

BUSINESS JOURNAL

VOL 37 NO. 2 A W A R D W I N N I N G P U B L I C A T I O N CARLSBAD.ORG



CULTURE BUZZ
At the Museum of Making Music, visitors can create their own sounds at their newest special exhibition.

7



SPECIAL SECTION
Love, Health & Wellness

10



VOTE 2020
City of Carlsbad,
City Council District 1

22

Who's Your Employee?

I have been getting calls about AB-5, the new law that changes the use of independent contractors in California.



STAY INFORMED

LOU STORROW
ATTORNEY
STORROW LAW, APC

After a landmark case in the California Supreme Court, the Legislature decided to limit who can be treated as an independent contractor

rather than an employee. It was never okay just to use a 1099 instead of a W-2, but the new Labor Code section - 2750.3 - makes it harder. Get it wrong and you're responsible for withholding, unemployment, workers compensation, overtime and a host of other requirements.

Most businesses have until July 1 to make sure their subcontractors fit an exception. Here are some FAQs:

Q: I've been using a "friendly competitor" for years to handle overflow. Can I continue to do that? She has her own business license.

Mostly, no. Someone you hire to do work is an employee for most purposes (wages, overtime, breaks, workers comp, unem-

› EMPLOYEE, Page 21

Experiencing, sharing, connecting

Nowadays, keeping up with life can seem like mission impossible. This is especially true for couples trying to juggle kids, work and other responsibilities. In the middle of this fast-paced existence, nurturing their relationship



CHAMBER

CAROLINA ALBAN-STOUGHTON
DIRECTOR OF COMMUNICATION & ENGAGEMENT
CARLSBAD CHAMBER OF COMMERCE

can easily fall to the end of the to-do list. "Date night for many people is dinner or dinner and a movie. Often couples

will resort to talking about work, the kids and household logistics... the same things they do daily," says **S.A.G.E. Therapy Center**, founder and licensed therapist, Kristin Moorehead-Malley. "I often tell couples to try new things or experiences with each other on dates. The reason this is important is it gives them something outside of their lives to talk about and experience. By doing this they often see their partners in a new way. The spouse or significant other sees them as the individuals they are, not as mom, dad, wife or husband." According to Moorehead-Malley, who has been guiding couples to improve their relationship dynamic for more than 15 years, sharing experiences can also help one person "reconnect with who they



EHF Pilates Studio Owner and PMA Certified Pilates Instructor, Natalie Walker started offering Pilates classes geared for couples many years ago.



S.A.G.E. Therapy Center, founder and licensed therapist, Kristin Moorehead-Malley, says experiences can help couples reignite their passion.



are individually." She adds that "Experiences also give couples the chance to temporarily depart from the stress or problems in their lives and focus on something new and to play."

Seizing on couples' need to

connect and try new things together, **EHF Pilates Studio** Owner and PMA Certified Pilates Instructor, Natalie Walker started offering Pilates classes geared for couples many years ago. "In the nearly two decades

EHF Pilates has offered training in North County, we have developed a very effective program to allow our couples the best of all worlds to receive the individual results desired while they play and train together. We believe those who play together, stay together... Hence the idea." Walker says couples choose Pilates because this form of exercise offers a blend of options where both can challenge themselves and their partners. For example, "It allows women to shine and perform exercises men find more difficult and vice-versa, which seems to add

› COUPLES, Page 20

BUSINESS SPOTLIGHT

Building the best experience in Carlsbad

On February 1, 2020 at 10 a.m. **Sky Zone Carlsbad** will open its doors to the surrounding community. Not only will this be the second location for local business owner Josh Rathweg, who currently operates Sky Zone San Marcos, but this new location raises the bar.

"As a parent, and living here in the community, I want Sky Zone Carlsbad to have a friendly environment and then also bring a world-class facility to Carlsbad. We took over the former House of Air building with 33,000+ square feet and spanning a 60-day renovation period we are investing just over \$1 Million in improvements and attractions. In the undeveloped space there will now be a full ninja warrior course with a warped wall and 23 obstacles, a 15 obstacle



I WANT SKY ZONE CARLSBAD TO HAVE A FRIENDLY ENVIRONMENT AND THEN ALSO BRING A WORLD-CLASS FACILITY TO CARLSBAD.

JOSH RATHWEG,
OWNER | SKYZONE CARLSBAD

parkour course, a free video game arcade, and much more to make it a game-changer for parents. I want kids to experience exercise in a fun and interactive way and starting February 1 we can't wait for everyone to see it for them-



Sky Zone will have a Parent Lounge high above the entire space, and with an adult-only restriction, so parents can oversee the kids playtime but also relax.

selves," said Rathweg, Owner of Sky Zone Carlsbad.

The renovation also adds four large private birthday party rooms for hosting that spe-

cial day. Outfitted with counterspace for all the food and beverages, seating for all the

› Skyzone, Page 21

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THE BEST COMPANIES IN NORTH COUNTY SAN DIEGO AND INSPIRING
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THURSDAY, MARCH 19, 2020
10:45 A.M. TO 2:00 P.M.
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FEATURING



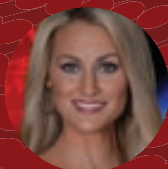
IRWIN JACOBS
Founding Chairman and CEO
Emeritus of Qualcomm

INTERVIEWED BY



ADAM JACOBS
Owner/Founder of Fortis Fitness
and Strength Training & YOGALUX

MASTER OF CEREMONIES



LAUREN PHINNEY
KUSI News Anchor

EDUCATION AWARDS (NEW)

- ★ Teacher of the Year
- ★ School Administrator of the Year

BUSINESS AWARDS

- ★ Best New Business of the Year
- ★ Best Place to Work - Small Company
- ★ Best Place to Work - Large Company
- ★ Workplace MVP

COMMUNITY AWARDS

- ★ Community Impact - Small Company
- ★ Community Impact - Large Company
- ★ Nonprofit of the Year

TICKET PRICES

\$1,000 Table Sponsor (Table of 8)
Members only (Includes table signage and program mention.)

\$95 Individual Ticket
Members

\$150 Individual Tickets
General Admission

#2020CBADAWARDS



Give blood, give life

With love, health, and wellness in the air, it's only fitting that we turn to matters of the heart in this article. The need for blood donations is constant and that is why the **Carlsbad Village Association (CVA)** is proud to be hosting its third annual blood drive on Saturday, Feb. 8. The Heart of Carlsbad Village Blood Drive has collected a total of ninety pints of life-saving blood during its first two events, positively impacting the lives of 270 people. CVA is looking forward to another successful event this month and wants to thank every



VILLAGE BEAT



CHRISTINE DAVIS
EXECUTIVE DIRECTOR
CARLSBAD VILLAGE ASSOCIATION

participant for their support. We are pleased to have Carlsbad Chamber member **Engel & Volkers Carlsbad** be our gracious host this year. They are located at 2965 Roosevelt Street, where the bloodmobile will be conveniently located in their parking lot, visible from the street. Engel & Volkers Carlsbad has a delightful office, complete with a big-screen TV, comfortable couches, and restrooms to make your wait as enjoyable as can be. We recommend that you schedule an appointment in advance, but you can also walk-in on Feb. 8 if you prefer.

