CULTURE BUZZ
This year's "must have" holiday gift

VOL. 36, NO. 10

SINESS

AN AWARD-WINNING, MONTHLY PUBLICATION OF THE CARLSBAL

www.carlsbad.org

NOVEMBER/DECEMBER 2019



Carlsbad's District 1 could be voting for new councilmember next year

CAROLINA ALBAN-STOUGHTON
Communications Manager
CARLSBAD CHAMBER OF COMMERCE

With the Oct. 9 resignation of Barbara Hamilton, who was voted to represent Carlsbad's District 1 just a year ago, residents of the city's northernmost and coastal quadrant may have the choice to elect a new representative.

During a city council meeting on Oct. 22, the council voted 2-1 to fill Hamilton's position by taking applications to appoint someone to serve the remaining three years left on her term. However, on Oct. 30, residents of District 1 filed a petition, backed by more than 2,000 signatures solicited from D1 registered voters, asking the City of Carlsbad to call for a special election so voters could decide their next representative.

The petition was then sent to the Registrar of Voters (ROV) for verification, and on Tuesday, Nov. 5, the City of Carlsbad announced that the "petition calling for a special election in Carlsbad's City Council District 1 has sufficient valid voter signatures, 1,652 or 10 percent of registered voters in the district."

SEE **VOTING, Page 3**



BRET SCHANZENBACH

PRESIDENT & CEO | CARLSBAD CHAMBER OF COMMERCE

eing the "new guy" in town has been a ton of fun in 2019. One way that I decided I would acquaint myself with Carlsbad was through the many eateries in town. I have done countless meetings, meet-ups, and meet & greets at restaurants and coffee shops. So I decided early on that I would set a goal of visiting at least 50 different eateries in Carlsbad by the end of the year. It has been a little over nine months, and so far, I have visited 51 new eateries. With this issue of the Carlsbad Business Journal focusing on Shop, Dine, Indulge, I thought I'd share some of my experiences from these past nine months.

Disclaimer: The descriptions contained within may be a graphic portrayal of yummy food and drinks. Proceed at your own risk. Last disclaimer, 99% of my experiences so far are breakfast/lunch (sorry not much on the "dinner" side of menus).

BRESSI RANCH

My office is off Faraday Ave. in the business park, so my first foray was out to Bressi Ranch. Ted Owen loved **Tommy V's** in Bressi, and I have had multiple opportunities to eat lunch there. The food, service and atmosphere are great. I have also enjoyed new eateries that have opened in Bressi Ranch just this year. I never knew spam could be so tasty until **Island Ali'i BBQ** opened three months

SEE **TASTES**, Page 12

Certain entertainment, certain business

Have you seen the new, bright neon purple lights lighting up State Street? What is happening over there? What is Certainty?

You are in for a treat, Carlsbad. **Certainty Theater** is home to Marshall Sylver. Sylver is an author, entertainer, and educator. He has had multiple appearances on David Letterman, Howard Stern, and many others. His book Passion, Profit, and Power is published in multiple languages worldwide. He owns numerous companies including Certainty Theater, Certain Pay credit card processing, and Certainty International business education.

Sylver is the creator of the largest hypnotic production show in the world. Sylver has headlined on many stages on The Strip in Las Vegas, including The Stratosphere, The Palms, Harrah's, and Planet Hollywood. Nightly soldout performances have earned



Certainty Theater offers entertainment for all ages in the heart of the Village.

him the distinguished title of "The Greatest Hypnotist of All

Sylver's full-time career is teaching cutting-edge tools of influence and business strategies worldwide. His popular training programs have created massive profits for major corporations, entrepreneurs, and small business owners for decades. He is personally responsible for over



2822 State St, Carlsbad, CA 92008 (800) 927-6937 www.certaintytheater.com

half a billion dollars in sales in

multiple verticals.

Celebrating 50 years on stage

Celebrating 50 years on stage and wanting a stage to call his own, Sylver renovated the historic 1927 Carlsbad Village Theater in 2019. In addition to the purple neon lights and brand new marquee, Certainty Theater has fresh paint, new carpets and

SEE **THEATER**, Page 5













LEGOLAND® CASTLE HOTEL BOOK NOW



It's the ultimate LEGO® experience with more than 60 rides, shows and attractions.

Festive cheer is here as Holidays at LEGOLAND® makes its return with even more holly jolly fun. Enjoy unique holiday decorations, themed entertainment & seasonal treats at the Resort Nov 23 – Dec 31.

Visit LEGOLAND.com for exclusive offers and hotel packages.

Located in Carlsbad just off I-5, LEGOLAND Park is open daily during Spring, Summer and select holiday periods, and closed Tuesdays and Wednesdays during Fall and Winter. LEGOLAND Water Park open seasonally. Visit LEGOLAND.com for operating hours or call 877-LEGOLAND (534-6526) for details. THE LEGO® MOVIE ® № LEGO Group & Warner Bros. Entertainment Inc. All Rights Reserved. (s18). LEGO, the LEGO logo, the Brick and Knob configurations, the Minifigure, and LEGOLAND are trademarks of the LEGO Group. ©2019 The LEGO Group. LEGOLAND is a part of Merlin Entertainments plc.

OFFICERS

CHAIRMAN OF THE BOARD Clearway Energy Group

IMMEDIATE PAST CHAIR **Deb Beddoe**

CHAIRMAN ELECT

TREASURER Rich Clark Fuzion Payments, LLC

VICE CHAIR OF

MEMBER SERVICES Freedom Window Cleaning Lupe Hairston

VICE CHAIR OF BUSINESS & COMMUNITY DEVELOPMENT First Citizens Bank Paula Anderson

VICE CHAIR OF PUBLIC POLICY Catherine Magaña

VICE CHAIR OF ECONOMIC DEVELOPMENT

Matt Leonard AAMS® Edward Jone VICE CHAIR OF

STRATEGIC PLANNING Josh Mazur Upstream Consulting

BOARD OF DIRECTORS

Trent Andrews Procopio, Cory,

Hargreaves & Savitch, LLP Aaron Byzak Tri-City Medical Center Dave Geier San Diego Gas & Electric Carolyn Grant Museum of Making Music Geoff Gray Park Hyatt Aviara Resort, Golf Club & Spa

Michael Howes, AICP Howes, Weiler, Landy Planning & Engineering

Brian Hughes Omni La Coast Resort & Spa Frank Idris LEGOLAND California Resort Fortis Fitness and

Strength Training & YOGALLIX Jessica Jones Poseidon Water LLC John Lek Green Dragon Tavern

Liz Sheahan

Sue Loftin Loftin | Bedell, P.C. Joseph Mishriki Wells Fargo Bank Ramon Oseguera The Shoppes at Carlsbad JR Phillips The JR Phillips Group Inc. Strategic Results Group Jacobs & Cushman San Diego Food Bank/

Amber Ter-Vrugt Scripps Health Mike Weseloh Weseloh Chevrolet Kia Scott White New Village Arts Theatre

DIRECTORS EMERITUS

John R. Osborne AT&T **Don Schempp** Torrey Pines Bank Carlsbad Lou Storrow Storrow Law, APC Tim Stripe Grand Pacific Resorts, Inc.

ADVISORY COUNCIL

Scott Chadwick City Manager Dr. Benjamin Churchill Carlsbad Unified School District Dr. Sunita Cooke MiraCosta College Ofie Escobedo Lola's 7-Up Mexican Market & Deli Mayor Matt Hall City of Carlsbad Council Liaison Sam Ross Visit Carlsbad Sandy Wilson Camp Pendleton

STAFF

Carolina Alban-Stoughton

Communications Manager Margery Benkaci Membership Sales Gwen Bryson Information Specialist Kathleen McNary Director of Corporate and Member Relations Joseph Pimentel Membership Coordinator

Darryl Reitmeyer Director of Sales & Marketing Edgar Rodriguez Graphic Designer

ASSOCIATES

Advanced Web Offset Carlsbad Business Journal Printing

CHAMBER MISSION

"The Carlsbad Chamber of Commerce promotes business through member services, educational programs, cooperative partnerships and legislative advocacy that balances economic prosperity with the quality of life.

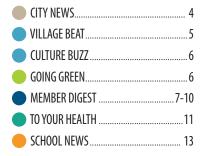
CHAMBER VISION

"The Carlsbad Chamber of Commerce is the business organization recognized as a leader influencing the direction and future of Carlsbad to enhance the quality of the community."

- 760.931.8400
- @carlsbadchamber frontdesk@carlsbad.org @ @carlsbadchamber
- www.carlsbad.org 35934 Priestly Dr. Carlsbad, CA 92008
- @carlsbadchamber @chambercarlsbad

Published 10 months out of the year by the Carlsbad Chamber of Commerce. Subscription price is deducted from dues of Chamber members.

INDEX



SPECIAL SECTION SHOP, DINE, INDULGE

Moving forward with gratitude

As my term as Chairman draws to a close, I reflect on what an amazing experience the last two years have been. There have been highs and lows, accomplishments and business left unfinished, but throughout and above all, the feeling of gratitude for the privilege it has been to serve as Chairman of this esteemed organization.

