best thing I could've asked for," says Jonathan.

In love with San Diego and their North Park location, the firm of Monjazi Capital is certain to be a driving force in the investment portfolios of San Diego locals. Both Jonathan and JD see San Diego as the ideal place to anchor their firm. Surrounded by great people and an educated workforce, our community was the only viable choice in their minds.

www.monjazicapital.com



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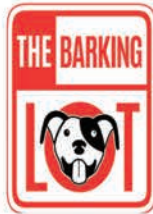


FROM DEXTER'S CORNER

We are Thankful...

We are thankful this November for many reasons. We are enjoying our new North Park location and are still in the new store haze, as everyday still feels like our first day, meeting new people daily and getting to know our new neighbors better. We are proud to be a part of the community.

Dexter's Deli also has had quite a year, we celebrated our 20th anniversary in business, since opening our first store in Del Mar. We have grown humbly, now with three locations, but we remain focused on providing the latest, sustainable, locally sourced, fresh, healthy foods and supplements for dogs & cats. We feel fortunate that San Diego is a community that embraces health and wellness, farm to bowl, small businesses, and community.



This Thanksgiving we want to share our spotlight with a community shelter, The Barking Lot, a 501(C)3 organization. They are a passionate, all volunteer-run non-profit and since 2010, they have rescued over 5,000 dogs, finding happy homes for abandoned dogs scheduled for euthanasia at other shelters.

Recently the Barking Lot reached out to us to help them celebrate some of their senior dogs that have been fostered for over a year, and needed to be acknowledged. This month we thought we would share our spotlight by showcasing one of their many adoptable dogs. We hope to raise local awareness of TBL, but also that of all shelter dogs and cats out there.

Rayne's Story

Rayne's story begins being reported abandoned by a neighbor in a flooded Southern California backyard. Chained and finding refuge on top of her dog house for at least 3 weeks. After locating the owner in the hospital, they relinquished ownership and The Barking Lot (TBL) stepped in and rescued Rayne.

At the time, TBL was foster based. Rayne has since been with TBL for 6 1/2 years. She would love to find her fur-ever home. Rayne is classified as a "pit bull" mix.

She would do well at a home where she is the only dog, as she is somewhat dog selective due to her unknown past. What TBL does know is that Rayne loves to go on hikes, is one of the best snugglers around, loves water and nothing more would like to be in a home to call her own!

If you think you are the perfect mom or dad for Rayne, visit <http://thebarkinglot.net/> and fill out an adoption application. Also find out how you can contribute in saving 100's of lives a year!



Dexter's Deli has been leading in the health movement of natural, wholesome foods and holistic approach for the caring of your pet for the last 20 years. Dexter's Deli is a community pet store with locations in North Park, Del Mar and Carlsbad. www.dextersdeli.com

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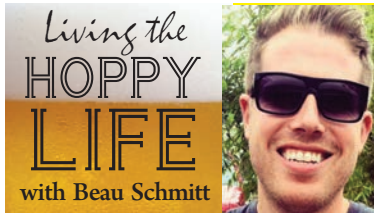
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The Bridge of Awesomeness - Boilermakers



It's fair to say that Boilermakers are hard to find, especially in San Diego, which is unfortunate. While San Francisco and New York markets have stronger Boilermaker presences, we noticed a lack in our local market. There's something magical about properly pairing a beer with a spirit. Bridging the gap between the beer world and spirit world isn't a difficult undertaking, but it does take effort. Traditionally, Boilermakers are simple pairings between a beer and shot of whiskey. But as any tradition goes, it evolves and improves.

After 3 months of research, copious amounts of 'tastings' and numerous mistakes, we've finally reached our verdict for respectable Boilermaker pairings. We've also included a couple more ways to drink Boilermakers. So the next time you're out, we encourage you to try these combinations and enjoy their complimentary flavors.

Three ways to enjoy Boilermakers:

1. The Purist: Drink the shot in one sip, and follow with the entirety of the beer

2. The Risk Taker: Pour the shot into the beer, drink simultaneously, glass not being put down until all the contents have been consumed.

3. The Connoisseur: Slowly sip both spirit and beer, allowing the flavors to take your palate on a mystical journey (*our favorite method).

4. Special note: Pour, don't drop, the shot glass into the beer. We've seen the shot glass slide back down and chip front teeth twice now, and it's not a good look for anyone.

The Brew Project's Recommended Beer & Spirit Pairings:

1. Pilsner with a shot of Old Forester Kentucky Bourbon.

2. Mexican Lager with a shot of Fortaleza Tequila Blanco

3. Belgian Ale with a shot of Johnnie Walker Black Label Scotch

4. San Diego IPA with shot of Malahat Ginger Rum

5. Double IPA with a shot of High West Double Rye Whiskey

6. Red Ale with a shot of Four Roses Single Barrel Bourbon

7. Brown Ale with a shot of Michter's Rye Whiskey

8. Porter or Stout with a shot of

Stillhouse Coconut Moonshine

9. Imperial Stout with a shot of Angostura Amaro

After seeing the pairings, you're probably wondering why the beer styles are generalized. The answer is approachability. Most of these popular spirits can be found at many bars in San Diego. However, exact beers are harder to come by. Yes, Societe Pupil IPA will pair differently with Malahat Ginger Rum than Coronado Guava Islander IPA. The Brew Project Boilermaker Program was designed as explorative guidelines. Through Brewers Association tasting notes for each beer style, we matched them w/ the specific spirits on the list. We're just here to help and hopefully better your next drinking experience.

Cheers, Beau

About The Brew Project:

The Brew Project, located on 5th Ave in Hillcrest, is a restaurant that specializes in San Diego craft beer and upscale bar food. Contact: Beau@TheBrewProject.com"



URBAN GARDENING Compost: Out of the Garbage and into the Garden

BY: NINA RUUD, ART & GARDEN ENTHUSIAST

Competition to have the perfect produce in the marketplace is striking. Expectations are high as everyone shopping wants to take home the perfect apples and juiciest pears. We are so lucky to have grocery stores on nearly every street corner providing a rainbow array of picturesque produce at relatively low prices. We can choose delights grown from all over the world without ever leaving our ZIP code! It's a wonderful thing, however as with all things, there lies a bit of a dark side.

It's unprecedented how much food is being produced, and yet we are simply not eating it. Despite the extraordinary efforts of the land, the farmers, and the chefs, nearly 50 percent of food gets thrown away in the United States per year. It is a strange phenomenon that begins in production, and continues on through processing, retailing, and in the home. Even the most conscious of consumers can't be expected to eat a rotting apple. And so it is, 50 percent of our food goes in the trash... That's roughly 450 pounds of food per family per year.

So, what happens to food that ends up in the trash?

It goes to a landfill, of course, with all other things that go in a landfill. The food becomes trapped under the weight of other waste, and undergoes a process called "gasification." With a lack of aeration, the organic materials break down and convert into carbon



monoxide, hydrogen, and carbon dioxide. These gases become trapped in the atmosphere and are wreaking havoc on our air quality. Food waste is harmful not only to those who go hungry, but to our planet, whose vitality is being compromised.

Luckily, there is something we can do. Besides picking less than perfect apples and eating all your left-overs, you might try something most of us green-thumbed characters have known about for years. It's a simple solution for urban families to lessen their carbon footprint while turning yesterday's food waste to healthy food for your plants. It's called compost.

Traditional composting methods date back to the days of Pliny the Elder and the early Roman Empire. The initial techniques were an imprecise means of recycling farm waste and reusing it in fertilizer. The crude process would take about a year of time and a lot of land. As the Indus-

trial Revolution took place, there became less farmers and more people to feed. Composting fertilizer was then replaced with pre-made fertilizers that harbored many chemicals and a mysterious icky residue, but it was fast and easy.

Sir Albert Howard writes in his book, "An Agricultural Testament": "Artificial [fertilizer] lead inevitably to artificial nutrition, artificial food, artificial animals, and finally to artificial men and women."

Thankfully, in 1920s Europe, composting made a comeback. Stations were made for industrial urban composting, and modern understanding and technology sped up the process. Scientists discovered the complex science of food breaking down, and the necessary chemical reactions that were needed to make compost. Fast forward to today, composting bins can be purchased at every garden center and even ordered on Amazon to

be personalized to your family's preferred color and style.

Are you ready to make a difference? Follow these simple steps and you will be a part of the composting revolution. First, identify what is able to be composted, and what is not. Make a list visible for your family or housemates to maintain a healthy compost. Keep in mind: a properly managed compost does not attract rodents or have a strong odor.

Some examples of what to compost: Fruits and vegetables, egg shells, coffee grounds, tea bags, nut shells, shredded newspaper, cardboard, paper, yard trimmings, leaves, grass clippings, and house plants.

I keep a separate, sealed container in my kitchen for appropriate table scraps, and every other day I empty it into the larger bin outside to avoid odors and flies.

Some examples of what NOT to compost: fats, lards, or oils (creates odor problem and attracts pests and rodents), Dairy products (odor), pet wastes (odor and bacteria), meat (odor and pests), or yard trimmings with chemical sprays. Compost is here to activate microbes, not destroy them.

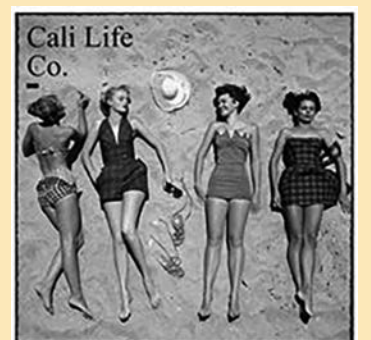
Select a spot in your yard that doesn't receive a lot of foot traffic and is near a water source. You can either purchase a bin, build a box, or create a new design for your trendy urban compost pile. The key is space, water, and aeration. You want to be able to freely add both fresh and dried yard waste to while incorporating food

scraps (I bury them under the yard waste). Watering is essential and depends on how much waste you have.