In addition to recognizing the value of donating life-saving blood, it's equally fitting to note that February is American Heart Month, where heart health awareness and heart disease prevention is brought to the forefront. That's why CVA would like to remind people how healthy food choices, such as those found at the State Street Farmers' Market, can play an important role in this endeavor. With 25 produce vendors and 35 food vendors to choose from, most offering healthy, natural, minimally-processed options, heart health can be made a bit easier. For example, the fish available at the Farmers' Market is sustainably sourced and fresh from the dock to the market. The poultry and meat are also sustainably farmed and are antibiotic and hormone-free. Fruits and vegetables are picked the same morning they appear for sale at the market and some are even organic. Since fresh just plain tastes better, making healthy choices is more enjoyable. If a vegetarian or vegan menu is in your future, the Farmers' Market has plenty of delicious options, some of which will truly surprise you. Eating healthier is easier at the State Street Farmers' Market.

We would love to be part of your heart-healthy plans this year and beyond. Visit us on State Street between



The Heart of Carlsbad Village Blood Drive has collected a total of ninety pints of life-saving blood during its first two events, positively impacting the lives of 270 people.

Grand Avenue and Carlsbad Village Drive every Wednesday from 3 p.m. to 6 p.m. (Nov-Feb) and 3 p.m. to 7 p.m. (Mar-Oct).

To schedule an appointment for the blood drive, please visit www.sandiegobloodbank.org/ and select Heart of Carlsbad Village Blood Drive.

THE NEED FOR BLOOD DONATIONS IS CONSTANT AND THAT IS WHY THE CARLSBAD VILLAGE ASSOCIATION (CVA) IS PROUD TO BE HOSTING ITS THIRD ANNUAL BLOOD DRIVE ON SATURDAY, FEB. 8.

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RETIREMENT PLAN

ag•gre•ga•tion



LOWER COSTS



LESS TIME



LIMITED LIABILITY

FEB 24

12:30 P.M. - 2:00 P.M.

RSVP:
CARLSBAD.ORG/EVENTS



Atrial Fibrillation & Stroke

Atrial Fibrillation (“A-fib”) is an abnormality of the heart rhythm that affects over 3 million adults in the United States.

The likelihood of developing A-fib increases with age and is somewhat more common in men than women. In A-fib the atria (or upper chambers of the heart) do not contract properly due to an abnormality in the electrical activity of the heart muscle. This results in disorganized heartbeats that reduce the efficiency and output of the heart and can allow blood clots to form. The blood clots increase the risk of having a stroke.

THERE ARE TWO TYPES OF A-FIB (BOTH CAN CAUSE COMPLICATIONS):

- Paroxysmal (intermittent) A-fib that comes and goes
- Persistent A-fib which lasts longer than a week.

THERE ARE MANY POTENTIAL CAUSES OF A-FIB:

- Age over 65
- High blood pressure
- Heart attack (called “Myocardial Infarction” or “MI”)
- Heart valve abnormalities
- Alcohol consumption
- Sleep apnea

- Certain medical conditions including diabetes, obesity, kidney or thyroid conditions
- Certain medications, especially asthma or COPD medications

A-fib can cause a feeling of chest discomfort or pain, a feeling of palpitation or heart racing, lightheaded or dizzy feeling, shortness of breath, fainting or severe fatigue. The severity of symptoms can vary, and some people may have no symptoms at all. It is important to detect A-fib as there are a number of medications and other treatments available to reduce the risk of complications (such as heart failure, certain types of dementia and premature death). Many patients with A-fib are treated with blood thinners (anticoagulants) to reduce the risk of blood clots. A-fib is diagnosed by ECG (electrocardiogram) testing, and by physical examination by your doctor. The best treatment depends on each patient’s individual situation, history and other conditions.

A dreaded complication of A-fib is stroke caused by a blood clot (called an embolus) that is



A dreaded complication of A-fib is stroke caused by a blood clot (called an embolus) that is ejected from the heart and lodges in one of the blood vessels that supply the brain.

ejected from the heart and lodges in one of the blood vessels that supply the brain. This can lead to permanent brain damage and disability.

Signs and symptoms of stroke include sudden onset of facial droop, arm or leg weakness or difficulty speaking or understanding words. It is crucial to call “911” immediately in the event that stroke is suspected. It is said that “Time is Brain,” meaning that the more quickly stroke is recognized and treated, the better the chances of recovery.

There are new treatments for stroke that in many cases result in substantial improvement and even complete recovery. These include giving a clot-dissolving medicine called tPA, and a newer treatment called “Thrombectomy”. Thrombectomy is a minimally invasive procedure performed in Interventional Radiology, where a tiny catheter is passed from the leg into the blocked blood vessel in the brain. The clot can then be removed and blood flow restored, significantly improving recovery from stroke.

Tri-City Medical Center is a Joint Commission Certified Thrombectomy Capable Stroke Center (one of only 36 such centers in the United States), as well as a center of excellence for the treatment of A-fib and other heart problems. You can count on Tri-City Medical Center to help you stay healthy.

ABOUT THE AUTHOR
Dr. Ponec serves as Director of Interventional Radiology and Department Chair at Tri-City Medical Center.

TO YOUR HEALTH



DONALD J. PONEC M.D.
INTERVENTIONAL RADIOLOGY
TRI-CITY MEDICAL CENTER



The Chamber is courage.

We stand up for what we believe in. And we are willing to fight for what’s right, so our businesses can grow and our community can thrive.

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ON MARCH 3 VOTE NO ON A!

Measure A requires 1.6 million voters to vote whenever someone needs to amend the County's General Plan to add as few as **SIX homes** yet it exempts ALL commercial and industrial developments.

The measure uses deceptive language to gloss over this
absurd 6-unit threshold:

“The voter approval requirement shall not apply: Where the General Plan amendment increases the maximum number of allowed dwelling units by five or fewer.”

MEASURE A is OPPOSED by:



AND



The San Diego County Democratic Party, the Republican Party of San Diego County, CalFire Local 2881, the Deputy Sheriffs' Association and many other community groups and leaders.