Each month, I've been given this space to share developments at the Chamber and the stories of our members. In writing these columns, I get to speak on behalf of the hard work of our staff, Board and member volunteers that make the Chamber's programs and events so successful. I've gotten to know the members who were the subjects of my columns. Each of them has been an inspiration to me and I often find myself retelling their stories to friends and colleagues at work. I dealt with writer's block on a regular basis and hope I did their stories justice. I will miss my monthly writing assignment.



Chairman of the Board CARLSBAD CHAMBER OF COMMERCE

I will also miss speaking at our events and meeting so many of our members. Representing a longtime sponsor of the Chamber and then serving as Chairman, I spent a lot of time at a podium. I'm my own worst critic when it comes to public speaking. Even though I never got over the nerves, I loved the challenge.

Over the last several years I have worked closely with the Chamber staff. I never cease to be impressed by the passion they bring to their work and their resiliency. I could not have predicted that staff members, past and present, would provide me with even more support than what I could give them.

Our former CEO and my mentor, Ted Owen, predicted my legacy would largely be a function of the selection of his successor. By that measure I think I've done quite well. But it's the Board, the hard work of our selection committee and of course Bret Schanzenbach to whom credit is due.

Apart from overseeing that transition, there were other goals I hoped to accomplish.

I wanted to lead a Board unafraid of tackling difficult and sensitive subjects. It has been rewarding to see nearly every single board member raise their hand to express an opinion, debate their colleagues, and help shape the direction of the organization.

In my remarks at the recent State of the Community event, I spoke of the opportunity the Chamber has to leverage diversity. I meant that word in terms of diversity of ideology, experiences, and backgrounds even more than race and gender. I believe the Chamber and our community will always benefit from robust and sometimes even spirited debate, with respect for other points of view and the individuals that express them.

I proudly highlight that so much of what constitutes the high quality of life we enjoy is the product of our business community. The strength of that community is often under attack by well-intentioned but shortsighted policies and legislation. It is my hope that the Chamber can continue to articulate why the business community is a vital interest and not a special interest.

It is a great honor to soon be included among the past Chairmen of the Chamber, a group whose service spans nearly a century. While there are so many people to thank, I want to especially acknowledge the Board, each of whom could have sat where I have these last two years, for their support. To them, our staff, and all our members. I look forward to what we can accomplish in 2020.

VOTING

Continued from Page 1

What does this mean?

According to the City of Carlsbad's website, and as of press time "a special City Council meeting is being planned for Friday, Nov. 8, at 8 a.m. to adopt resolutions accepting the registrar's finding and scheduling a special election."

This means, it is very likely that a special election for a new councilmember for District 1 could be held in conjunction with California's Presidential Primary Election on March 3, but the deadline to include this special election on the March 3 ballot is Nov. 10. Per the City of Carlsbad's own estimates this option would cost between \$7,500 and \$19,500. (Much less expensive than if the special election is held on April 14, 2020, which could cost between \$175,000 and \$300,000.)

Per the City of Carlsbad "under the Carlsbad Municipal Code, the City Council may still appoint someone to fill the vacancy. If that happens, the new City Council member would serve until the special election." It is expected that on Nov. 8, the City Council will also provide direction on how to proceed with this option, as they had already started collecting applications for an appointment. The earliest day City Council would appoint someone would be Nov. 19, if they decide to move forward with the temporary appointment.

Should a new councilmember be elected in March, the new representative could start serving as early as April.



City of Carlsbad Council District Map Source: City of Carlsbad





This year has been another exciting one for the Carlsbad business community. We welcomed the new chamber Chief Executive Officer, Bret Schanzenbach, who has accomplished so much in his first year. He has bolstered the partnership between the city and the chamber to support our business community.

Our commercial leasing activity in the past year has been tremendous. We have leased approximately 1 million square feet of commercial and industrial space above and beyond existing businesses relocating within the city. That's due in part to the new activity at business parks like Carlsbad Oaks North, Bressi Ranch, Carlsbad Raceway and along Avenida Encinas. Current forecasts predict that commercial and industrial leasing activity will



Economic Development Manager

be strong through at least 2020, and possibly even longer if rents stay flexible to meet the ever changing market demands.

On leveraging partnerships, we have seen Carlsbad companies continue to grow, with our Innovate78 collaboration helping some companies earn tax credits through the state's California Competes program. Our collaboration as one of the five 78 Corridor cities continues to strengthen. Our businesses should know Vista, San Marcos and Escondido work together to keep companies in North County San Diego. Our Startup78 collaboration hosted quarterly meetings along the corridor, including the North County Startup Day as part of San Diego Startup Week at the Make building in Carlsbad, and an action sports focused startup event at **TaylorMade** this fall.

One of the most encouraging developments this past year has been the

that Carlsbad, Oceanside,

aging developments this past year has been the growth of San Diego Tech Hub, a grassroots organization that seeks to harness the power of our region's tech community to give back and strengthen San Diego through community, talent, innovation, inclusion and education. As the pillar lead for inclusion, I have been honored to meet so many dedicated people through this organization who are doing great things throughout the county and beyond. An initiative that we launched this year, which we wouldn't have been able to execute without San Diego Tech Hub, is the Be the Boss Program. Our economic development staff worked with tech hub leadership and volunteers to develop a sixweek intensive curriculum on entrepreneurship for high school students. We conducted our first beta test group this summer with four students from



The City of Carlsbad collaborates with Innovate78, which helps keep companies in North County San Diego.

Vista Unified School District and Bret Schanzenbach was one of our mentors. Having the chamber be one of the program sponsors and having the Chief Executive Officer serve as a volunteer was an example of how Carlsbad is here to support a new generation of diverse entrepreneurs.

We continue to work on talent attraction and retention through our Life in Action brand, but also through new explorations in transportation. The city's economic development team is leading the city's transportation demand management program. focused on encouraging employees working within Carlsbad to commute other than driving alone. To support those efforts, we launched the Carlsbad Connector, a pilot dynamic shuttle service to take commuters from the

Poinsettia Train Station to locations throughout the city's industrial and innovation core. We look forward to seeing how that service progresses and are hoping to see if more transit options can help businesses recruit and keep talent from all over the county. Our transportation demand management program is part of the city's larger Climate Action Plan, working toward our community's vision for a sustainable future. The city passed a number of new energy, transportation and green infrastructure regulations that will reduce greenhouse gas emissions with all new proposed developments. We are leading the charge in Southern California with our Climate Action Plan ordinances, which is something all our businesses should be proud to be a part of.

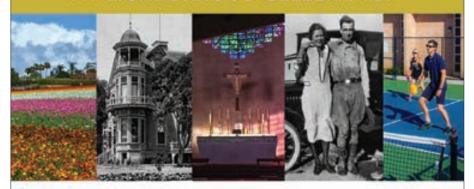
While it's hard to imagine even more great things next year, I am really looking forward to launching a redesigned Life in Action website in January, working to strategically encourage and provide resources for businesses to support our veteran and military families, and continuing to provide compelling content on why working in Carlsbad is a great career choice. We will continue to work with the city's Chief Innovation Officer on smart city initiatives and let the world know our city wants to innovate alongside our businesses. Whether your company is large or small, we want to meet and get to know you so I'm here. If the city can support your success now and in the future, reach out. Your company's success should be part of next year's annual recap.



On August 2019, the City of Carlsbad's economic development team launched the Carlsbad Connector, a pilot dynamic shuttle service to take commuters from the Poinsettia Train Station to locations throughout the city's industrial and innovation core.

ST. MICHAEL'S 125 YEARS in the Village

A NEIGHBORHOOD CELEBRATION



NOVEMBER 17TH

2-4 PM at ST. MICHAEL'S BY-THE-SEA RSVP: STMBTS.ORG/125YEARS

You're invited to celebrate the first church in town and learn about Carlsbad history! Join Carlsbad Mayor Matt Hall, Bishop Susan Brown Snook, and the Carlsbad Historical Society for a special presentation and afternoon tea.

PLUS! OLD-TIME FOLK MUSIC FROM THE CLINTON DAVIS QUARTET

2775 CARLSBAD BLVD., CARLSBAD 92008 • 760.729.8901

Public invited to the 125th Anniversary celebration of Carlsbad's first church

The public is invited to celebrate the 125th anniversary of the first church in Carlsbad and learn about Carlsbad history. Founded in 1894, St. Michael's by-the-Sea Episcopal Church is hosting "A Neighborhood Celebration" on Sunday, Nov. 17 from 2.0 m. to 4.0 m.

Carlsbad Mayor Matt Hall will present a City Proclamation to St. Michael's by-the-Sea Episcopal Church and Susan Gutierrez of the Carlsbad Historical Society will present a slideshow on Carlsbad's history. The Episcopal Diocese of San Diego's new bishop, The Rt. Rev. Susan Brown Snook, will offer a spiritual perspective on the importance of St. Michael's legacy. An English afternoon tea reception follows, accompanied by live old-time folk music by The Clinton Davis Quartet.