Here is a website that has all the information you will need to begin composting in San Diego County:

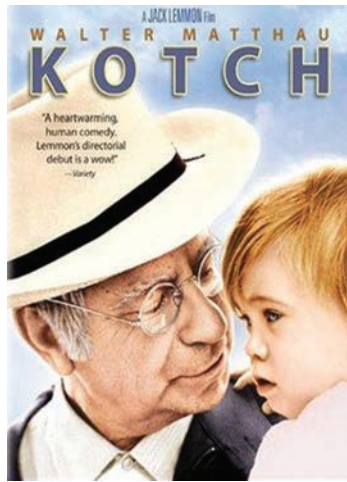
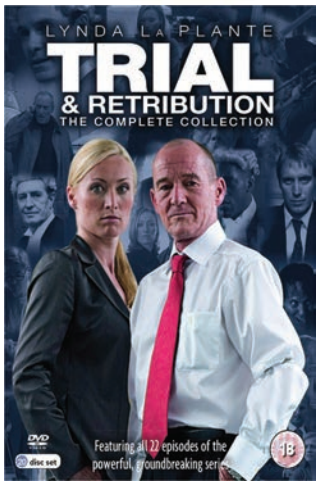
<https://www.sandiego.gov/sites/default/files/legacy/environmental-services/pdf/recycling/homecompostingresources.pdf>

Take a look around at the space you inhabit. What are the next steps to limiting your carbon footprint that are affordable and easy? The answers are right there in front of you, and with a little creativity you can make urban gardening look good.



Cali Life Co. is a San Diego-based company, employing local artists to create unique designs for sunglasses, hats, and accessories. Sourcing high-quality lenses with polarized, UV-400 protection, our sunglasses not only look good, they also provide stellar eye protection from the gleaming SoCal sun!

Check us out at, CaliLifeCo.com Or, come and see us in person!



LIFE IN A DAY – This is a story of our world told by us. On July 24, 2010, thousands of people from around the world uploaded videos of their lives to YouTube. This created the must see film event, Life in a Day.

TRIAL and RETRIBUTION -This is a murder series, which I think you will really enjoy watching. You can see how the system works. Set 1-6. Two older films with children that you may enjoy.

ST VINCENT - Bill Murray, Melissa McCarthy. The young boy in this story is so likable. This has such a great moral tale to it. A must see.

KOTCH - Walter Matthau. Any grandparent will relate to this story. Matthau is so delightful with his grandson and other small children. Yes an oldie, but goodie.

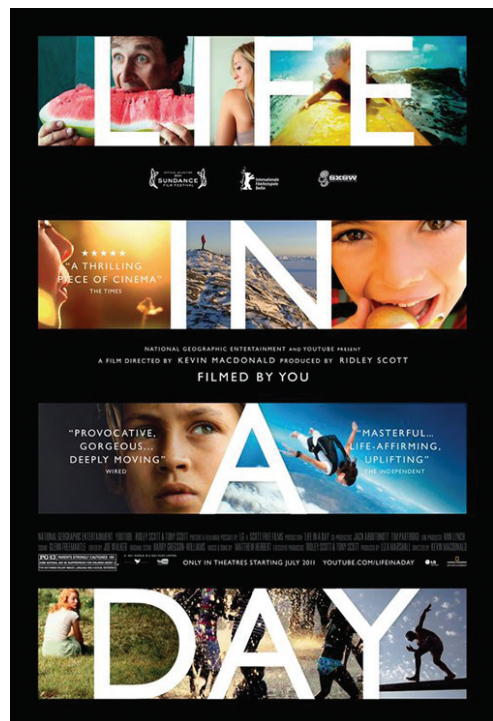
WILD OATS – Shirley MacLaine, Jessica Lange, Billy Connolly. A widow and a retired teacher have a real fun time when they receive a check for \$5 million instead of \$50,000.

CITY of GOLD - Pulitzer prize-winning food critic Jonathan Gold tells you about the very best of eating, which I could never eat. It is amazing what people call good eating. I guess I'm just a pork chop and mashed potato person.

THE INNOCENTS - Poland, December 1945. A Red Cross doctor and helpers are taking care of the last of the survivors from the German

camp. A nun shows up and wants someone to come where the nuns live and see what conditions are happening there. Very sad what goes on in war-torn areas.

THE COMING GREAT THIRST - Texe Marrs documentary on water, which is very interesting. Don't miss seeing this, so you know what is happening in the world. He proves that the great thirst has begun. See it if you really want to know.



Meeting Them 'Where They're At'

A rule that takes a lot of patience and many deep breaths



Using my knowledge, professional experience, and personal journey as a parent, I began to coach other parents to develop happier, healthier, and more peaceful relationships with their children. I trained with Dr. Laura Markham of Aha! Parenting and am a Certified Peaceful Parenting Coach.

By Lisa Howe

One of the first things they teach you when you become a social worker is to “meet the client where they’re at.”

That is one of the hardest lessons you learn because many times your client is not in a pretty “place” and they are often quite comfortable there.

Learning to meet them there takes a lot of patience and many deep breaths.

Before I became a parenting coach, I worked as a hospice social worker. Meeting those patients where they are has led to some of the most challenging moments of my career because sometimes adults make poor choices — choices that you know, from having an outside perspective, can hasten their death or leave them alone in their most vulnerable state.

But still, you meet the client where they are. Learning how to do this in the most difficult of situations has provided me with an outlook on life and death that I could not have formed in any other way. It has helped me to become a better social worker — and, subsequently, a better mother.

What does this have to do with parenting? How do we meet our children where they’re at? The easiest way for me to explain is to share a personal story with you.

Last weekend, my husband and I took our daughter to an indoor water park. Our daughter is 4 years old and, by nature, a very cautious little girl. I’m the opposite; I have always been a thrill seeker.

Once my daughter walks through her fear and tries something exciting, she is frequently happy she did — but it has to be on her terms. I honor that because I believe in mutual respect and the golden rule. But walking into that water park and seeing all of those water slides, I would be lying if my heart did not sink a little bit when I realized that I would be spending my weekend in the little kids section because that is where my daughter’s comfort level is right now.

The good news is that because I have the experience in meeting people where they are and it has become a part of my value system that I apply to my parenting, I had planned

ahead. I scheduled a babysitter on Friday night so that my husband and I could have an adult water slide date night. Doing that provided me with the opportunity to have fun without developing any resentment towards my daughter for “keeping me from having fun” by simply being a 4-year-old girl.

So often it is all about our expectations as parents; if I had gone into the weekend expecting that all of a sudden my daughter would be a different little girl and go on all of the water slides, I would have set myself up for disappointment, frustration, and resentment. Plus, I would have created a lot of unnecessary upset for her.

The basis for our influence in our relationship with our children is our connection with them. We develop and maintain connection with our children in so many ways but we can destroy it quickly. One of the ways we can do that is when we fail to meet our children where they are. We have those opportunities each and every day; we do not have to be away on vacation to look for those times when we can meet our children right where they are at that moment.

Maybe they are feeling nervous to talk to people they do not know very well, so you choose not to force them to hug their relatives at Thanksgiving, respecting both where they are and their body autonomy. Maybe they like to pick out what to wear in the morning, so you surrender control and give them some power.

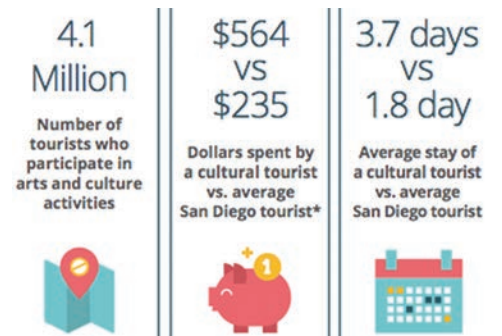
Maybe last week they could get into their car seat and buckle themselves in on their own but this week they are feeling like they need your help, so you give them that love and attention.

If you are struggling to meet your children where they are and you are having a difficult time trying to develop and maintain connection with your children, I am here to help you and your family. Parenting is the hardest job there is and you do not have to do it alone. Check out Lisa’s upcoming events at, becomingpeaceful.com/event_calendar/

www.BecomingPeaceful.com
Email, Lisa@BecomingPeaceful.com
Phone, 619-665-0637

Arts Power Prosperity

Each year more than 34 million visitors come to San Diego. When these visitors spend the night in San Diego hotels, they generate tax revenue for the city. The more visitors San Diego attracts, the more money our city has to maintain parks, build libraries, and clean beaches. San Diego’s vibrant arts and culture experiences give visitors a reason to return to our city again and again, experiencing something new every time.



BALBOA PARK

WAGONS: Automotive Museum Displays Vintage Station Wagons



1963 Bel Air nine-passenger



1929 Ford Model A

The San Diego Automotive Museum in Balboa Park has opened “Wagons...Weekend Warriors,” an exhibit that highlights the development of station wagons from the early days of depot hacks to the huge passenger wagons of the 1960s and 1970s.

Enhancing the exhibit are vintage advertising, videos and a chance to “vote” on the question of whether the Pacer is a station wagon or not.

The exhibit features a 1929 Ford Model A Depot Hack, 1955 Studebaker Commander Conestoga Wagon, 1970 Saab 95 V4, 1962 Ford Falcon Squire Wagon, 1976 Pacer, 1953 DeSoto Fire-dome Estate Wagon, 1963 Bel Air 9-Passenger, 1973 Volvo P1800 ES, 1972 Ford LTD Country Squire Wagon, 1962 Rambler Classic 400 Cross Country, 1957 Chevy Bel Air Nomad, 1957 Ford Country Sedan Wagon, 1968 Pontiac Bonneville, 1964 Austin Mini Countryman, 1940 Ford Deluxe, and a 1959 Dodge Custom Sierra. .