Learn more at noonsos.org

PAID POLITICAL ADVERTISEMENT

Ad paid for by No on A, Planning Today for San Diego's Future, a Coalition of Housing Advocates, Save Our Rural Economy, Building Industry Association of San Diego County, Farmers, Taxpayers, Firefighters & Law Enforcement. Committee major funding from California Association of Realtors Issues Mobilization Political Action Committee and Building Industry Association of San Diego County.

February is Museum Month!

Each year nearly 850 million people visit an American museum.

Museums are trusted and valuable community anchors. In fact, museums are considered a supremely reliable source of information and 98% of Americans across all ages, races, and geographical locations, consider museums to be educational. Museums are also economic engines contributing \$50 billion to the U.S. economy each year and supporting more than 726,000 American jobs. The economic activity of museums generates more than \$12 billion in tax revenue, one-third of it going to state and local governments. Seventy-six percent of all U.S. leisure travelers participate in cultural or heritage activities such as visiting museums. These travelers spend 60 percent more on average than other leisure travelers. In addition to this economic impact and cultural value, the museum field is deeply committed to diversity and equal opportunity for all and works to ensure that people of all backgrounds have access to high-quality museum experiences.¹

In San Diego County, we are fortunate to have access to an eclectic array of excellent museums and to have an organization, the San Diego Museum Council (SDMC), that promotes these institutions, connecting us to the vibrant exhibitions, events, and opportunities in our

region. One of SDMC's signature programs is San Diego Museum Month which takes place throughout the month of February across San Diego County.

This annual initiative offers visitors half-priced admission at over 40 museums. Participating museums in North County San Diego include Lux Art Institute, California Surf Museum, Oceanside Museum of Art, **California Center for the Arts-Escondido Museum**, the **Miniature Engineering Craftsmanship Museum**, **Mission San Luis Rey Museum**, San Diego Archaeological Center, **San Diego Botanic Garden**, and the **Museum of Making Music**. The Museum Month discount pass is available at many local libraries (including our own Carlsbad Library). For detailed information and a complete list of participating Museum Month institutions, please visit www.sandiegomuseumcouncil.org.

Without too long of a drive, you can discover unique worlds at each location. You can even plan a fun day at four distinct destinations within about a 1-mile radius in Carlsbad: the **Agua Hedionda Lagoon Foundation**, the **GIA Museum**, the **Green Dragon Tavern and Museum** and the Museum of Making Music are all located just off the 5 freeway near Palomar Airport Road and Cannon Road. At the Museum of



At the Museum of Making Music, visitors can create their own sounds at their newest special exhibition, **Music from the Sound Up: The Creative Tools of Synthesis**.

Making Music, for example, visitors can experience the newest special exhibition, **Music from the Sound Up: The Creative Tools of Synthesis**. In this highly interactive exhibition, children and adults are invited to create their own unique sound using a process called "synthesis." It is a progressive experience: the visitor starts at the first station with a simple sound wave, then manipulates and modifies that wave at six additional stations. Once the sound is built, visitors can hear what their creation sounds like using a variety of instruments. Visitors also discover the fascinating story behind the art of synthesis, a



story that begins in the late 19th and early 20th centuries when the world was becoming increasingly electrified, and musicians and scientists began using electrical current to build sound. For more information on the Museum of Making Music, please visit www.museumofmakingmusic.org. On behalf of all of us work-

ing in the museum field to preserve, interpret, celebrate and share our world's rich history, we thank you for your support and look forward to seeing you.

¹www.aam-us.org/programs/about-museums/museum-facts-data/

YES on B

Better Choice

YES on B

Better Choice

In March 2020, voters will have two options:

OR

NO on B

No on B

» 2,135 single and multifamily homes

» 1,331 affordably-priced homes

» 1,209 acres of preserved open space

» 19 miles of trails

» 36 acres of parks

» 99 luxury estates

» 0 affordably-priced homes

» 2 million square feet of retail and office development

» 2.4 acres of parks

Endorsements

Mayor Matt Hall Carlsbad **Mayor Peter Weiss** Oceanside **Mayor Judy Ritter** Vista **Mayor Rebecca Jones** San Marcos **Mayor Paul McNamara** Escondido

[betterchoicesd.org](https://www.betterchoicesd.org)

Ad paid for by Yes on B for a Better Choice: A coalition of first responders, fire safety experts, housing advocates, elected officials, business leaders and taxpayers. Committee major funding from Newland Sierra, LLC

Carlsbad, Del Mar and Solana Beach partner for Clean Energy Alliance

Energy is a vital commodity essential for our well-being and productivity, yet historically, we as local communities have not had much say in where that energy comes from or how clean the source is. So now, in a bold move to give our community greater control over our energy mix and the ability to generate power locally, the cities of Carlsbad, Del Mar and Solana Beach have formed the Clean Energy Alliance, a partnership that will give the three cities a role in procuring, pricing and even producing energy.

This new approach is called Community Choice Energy, which was enabled by California legislation in 2002. Community Choice Energy is designed to give communities clean, renewable energy choices at competitive rates, while creating innovative programs that benefit their residents, environment and local economy.

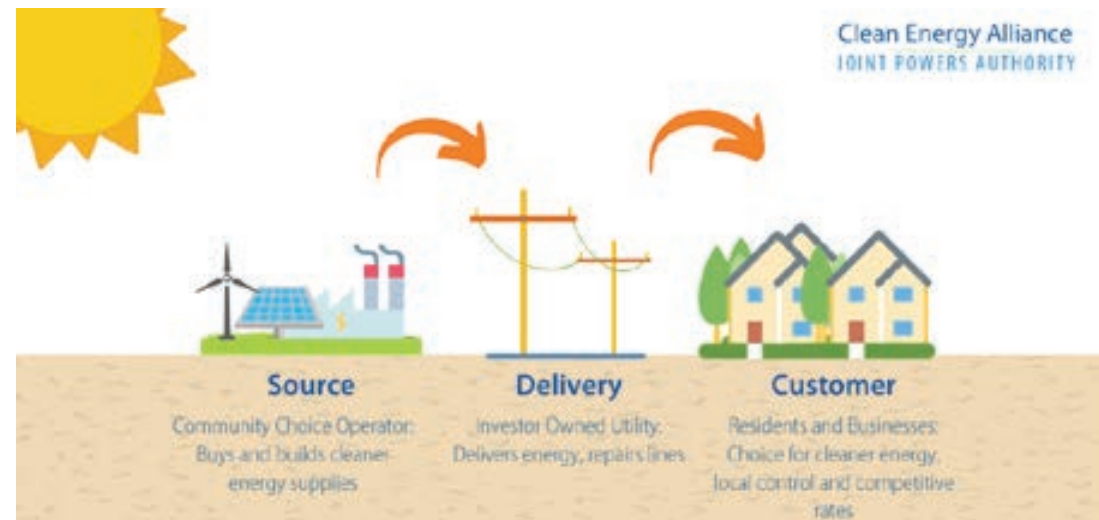
Our new Clean Energy Alliance projects that ratepayers will save about 2% of their energy bill by getting their electricity through the alliance versus San Diego Gas & Electric. This may not be a large amount for residents, but it can be a sizable savings for businesses.