During the reception, the church's 125-year-old chapel will be open for viewing and will contain artifacts from early

Carlsbad history. Parishioner and Carlsbad Historical Society member Virginia Unanue will be in period costume and guide visitors through the chapel. A horsedrawn buggy (previously owned by early Carlsbad resident Mrs. Shipley and passed down to her daughter Florence Shipley Magee) will be on site, providing a fun opportunity for photos.

St. Michael's By-the-Sea Episcopal Church is the oldest, and was, for many years, the only church in Carlsbad. The historic chapel, Old St. Michael's, was built in 1894 and is one of the four oldest buildings in the village. Both the 1894 chapel and the 1959 church building are used for services throughout the week.

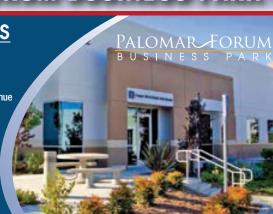
For more information and to RSVP to this free event, visit stmbts.org/125years. You can also contact Diana Bennett at 760.729.8901 ext. 09 or email her at diana@stmbts.org.

PALOMAR FORUM BUSINESS PARK

BUILDING FEATURES

- Unit Sizes from 854 4,700 SF
- High Quality New Construction
- High Visible Identity at the Corner
- of Palomar Airport Road and Melrose Avenue
- Parking Ratio 3.3/1,000
- On-Site Leasing Office Flexible Lease Terms Available
- Phase II Now Open
 3141 Tiger Run Court, Suite 10

Carlsbad, CA 92010 Shelly Tinder **(760) 599-6111**





> THEATER

Continued from Page 1

drapery, beautifully refurbished seats, and has reopened the original proscenium and stage. Sylver is committed to his vision to produce entertainment shows and educational events for the enrichment of the Carlsbad community.

Real Hypnosis Really Funny is just one of the entertainment shows you'll experience at Certainty Theater. It is a one-of-a-kind entertainment experience where you can see the show or be the show. You'll laugh until you hurt and gasp in amazement. Combining the elements of a Las Vegas production show with dancers, animatronic robots, and volunteers from the audience, every show is different as you witness multiple people being hypnotized doing the most amazing things. This is the perfect addition to Carlsbad for those seeking a night out of fun and laughter. Be warned, if you aren't easily offended by minor adult innuendos and sexy Vegas-style costumes, this is a show you will want to come back to see again and again.

For the families of Carlsbad, Certainty Theater has the next best option for you and your little ones. It's called Kid Show, a magic show performed by kids for kids of all ages. From close-up sleight of hand to grand illusions, you'll see Sylver's

two sons, Sterling and Maximus, performing magic that will amaze the audience. There are flying spaceships, magical trees, and—oh yes! they will even move objects with their minds. In the midst of magically entertaining you, Sterling and Maximus are going to share a wonderful, motivational message that lets kids know that you don't have to wait to be an adult to start your own business and make money—no chores needed!

Certainty Theater will not only motivate the younger generations, The Missing Piece of Millions is where you'll want to get your dose of Certainty. Have you ever wondered why some people thrive and prosper when others do not? Sylver is a respected business consultant sought by Fortune 500 companies, and he's also the creator of the number one personal development program worldwide. He is recognized as the leading expert in subconscious reprogramming and irresistible influence. By educating people on the power of subconscious reprogramming, Sylver will motivate people during this educational talk to take action in the present moment and change their lives in a positive way forever. Sylver generously gives away thousands of dollars in cash and prizes during this life-changing event.

For tickets and more information on show and event date and times, visit www.certaintytheater.com.



There are many benefits to shopping brick-and-mortar, with better customer service, a more personal shopping experience, and greater product diversity being three of them.

Carlsbad Village personifies small business

Has it really been 10 years since post-Thanksgiving shoppers were encouraged to "Shop Small" in an effort to support small businesses nationwide to help stave off the weakened economy at that time? This Nov. 30 marks the 10th annual holiday shopping tradition that brings together communities in support of their favorite small brick-andmortar operations to help their communities thrive.

In keeping with tradition, the Carlsbad Village Association invites you to visit downtown Carlsbad to support your Carlsbad Village retailers and service providers the day after Black Friday in your effort to boost our economy at the local level and celebrate the backbone of our economy. Come enjoy live music in the Village, shopping specials, free giveaways, and merchant hospitality throughout, while making an impact on the City of Carlsbad.

The 2018 Small Business Profile put out by the Small Business Administration



Executive Director
CARLSBAD VILLAGE ASSOCIATION

(SBA) reports that there are 30.2 million small businesses in this country with businesses employing fewer than 20 employees experiencing the largest gains since 2015. No doubt this is in part due to the efforts of the Small Business Saturday movement. Carlsbad Village can take those numbers one step farther in reporting that many of our downtown businesses are not just considered "small" but are actually sole-proprietor operations. From the home décor store owned by a former teacher to the family-owned bike shop to the new ice cream franchise, Carlsbad Village personifies small business.

There are many benefits to shopping brick-and-mortar, with better customer service, a more personal shopping experience, and greater product diversity being three of them. It is not a stretch to say that once you've shopped in downtown Carlsbad and received the one-on-one attention our merchants and restaurants provide that you will be hooked. But if that isn't enough incentive, consider that the businesses in downtown Carlsbad pay taxes and fees to the City of Carlsbad that in turn help support our public schools, parks, roads, and sidewalks, as well as fund public service workers, like firefighters and police.

So, kick off your holiday shopping season in the Village. Shopping Small is fun, easy, and beneficial in so many ways. On Nov. 30 consider Carlsbad Village for all your holiday shopping and service needs. Thank you for Shopping Small today, tomorrow and always.

"YOUR ONE STOP SHOP TO BUY OR SELL ALL YOUR I.T. PRODUCT."



"YOUR ONE STOP SHOP TO BUY OR SELL ALL YOUR I.T. PRODUCT."



ViixiM

// Save 25% - 50% on Ink & Toner Cartridges

// Lifetime Warranty

// Free 1-2 Day Shipping Anywhere in the US

// New Compatible Cartridges for All Printers

// Huge Savings with The Same Exact Quality

// Compatible Cartridges Utilize Numerous Recycled Parts & Components Reducing the Use of The

Environmentally Harmful Materials & Pollutants

// Same Great Quality at a Fraction of The Cost

This year's "must have" holiday gift

Giving experiences is "on trend" this holiday season. So, broaden your definition of "yuletide cheer" by including the arts on your gift-giving radar. There's an arts experience to suit every taste from classical to contemporary and from humorous to heartfelt. Are you concerned about finding the ideal gift for everyone on your list? Perhaps instead of another toy, tie or tiara that may collect dust come January, consider an experiential gift that your friends and family will remember forever.

Carlsbad has several arts organizations that offer gift certificates for their performances, memberships, classes and more. You can also purchase tickets outright as most arts organizations have very liberal exchange policies. Better still, purchase tickets for an engaging performance, add a gift certificate to a local restaurant, and create a magical night out on the town!



Managing Director NEW VILLAGE ARTS

New Village Arts, Carlsbad's professional theatre company, offers gift certificates in any amount that may be redeemed for anything they offer – just like cash. Only \$25 will get you a ticket to a concert by a local musician, a cabaret performance, a staged reading of a new play or musical, or a preview performance of a mainstage production. For \$200, you can redeem 2 half-season subscriptions that will guarantee a memorable date night every other month through July. Or encourage your child's or grandchild's creativity with a 10-week acting, improv or playwrighting class.



A family membership at the renowned Museum of Making Music (MOMM) is just \$65 and comes with several benefits, including a 10% discount on concert tickets and the museum store.

If something musical captures your fancy, a family membership at the renowned **Museum of Making Music** (MOMM) is just \$65 and comes with a year of admissions for two adults and their

children, a subscription to the Museum's NOTES newsletter, two free admission passes to share with friends and family, and a 10% discount on concert tickets and the museum store. It's a noteworthy

gift that keeps giving! For example, MOMM's annual Joy|The Christmas Concert on Friday, December 13 features Jazz pianist Scott Wilkie and friends and includes unique arrangements of beloved Christmas songs, performed by an unforgettable, world-class ensemble.

Most events hosted by the Carlsbad Music Festival (CMF) are free or ask for a suggested donation when you arrive. The annual summer festival at St. Michaels by the Sea attracts hundreds of visitors each year. Keep an eye out for the new Sonic Chapel and Eclectic Lawn series from January to May, leading up to the three-day festival in August. CMF T-shirts, tote bags and other swag tell the world that you are a music lover and can be purchased on their website for as little

So, before Black Friday sneaks up on us, consider sharing the arts as the ideal stocking stuffer this holiday season. With so many local options, there's no need travel to San Diego, Orange County or Los Angeles for memorable arts experiences when they are happening so close to home!

How Restaurants Can Comply with Organic Recycling Mandates

Through the nature of their business, food service establishments generate a significant amount of wasted food and packaging. Between 4 and 10 percent of food purchased by food service operations in the U.S. is thrown out before reaching the plate. By reducing the amount of food and packaging discarded, restaurants can significantly reduce their waste stream and save money.