Regular museum hours are 10 a.m. to 5 p.m. Admission prices are: \$9 for adults, \$6 for seniors (65 and over), \$5 students with ID, \$4 children ages

6–15. Children under the age of 6 are admitted free of charge. The museum is free to all San Diego County residents and military with

ID on the 4th Tuesday of each month.



1964 Mini Countryman



1957 Chevy Bel Air Nomad



1940 Ford Deluxe

Balboa Park Conservancy Awarded \$75,000 Grant

Funds will be used to hire a project manager for 2 years



Restoration of the Botanical Building is one of the projects the Balboa Park Conservancy wants to accomplish. (Photo by Manny Cruz)

The Balboa Park Conservancy has received a \$75,000 grant from The Parker Foundation to help fund a project manager for two years who will further the group's efforts on several initiatives.

Among the current and upcoming projects are a comprehensive tree inventory of the park, the economic impact study, a signage inventory and analysis, the Cultural Landscape Report, and the restoration of the Botanical Building.

To fulfill its mission of enhancing and sustaining Balboa Park for future generations, the Conservancy seeks to gain a greater understanding of the park's fundamental ecological, cultural, and economic conditions and impacts.

To that end, the Conservancy will enlist the expertise of a project manager experienced in construction, public landscapes, and environmental sustainability to successfully pursue the following projects over the next two years:

- Comprehensive Tree Inventory of the Park — to guide the planning of future

reforestation and conservation efforts.

- An Economic Impact Study — to demonstrate the economic value of the park to the region.

- A Signage Inventory and Analysis — to improve the visitor experience and enhance access, circulation, and orientation in all areas of the park.

- A Cultural Landscape Report — to determine the historic value of various elements in the park and guide preservation and restoration planning.

- Restoration of the Botanical Building — to rehabilitate and preserve one of San Diego's most iconic structures.

The project manager will also assist the Conservancy in coordinating all of its activities with the city of San Diego Park and Recreation Department, consultants, and park stakeholder groups.

"The Conservancy is extremely grateful to The Parker Foundation for providing the financial resources that will enable us to move forward on a

number of projects that are essential for sustaining and enhancing the beauty and accessibility of the region's most cherished cultural resource for the enduring enjoyment of all visitors," said Conservancy CEO and President Tomas Herrera-Mishler.

Balboa Park Conservancy Mission:
The Balboa Park Conservancy enriches the visitor experience and keeps Balboa Park magnificent by sustaining and enhancing the park's beauty, and its historic, cultural, and recreational character for the enduring enjoyment of all. Working in partnership with the city of San Diego and surrounding communities, the Conservancy is committed to ensuring that the Park's spectacular landscaping, grounds, and structures continue to make Balboa Park one of the best urban cultural parks in the country. Through the Balboa Park Visitors Center and Balboa Park Marketing, the Conservancy provides complete visitor relations services for the Park. For more information, visit <http://www.balboaparkconservancy.org>.



Balboa Park Conservancy CEO and President Tomas Herrera-Mishler in the Botanical Building. (Photo by Delle Willett)

SoNo Neighborhood Alliance

North Park-South Park group holds inaugural meeting

By MANNY LOPEZ



Vernita Gutierrez, co-chair of the steering committee for SoNo, with former District 6 Councilwoman Donna Frye. (Photo by Manny Lopez)

The SoNo Neighborhood Alliance, a community engagement group serving North Park and South Park, held its inaugural citizen public forum meeting, with former District 6 council member Donna Frye as the guest speaker.

Held at the historic Lafayette Hotel, Swim Club and Bungalows on Oct. 11, more than 50 neighborhood residents and business owners attended the event to discuss quality of life issues affecting the two neighborhoods, which included land use and development, traffic, parking, transportation, homelessness, alcohol proliferation, code compliance and green space.

"It was so amazing when the people of SoNo contacted me to come and speak," Frye said. "It's a new organization starting out and it shows that people are not getting discouraged, but are getting encouraged and engaged. They're caring and wanting to do things and wanting to make things work."

Frye said that citizens are frustrated, and that elected officials unfortunately are not engaged at a level that they should be. She added that office holders should attend public meetings, work with the residents, listen to their concerns, and not tell people what they have to do, but instead ask what they would like their representatives to do instead.

In attendance for the meeting was councilman-elect Chris Ward, who won a landslide victory over Anthony Bernal on June 7 to take over the District 3 seat currently held by termed out member Todd Gloria. Ward will be officially sworn in as councilman on Dec. 12.

"I'm grateful that a group of concerned constituents are coming together to provide a forum to discuss current issues, and for the dozens of people that turned out to show the care about North Park and South Park," Ward said.

According to Vernita Gutierrez, co-chair of SoNo's steering committee, the organization's goal is to elevate the voices of the residents of North Park and South Park as well as the surrounding communities. Gutierrez said that the organization will serve as a platform for community members to voice their concerns, and hold elected officials and municipal agencies accountable to their constituents.

"I think it was a really good start," Gutierrez said. "Our objective was to start the conversation and to see what the community's concerns are in order for us to move forward with the next step, and I think we really gave them an opportunity to be heard."

Gutierrez said that it was important to note that the group is not against development, but instead wants to be engaged, and have a seat at the table to give input on discussions during the beginning stages and not after projects have already started to be constructed.

"I came to see what they are all about and I think they're a pretty proactive group," said Matt Thompson of North Park. "It was awesome to see Donna Frye, because she has a lot of experience in seeing all sides of different problems, and realizes that everyone has a valid say in things and it certainly helped avoid the 'echo chamber syndrome, which sometimes occurs when you get people all going in the same direction.'"

"It was nice to hear people from the community have their voices heard, which is the first step empowering themselves," said Rick Pyles, a SoNo board member in charge of policy, who participated in a lawsuit brought by a North Park community group against Jack in the Box and the city of San Diego. "I think this organization has the potential to be a real player in the big picture, because communities need these kinds of groups where the everyday resident has a voice and a place to have their say."

SoNo is located at 2358 University Ave., No.370, San Diego, CA 92104. More information on SoNo can be found at sonoalliance.org.

Small Business Saturday Coming Nov. 26 Keeps building impact for local businesses and communities

AMERICAN INDEPENDENT BUSINESS ALLIANCE

In stark contrast to the mad rush of Black Friday at crowded malls and chain stores, Small Business Saturday brings people together on Main Streets and in neighborhood business districts for a more rewarding and personable shopping experience.

Small Business Saturday takes place in over 4,000 U.S. communities the Saturday following Thanksgiving (Nov. 26 this year) and encourages people to frequent their local, independent businesses during the holiday season. The campaign also takes place in the United Kingdom and Australia, though on a different Saturday during the year.

Small Business Saturday broke records in 2015 for both overall participation and customer spending. Ninety-five million people patronized one or more independent business — a strong eight-percent increase over 2014. Spending at independent retailers and restaurants increased even more — growing 14 percent, from just over \$14 billion in 2014 to more than \$16 billion in 2015, according to a survey quantifying the impact of last year's event.

American Express, the founding partner of Small Business Saturday, reported for 2015:

- More than 200 federal officials and agencies supported Small Business Saturday via social media;

- Mayors and other elected officials in all 50 states and Washington D.C. (including a large number of communities home to American Independent Business Alliance (AMIBA affiliates) issued a whopping 551 city proclamations in support of Small Business Saturday, as did the U.S. Senate;

- Government officials in the U.S. recorded 14 public service announcements encouraging participation across the nation.

The number of Neighborhood Champions rose by 48 percent from 2014 to 2015, reaching a record 4,100 across the U.S. Neighborhood Champions are local residents and organizations engaging small businesses and residents in their community to participate in Small Business Saturday. They provide marketing materials to participating businesses, promote Small Business Saturday in the community and organize events to draw residents into their neighborhood shops.

As of Sept. 30, more than 3,000 Neighborhood Champions already were registered, and participation rates are expected to meet or exceed last year's numbers.

Many Independent Business Alliances engage in the event with creative activities. Stay Local! (New Orleans) sponsored a "second line" brass band and Small Business Santa Claus with an entourage that visited businesses in a "commercial opportunity zone" populated by small and mostly-minority-owned businesses that don't get the exposure enjoyed by those in neighborhood frequented by tourists.

What is an Independent Business Alliance?

An Independent Business Alliance works to build vital local economies based on independent, locally-owned businesses and help local entrepreneurs compete successfully against chains, online competitors and others.

IBAs unite locally-owned independent businesses, citizens and community organizations to achieve this goal. IBAs typically accomplish

these goals through initiatives within these realms:

1. Public education about the greater overall value local independents often can provide (even when they're not the cheapest) as well as the vital economic, social and cultural role independent businesses play in the community.

2. Facilitating cooperative promo-

tion, advertising, purchasing, sharing of skills and resources and other activities to help local businesses gain economies of scale and compete more effectively.

3. Creating a strong and uncompromised voice to speak for local independents in the local government and media while engaging citizens in guiding the future of their

community through democratic action.

4. Enhancing opportunities for local investment, banking and access to capital for local entrepreneurs.

**2016
SMALL
BUSINESS
SATURDAY
SHOPPERS**

**HELPING SMALL BUSINESSES COMPETE
WITH BIG BOX AND ONLINE GIANTS**

BARBER SHOP, BAKERY, PET SHOP, CAFE

The graphic features a stylized city skyline in shades of blue and grey. Below the skyline, four colorful storefronts are illustrated: a Barber Shop with a green sign, a Bakery with a red and white striped awning, a Pet Shop with a white sign, and a Cafe with a black and white striped awning. The text is prominently displayed in large, white, bold letters against the blue background.