The electricity will still come from the local utility over the state's power grid, but savings

can be realized in several ways. For example, as a public agency through a joint powers authority, the Clean Energy Alliance can borrow money to procure future energy at a lower rate than SDG&E can. And the alliance does not have to pay shareholders a share of the profits, but can invest in programs and new energy generation projects that target our local community and boost our local economy.

Today there are 19 such Community Choice Energy entities operating in the State of California, and our newly formed Clean Energy Alliance is the newest. Each of the three cities in the Clean Energy Alliance – Carlsbad, Del Mar and Solana Beach – will have a say in our mix of energy sources, with an emphasis on a cleaner energy supply that reduces greenhouse gas emissions. Community Choice Energy programs have increased the share of electricity generated through renewable sources statewide.

Another feature of Community Choice Energy is increased transparency in the decision-making process, giving residents a clearer view of how their energy supply is sourced and how rates are set. With greater control over their energy mix and the ability to generate power locally, Com-



The cities of Carlsbad, Del Mar and Solana Beach have formed the Clean Energy Alliance, a partnership that will give the three cities a role in procuring, pricing and even producing energy.

munity Choice Energy programs can create local jobs and keep revenues closer to home. In addition, the Clean Energy Alliance board of directors is made up of our local leadership. Carlsbad Council Member Cori Schumacher serves as board chair, Del Mar Mayor Ellie Haviland as vice chair and Solana Beach Council Member Kristi Becker serves as the third board member.

Our new alliance is also open to growing and is looking to add new members, such as neighboring cities or the county. Other cities in the State Route 78 Corridor are conducting feasibility studies on Community Choice Energy, which is an essential first step in the process.

When the program launches everyone in the service area will be enrolled automatically, and customers will be able to opt out and stay with SDG&E, which will continue to deliver power, maintain the grid, bill customers, and provide other services.

As the program generates discretionary funds above operating costs the cities can develop projects that generate electricity from renewable sources, such as solar, wind and even hydro power. The Clean Energy Alliance will also be able to offer incentives to customers to install clean energy systems like solar panels and battery storage, or to make electric vehicle purchases.

The Clean Energy Alliance has

taken the necessary steps to make Community Choice Energy a reality in our region, including developing a feasibility study, adopting a conflict of interest code, appointing an interim CEO and general counsel, and filing an Implementation Plan and Statement of Intent with the state Public Utilities Commission.

This new model is designed to serve the community directly by taking control over a most important resource: energy. The Clean Energy Alliance looks forward to making great strides in 2020 with the goal of giving you a cleaner and more competitively priced choice of energy in 2021.

Learn more at www.thecleanenergyalliance.org.

Something for *Everyone*

Golfing, hiking, camping, swimming, surfing, meetings or a weekend getaway...

McClellan-Palomar Airport in Carlsbad is a gateway to San Diego's North County. The new passenger terminal at the airport includes a restaurant, Wi-Fi access and rental car desks.

Located at the core of San Diego County, Gillespie Field is a combination airport and business park with excellent accessibility, globally via air, locally by rail and regionally via multiple freeway collections.

County Airports

- * Agua Caliente * Borrego Valley * Gillespie Field
- * Fallbrook Airpark * Jacumba * McClellan-Palomar
- * Ocotillo * Ramona

Fly San Diego

For More Information, Please Visit Us Online: www.sdcountyairports.com

The County of San Diego - Department of Public Works - Airports

The Better Choice Measure would bring 2,135 homes to North San Diego County.

A better choice for our county's future

San Diego County is in the midst of a housing crisis, which harms working families looking for a place to live and businesses seeking to recruit and retain qualified workers. The repercussions of this crisis extend beyond the County, as families are forced to live as far away as Riverside County, making for long commutes and impacting workforce availability for critical professions including public safety and education.

Voting YES on B – the Better Choice Measure – will help solve the housing crisis and help local families. This March, voters have the option to say YES to a Better Choice 1,985 acres of privately-owned land just a few hundred feet from I-15 and a little more than a mile from Escondido, Vista and San Marcos. The Better Choice Measure would bring 2,135 homes to North San Diego County, 1,331 of which will be priced affordably for families – guaranteed by a legally-binding covenant. That's why it has been endorsed by police, firefighters, teachers and others priced

out of San Diego's housing market. Under the County's current General Plan, this site is designated for the development of 2 million square feet of commercial space and 99 estate homes. That is not what we need in San Diego.

We need more housing – not another massive commercial complex.

This project went through the required public planning process with the County of San Diego. Unfortunately, narrow special interest groups behind a nearby \$10,000-a-week luxury spa spent millions to force the Board of Supervisor's unanimous approval of this community to a countywide vote.

YES on B will also create thousands of jobs and provide overall economic impact of \$203.6 million, YES on B is projected to generate \$5 million each year in property and sales tax revenue for local government.

On March 3, vote YES on B to uphold the County's planning process and create much-needed housing for local families – a Better Choice for San Diego!

Preparing tomorrow’s leaders

Today’s students are tomorrow’s CEOs, entrepreneurs, politicians, and civic leaders. We must help instill in them the vision and ethics they need to become effective and responsible leaders. It is fortunate that, here in Carlsbad, these young students have many opportunities to get involved in their community and learn from the inside how it works.

I am particularly proud of the exceptional high school students who make up the Student Superintendent Advisory Council (SSAC). These sixteen students bring to the table important current issues, and a valuable perspective on them, at our quarterly meetings. The members of the SSAC recently were named “Inspirational Students of the Month” by education reporter Rory Devine, from NBC 7 San Diego, for making an impact at our schools.

I am equally proud of our Student Representatives to the Board—Taylor Keller from **Carlsbad High School**, Belle Flanagan from **Sage Creek High School (SCHS)**, and Boden Haber from **Carlsbad Seaside Academy**. They speak as the students’ voice as important decisions are made at our board meetings.

Also to be congratulated are our Carlsbad Unified Champions—musicians, athletes, actors, and leaders committed to academic achievement. These high school senior ambassadors serve as peer mentors and role models for the younger students of CUSD. They go out to schools

to teach about sportsmanship and the importance of making positive choices.

Let me introduce you to just one of our many student leaders, Belle Flanagan. She is a SSAC member, the SCHS Student Representative to the Board, a 2019 Carlsbad Unified Champion—and Miss Honey in SCHS’s production of *Matilda*. Her Genius Project, “My Life, My Story,” a verbatim-style theater production, was a collaboration with Margaret Hamer, Carlsbad’s Recreation Area Manager, and the Carlsbad Senior Center.