What is Food Waste and Where Does It Come From?

"Wasted, surplus or excess food" are terms commonly used to describe wholesome, nutritious food that is lost or sent for disposal. It isn't spoiled food, but rather it may include unsold food, untouched prepared food or food trimmings.

The US EPA's Food Recovery Hierarchy ranks food donations to feed hungry people as a top priority to help reduce wasted food. In this article we focus on the top three priorities that restaurants can do



Relations Representative
WASTE MANAGEMENT

to prevent waste, comply with California's Assembly Bill (AB) 1826 and brings the most benefits for the environment.

Source Reduction:
Source reduction, or waste prevention, is the most effective way of reducing the environmental impact of wasted food and packaging because it prevents unneeded materials from ever being created. Here are steps that restaurants can follow to minimize wasted food.

Step 1: Conduct an assessment of wasted food and packaging

 Use the food and packaging waste prevention tool that the EPA has developed to conduct an audit of the food you are wasting. There are other useful websites and software that can also be found online.

Step 2: Implement strategies to reduce waste

- Adjust food purchasing policies to reduce excess food purchasing
- Adjust menus to reduce frequently uneaten or wasted items
- Modify food preparation methods to minimize waste
- Store food properly to reduce spoilage
- Use reusable service ware instead of disposable service ware
- Purchase items in bulk to reduce packaging

The EPA's comprehensive guide and tool kit on reducing wasted food and packaging can be found on their website: www.epa.gov/sites/production/files/2015-08/documents/reducing_wasted_food_pkg_tool.pdf



People: By redirecting unspoiled food from the landfill to our neighbors in need, we can feed hungry people, support our local community, reduce environmental impact and disposal costs. Almost anything you serve can be donated, including canned and packaged foods, produce and prepared foods. There are a number of local food donation organizations that are connecting donors, such as restaurants and other businesses in San Diego

County to those non-profit

agencies who feed people in need at no charge.
Contact one of these local organizations for more information about donating your excess food:

Feeding San Diego – feedingsandiego.org or call 858-452-3663

North County Food Bank - northcountyfoodbank. org or call 760-761-1140 San Diego Food Bank -

San Diego Food Bank sandiegofoodbank.org or call 858-527-1419

The "Bill Emerson Good Samaritan Food Donation Act" makes food donation and food rescue easier for businesses. It protects donors from liability when donating to nonprofit organizations and protects donors from civil and criminal liability should the product donated in good faith cause harm to the needy recipient.

Feed Animals: With proper and safe handling, anyone can donate food scraps to animals. Food scraps for animals can save farmers and companies money. It is often cheaper to feed animals food scraps rather than having them hauled to a landfill. Companies can also donate extra food to zoos or producers that make animal or pet food.

To find more information on organic recycling, including local and state mandates, useful tips on reducing waste, composting food and additional resources, visit the City of Carlsbad's organic recycling page at www.carlsbadca.gov/services/depts/pw/environment/trash/organics.asp.



Tips to Reduce Food Waste

Businesses can reduce the amount of food and food packaging that goes into landfills through:



- Source Reduction
- Food Donation
- Composting







CARLSBAD CHAMBER OF COMMERCE MEN BER BER DIGEST

INSIDE

- > Happy Hour 2.0
- > ChamberPl8tes
- >NCYP <u>> Tec</u>h Bytes
- > First Friday
- > New Members > Ribbon Cuttings
- > Member Marketplace

Through page 10

VOL. 36, NO. 10

AN AWARD-WINNING, MONTHLY PUBLICATION OF THE CARLSBAD CHAMBER OF COMMERCE

NOVEMBER/DECEMBER 2019

Employment Law Symposium

What you Need to Know as Ground Shifts Under California Employers with Significant New Legislation

One of the goals at the Chamber to help local businesses succeed is to educate them on employment legislation that will affect them. In his first year in office, Governor Gavin Newsom signed several significant labor and employment measures into law, including a number of bills that were previously vetoed (some several times) by his predecessor, Governor Brown. California employers, should carefully review all recent changes to make sure they are in compliance. For this reason, the Carlsbad Chamber of Commerce will be holding a 2020 Leaislative Update on Thursday, Nov. 14 at 11:30

a.m. to 1:30 p.m., presented by Patrice C. Nagle and Miranda R. Watkins, attorneys at member firm **Fisher & Phillips.** They will be covering all of the recent legislation to help businesses understand the changes taking into place. This event is open to all businesses!

Unless otherwise noted, each of the measures discussed below will go into effect on Jan. 1, 2020. The following are just a few of the over 870 bills Gavin Newsom signed this term:

New Law Prohibits Most Mandatory Arbitration Agreements - For Now

Assembly Bill 51 prohibits

employers from entering into mandatory arbitration agreements for nearly all types of employment law claims in California. We expect many legal challenges to this statute. However, it will likely require years of litigation to have a final resolution. As of January 1, employers need to make a choice: play it safe and strike all mandatory arbitration agreements or keep the status quo until the inevitable litigation plays out. There are pros and cons to both choices.

California Rewrites Independent Contractor Rules

With his signature on Assembly Bill 5, Newsom



Director of Corporate and Member Relations CARLSBAD CHAMBER OF COMMERCE

completed the year-long overhaul of the state's independent contractor test. What was once governed by a balancing test that provided breathing room for businesses to use contractors with relative ease, has now been transformed into a bright-line standard that will challenge businesses across the state when it comes to compliance. Companies will soon face an increased risk of misclassification

claims from workers unless they take immediate steps to get in line with the new law.

Timeline to File Workplace Bias Claims Extended By 2 Years

A big focus on the #MeToo movement over the past several years has been to increase the statute of limitations for bringing sexual harassment claims. Newsom signed Assembly Bill 9, which will extend the deadline for filing any (not just sexual harassment) employment-related administrative complaint with the Department of Fair **Employment and Housing** ("DFEH") from one to two vears.

Newsom Makes Sweeping Changes to Lactation Accommodation

Requirements

Senate Bill 142 includes a detailed list of lactation room requirements, increased liability for failing to provide reasonable break time for employees to express breast mile, and a requirement for employers to adopt and distribute a mandatory employer lactation policy.

California Law Now Prohibits Employment Discrimination Based on Hairstyles

Senate Bill 188 prohibits employment discrimination based on race under the Fair Employment and Housing Act ("FEHA") based on hair texture and protective hairstyles.

Visit www.carlsbad.org to register today.



NOV 13 • 5 - 7 PM

LEGOLAND California Resort One Legoland Dr. Carlsbad, CA 92008

Join us at Legoland California for the November **Holiday Happy Hour 2.0** to benefit the Carlsbad Christmas Bureau!

Enjoy hors d'oeuvres, a cash bar, opportunity drawings and fantastic opportunity to CON-NECT with over 100 local professionals!

Note: Tickets go offline at 5 PM the day before (11/12/19). After that, walk-in price goes up to \$20 for members or bring backpacks, board games or books for donation in lieu of admission.

chamber puttes

Nov 20 | 8 - 9:30am Kim Shea, (619) 466-0370

Nov 21 | 8:30 - 9:30am Lucy Kelleher, (619) 884-3335

Dec 12 | 11:30am – 12:30pm Lucy Kelleher, (619) 884-3335

A Carlsbad Chamber member plans and facilitates the chamberpl8tes at a local chamber member restaurant in order to provide an in-depth networking opportunity for a small group of members. Chamberpl8tes are an extension of the regular First Friday program without a speaker. Each facilitator has completed a training class. This program is open exclusively to Carlsbad Chamber members; and the only cost is the price of your meal.

RSVP's are required and can be made by contacting the hosts above.





Many thanks to the Carlsbad Educational Foundation and all the businesses and elected officials supporting this program as well as everyone helping these students thrive!!



RISING STAR

Congratulations to our September Rising Stars of the Month: Ana Laura Flores - Carlsbad High School; Olivia Stephens - La Costa Canyon High School; and Hayat Abdelwehabh - Sage Creek High School.



Congratulations to our October Rising Stars of the Month: Aaliyah Riva - La Costa Canyon High School; Samantha Low - Sage Creek High School; Alex Gregorio Lopez - Carlsbad High School; and Sofia Hart - Pacific Ridge School.



DEC 18 • 6 - 8 PM

Boys & Girls Clubs of Carlsbad 3115 Roosevelt Street Carlsbad, CA 92008

Join North County Young Professionals as we give back this holiday season. Connect with other young professionals while gift wrapping presents for a good cause.

The event will begin at 6PM at the Boys & Girls Clubs of Carlsbad Village Clubhouse where we will wrap toys and gifts for donation.

At 7 p.m. we will head to Park 101 for drinks & apps. RSVP at carlsbad.org

<u>Te</u>chBytes

Nov 21 | 11:30am – 1:30pm

Carlsbad Chamber of Commerce 5934 Priestly Dr. Carlsbad, CA 92008

Join Technology Advisory Committee for TechBytes: A Technology Series to Help Grow Your Business. November features John Victorino of Beacon SEO presenting "SEO" Why and How" at the Carlsbad Chamber of Commerce.