SMALL BUSINESS SATURDAY® | NOV 26

**GET UP, GET OUT, AND
#SHOPSMALL WITH US**



SD MUSIC SCENE

By Bart Mendoza



Hirie

November 25 Homecoming Party for Hirie

Appearing at the Music Box on Nov. 25, Hirie is one of the city's current success stories. The seven-piece band, named for their lead singer, was formed in 2013, almost immediately making an impact with a hit song "Sensai Boy," a San Diego Music Awards nomination. Relentless touring, a strong work ethic and joyous melodies have since come together to make them one of the biggest bands to emerge from San Diego. Hirie recently scored a No. 1 hit on the Billboard reggae charts with their second album, "Wandering Soul." This show comes at the end of a month-long national tour with reggae favorites Rebelution and as such would be considered a homecoming party. In this case they have much more than a successful tour to celebrate. www.musicboxsd.com



Nik Turner

November 26

Make-up and Egyptian Look Does it for Nik Turner

Psychedelic rock fans won't want to miss British legend Nik Turner when he appears at Brick by Brick on Nov. 26. Best known as flute and sax player for the band Hawkwind, Turner has had a prolific career since he began recording in 1969, performing a spacey free-form sound, with more than 70 albums currently in his discography. However, it's his over the top live persona which keeps the fans coming to his shows, complete with elaborate make-up and Egyptian costuming. While not quite a household name, despite work with the likes of Sting and Psychic TV, Turner is one of the lynchpins of British rock, without whom musical history would not be nearly as much fun. www.brickbybrick.com



Suspicious Minds by Joey Gaston

December 2

Suspicious Minds on Elvis Presley

The No. 1 artist in the world? Sorry Beyonce, it's still Elvis Presley, who earlier this month scored his 13th No. 1 UK album on top of 43 chart hits, including four No. 1's since 2001. It's an amazing feat for any musician, let alone one who passed away in 1976. With such a fan base, it's only natural that there are numerous tribute acts to the king of rock 'n' roll, including top-notch local combo Suspicious Minds, who perform at Tio Leo's on Dec. 2. Led by Todd Torres, the band excels at Presley's Las Vegas jumpsuit period and they do it well. Of course, with a set list that includes everything from "Hound Dog" to "Burnin' Love," it's hard to go wrong, but Torres' interaction with audiences puts his show above many similar acts. www.tioleos.com



Cindy Lee Berryhill

December 13

Special Fundraiser for Grassroots Oasis

Some of San Diego's finest singer-songwriters will come together at Grassroots Oasis on Dec. 13, when the local music community will put on a special fundraiser to help the beloved local venue. While the lineup was still being confirmed at press time, heavy hitters set so far include Cindy Lee Berryhill, Kimm Rogers, Nena Anderson, Jeff Berkley and Cathryn Beeks, all headliners in their own right, with many more to be added. The Oasis is much more than just a music venue, also opening up for community gatherings and arts event, making it a rare jewel in the cities arts community. Don't miss this opportunity to hear some of San Diego's finest musicians, all while contributing to a wonderful venue. www.grassrootsoasis.com



The Jigsaw Seen

December 15

Intense, Live Force The Jigsaw Seen

Los Angeles-based quartet, The Jigsaw Seen make a rare San Diego appearance on Dec. 15 at the Whistlestop. Formed in 1988, the band performs a mix of garage rock and psych with bits of Americana. The Jigsaw Seen is an intense, live force, with frontman Dennis Davidson perfectly matched by guitarist Jonathan Lea. They are currently in the midst of a mini-tour to promote their new Burger Records release, "The Jigsaw Seen For The Discriminating Completest," a rarities collection which spans the band's entire career. Despite many acclaimed releases, The Jigsaw Seen has never quite received their due. Here's hoping this new release and tour will renew the spotlight on a fine group. www.whistlestopbar.com



X

December 15-18

A Four-Night Stand for X

Legendary punk band X, performs a four-night stand at the Casbah Dec. 15-18. The run of dates is in honor of the band's 40th anniversary, with a different opening act each night, including Mike Watt (15) and the Blasters (16). With guitarist Billy Zoom back in the fold after a bout with cancer, the band is at full strength with a set list that takes in material from their full career. While X never scored a chart hit, the band's influence on generations of musicians and artists is immense. These concerts and the anniversary they mark are a firm reminder of what a great rock 'n' roll band X is. www.casbahmusic.com



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BARONS MARKET: Engaging Shoppers with Fine Food and Great Art

By SUSAN TAYLOR PHOTOS BY JIM CHILDERS

Local artists' murals to complement the new grocery store

As North Park residents await the opening of Barons Market in the former Fresh and Easy location at 3231 University Ave., the site is being prepped to engage shoppers with great art and architectural elements.

Every Barons is different, and each store reflects the culture of the neighborhood.

Walking around North Park, store management noticed art on the walls, streets, sidewalks, and electric boxes, and they knew they had to have art in the store created by a local artist.

When Barons requested proposals from artists to create murals inside the store, nearly 40 applicants shared their past work and ideas about community and corporate art.

Ultimately, five local artists were selected by Barons Vice President of Marketing Rachel Shemirani to create murals inside and outside of the store.

"We think they did a great job creating art that is uniquely their own while complementing the store's design and incorporating our company's culture," said Shemirani.

Amy Baca Lopez, the principal artist selected, showcases her vivid paintings regularly at the Hillcrest Farmers Market. A recent creation, "Ode to San Diego," depicting orange slices and neighborhood names, caught the eye of Barons, and positioned Baca Lopez in the design process with her spirited outlook and community awareness.

A food lover herself, Amy's mural incorporates images of fruit, seeds and transportation. Look for the scooter (modeled after an actual scooter she saw in the adjacent U.S. Bank parking lot), bicycles, a dog walker, and a bird of paradise, which will resonate with the typical North Park person on the street.

Amy's shimmering art is painted on the massive interior four-sided column, measuring 9x20 and 4x20, (see if you can find North Park's very own ZIP code), near the registers and wine section.

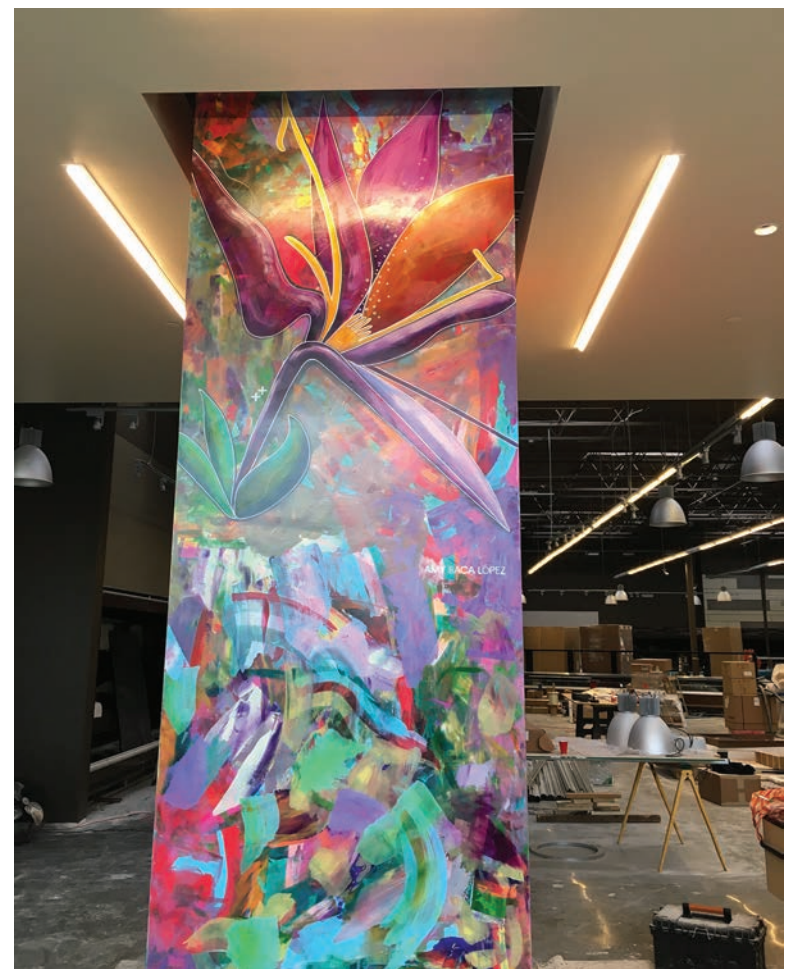
"You can't miss it," she says. Amy's art can be found at www.amy-bacalopez.com, on Facebook and Instagram, and near Harvey Milk Street on Sunday at the Hillcrest Farmers Market. She also works with North Park Main Street.

Jason and Frieda Gould are entrepreneurs as well as artists, having built

SEE BARONS, Page 11



Artist Amy Baca Lopez was selected by Barons because of her spirited outlook and community awareness.



Back side of one of the murals

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Rendering of the mural being created by artists Jeff and Frieda Gould.

BARONS

CONTINUED FROM Page 10

a successful business by knowing how to design a product that reflects the client's vision. They own Visual, an art supply store and gallery, holding monthly exhibits, on 30th Street. Their large-scale mural will be visible in the parking garage on the main west-facing wall at the Barons Market.

Public art is important, says Jason, since it creates a visitor's first impression of the community values and exposes people to art in a non-threatening way.

Other muralists for Barons include Roxy Prima and Phoebe Cornog of San Diego Letters. They are trained graphic designers, knowledgeable about getting a corporate brand right. That means learning everything about the company, in this case, Barons...

what sets it apart, its products, its philosophy.