Belle interviewed six senior citizens from the Center about their lives, transcribed the interviews, and organized a production in which six SCHS drama students performed the stories for the Senior Center.

Belle says that, as Student Representative to the Board, she has learned how the school board works. She values her opportunities to report to the Board about what’s happening at her school and, at SSAC discussions with the superintendent, to make suggestions and raise student concerns. She is proud that, “as a Carlsbad Unified Champion during Red Ribbon Week I lead healthy living activities at schools, such as freeze dancing”; and that, “during the Mini-March Madness basketball tournament, I will visit nearly every elementary school to teach kids about good sportsmanship.” Belle also loves spending time with younger kids as a peer mentor. “These experiences are



Carlsbad students have many opportunities to get involved in their community and learn from the inside how it works.

enriching,” Belle says, “and they give me a chance to make a difference.”

Our middle and high school students can choose among many other pathways to leadership. In ASB classes students hone communications skills and organize campus events and fundraisers. They run clubs and other activities on campus and in the community—discovering their passions, finding their individual voices, and looking for ways to change things for the better.

In addition, the **Carlsbad Educational Foundation’s** Student Leadership Council provides leadership opportunities for 45 high school students. The highlight is a public forum called Learning to Lead, with mentors and leaders from the business community, such as Chris Birchby, the founder and CEO of Coolla, and Terra Teat, the VP of Marketing for **JLab Audio**.

“THESE EXPERIENCES ARE ENRICHING,...AND THEY GIVE ME A CHANCE TO MAKE A DIFFERENCE.”

BELLE FLANAGAN,
STUDENT REPRESENTATIVE TO THE BOARD

Offering another opportunity, the City of Carlsbad sponsors the Carlsbad Student Leadership Academy for high school students. Students tackle issues affecting youth in Carlsbad and learn through civic education, take on community projects, and interact with local city professionals and mentors to develop leadership skills.

“I have the opportunity to work alongside so many talented young students within the CUSD community,” says Rosemary Eshelman, Student Services Specialist. “I have seen the concern for their peers and their community in the work that they do as leaders and role models. They are our future and it is exciting.”

New year, new degrees

There is no better time to advance or begin a new career. **MiraCosta College** continues to advance new degree and certificate programs to prepare students with the tools and skills needed to enter an ever-changing workforce.

NEW DEGREE AND CERTIFICATE PROGRAMS INCLUDE:

Global Studies: MiraCosta College offers a certificate program in global studies that can be completed in as little as one year. The program focuses on the social, economic, and political systems of our country and those around the world.

BUSINESS QUICK STARTUP:

Entrepreneurs looking for a strong foundation to build their own business can enroll in a new certificate of proficiency program. Short, targeted, intensive classes include courses in marketing, business plan development, and methods for funding the entrepreneurial venture.

ENGINEERING TECHNOLOGY:

The goal of this program is to prepare a pipeline of graduates in the growing demand for

engineering technicians in the region’s advanced manufacturing sector.

TAX PREPARER PROGRAM & PAYROLL PROFESSIONAL:

Designed for entry-level tax preparer positions, the Tax Preparer Program coursework readies students for the California Registered Tax Preparer certificate, as well as the IRS Tax Volunteer certificate. Likewise, the 10-unit Payroll Professional Program introduces students to payroll basics.

DIGITAL MEDIA:

Introducing students to an understanding in this fast-growing field, core courses are offered in digital imaging, graphic design, web design, and video and media production.

MEDICAL ASSISTANT PROGRAM:

Providing skills needed to work at medical clinics, nursing homes, and doctor’s offices, the Medical Assistant Program prepares students for a sustainable career.

ANTHROPOLOGY:

The associate degree for transfer in Anthropology pro-

vides a smooth transition to California State University, San Marcos, which now offers bachelor’s degrees in medical anthropology and indigenous studies.

SOCIAL JUSTICE STUDIES IN GENDER OR LGBTQ STUDIES:

The associate degrees for transfer in Social Justice Studies in Gender or LGBTQ Studies focus on historic and contemporary issues pertaining to the social status of those in the LGBTQIA+ community. The course curriculum will explore how gender interacts and intersects with race, class, ethnicity, and other identities to help shape their experiences in society.

BREWTECH PROGRAM:

Housed at the Technology Career Institute (TCI), the new Craft Brewing Technician program is the fastest way into a lucrative career working in this growing field. Students learn about the history and nature of contemporary craft brewing, the techniques and technologies for maintaining small brewery operations and hands-on practice in equipment maintenance and repair.

MiraCosta is dedicated to the removal of barriers that many face when entering college. All first-time students enrolled in at least 12 units per semester at MiraCosta College are eligible to receive two years of college free. In addition, MiraCosta College provides a wide range of



The new Craft Brewing Technician program teaches students about the history and nature of contemporary craft brewing, the techniques and technologies for maintaining small brewery operations and hands-on practice in equipment maintenance and repair.



services and resources, such as financial aid, scholarships, zero cost textbooks, academic support and counseling, and educational planning.

Dedicated to providing open access to higher education, MiraCosta College appreciates the collaboration with our community partners to expand opportunities for students to complete a de-

gree or certificate. MiraCosta College is honored to be your community college. Thank you for allowing us to serve the Carlsbad and North County communities.

For more information on any of our degree or certificate offers or to discuss ways for collaborating, please visit miracosta.edu or email pio@miracosta.edu.



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SUPERINTENDENT
CARLSBAD UNIFIED
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Love

Health

Wellness



For centuries, February has been considered the month of love, with its peak day of celebration on Feb. 14, Valentine’s Day. However, while many may think of this month as one reserved for the hopeless romantics, we believe February should also be a month in which we focus on self-care, loving our bodies, our mind and our overall health. This section features several members, who are focused on providing the community with options to focus on Love, Health and Wellness. Enjoy!

Surrounded by a quaint village and exquisite ocean view sunsets

For centuries the ocean has been revered for its healing properties. At **Carlsbad By The Sea Retirement Community** the beach is in your backyard, a quaint village is next door and a sense of wellbeing is all around you. Some call it a natural paradise, some call it a resort, but our residents are fortunate enough to call it home.

Spending your time doing the things that mean the most to you -- that's what living at Carlsbad By The Sea is all about. We are a continuing care retirement community with amenities that you might expect in a resort community. Our residents enjoy bicycling as well as aqua aerobics in our heated pool while others enjoy a “spa day,” taking a morning beach walk, or reading a novel from our library.

Many life enrichment opportunities give you the chance to learn and improve your wood working, painting, bridge, billiards and dancing. Or perhaps you have a passion you would like to share with your new friends? And don't forget our social hour, one of the best attended events.