Get your tickets at carlsbad.org. \$20 includes lunch.

DEC 6 • 7 - 9 AM

The Westin Carlsbad Resort & Spa 5480 Grand Pacific Dr. Carlsbad, CA 92008

DECEMBER FIRST FRIDAY BREAKFAST

"Marketing for a Cause – Giving Back" is a topic that should interest and be on the radar of every business. Many businesses do not know what cause-related marketing means and, yet, it is a more than \$2 billion industry! It benefits both the giver and the receiver. Come learn about marketing for a cause, how it can help your business grow and benefit the community at the same time. The Chamber has over sixty-two nonprofit organizations which other businesses in our community may help. Join us to hear their stories about how they are caring for others in our community. What a better time than December to learn about giving back?

FEATURED PRESENTERS:

- AYSO
- Museum of Making Music
- Kids for Peace
- Assistance League of North Coast
- Carlsbad Charitable Foundation
- The Jacobs & Cushman San Diego Food Bank/North County Food Bank
- Renaissance Institute of Music
- Community Resource Center
- Wounded Warrior Homes



JAN 10 • 7 - 9 AM

The Westin Carlsbad Resort & Spa 5480 Grand Pacific Dr. Carlsbad, CA 92008

JANUARY FIRST FRIDAY BREAKFAST

Our own Carlsbad Mayor, Matt Hall, will speak on the State of Business 2020. Come learn what city and county-wide issues may affect how you do business in the new year. Mayor Hall will explore topics which may need to be addressed immediately and topics which may affect business in the future. Be prepared by knowing and understanding the matters facing our city and the county. Discover informed ways to respond to the complex and critical business problems of today.



MAYOR MATT HALL

Mayor Hall has been mayor of Carlsbad since 2014 and has served on the city council since 1994. He has owned and operated a business in Carlsbad since 1970. He is a member of the Carlsbad Chamber of Commerce and a lifetime North County resident.



Nurse-supervised care in your home.

When your loved one needs extra care at home, choosing the right caregiver agency can be tough. Let BrightStar Care® make it easier.

- Whether they just need someone checking in a few times a week or round-the-clock care, we can help.
- We offer **companion and personal care**, including bathing, meal prep, medication reminders, mobility assistance and more.
- Your loved one's care is led by a Registered Nurse who conducts regular supervisory visits.

Call for your free in-home assessment.

BrightStar Care of Carlsbad

760-448-1021

brightstarcare.com/carlsbad

HCO# 374700235

©BrightStar Care Independently Owned and Operated

NEW MEMBERS

Barber Shops

Faded Barber Shop

John E. Petrossian 576 Carlsbad Village Dr. Carlsbad, CA 92008 (760)453-7260 fadedbarbershopcarlsbad.com

Co-Working Spaces

Incubate Ventures

Jeran Fraizer 2251 Las Palmas Dr. Carlsbad, CA 92011 (760)827-8560 incven.com

Incubate Ventures is a coworking space and incubator for startup companies. We have a very unique space where we give our members the opportunity to host events.

Dentistry - General & Cosmetic

Smiles for Health

Diana Zorro 2656 Gateway Rd., Ste. 145 Carlsbad, CA 92009 (760)297-6216 smilesforhealthdds.com At Smiles for Health, we combin best of modern wholistic health

At Smiles for Health, we combine the best of modern wholistic health with cutting edge technology to provide exceptional service and care to our patients.

Educational Services

Base Programs

Cori Slali
PO Box 2657
Oceanside, CA 92054
(760)859-6005
baseprograms.com
BASE Programs is a non-profit
organization dedicated to providing
quality enrichment to youth in the
community. It is our responsibility to
empower youth to reach their greatest potential through providing them
with experience.

Financial Planning & Investment Services

Edward Jones

Mark Mertsoc, Financial Advisor 2121 Palomar Airport Rd., Ste. 100 Carlsbad, CA 92011 (760)438-1037

Golf Courses, Shops & Ranges

Honma Golf U.S. Ltd

Alisa Gemar 6023 Innovation Way, Ste. 100 Carlsbad, CA 92009 (424)263-4821 HonmaGolf.com Honna is committed to crafting the world's highest quality and most beautiful golf clubs that provide both premium performance and magnificent artistry for every golfer. Designed + engineered in Sakata, Japan crafting perfection since 1959.

Health & Wellness

Cortica

Heather Moor 5870 El Camino Real Carlsbad, CA 92008 (760)539-5818 corticacare.com Cortica provides advanced neurological therapies for children with autism and other developmental conditions. Our clinical team of experts creates customized treatment programs to address these differences.

Human Resources Consultants & Services

California HR Services

Nadia Ardebili 1501 San Elijo Rd., Ste. 104-101 San Marcos, CA 92078 (858)283-5072 CAHRServices.com CA HR Services specializes in working with small and medium sizes companies to help develop legal, efficient and appropriate HR solutions that meet state and federal labor law requirements.

Jewelry IIC

Bobo Jewelry LLCBobo Wince

21213-B Hawthorne Blvd.
Torrance, CA 90503
(310)903-9198
Bobojewelry.LA
We Specialize in hand making our jewelry, which is made with ethically sourced materials. Bobo has trademarked most of our jewelry we have sold.

Lighting

Pro-Cal Lighting, Inc.

Brian Morales 1155 S. Santa Fe Ave. Vista, CA 92083 (760)994-6959 procallighting.com Pro-Cal is a Highly Qualified Design Build Contractor.

Non-Profit Organizations

New Haven Youth & Family Services

Doreen Quinn

216 W. Los Angeles Dr. Vista, CA 92083 (760)630-4035 newhavenyfs.org New Haven provides professional care, education and treatment for youth and their families with emotional, behavioral and learning Challenges.

Organizations & Clubs

Girl Scouts San Diego

Barbara Kramer
5315 Avenida Encinas, Ste. 100
Carlsbad, CA 92008
(760)444-9011
sdgirlscouts.org
Girl Scouts of the United States of
America (GSUSA) is the world's
pre-eminent organization dedicated
solely to girls where, in an accepting
and nurturing environment, girls
build character and skills for success.

Printers

Surf City Print

Ron Sipiora 26581 Via La Mirada San Juan Capistrano, CA 92675 (323)572-3322 surfcityprint.com Building businesses through print, apparel, and promotional items.

Real Estate

First Team Real Estate

Anita Quillman 500 Grand Ave. Carlsbad, CA 92008 (760)729-3333

Firstteam.com
As California's top-ranked independent real estate firm we understand what drives the sophisticated local real estate market. Since 1976 we have delivered innovative tools and strategies to our agents and clients.

Restaurants

Bread & Cheese Eatery

Justin Frank 890 Palomar Airport Rd. Carlsbad, CA 92011 (619)709-6016 breadandcheeseeatery.com Bread & Cheese makes the best grilled cheese sandwiches of all time!

WR Kitchen & Bar

Mike McCluney
2668 Gateway Rd., Ste. 170
Carlsbad, CA 92009
(442)232-4440
wrkitchenbar.com
WR Kitchen & Bar is casual dining at its best. Comfortably dine with family and friends while enjoying much of the same great American food and drinks you're accustomed to getting at Wood Ranch.

Theatre - Entertainment & Meetings

Certainty Theater

Marshall Sylver 2822 State St. Carlsbad, CA 92008 (702)336-9600 certaintytheater.com Certainty Theater is an entertainment and educational facility bringing one of a kind shows and business educational programs to help companies grow their profits.

Transportation Services

GOGO Charters San Diego

John Brewer 10251 Vista Sorrento Pkwy., Ste. 280 San Diego, CA 92121 (619)312-4991 gogocharters.com/san-diego-charter-

Travel on a modern charter bus rental with your group throughout Carlsbad! Call us at 619-312-4991 for a free, no-obligation quote.



Join us for an evening of fun, food and festivities

to honor our 2019 volunteers.

Wednesday, December 11 | 5-7 pm

CARLSBAD CHAMBER OF COMMERCE 5934 PRIESTLY DRIVE I CARLSBAD, CA 92008

THIS EVENT IS **FREE** FOR ALL COMMITTEE MEMBERS AND BOARD OF DIRECTORS!