Although they enjoy working locally, they have been all over the country, working for names like Red Bull and SnapChat. Inside Barons, their mural can be seen on corner walls close to the wine section of the market.

When the store opens later this year, shoppers will have art for the eyes and food for the table — all under one roof.

The success of North Park Barons Market can be gauged by the response to its quality groceries, olive and soup bars, craft beer offerings, and local and organic produce.

Sounds like inspiration to bring out the artist in all of us, creating a recipe with ingredients right off the store shelves. With happy and helpful employees, a great looking interior, and the engaging murals, it may well have "customers choosing Barons as their favorite neighborhood market," says Shemirani.



Jason Bradley, assistant manager of the Barons store, in conversation with Amy Baca Lopez, right, and another guest at a reception for artists.



Barons store manager Ina McDonald, right, is shown with April Buenthart, a supervisor.

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Jason and Frieda Gould are entrepreneurs as well as artists, having built a successful business by knowing how to design a product that reflects the client's vision. They own Visual, an art supply store and gallery.



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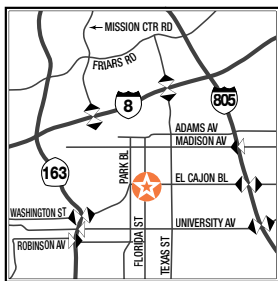
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FALL RACING NOV. 11 – DEC. 4

The Fun of Cycling San Diego Velodrome offers exciting racing during season

By SUSAN TAYLOR | PHOTOS BY JIM CHILDERS

Before baseball was “America’s favorite pastime” and football stadiums dominated the news, the No. 1 spectator sport of its time was track cycling.

Popular from about 1890 to 1920, audiences enjoyed watching this family-friendly sport, as riders sped around an oval track, competing for the fastest time.

The tradition continues today in the heart of Morley Field, at the San Diego Velodrome. Although the resource is somewhat underused, and relatively unknown, according to San Diego Velodrome Association spokesman Mark Ainslie, it provides exercise and training for beginning cyclists and advanced riders, some at national and Olympic-skill levels. Fans can spend an evening watching this exciting track racing from April until the end of September right in our backyard.

The Velodrome was built in 1976, and is one of only three such facilities in the Southwestern United States. The track is 333.3 meters long, its banked sides inclined at 27 degrees. This allows riders to go as fast as possible without losing traction.

Some cyclists reach speeds of 40 miles per hour, with no risk of sliding out at the corners. The exciting



A pace bike leads the racers during the just concluded racing season.

news is the track will be resurfaced with asphalt over the original base of asphalt, which was overlaid with fiberglass and cementitious and coatings and more recently epoxy coating.

Ainslie says the resurfacing will “make all the difference.” This resurfacing should make the track smooth again, and will restore the track to original surface of asphalt.

Participation at the Velodrome is encouraged by reasonable annual membership fees for regular riders, and no charge to the public from 9 a.m. to noon on Saturdays, when anyone can use the track. Bring your bike, a helmet, sign the waiver, and follow the instructions of track

steward Hans. For those wishing to become part of the San Diego Velodrome Association, the annual rate is \$120 plus two days of volunteering, then a safety class to become certified to ride the track safely.

Other member/volunteer activities besides riding the track and having fun include maintaining the track and infield, coaching free classes for children, and providing bikes for lessons.

The city of San Diego Department of Parks and Recreation owns the Velodrome, providing lights, water, and some repairs. SDVA is responsible for the coaching, keeping things safe, insurance, security, and general upkeep of the facility.



Mark Ainslie is president of the San Diego Velodrome Association.

In 2007, the Velodrome was the site for the U.S.A. Cycling Collegiate Track National Champion events. Recently Sarah Hammer and Jennifer Valente trained here and went on to win Silver medals in team racing at the Rio Olympics.

The Velodrome is a resource for all ages and all abilities.

Although Sept. 13 was the last race of the 2016 season, the Velodrome is open to the public on Saturdays from 9 a.m. to noon. There is no admission charge and riders must sign a waiver. A parent must be present if the rider is under 18. The Velodrome requires that users must be able to ride a bicycle inde-

pendently and must wear a helmet. A track steward will go over the basic rules of the track, but no instruction is offered.

Find the Velodrome at 2850 Pershing Drive, and parking is free. If track cycling is something you’ve never tried, find out all about classes and events during the season on the website: www.sdvelodrom.org. The Velodrome is a local resource for physical fitness, fun, socialization, and helping others. As Albert Einstein said, “Life is like riding a bicycle: To keep your balance, you must keep moving.”



Mark Ainslie is president of the San Diego Velodrome Association.



Cycling enthusiast Katie Conner decked out in racing gear.

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Is flossing A waste Of Time?

You may have read in the news recently that flossing is no longer recommended in the recent Federal Dietary Guidelines.

When I came across this, I was pretty shocked because there is absolutely no doubt in my mind, as a dentist with 26 years experience, that flossing is critical for a good oral hygiene. As I read more about this I found out that the flossing was dropped because of lack of adequate research to show that it actually works and the guidelines require scientific data to back it up.

Daily flossing has been recommended by government since 1979 but recently, in a letter to Associated Press, the authorities acknowledged the lack of research and consequently removed the flossing from their guidelines.

I have been asked by quite a few patients, and some friends if flossing is really necessary. Some were even eagerly hopping I would say no so they could throw their floss away and use that time for something more productive, like watching TV.

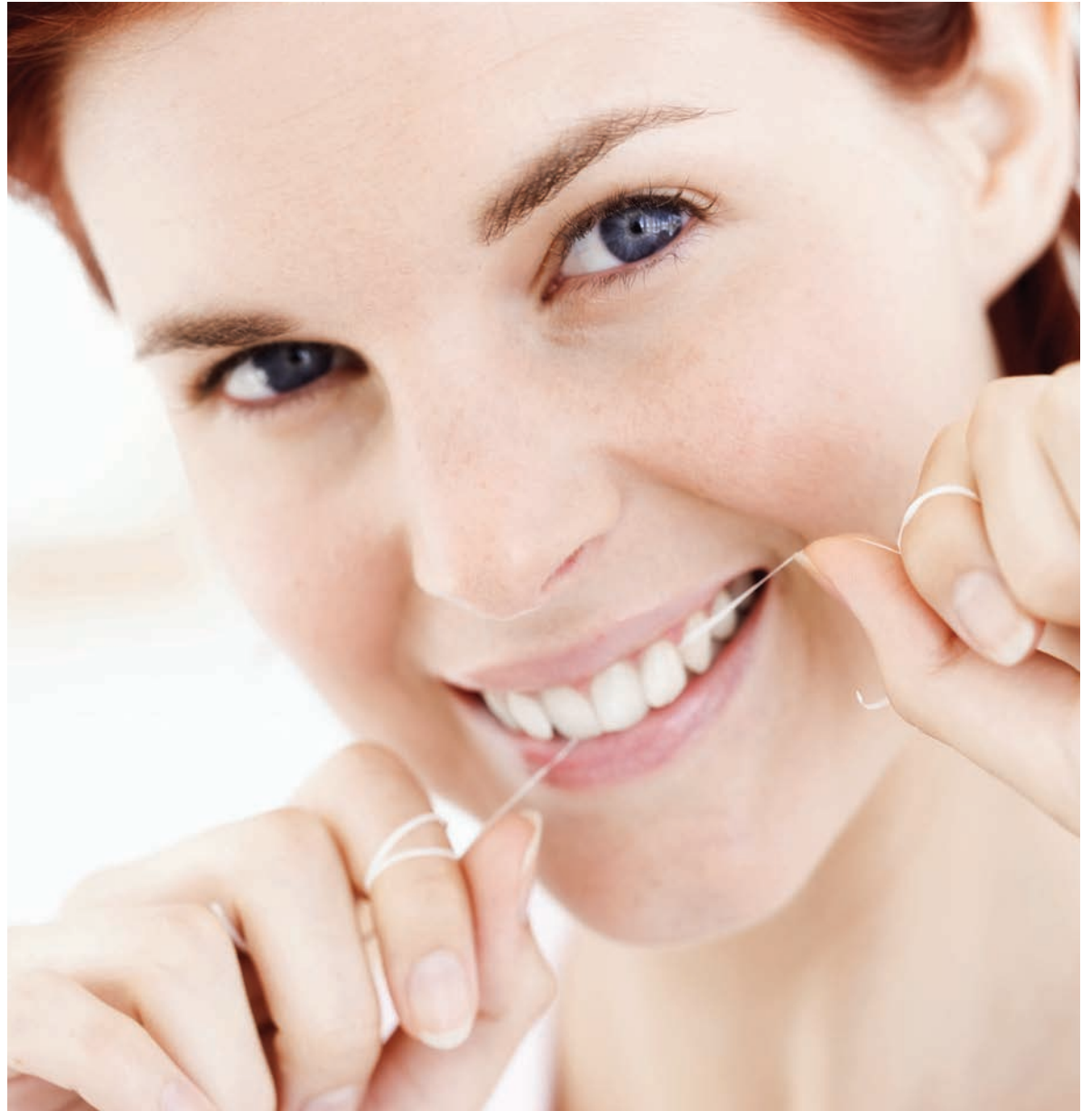
As much as I really wanted to make them happy and agree with the government, my dentist conscience didn't let me do so and each time I passionately explained to them how important it is to floss daily and after each meal.

I agree that there is little scientific data backing up the benefits of flossing, but I see the results daily in my practice and it is so obvious that I doubt we need research to show that flossing is beneficial.

Floss reaches and cleans surfaces of teeth that are inaccessible by tooth brush. Without flossing plaque and bacteria accumulate in those areas and cause periodontal (gum) disease.