Perhaps most importantly, you will have the time to savor all that living our community has to offer, thanks to our courteous staff who will take care of your weekly housekeeping, all indoor and outdoor maintenance, and the preparation of delicious menus in our beautiful bistro and dining room or ocean view patio.

Carlsbad By The Sea is an intimate community with fewer than 160 residences, including six premier oceanfront apartments built right into the bluff.

Choose from more than 20 floor plans, with styles ranging from studios to penthouses. Patios or balconies expand your living space to take in the beautiful vistas and fresh ocean breezes.

Because we are a licensed continuing care retirement community, Carlsbad By The Sea offers additional care as you need it. Truly Yours is custom designed assisted living and personal service delivered to the privacy of your home at Carlsbad By The Sea. A personal care assistant provides everything from escort service to medication management to specialized treatments, all in the comfort of your home. Carlsbad By The Sea Care Center offers many private, ocean view rooms, around the clock professional



Many life enrichment opportunities give residents a chance to learn new things and socialize.

nursing, rehabilitative therapies like physical, occupational and speech therapy, specialized restorative nursing programs and wound care.

Carlsbad By The Sea Retirement Community celebrates its roots as a famous seaside resort by continuing to offer resort-like services in one of Southern California's most beautiful settings.

For more information and to schedule a tour, visit carlsbadbythesea.org or call 760-720-4580.



Fran Gilder

Architect of life

Fran has crafted every detail of her retirement. She wanted to be close to her family. She wanted to watch the sun set over the ocean. Here, friends stroll together to the local farmers market. That's the kind of place she was looking for. And she found it at Carlsbad By The Sea.



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When she's not heading out to the neighborhood café or next up in the Wii Bowling tournament, she's trying her hand at watercolors and learning to play the ukulele. She'll tell you she never thought she'd move out of her home, but without the mundane chores of homeownership, everything has opened up and it's just the way she likes it.

At Carlsbad By The Sea, Fran not only found the warm climate she was seeking after all those years of shoveling snow, but she found a warm community.

Continue your lifelong pursuits or find new adventures at Carlsbad By The Sea, one of the top retirement resorts in the US, offering independent living, assisted living and skilled nursing on-site.



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a front porch community

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2. Minimum 2.5 GPA
3. Accepted to a college or trade school
4. Not related to an ALNC member

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All they need is love

At **Assistance League of North Coast**, we love the children of our Tri-City area. We show our love through our many programs, as we watch them grow and help them become productive adults by fitting them with new shoes, providing them with their own books, etc. Finally, when they reach teenhood ... we award the all-important college scholarship!

Yes, you read correctly – a \$2500 Scholarship to a student in each high school!

Who's eligible? Those attending high school or trade tech in the Tri-City area and have a 2.5 GPA.

Where do I apply? Go to this website, www.alnc.org, then look in top right corner and click on Scholarships. Read through the information and you will see where to click for the application. You must submit a hard copy by April 1 to your high school counselor.

Do you want to donate, volunteer or learn more about our organization? Please visit www.alnc.org or contact us via email membership@alnc.org or phone 760-722-2286.

Our thrift shop is located at 1830 Oceanside Blvd., Oceanside. Open on Mondays from 10 a.m. - 6 p.m. and from Tuesday to Saturday from 10 a.m. to 3 p.m.



Anna Manwaring, is the chair for the ALNC Scholarship Committee.



2020 NORTH COUNTY HEART & STROKE WALK

SAT. MAR 7, 2020
CARLSBAD FLOWER FIELDS

EXPO OPENS AT 6 AM, WALK BEGINS AT 7 AM

FOR MORE INFORMATION

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VISIT HEART.ORG/NCSDHEARTWALK

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Tri-City Medical Center



Over the past year, the American Heart Association and Tri-City Medical Center have continued building on a campaign focused on enhancing and improving the health and wellness of North County San Diego.

Walking for a healthy heart

Imagine a North County San Diego where heart disease and stroke are things of the past. Where healthy choices are equitable and accessible. Where community awareness and education informs healthy behaviors. **The American Heart Association** is focused on making this a reality.

Over the past year, the American Heart Association and **Tri-City Medical Center** have continued building on a campaign focused on enhancing and improving the health and wellness of North County San Diego.

The campaign has focused on increasing awareness about heart and brain health and the steps one can take to help reduce the risk of heart disease and stroke. This has been done through community-based workshops, health fairs, and education at events such as the Vista Strawberry Festival and the **Carlsbad Village Street Faire**. In addition to focusing on healthy lifestyle choices,

the American Heart Association and Tri-City Medical Center also launched the North County hands-only CPR Superheroes campaign. Our goal was to provide the life-saving skill of hands-only CPR to more than 1000 North County residents. We have already trained almost 700 people, and expect that we will surpass the original goal.

We invite you to join us at the **Carlsbad Flower Fields** on March 7 for the 2020 North County San Diego Heart & Stroke Walk to help celebrate the work being done, as well as helping determine the work we will be doing as part of our on-going efforts to create a healthier North County.

For more information, visit heart.org/ncsdheartwalk or call 858-410-3827. Registration is free, while the knowledge you gain and the impact you will make via the dollars you raise are priceless.

Setting the bar for North County seafood

Bluewater Grill Seafood Restaurant and Fish Market in Carlsbad continues to wow seafood fans, local foodies and visitors alike in Carlsbad Village. The destination restaurant opened in late 2017 to offer North County residents California’s freshest, just-off-the-boat sustainable seafood in an atmosphere of causal coastal style.

Since its debut in the heart of the Village, Bluewater has established itself as the go-to source for sustainable seafood and shellfish, weekday happy hours, monthly tastings and wine pairings, and a distinctly neighborhood vibe.

Chef Albert Serrano is making a name for himself in North County and beyond, by introducing a number of new lunch and dinner dishes that leverage Bluewater’s access to up to 40 varieties of fresh sustainable seafood and shellfish annually. From Pacific Swordfish harpooned in local waters to Grilled Whole Fish and San Francisco Cioppino with Black Mussels, he is adding his own local gourmet preparations regularly to offer diners a new experience every time.

Meanwhile, General Manager Sean Fryt, a North County resident, welcomes customers to a stunningly redesigned space. Owners Jimmy Ulcickas and Richard Staunton worked closely with the City of Carlsbad to create the perfect contemporary fish house destination with reimagined dining room, a new bar and lounge area and fresh fish market and retail counter offering locally caught seafood and local wines.

Perfect for North County afternoons, the new space also boasts two new outdoor dining patios for alfresco dining and private parties.