Please RSVP to kathleen@carlsbad.org

RIBBON CUTTINGS



VTG Mobile Inc. celebrated the grand opening of their new office on Palmer Way on Oct. 4. The company provides the community with cellular service through Armed Forces Mobile as well as local business advertising with Connected Magazine. Congratulations! vtgmobile.com



Welcome to La Costa, Audeo Charter School II! Audeo provides an educational option that serves students in grades K-12, with the goal of placing each student on a pathway to success. Their new location will help them expand their services to children in Carlsbad. audeocharterschool.net



Licensed direct lender Lendspark has now a new office. They celebrated their brand new space with a ribbon cutting ceremony on Oct. 8. This national firm provides equipment financing and working capital loans to small and medium-sized businesses that need financing to fuel their business growth and achieve their business goals. Congrats Lendspark! lendspark.com



Cortica is a leading provider of advanced neurological therapies for children with autism and other developmental differences. The company held the official grand opening and ribbon-cutting of their Carlsbad location on Nov. 4. The new facility is more than 9,000 square feet and includes more than 20 rooms for medical evaluations, individual and family counseling, etc. Welcome to Carlsbad, Cortica! corticacere.com



At California State University San Marcos in The Ballroom

TICKETS & INFORMATION

NorthCountyFoodBank.org/Gala

SPONSORSHIPS

Sandra Rabourne 858-863-5142





- Platinum Sponsors -







MEMBER MARKETPLACE



Contact: Darryl Reitmeyer | Director of Sales & Marketing 760.931.8400 | darrylr@carlsbad.org

WWM FINANCIAL

LIVE YOUR LIFE.

Catherine M. Magaña Managing Partner, CFP®

• Asset Management

catherine@wwmfinancial.com

• Financial Planning • Estate Planning

Scott McClatchey Wealth Advisor, CFP® scott@wwmfinancial.com

760.692.5190 office 760.692.5162 fax

2131 Palomar Airport Road, Suite 330 • Carlsbad, CA 92011 www.wwmfinancial.com

www.RSFsecurity.com





Carlsbad, CA 92011

760-438-1037



Contractors#427169 AlarmCo#ACO1142 PatroI#PPO9357





Edward Jones



Your homebuying goals deserve my attention

As a home mortgage consultant with Wells Fargo Home Mortgage, one of the nation's leading retail mortgage lenders, I can provide home financing options to meet a variety of homebuyer needs

Whether you're looking to buy your first home, a second home or an investment property, I'm ready to give you the service and attention you deserve to help you realize your homeownership goals.

Call me today.



Karla Patino, Home Mortgage Consultant 700 Garden View Ct., Ste 208, Encinitas, CA 92024 760-271-5000

karla.patino@wellsfargo.com, www.KarlaPatino.com NMLSR ID 448603

Wells Fargo Home Mortgage is a division of Wells Fargo Bank, N.A. © 2013 Wells Fargo Bank, N.A. All rights reserved. NMLSR ID 399801 AS988617







CHAMBER HOSTED the twice/year Carlsbad Village Street Faire in November. This marked the 45th Anniversary of the World's Largest One-Day Street Faire. An estimated 9M people have attended in the 45 years.





NORTH COUNTY RESIDENTS attended our Candidate Academy. The Academy helps prepare, educate and inform individuals considering running for any elected office in the future.



to STOP 30 OUT OF 31 **IDENTIFIED "JOB KILLER"**

BILLS that were proposed by the California State Legislature this legislative session.



CBD oil: Hype or helpful?

it touted as an ingredient in drinks, lip balms, lotions, drops, or even candies. CBD is all the rage right now and readily available at your neighborhood health store, coffee shop, or spa.

But what exactly is CBD, you may ask yourself. Is it safe? Does it work?

First, let's get some background information on what we're talking about here.

What is CBD oil anyway?

CBD stands for cannabadiol; a compound extracted from hemp plants. It is a component of marijuana, but it does not cause the euphoria or intoxication that THC (tetrahydrocannabinol) causes. While marijuana contains both THC and CBD, CBD by itself does not appear to have any abuse or dependence potential.

Does CBD have any benefits?

There have been many claims that CBD oil can treat conditions such as anxiety, pain, inflammation, and insomnia; however. because both marijuana and hemp were considered illicit substances for so long, research on CBD has been very limited. In June 2018, the FDA (Food and Drug Administration) approved the prescription use of Epidiolex, a purified form of CBD oil, for treating two types of severe epilepsy in young children. As of



Family Nurse Practitioner TRI-CITY PRIMARY CARE

today, this is the only FDA approved use of CBD oil.

Some preliminary research suggests that CBD may help with chronic pain. Animal studies showed CBD relieved arthritic pain and inflammation, but there have been limited human studies. The studies that were done were small, of poor quality, and showed mixed results.

Is CBD safe?

Potential side effects of CBD include nausea, diarrhea, fatigue, irritability, and liver abnormalities. CBD can also interact with certain medications. For example, recent reports warned how CBD can increase the level of the blood thinner Coumadin in your blood, and it may also increase other medications in your blood stream similarly to how grapefruit juice does.

One safety concern regarding CBD is that up until recently it was considered a supplement, and supplements lack regulation. So you cannot know you are buying has what it says it has on the label. The FDA is now cracking down on companies marketing CBD as a cure-all for diseases such as Alzheimer's disease, cancer, and anxiety. The FDA is also currently reviewing pathways to better regulate the CBD market as a whole.

Furthermore, due to the lack of quality long-term human studies, we do not know the most effective therapeutic dose of CBD for any particular medical condition.

The Bottom Line

Don't fall for the hype, but be hopeful that CBD will one day be proven to be helpful.

Researchers are in the early stages of their controlled studies now on CBD, so be patient! We will have more evidence in the next couple of years, with hopefully more specific information on dosing.

Don't fall for outlandish claims that CBD can cure everything. This is simply not true - there's no data to support this.

If CBD is something you want to try, talk with your doctor. Remember that anything you put into your body has some type of effect. You should weigh the risks versus benefits with your doctor.

Nurse Cordova is a board certified Family Nurse Practitioner at Tri-City Primary





Website: QFMed.com Email: Info@QFMed.com



Phone: 760-585-4616 Fax: 760-444-1858

Juergen Winkler, MD, ABIHM, ABOIM

Functional medicine is a systems oriented approach specific to each individual. It involves a partnership of the patient and practitioner to address underlying causes of disease. It addresses the whole person with regard to their individual genetics, environmental exposures, lifestyle factors, spiritual, emotional and physical makeup. Each of these factors is an influence in chronic disease and our goal is to address each one in order to bring about health and vitality.



Targeted Low Dose Chemotherapy

Supportive Adjunctive Therapy for Cancer and Chronic Disease Bio-Identical Hormones (BHRT, including the Wiley Protocol) Immune Enhancement

IV Oxidative Therapies (Ozone Therapy, including the Zottzmann Multi-Pass Treatment) Thyroid Testing, Support and Treatment

Detoxification, Chelation Therapy

Homotoxicology, Mesotherapy, Prolotherapy, Prolozone Therapy Pulse Electro Magnetic Field Therapy (PEMF), Bio-Sauna

Stem Cell Therapy,

Customized Nutritional Programs (including FirstLine Lifestyle Therapy)



arolyn Candido, MD



Coichi Naruishi, DC



A Center for health, wellness and the prevention of disease (A Functional approach to Primary Care, Chiropractic Care, IV Vitamin Therapy)

Fax:760-444-5006 Website: Carlsbadimc.com Phone: 760-444-5544 Email: info@Carlsbadimc.com Continued from Page 1

ago (seriously tasty!). And hopefully you have had a chance to try Eureka! Great food, fun vibe, great service, and awesome array of beverages! Don't miss their Cauliflower Bites. And the massive array of food you get for breakfast at Richard Walker's Pancake House is stunning. Their Baked Apple Pancake might be the eighth wonder of the world (seriously!). WR Kitchen & Bar is brand new and very exciting. My staff and I all loved their Salmon Tacos. WR Tri Tip, and Baby Back Ribs!

LA COSTA

La Costa is flush with a ton of great eateries. I have to start with **Ignite** Bistro. Their food and service are both great, but their Man Candy is flat out scary addictive (mouth is watering just typing this). Beach Plum Kitchen is one of my absolute favorite breakfast places I have tried throughout Carlsbad. Quiet, relaxed atmosphere with delicious menu. Their sister restaurant. Tinleaf Fresh Kitchen, might be my overall favorite lunch spot because I can create my own salad. I know that probably says more about my independent streak than it does about the restaurants in town, but being able to simply dictate my greens, proteins and toppings is absolutely perfect (and since you are reading

about me)! The owners of Beach Plum Kitchen and Tinleaf just recently opened a third La Costa restaurant, Black Rail Kitchen + Bar. I have had a chance to sample their food, but not experience a full meal yet, but I can't wait. Love their new patio, and the food samples tasted great. Casa de Bandini, at the southern edge of La Costa, has a fun atmosphere, with great food and great people. And they have great accommodations for groups and parties (first-hand experience on the group experience).

THE VILLAGE & BARRIO

The Village has a plethora of phenomenal dining (I had to get the word 'plethora" in somewhere). Vigilucci's Cucina Italiana on State St. is amazing. I am partial to their Insalata Mediterranea. Also on State Street is **Barrel Republic**. Beer enthusiasts are going to love this place! But I'm partial to their Ironman Salad with smoked salmon and avocado (doesn't avocado make everything better?). Once you get off of State St., Bluewater Grill is a great seafood option in the Village. Their service is great, and their Mediterranean Ahi Salad is phenomenal. Gregorio's Restaurant is another great Village option. Not only do they have a soup named after our venerable mayor ("Mayor Matt's Chicken Soup" - it's good, I've tried it), but their House Potato Chips are addicting and their Rosemarv







Hennessey's is another Village hot spot. I have been there for both breakfast and lunch and enjoyed both. I highly recommend their Ahi Street Tacos and their Hennessey's Famous

Fries (sweet potato fries with garlic and parmesan... yup!). You can't truly experience the Village without hitting Señor Grubby's! It is the essence of hometown ownership and atmosphere. Their Grubby's Famous Street Tacos are a Carlsbad must! And what Señor Grubby's is to the Village, Lola's 7-Up Mexican Market & Deli is to the Barrio. Lola's has been an institution in the Barrio for multiple generations. Their family-owned and operated market/restaurant has that special ingredient that is getting more difficult to find in today's society: authenticity! As far as the food goes, I am a big fan of their breakfast burritos.