It is quite important to do flossing correctly. It should be done after each meal. So if you have 3 meals a day, you should be flossing 3 times a day. It should be done gently and in an up and down motion. It is also important to know flossing is also necessary for patients who have dental implants. Keeping those dental implants clean and plaque free is as important as in natural teeth.

Dr. James Khazian is a dental implant expert in Hillcrest California. For more questions on this subject he may be contacted at 619-497-1700 or email jk@drkhazian.com. You may also visit his website www.drkhazian.com.



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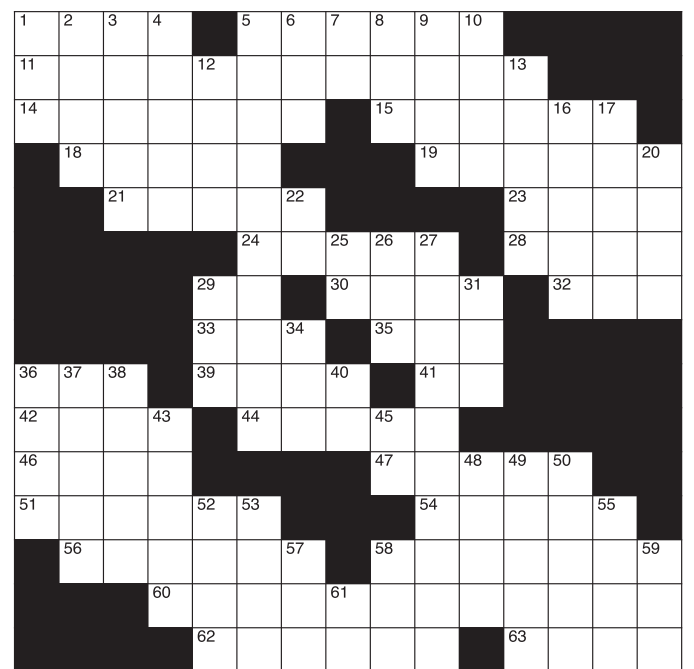
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- Angling worm
- Tissue that conducts food in plants
- 1937 Steinbeck novella
- Feed storehouse
- Raised pattern cotton cloth
- Prophetic signs
- Cowboy competitions
- Ophthalmic products company, _____ Worldwide
- Prefix meaning inside
- Arousing or provoking laughter
- Plant spike
- Atomic #94
- Himalayan goat
- Patti Hearst's captors
- Rock TV channel
- Pen point
- Tiny bite
- Organized work group
- Atomic #58
- Food fish of the genus Alosa
- Fleshy slice of meat
- Shallowest Great Lake
- Tapered tucks
- Winter muskmelon
- Isaac's mother
- Picasso's birthplace
- Lowest hereditary title
- Streisand/Reford film
- Verb states
- Soluble ribonucleic acid

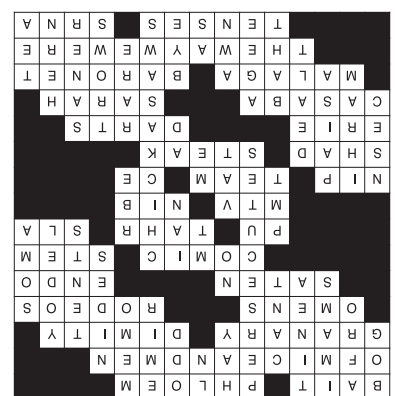
CLUES DOWN

- Sink in
- Hairdo
- Muslim leaders
- Ringworm
- Oppresses or maltreats
- Cut fodder
- Natural logarithm
- Not divisible by two
- Independent Islamic ruler
- Written proposal or reminder
- Tilt or slant
- Nests of pheasants
- Portable shelters
- Swiss singing
- Body of an organism
- Opposite of "yes"



- 41st state
- 007's Fleming
- They speak Muskogean
- Payment (abbr.)
- "Spud Papers" author's initials
- Large vessel for holding liquids
- Nanosecond (abbr.)
- Worn to Mecca
- 1/100 rupee
- Of I
- Distributed cards
- Public promotion of a product
- Hard to find
- Thinks or supposes
- More lucid
- Thai monetary unit
- Phil __, CIA Diary author
- Dialect variant of "heron"
- One of the tender
- bristles in some grasses
- Pass
- Hot or iced brewed beverage
- Equally

Solution



KIDS' KORNER 4 KIDS
BY KIDS**Shelby's DIY Pick for November
Rock Animal Pet****Materials:**

(1 pair for each animal)
Acrylic paint in assorted colors
Paintbrushes
Hot-glue gun
Construction paper
Scissors

Directions:

1. Paint rocks a solid color; let dry. Using a small brush, paint details such as spots, stripes and (on smaller rock) facial features. Let dry. Glue smaller

rock to larger rock.

2. For ears, cut a pair of circles or ovals out of construction paper, adding a tab or stem. For panda, cut a pair of circles out of white paper that are about 1/3 smaller than black circles, and glue them to black circles. Glue ears to head. Leopard's ears are painted directly onto rock.

Ref: www.allyou.com/

**SoCal FUN with Rhoads**

Hey, my name is Rhoads. I'm 13 years old, and I've been skateboarding for three years now. I have to say, I love skateboarding.

I like skateboarding for many reasons. For instance, instead of walking, you can zoom down the street on a Skateboard. It's a lot quicker. I also like skateboarding because I get to hangout with my friends. We all skate together and have a great time.

Another reason I enjoy the sport, is I like to build my own skateboards. Although i've only built one skateboard so far, i intend to build more. Maybe I'll start my own skate shop some day. Speaking of skate shops, one of my favorite skate shops is Overload. Another skate shop I like is Soul Grind. I like these skate shops because they have a great selection of skateboard decks, wheels, and grip tap trucks for good prices.

Another one of my favorite things about skateboarding is going to the skate park. One of the coolest skate parks in San Diego is the OB skate park. In my opinion one of the only shoes that will survive the skate parks here are Vans. Another cool thing about this skate park is it's also a great place for beginners

to go.

I'm not saying skateboarding is easy, because you can get hurt falling or hitting your head. That's why it's safe to where a helmet and elbow and knee pads, especially at

skate parks.

The number one key to skateboarding is having fun and being safe.

I know some day I want to be a professional skateboarder.r



Cali Life Co. Kids is an art project inspiring local youth to develop their creative skills, building confidence and experience within and beyond their communities. Have FUN coloring! Share your work with us on facebook, twitter or instagram and be entered to WIN prizes for the new school year!



Jefferson IB STEAM Elementary Rolls Out Gardening Program

By Andy Hinds

In the last century or so, we as a culture decided that little kids should be in school learning to read, write, and do math, rather than out toiling in the fields. But it turns out we may have thrown out the proverbial baby with the bathwater. New academic research, anecdotal evidence, and good old common sense suggests that our kids are spending too much time struggling to stay in their seats while absorbing (or not) ever more rigorous learning standards at the expense of getting outside and having real-world experiences.

To counteract this, many schools across the nation and here in our area are turning to gardening programs to give their students opportunities to learn about the natural world in a non-classroom environment--to literally get their hands dirty and see the fruits of their labor. As an added bonus, it helps them get their wiggles out.

Jefferson IB STEAM Magnet, North Park's neighborhood public elementary school, has just joined the ranks of these schools, by rolling out weekly gardening classes for all of the students in kindergarten through third grade.

In Jane S. Hirschi's 2015 garden education manifesto, *Ripe for Change*, the author makes the case for garden programs thus:

"It is a place where students practice skills like measurement, scientific observation, informative writing, and poetry. Of course, these are skills that can be taught in many ways, but teachers find that the school garden is a particularly engaging environment for their students. Garden-based learning can bridge academic subjects in a way that not only imparts skills and content but also helps students understand why these skills are important and how they can be useful. Further, the edible learning garden allows teachers to "fold in" health and food education without competing with core academic time. The schoolyard garden is a sensory-rich change in environment from the classroom, and it is just outside the door."

Indeed, Francisco Morga, Jefferson's principal, has already observed the benefits of the burgeoning program: "Our gardening program has been a wonderful addition to our IB STEAM program, allowing the students to go beyond the classroom and learn about science and the world around them. After every gardening class, it's a joy to see the excited students, and know that they are going to go home and tell their parents about their experience."

Jefferson's gardening program is developed and conducted by Dig Down Deep, a garden education company founded by North Park resident Mindy Swanson. Swanson also runs the gardening programs at nearby McKinley and Birney elementary schools, and has been training and mentoring teachers and community members for nearly a decade. Since all three elementary schools are part of the International Baccalaureate (IB) cluster that feeds into Roosevelt Middle School and San Diego High, Swanson has had years to develop a curriculum that meshes seamlessly with the IB units of study. Perhaps more than anyone in our area, Swanson has witnessed the benefits of school gardening programs.

"Because garden programs are on site," she says, "they are not limited to snapshot experiments; but rather, they become part of the fabric of a school: helping connect seasons, language development, and community seasonal events. The garden often becomes the heart of a campus, providing a place for all kinds of connections that can't be made in other contexts."

"Additionally a garden can beautify the campus, bringing life into outdoor places that are often overlooked. In addition to the academic and social contributions, garden programs provide a perfect compliment to nutrition programs - giving students a real life context about food, how to grow nutritious food and the qualities that make this food healthy for you and the environment."

Since the San Diego Unified School District does not currently provide funding for gardening programs, Friends of Jefferson Elementary, the school's foundation, relies on the annual jog-a-thon, The San Diego Homebrew Festival and Competition, monthly Family Movie Nights at Waypoint Public, Pancake Day at Snooze, and other fundraising events to pay the bills. Thanks to enthusiastic families and generous community partners, Jefferson is able to provide a truly cutting edge curriculum to its students, and plenty of dirty laundry for their parents.