Like all Bluewater neighborhood locations. Bluewater Grill Carlsbad is com-



Chef Albert Serrano adds his own local gourmet preparations of sustainable seafood regularly to offer diners a new experience every time.

mitted to not only serving the freshest seafood but also pioneering sustainable fishing and farming practices.

To date, more than 90 percent of the choices on Bluewater’s menus are sustainably caught or farmed – among the highest of any restaurant in California. Bluewater founders also operate the fishing vessel, Pilikia, to provide customers with the freshest, sustainably-caught seafood.

Bluewater Grill is located at 417 Carlsbad Village Drive. It is open for lunch and dinner daily. Hours are 11 a.m. to 9 p.m. Sunday through Thursday, 11 a.m. to 10 p.m. Friday and Saturday.

For reservations, call (760) 730-FISH (3474). For menus or other information, visit www.bluewatergrill.com/locations/carlsbad or their Facebook page.

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We provide cutting edge IV protocols including high dose vitamin C, chelation protocols, and Major Autohemotherapy. Each IV protocol is individualized to the patient based on their goals, presenting symptoms, and a comprehensive review of laboratory results. Nutrient shots are also available and customized for each patient needs.

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Objective data is essential to properly identifying the root cause of disease and implementing an effective treatment protocol. At Orian Wellness we utilize standard and specialty laboratory testing to determine the optimal treatment protocols.

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For more information and to schedule an appointment, visit www.orianwellness.com or give us a call at 760.593.4613

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We use Prolotherapy and PRP (platelet rich plasma) for the treatment of damaged connective tissue leading to acute and chronic joint pain. When ligaments and/or tendons are damaged, joints can become hyper-mobile leading to degenerative changes such as osteoarthritis. Prolotherapy involves the injection of a mixture of dextrose, saline and lidocaine into the joint spaces. The solution initiates an immune response that includes an increased blood supply to the area and an increase in fibro-blast activity which results in new collagen deposition. PRP is used as regenerative medicine by taking one's own blood plasma to stimulate wound healing.

A healthy way to age

Maintaining one's health as we age is obviously important. Aside from the avoidance of tobacco and sugar products, one of the most effective ways to maintain our bodies is through hormone replacement therapy (HRT) when indicated.

For decades, it was thought that HRT was bad for us, i.e. that our hormones would suddenly change their behavior from one of necessity to one that poses danger. That never did make sense; think about a car – it runs on gas, but without oil in the engine, it would break down. Note that oil doesn't stop working once a vehicle attains a certain mileage. It continues to do what it always does for duration of the vehicle.

Our bodies' hormones are our "oil," i.e. they work to maintain our bodies. We need them for repair as well as for other reasons. When our bodies stop

making hormones, we break down. We've all seen elderly people hunched forward from osteoporosis, right? And, similar to oil, hormones don't suddenly turn "bad" at a certain age. They're necessary for a variety of reasons until we eventually die. This applies to both men and women. They're affordable, easy to apply via a cream, and safe for the vast majority of people.

To learn more about HRT and other ways to maintain your health, contact Dr. Jeffrey Pearson, a board-certified family & sports medicine physician located in the heart of Carlsbad Village.

Medicine in Motion is located at 2808 Roosevelt St, Ste 100 Carlsbad, CA 92008. Call 760-688-0411 for an appointment. For more information visit: www.medicine-in-motion.com

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At Carlsbad Integrative Medical Center, Dr. Juergen Winkler, MD works helps patients with chronic debilitating health conditions.

Healing from the root

What do you think of when you hear the words “doctor’s appointment”? Perhaps you envision a brief meeting with an individual in a white lab coat – someone who cares for you and your health, but due to various factors may only have a small window of time for your visit. Well, that isn’t the picture that Juergen Winkler, MD, founder of **Quantum Functional Medicine** in Carlsbad, CA and **Carlsbad Integrative Medical Center** wants for his patients. His desire is that each patient experience patient-empowered care originating from a Functional Integrative approach to health care. An approach that takes the time to look back in order to locate and remove root causes, in addition to treating the current condition.

Let’s take a quick look at how Dr. Winkler’s functional approach to medicine evolved. Dr. Winkler earned his Doctor of Medicine degree from University of Maryland Baltimore. He completed his Residency in Family Practice at the San Bernardino County Medical Center and is licensed by the state of California. Dr. Winkler served as an Air Force physician, followed by years of private practice, as well as being a staff physician and medical director

in home healthcare. When asked why he chose to devote his life to the healing arts, he replied, “Originally I was inspired to become a practitioner because of my interest in finding the root cause of disease and the desire to alleviate suffering. However, my mother-in-law’s suffering with pancreatic cancer served as an incentive to get even more serious about helping patients with chronic debilitating health conditions. I began deeper research into the philosophy, methods and outcomes of integrative and functional health care practices. It is my desire to offer treatments designed to specifically deal with each individual’s need. Our clinics exist to provide the community with health, hope and relief of suffering through in-depth, individually based care, drawing from a vast diversity of treatment options, addressing genetics, environmental exposures, lifestyle, and emotional/physical makeup, each of which is an influence in chronic disease.”

For information about Quantum Functional Medicine and Carlsbad Integrative Medical Center visit online: QFMed.com and carlsbadimc.com



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Offering free or low-cost community classes to promote mindfulness and healthy longevity is how Body & Brain Wellness Foundation works for its goal: creating a healing society.

Healthier you, healthier community in 2020

Creating a healing society sounds like a big goal – but a team of health instructors, coaches and advocates working together as **Body & Brain Foundation San Diego** are doing their best to make it happen. This local chapter of the national Body & Brain Foundation wellness organization offers free or low-cost community classes in Asian-style restorative yoga, meditation, a blend of taichi and qigong called DahnMu-Do, and a variety of self-healing acupres- sure techniques, as well as workshops and wellness event presentations to promote mindfulness and healthy longevity. They also provide on-site “Wellness At Work” and Brain Power Education contracted in- struction services for businesses, govern- ment and private organizations.

Body & Brain Foundation is a U.S. 501(c)3 non-profit organization estab- lished to make instruction in holistic mind/ body/spirit practices and health principles available where people might not have access to commercial Body & Brain Yoga, Taichi and wellness centers. The local non-profit chapter’s instruction is ground- ed in traditional Asian integrative health principles, updated with the addition of modern brain plasticity theory, intestinal health and other research findings of Body & Brain’s nationwide medical partners. Volunteer instructors undergo continual training in order to offer their best to their communities.

You’ll find local Body & Brain Foundation San Diego instructors at women’s clubs, in city parks, at military and veterans’ events, at senior centers and at non-profit community locations such as the Alta Vis- ta Botanical Garden. “Our instructors love sharing healthy living and making their communities stronger,” says local chapter team leader Susan Henry.

Find more about Body & Brain Foun- dation at www.bodynbrainfoundation.org, or contact the San Diego chapter at BnBFoundationSD@gmail.com.