CARLSBAD BOULEVARD 264 Fresco has convenient parking, a great atmosphere and amazing food. I am a big fan of their Beet Salad with chicken. The Daily News Cafe is my wife's favorite Carlsbad breakfast spot. We love the patio dining, the atmosphere and the food. We both love their Omnipotent Omelettes, with The Californian being my top choice. Park 101 is a great place for groups, special occasions or a business lunch. Personally, I'm partial to their Beachy Cobb salad. I haven't actually eaten inside **Board** & Brew vet. but we have had their catering at many events we do at the Chamber. I am huge fan of their Turkado on squaw bread (mouth-watering good!).

PREMIUM OUTLETS AREA

There are many fine dining options near the Carlsbad Premium Outlets. King's Fish House is a delicious start to the fine dining near the Premium Outlets. I'm a big fan of their Southwest Salad with salmon! P.F. Chang's is

a next-door neighbor to King's. They also have a great dining atmosphere. I highly recommend their Mandarin Crunch Salad with salmon! I had never seen such huge video monitors in a restaurant until I went to Draft Republic. Game day has got to be a huge hit there, and beer aficionados are going to love their motto, "In Beer We Trust". For me, I was sold on their Southwest Cobb. It is my favorite cobb salad in town.

PALOMAR AIRPORT ROAD

The Green Dragon Tavern and Museum is a stunning 22,000 sq. ft. replica of Boston's original Green Dragon Tavern, where Sam Adams, Paul Revere and other founders met in secret and planned the Boston Tea Party and the American Revolution. It is a museum, event space and restaurant. Their Roasted Baby Beet Salad and their New England Clam Chowder are both excellent. Across the street from the Green Dragon is **Tip Top Meats/** European Deli. Their motto that "It's all about the meat" is much more than a tagline. Big John's Breakfast is a meat lover's dream with as much of their handmade sausages, bacon, etc. as you can handle. I have enjoyed the catering from Carlsbad Ranch Market several times. Their promotion as a "healthy" place stop for breakfast, lunch or dinner is more than lip service. Just today (Oct. 18) I enjoyed a lettuce wrap with smoked ham, sprouts, avocado and bacon (and luckily, enough to take home leftovers!). The Canyons restaurant at The Crossings has the most spectacular views in town. I have enjoyed both breakfast and lunch there and am partial to their Southwest Chop. **The Land**ings at Carlsbad is another

fun venue as it overlooks all the runway activity at Palomar Airport. Their Sesame Ahi Salad is delicious.

THE SHOPPES AT CARLSBAD

The Shoppes is now turning into a great dining location for regional locals. Dave & Buster's Carlsbad is not only a place to have great fun, it is a place to enjoy great food. I have my appetite set on the Grilled Salmon & Baby Kale Caesar, so delicious. Yard House is another beer lover's dream! With over 100 drafts on tap, they have all your interests covered. Their BBQ Chicken and Chicken Cobb salads are both great lunches.

RESORTS

We have so many 5-Star resorts in Carlsbad, it is almost unfair to the rest of the county (too bad though, get your own). They all have great eateries and I have had the chance to eat breakfast or lunch or both in most of them. You have to try 20 TWENTY Grill at The Westin Carlsbad Resort & Spa. Their omelets are all good, but I am partial to their Homemade Steel Cut Oats. Bob's Steak and Chop House at the Omni La Costa Resort & Spa is excellent. Their Chophouse Salad and Spinach Salad are both on the top of my list. The Park Hyatt Aviara's Argyle Steakhouse is a must as well. I love their Cobb Salad. The Season's Restaurant at the Four Season's Residence Club Aviara has an amazing Aviara Cobb, and something you won't find anywhere else: Broccomole (that's not a typo). Don't just settle for standard guac, you gotta try Broccomole.

OTHERS

Although desserts can be served at restaurants, I have only truly tried dessert at two places: Handel's-Carlsbad and Gelatolove. Handel's in the Village opened this year and they claim to have the best ice cream in the world...good luck trying to prove them wrong! Their ice cream is made fresh daily onsite and it shows. My favorite is Peanut Butter, but I'm also happy with Praline Pecan, Key Lime Pie or Orange *Dream* (can't be too picky!). Gelatolove (formerly Gaia Gelato) is divine. They claim to have every flavor under the sun, but my sights are firmly set on Salted Carmel! I have had more meet ups at Leap Coffee than any otner venue in Carisbad. And even though I don't drink coffee, I love going there (my family is afraid of what I would be like on caffeine). First of all, I love their atmosphere and staff. But I am a fan of their Iced Green Tea, Chai Tea and I even tried their Carlsbad Chronic (shot of espresso over sparkling ice water... scary, but fun!).

MORE TO GO

Carlsbad's dining culture is very rich. I am planning my next visits as I type. The new Windmill Food Court is on my list. I also want to try Toast Gastrobrunch, next to Draft Republic, and Crackheads and Cold Beer and Cheeseburgers in the Village. Whose up for some lunch?



Your dollars at work for Carlsbad education

It has been a year since Carlsbad voters passed Measure HH, Carlsbad Unified's \$265 million School Construction Bond, and a lot has happened. With the support of our Board, we have been busy planning and designing, sharing information with the community and gathering feedback, updating designs and timelines, and seeking approvals from the Division of the State Architect (DSA).

We've broken up the work into five phases to take place over the next decade. Here is where we are with our Phase 1 projects:

The board has approved the design for major renovation projects at three of our elementary campuses — Magnolia, Kelly, and Hope — and the modernization of the Science building and chiller plant at Carlsbad High School. Some older portables have been scheduled for replacement, and STEAM Labs (Science, Technology, Engineering, the Arts, and Mathematics) are planned for five campuses. Construction documents have been drawn up and are currently being submitted to DSA. We plan to have shovels in the ground at the end of the school year.

At Hope Elementary School, we are constructing three new classroom buildings to replace existing portables and



CARLSBAD UNIFIED SCHOOL DISTRICT

account for an increase in enrollment due to new housing construction. Additionally, we'll modernize plumbing, electrical, HVAC, roofing, and technology infrastructure. At Kelly Elementary School, we are modernizing classrooms, improving infrastructure, and constructing a brand new multipurpose room with increased capacity for that school's growing student population. And, at Magnolia Elementary — one of our oldest sites — we will be modernizing the campus while maintaining its mid-century charm and neighborhood appeal. Each of these elementary school campuses will have a STEAM lab.

panels and battery storage and sustainability projects on school campuses is Board-approved and will be submitted to DSA shortly. Solar panel carport construction will likely start in certain school parking lots over spring break. Although the original plan envisioned installing solar at all of our campuses, the

Our plan to install solar



Magnolia Elementary is slated for a major renovation next year.

Board approved an updated plan to consolidate solar at eight school sites at a significant savings, while maintaining the desired production, reducing our carbon footprint and saving money on our annual electric bill.

The bond is also making

it possible for us to make new investments in campus safety. A new visitor check-in system will be up and running at all schools by the end of December. Beginning in November, we'll start to install improved eightfoot fencing and gates

at Calavera Hills, Hope, Pacific Rim, and Poinsettia Elementary Schools, at Calavera Hills and Valley Middle Schools, and at Carlsbad High School. In addition, security cameras will be installed on every school campus starting in

We're doing our best to maintain the traditions and quality of life that for many generations has made Carlsbad a great place to live and raise a family, while we also keep tomorrow in mind as we upgrade to future-ready learning spaces.



MiraCosta College rolls out new programs

To ensure we continue to serve our community and workforce, MiraCosta **College** has rolled out an array of new certificate and degree programs to provide the skills needed to land good-paying jobs and the transfer credentials that can lock up a seat at a California State University campus.

MiraCosta College is a leader in higher education and workforce preparation. These new options for students to obtain a degree or certificate have been developed by our faculty in concert with industry representatives to continue the college's tradition of looking forward.

Among the options for those interested in learning the skills needed for a solid

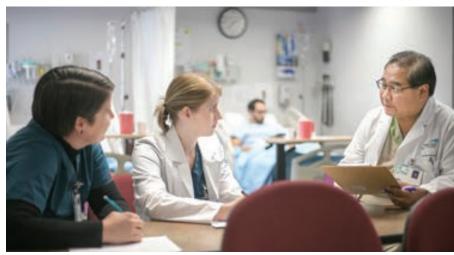
Entrepreneurs looking for a strong foundation before starting their own business can sign up for a new certificate of proficiency program dubbed Business Quick Startup, which offers short, targeted, intensive classes including required courses, such as marketing, business plan development, and funding the entrepreneurial venture. Electives range from payroll accounting to social media for business and include business media $\,$ arts, plus e-commerce, and web presence.