Youth Hero of the Month

At Local Umbrella Media we are dedicated to serving the communities, kids, and causes that make our unique neighborhoods great. Every day local kids go out and do incredible things. Tell us about a Youth Hero you know. Share your story, info@LocalUmbrella.com, and help us find the next Youth Hero of the Month.

'THE MYSTERY OF LOVE AND SEX'

Diversionsary Theatre presents a 'drama with a funny bone'

Charlotte is in love with her best friend Jonny. And her new friend Claire. How can she explain her love life to her parents, who are keeping intimate secrets of their own? "The Mystery of Love & Sex" offers an explosive look at romance, race, and our connections to each other in a world full of tangled and complicated differences.

The "drama with a funny bone," as the LA Times categorized "The Mystery of Love and Sex," opens Dec. 3 at the Diversionsary Theatre.

The play premiered in New York City under the Direction of Sam Gold, with a cast that included Diane Lane and Tony Shaloub.

Diversionsary's production has nabbed the talents of Mike Sears ("Birds of A Feather," "Parlour Song"); Rachael VanWormer ("Regrets Only," "Birds of a Feather"); and Marci Anne Wuebben in her Diversionsary debut. All are San Diego locals. John Wells III hails from Los Angeles to make his San Diego debut.

Playwrite Bash Doran is known for her funny, poignant and sophisticated writing style. She earned accolades while working as a staff writer on HBO's "Boardwalk Empire." Her work plays with the idea of changing relationships and sexuality. Her play "Kin" travels through generations of a family, and "The Mystery of Love and Sex" takes an exploratory journey of its own.

Set "on the outskirts of major cities in the American South," "Mystery" delves into the tumbling world of Charlotte (Rachael VanWormer) and Jonny (John Wells III) who are confronting the mysteries of their bodies, friendship, and desires. Best friends since childhood, they come to see each other in a different light, and find themselves in a newly complicated

relationship they are unable to extricate themselves from.

Charlotte's parents (played by Marci Anne Wuebben and Mike Sears) face their own shifting perceptions of love and happiness. Traversing years, intertwining relationships, and unexpected outcomes, "The Mystery of Love and Sex" is provocative Southern Gothic romantic comedy that peeks behind the curtain of sexuality and race to illuminate the secrets of the heart and the fabric of a family.

Executive Artistic Director Matt M. Morrow will direct his third sonw at Diversionsary. Previously he directed "Amazons and Their Men" and "Now or Later."

"The Mystery of Love and Sex" is not only incredibly sexy and charming, it deals in big truths we all face in our relationship with ourselves and the lones we love," says Morrow. "It is a deeply moving story of a family's journey to survive the years intact. There truly is something for everyone in this lovely, smart play."

PLAYBILL

San Diego Premiere of "The Mystery of Love and Sex"

Diversionsary Theatre, 4545 Park Blvd. No. 101

Opening Night: Dec. 3, 8 p.m.

Executive Artistic Director Matt M. Morrow to direct piece by Bathsheba Doran.

Starring: John Wells III and Rachael VanWormer

Performances: Run Thursdays at 7 p.m., Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Two hours long with one intermission.

Tickets: Range from \$15 to \$45

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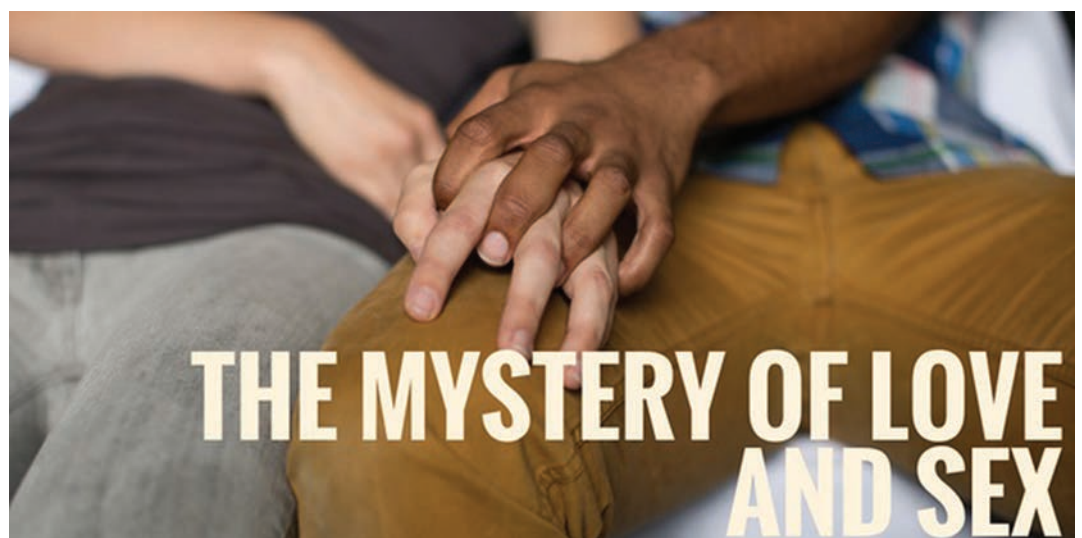
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John Wells III as Jonny and Rachael VanWormer as Charlotte in 'The Mystery of Love and Sex.' (Photo by Simpatika)



Playwrite Bathsheba Doran





Scripps Alumnae Dive Deep for Conservation

Amber Jackson and Emily Callahan reimagine the future of California's oil and gas rigs with their organization Blue Latitudes

By BRITTANY HOOK

Kyle McBurnie

The California coast is lined with 27 offshore oil and gas rigs that can be seen jutting out across the horizon—a reminder of humans' dependence on fossil fuels. Below the surface, however, these platforms are home to some of the most dynamic ecosystems in the world, harboring everything from mussels and scallops to garibaldi and rockfish. As many of these enormous rigs are approaching the end of their viable production lives, scientists, environmental agencies, and oil companies are left begging the question: should the rigs stay or should they go?

Emily Callahan and Amber Jackson, two alumnae of Scripps Institution of Oceanography at the University of California San Diego, have made it their mission to dive below the surface of these oil and gas platforms to determine the best possible "afterlife" scenario for these complex structures. (Video and Photo Gallery.)

The two women met in 2013 while taking a scientific diving course at Scripps Oceanography, where both were pursuing Master of Advanced Studies degrees in Marine Biodiversity and Conservation. A conversation soon emerged about Rigs-to-Reefs, which is the name of a state law and associated program that essentially converts decommissioned oil and gas rigs into artificial reefs.

"What you're focusing on with Rigs-to-Reefs is everything below the surface, like the tip of the iceberg. That's where all the life is," said Callahan, a marine biologist and PADI certified divemaster with expertise in environmental consulting.

When she first came to Scripps, Callahan had only recently learned about the success of the Rigs-to-Reefs program in the Gulf of Mex-

ico, where 500-600 decommissioned oil platforms now serve as artificial reefs and provide abundant fishing opportunities, world-class diving and recreational activities, and an ecological hotbed of underwater activity. She was stunned to learn that none of California's rigs had been approved for a similar Rigs-to-Reefs conversion. Callahan shared her interest in the program with Jackson, who was equally enthralled.

"We really made it our mission in grad school and we're still working on it—to combine science with powerful imagery and a meaningful message to change the tide of public perception around this program," said Jackson, a fiery-haired oceanographer with a passion for science communication. "It's been the cornerstone of what we do and it fuels our exploration and educational initiatives."

Inspired by the possibilities of Rigs-to-Reefs implementation in California, Callahan and Jackson focused their joint thesis on the topic. Their innovative research led them up and down the coast of California where they dived numerous platforms, conducted ROV surveys, studied the biodiversity of marine life on and around the structures, and analyzed the legislation surrounding Rigs-to-Reefs. They also documented their findings through video, photography, and social media—engaging visual mediums that have enabled them to show the public the beauty and importance of these thriving underwater regions.

Rigs-to-Reefs is a controversial law and program in which an oil company chooses to modify a platform so it can continue to support the valuable and fragile ecosystems that have formed on and around the structures. The decommissioning process still holds plat-

form operators responsible for removing drilling infrastructure and capping and sealing the well—and they remain permanently liable for any damages coming from the well—but the upper portion of the rig (at least 85 feet for ship clearance) is cut and towed to an alternate location or the structure is toppled on its side.

Some environmental groups oppose the Rigs-to-Reefs program because it transfers liability of the structure from the oil companies to the state or the Department of Fish and Wildlife, which then manage it as an artificial reef. The program also saves the oil companies money, upwards of millions of dollars, but any savings are split 50/50 between the company's stakeholders and the state, which is required to use that money for marine conservation and education—a silver lining according to Callahan and Jackson.

The women also argue that the removal and disposal of such enormous structures—some as tall as the Empire State Building—is costly and comes with a massive carbon footprint. California doesn't have the infrastructure on land to recycle these structures, so the only viable option for complete removal is to cut the structures down, load them onto gigantic barges, and tow them to Southeast Asia where they can then be broken down and recycled. According to Jackson, the bunker fuel used by barges outside of state waters "makes gasoline look like champagne."

After examining the Rigs-to-Reefs program from all angles, Callahan and Jackson determined that it would be a beneficial program for the state of California, providing an ecologically and environmentally friendly alternative to complete rig removal.

"The future of conservation is that you're going to have to work with the government, you have to work with oil companies, you have to work with the 'bad guys' if you want to change what they're doing and make a positive impact for the environment," said Jackson. "Emily and I are not pro oil and gas development; we're working on decommissioning the end life stage of these platforms. But I just love the challenge of trying to communicate that there is an ecological, economic, and social benefit to repurposing these structures as reefs—not only in California but around the world."

Upon graduation from Scripps in 2014, Callahan and Jackson decided to continue working together and co-founded Blue Latitudes, an organization that uses scientific research to form a comprehensive study of the ecological, socio-economic, and advocacy issues surrounding California's Rigs-to-Reefs law and program. Blue Latitudes provides neutral and scientifically based consulting services to various clients, including gas and oil companies and environmental groups, to assess structures and determine whether they are good candidates for Rigs-to-Reefs.

Blue Latitudes also operates as a non-profit organization through a fiscal partnership with Mission Blue, a global initiative to protect the world's oceans led by famed oceanographer Sylvia Earle. This wing of the company allows Callahan and Jackson to focus on education and outreach, and the two are currently forging relationships with teachers and schools across San Diego and Los Angeles and developing unique classroom curriculum about

SCRIPPS

CONTINUED FROM Page 19

marine science for middle and high school students.

The duo continues to spread the word about their research through speaking engagements at aquariums, libraries, classrooms, and more. And they are digitally savvy—constantly updating their social media accounts with stunning images from their latest diving adventures and information about their latest projects. They also educate audiences through a YouTube channel called ScienceSea TV, through their website, and as guest bloggers on National Geographic.

The women credit their Scripps education with providing them the expertise needed to succeed as scientists, explorers, and entrepreneurs.

“Scripps has really given us the right tools to be successful with our business, so that’s been really exciting,” said Callahan, noting that she frequently emails former advisors and Scripps researchers Peter Franks and Jules Jaffe, among others, with questions. “We have such great resources at Scripps to talk to about everything from imaging these platforms, to understanding the biodiversity, to running the ROVs. I’m really grateful to have that support.”

“One thing I think we really took away from our master’s program at Scripps and at the Center for Marine Biodiversity and Conservation was not only understanding the science, but also understanding how to communicate it effectively,” said Jackson.

“Amber and Emily embody a sense of bold environmental activism that seeks to find solutions to environmental problems that are mutually beneficial to industrial goals and those of the environmentalists,” said Jaffe, who served as co-chair on Callahan and Jackson’s thesis advisory panel. “The Rigs-to-Reefs program’s goal is to save industry money, while at the same time having them share the savings with environmental groups. It’s a win-win for the two factions, but an even bigger win for the organisms that have made these underwater offshore oil platforms their homes, as they will, hopefully maintain the deeper parts of these structures.”

The future looks bright for the ladies of Blue Latitudes, and they already have plans to expand their expertise to international waters. They have an expedition planned in March 2017 to Malaysia, where they will explore and assess the country’s platforms. Their long-term goals include researching the oil and gas platforms of Southeast Asia and Australia, all the while following their overarching goal of thinking creatively about the resources that we have and how to preserve the ecosystems thriving quietly below the surface.

“Our general message of Blue Latitudes is to dig a little deeper,” said Callahan. “Rigs-to-Reefs is definitely not save the whales. It’s not as easy. It’s not as digestible. But if you dig a little deeper, there’s a lot of really interesting science there, and a lot of interesting pathways to go down.”

Brittany Hook is communications coordinator at Scripps Institution of Oceanography. This article originally appeared on the Scripps Institution of Oceanography website: www.scripps.ucsd.edu



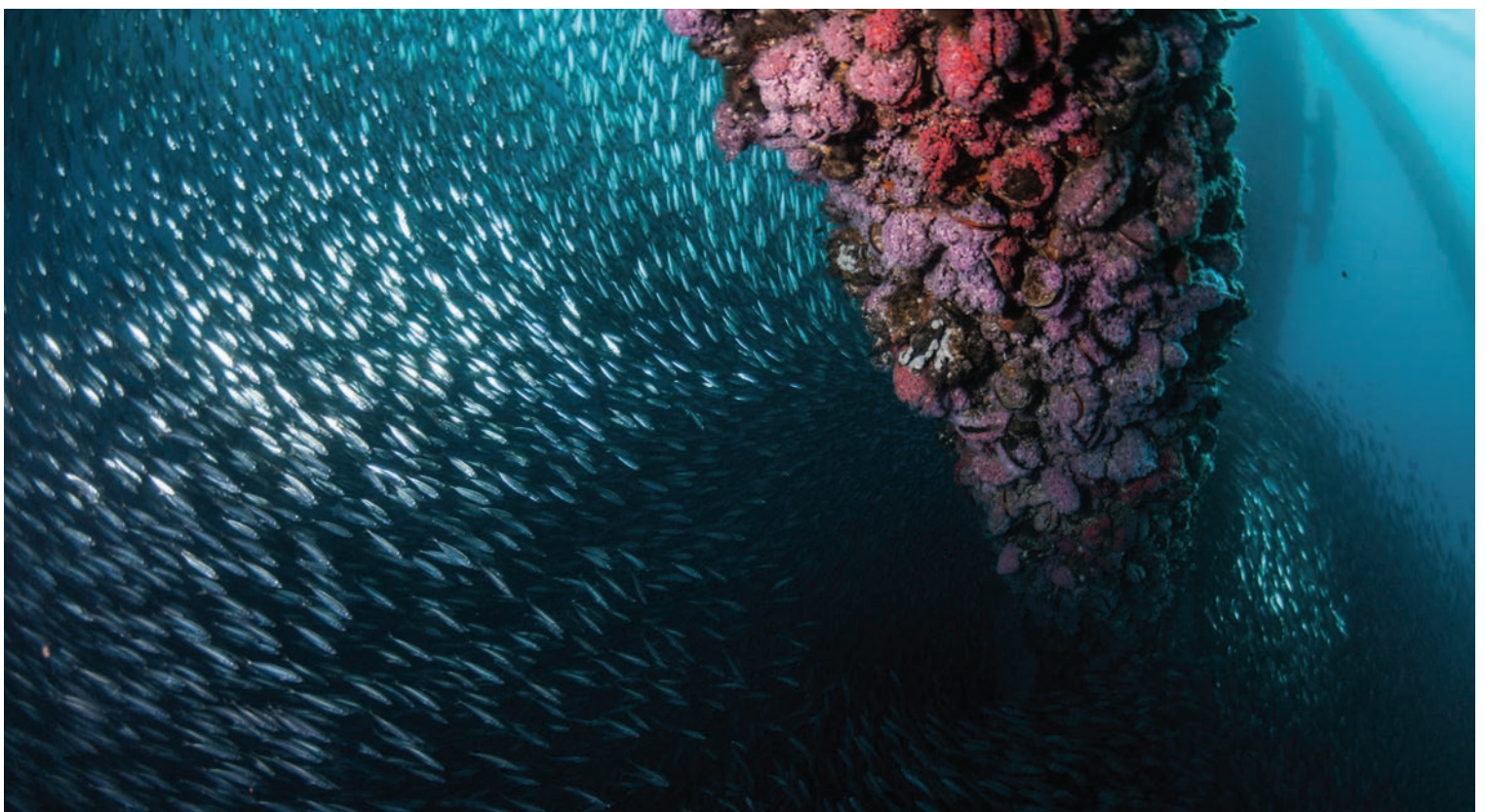
Scripps alumnae Amber Jackson and Emily Callahan beneath Scripps Pier.

(Photo: Theresa Stafford / Black Hand Gallery)



A garibaldi, the California State Fish, swims near an offshore oil structure in California.

(Photo: Kyle McBurnie)



Jack mackerel swarm around Platform Eureka's invertebrate-covered legs.

(Photo: Caine Delacy)

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Council Approves Community Plan Updates

Greater North Park and Greater Golden Hill plans OK'd

The San Diego City Council on Oct. 25 unanimously approved the Community Plan Updates for the Greater Golden Hill and Greater North Park communities, an effort that began in 2009.

Community Plans are long range planning documents that regulate zoning and development. Both plans earned the support of their respective Community Planning Groups.

"North Park and Golden Hill are two of San Diego's most treasured communities. I am proud that the plans the Council approved today balance the priorities of preserving their rich historic character with responsibly locating growth so that new housing opportunities can encourage more climate friendly lifestyles," said Councilman Todd Gloria.

"These plan updates add new housing capacity to both of these communities, allowing new units to be built to address San Diego's housing affordability crisis. I thank and commend the volunteers on our Community Planning Groups for their eight years of effort on these plans and for productively working on solutions to address San Diego's housing needs."

The community plans for Greater Golden Hill and Greater North Park were last updated in 1988 and 1986, respectively. Community Plans provide development regulations including maximum density and height for new housing and commercial projects. Although opportunities for growth existed under the old plans and have only increased modestly through these updates, both communities have very little undeveloped land and focused on concentrating higher intensity development along corridors with access to high quality transit, in line with the City's Climate Action Plan.

At a Smart Growth and Land Use Committee hearing last month, Gloria pushed for Planning Department staff to provide analysis for how the updated plans would help the city reduce its greenhouse gas emissions and advocated for projects that promoted biking, walking, and transit use.

Gloria also requested staff to work with the community to take measures to address concerns regarding preservation of historic resources. Planning staff committed to a schedule of studying seven historic districts that were prioritized by the

two communities over the next three years. Staff also agreed to engage the public on the development of additional city-wide policies to help protect historic resources.

"It was vital that these plans provide protection for historic neighborhoods and help the city meet our Climate Action Plan goals, as they are the roadmap for development in these communities for the next several decades," said Gloria. "Having a good community plan is one part of the equation, but ultimately the market must build the plans out and make them a reality. It will be up to future councils and mayors to monitor the success of these plans and make plan amendments to make sure we are promoting responsible growth in the city and doing enough to conserve San Diego's environment for future generations."

The Community Plan Updates for Greater Golden Hill and Greater North Park will require a second reading and a 30-day statutory period before taking effect. The Community Plan Update for the Uptown Community is expected to come before the City Council on Nov. 14.

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