The MiraCosta College



Accounting Department is excited to offer a pair of new programs: a certificate of proficiency for income tax preparers and a certificate of proficiency as a payroll professional. The six-unit Income Tax Preparer Program is designed for entrylevel tax preparer positions. The curriculum prepares students for the California Registered Tax Preparer certificate, as well as the IRS Tax Volunteer certificate and can open doors to other industry jobs. Likewise, the 10-unit Payroll Professional Program introduces students to payroll basics, and courses can be applied to a certificate of achievement in bookkeeping or help you land a job in the payroll and accounting departments at local businesses.

The new Digital Media Foundations program is part of the Media Arts & Technologies Department and aims to provide students with a solid foundation in this growing field. Core courses are offered in digital imaging, graphic





design, web design, and video and media production. Classes include graphic design principles, web design fundamentals, media design production, and Adobe Photoshop.

North County students now have a low-cost way to start their careers in the fast-growing medical industry through the MiraCosta College Medical Assistant Program.

MiraCosta is offering an affordable two-semester program that prepares students for careers in medical clinics, nursing homes, doctors' offices, and other locations. This program is a low-cost alternative to private career colleges and meets the demands of North County San Diego medical offices, hospitals, and clinics. Students learn physiology, patient

North County students now have a low-cost way to start their careers in the fast-growing medical industry through the MiraCosta **College Medical Assistant** Program.

advocacy, medical terminology, insurance billing, and patient processing. The program provides 160 hours of online, in-class, and clinical instruction at MiraCosta and at nearby hospitals and clinics.

We strive to build meaningful career ladders for our students to reach their career goals. Many of our students arrive with the intent to complete a bachelor's degree by getting a solid foundation in preparation for their major. This gives students an affordable launch pad

from which they can attend their university of choice. A majority of students choose to attend a California State University as well as University of California. It also represents a strong pathway to university degrees in a variety of private and out of state institutions. For those that want a bachelor's degree within our own community, MiraCosta also partners with a private university to offer five different bachelor's degrees on our campuses paying an instate Cal State University tuition rate.

In addition to broadening educational opportunities, MiraCosta College is excited to expand access to attend college. Starting this year, we are excited to offer free college for all first-time, full-time college students for their first two years at either the Oceanside or San Elijo campuses via an expanded MiraCosta Promise program. In addition to removing the financial barrier of attendance, MiraCosta College also provides a wide range of free student success support services, such as academic counseling and educational planning.

MiraCosta College continues to prepare students with the tools and skills needed to enter an everchanging workforce with new degree and certificate programs.

GLENBROOK HEALTH CENTER

Specializing in Rehabilitation and Skilled Nursing for Orthopedic and Surgical Recovery



Outstanding staff Lovely environment Customized care

5 Star Medicare Rating





For more information or a tour please call: 1-(800) 682-6107

1950 Calle Barcelona • Carlsbad, CA 92009

www.visitglenbrook.com

email: admissions@visitglenbrook.com





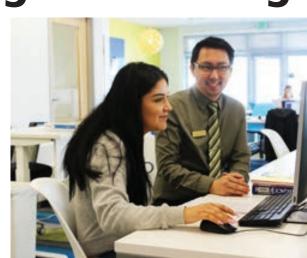
License # 080000786

A personalized way of teaching and learning

Audeo Charter School II opened its newest resource center earlier this month in the Plaza Paseo Real shopping center with a Carlsbad Chamber of Commerce ribbon cutting ceremony.

Audeo II's resource centers are specifically designed to provide safe, distraction-free learning environments for all students. They are created for students who need a different educational setting than a traditional environment in order to reach their fullest potential. Audeo II's specially trained teachers ensure that students feel safe so that learning can take place. As a result, for the past 5 years, more than 98 percent of students and parents report that they feel safe and supported in the Altus Schools environment, and after just 90 days of enrollment at Audeo II, survey results show that students' confidence in their ability to learn increases by 30 percent.

This increase in confidence can be attributed to students learning in an educational setting that is self-paced, personalized and individualized to complete their high school education and move on to their chosen postsecondary pathway. Upon enrollment, each student's current academic skill level is assessed.



At Audeo Charter School II, a Pathways Personalized Education Plan (PPEP) outlines individualized instruction for each student.

High quality teachers translate this information into a Pathways Personalized Education Plan (PPEP) that outlines individualized instruction for each student. Every plan utilizes curriculum that inspires creativity, cultural awareness and student engagement. Equally important in the re-engagement process is the teacher's ability to act as an advocate for the student by connecting families with community resources that help meet student needs and by creating opportunities for comfortable and welcoming interaction between the parent, student and teacher

The use of innovative

strategies and technology and proven methods of learning and teaching at Audeo II re-engage and motivate students to continue toward achieving their designed PPEP. The successful implementation and monitoring of the PPEP enables the teacher to individualize each student's learning experience to support academic achievement and create a posthigh school plan. Many paths are offered where students can become productive and independent citizens operating within their community.

To learn more about Audeo II, visit www. audeo2.com.

AUCIEC HARDEN Charter School



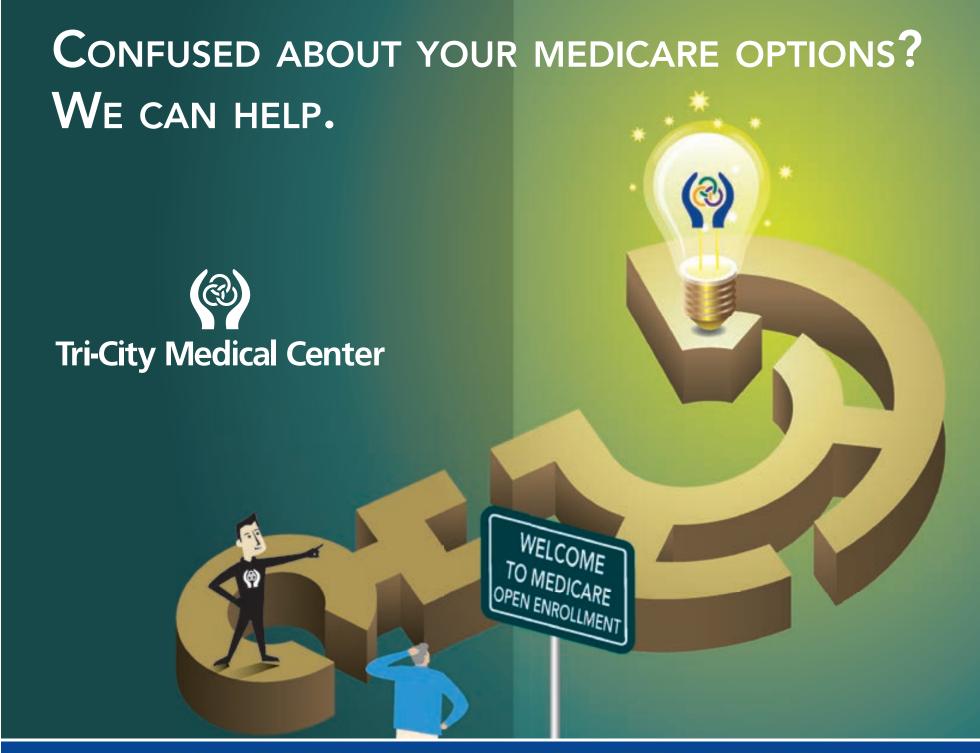
FREE Public School for Students in Grades K-12

NORTH CARLSBAD | WESTMINSTER | NEW! SOUTH CARLSBAD LOCATION

ENROLL TODAY!

To learn more about our school and how to enroll visit,

www.Audeo2.com or call (858) 678-2050



JOIN US FOR A FREE INFORMATION SESSION

LEARN ABOUT YOUR CHOICES DURING THE ANNUAL ELECTION PERIOD

Have your questions answered by health care plan representatives and learn how they can help you. Questions answered include:

- How much would my medication on each plan be this year?
- What would be my co-pay for primary care visits?
- What would be the costs of lab visits & urgent care?
- What are the specific differences between each plan compared to last year?

Formal presentation to be held during the first hour on all available plans. Representatives will be on-hand to answer personal questions and assist with updates or changes during the entire session. Attend one of the following events with a friend or family member.

October 23 • 10 a.m.-12 p.m. - presentation begins promptly at 10 a.m.

Tri-City Wellness & Fitness Center, 6250 El Camino Real, Carlsbad

November 6 • 9-11 a.m. - presentation begins promptly at 9 a.m. Tri-City Medical Center, 4002 Vista Way, Oceanside

November 21 • 2-4 p.m. - presentation begins promptly at 2 p.m.

Tri-City Wellness & Fitness Center, 6250 El Camino Real, Carlsbad