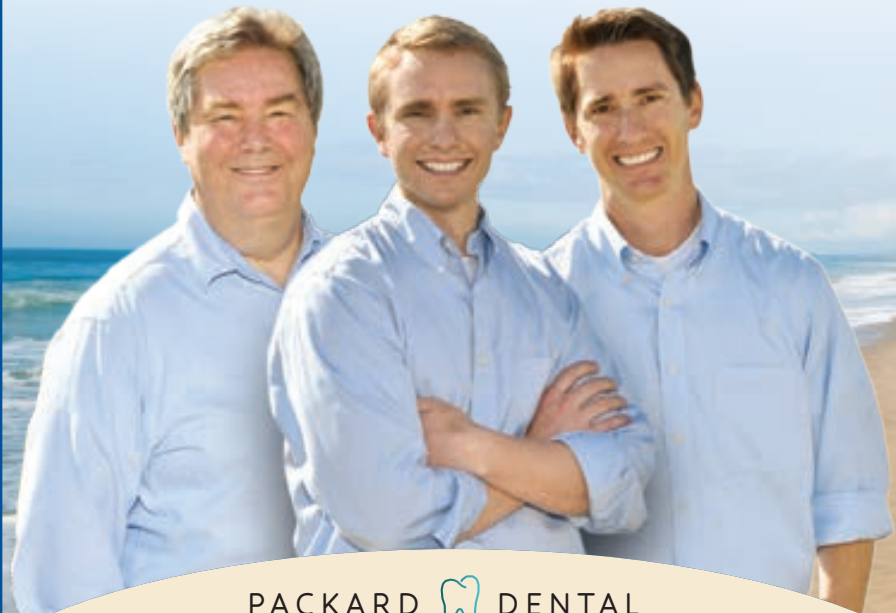
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Packard Dental helps patients improve their oral and overall health by offering them oral DNA tests accurately treat periodontal disease.

The way to a healthy smile

If the eyes are a window to the soul, your mouth is a peek into your body’s overall health. Scientists have found that oral health indicators such as periodontal disease, commonly called gum disease, can be a contributing factor to heart dis- ease, dementia, certain types of cancer, diabetes, and increased risk of stroke. That’s the kind of list that will get your floss out of the bathroom drawer.

Packard Dental is helping their pa- tients improve their oral health and over- all health by offering them oral DNA. These tests diagnose the specific types of bacteria that are prevalent in a patient’s unique mouth. With this information, Dr. Jared and Dr. Matt can accurately treat periodontal disease with a customized plan to address the patient’s very specific needs.

In addition to the oral DNA tests, the Packard Dental team uses 3D dig- ital x-rays to accurately diagnose den- tal problems that may have previously and detrimentally gone unnoticed. With similar focus in prevention, all of the dental hygienists are certified to use lasers for the safe, fast, and effective treatment of gum disease. Life chang- ing procedures such as dental implants and smile makeovers happen in just one day with a master ceramist on site. Likewise, highly durable crowns are custom created in one hour, eliminat- ing the need for patients to return for multiple appointments. Children, teens, and adults alike can choose either tradi- tional orthodontic brackets or discreet Invisalign trays to enhance their smiles and confidence.



Surgery for hip or kneed replacement should only be used under the correct timing and circumstances.

Considering hip or knee replacement?

HOW TO KNOW WHEN IT'S TIME FOR A HIP OR KNEE REPLACEMENT

The most common question Dr. Silldorff gets from his patients is, “When will I need my hip or knee replaced?” His answer, in short: You’ll know when the time is right. Each patient differs in terms of their expectations and individual situation, but he is here to help guide you as you make that decision.

“My commitment to my patients is to work with them through their arthritis and symptoms as they progress, and provide them with the safest and most effective treatment options along the way,” he affirms.

THE IMPORTANCE OF NON-SURGICAL APPROACHES

Dr. Silldorff takes time to get to know his patients. He wants patients to feel understood and included in their care, as well as fully informed, so each patient can make the best decision for them — and that’s not always surgery. Many people don’t realize that the implants used for hip and knee replacements are mechanical components. Just like the tires on your car, they too will wear out over time, and this must be considered if you’re thinking about surgery.

Though he’s a surgeon, Dr. Silldorff understands that surgery should only be used under the correct timing and circumstances. “I optimize non-surgical interventions prior to considering surgical intervention. I think including patients in the discussions

around risks and benefits of both surgical and non-surgical treatment options is critical; together, we can make informed decisions about what treatment is best for that patient,” he says.

MAKO ROBOTIC TECHNOLOGY

Dr. Silldorff works with the state-of-the-art Mako robotic technology, only found in select clinics. Though computer navigation for hip and knee replacements has been around for a while now, the Mako robot allows Dr. Silldorff to produce accurate and consistent results.

“It provides objective information and feedback during the surgery that is specific to each patient by using a pre-operative, 3-D CT scan that is calibrated to the patient’s anatomy in the operating room,” he elaborates. “The software then allows us to plan and adjust our operative procedure and uses a robotic arm to orient our cuts in real time, helping us to achieve the best results possible.”

ABOUT THE DOCTOR

Dr. Morgan Silldorff was born and raised in the North County area of San Diego. In 2019, **Tri-City Medical Center** had the distinct pleasure of welcoming him back to his hometown as he joined Orthopedic Specialists of North County (OSNC).



A health partner caring for both adults and children.

Urgent Care3D is the most accessible and innovative provider for all urgent and primary care needs for the community in Carlsbad and the surrounding North County San Diego area. Their board-certified medical directors and family medicine certified providers have extensive emergency and primary care experience.

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Urgent Care 3D believes in a proactive approach to healthcare through routine check-ups and continuous care. To ensure you are provided with the best medical care possible, patients are seen in their state-of-the-art medical facility. Their wide range of services and extensive operating hours make Urgent Care3D a leading medical provider in Carlsbad and surrounding areas.

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 - The Emergency Department expansion

Join us in supporting OUR community hospital as we advance to the future. For more information, please call the Foundation office at 760-940-3370 or visit us at tricityhospitalfoundation.org

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The Crossings at Carlsbad is the perfect backdrop for your special wedding day. Photo courtesy of Meurer Image Photography

Say “I Do” with an ocean view

If you or someone you know recently got engaged, you must check out our wedding venue, which we like to consider one of San Diego's best kept secrets. With the sparkling Pacific Ocean to the west and rolling hills to the east, **The Crossings at Carlsbad** offers guests a magnificent setting in a relaxed coastal environment. Our charming craftsman-style clubhouse boasts castle-like features and is adorned with elements of wood and stone, enhanced with vaulted ceilings, a beautiful stone fireplace, and a built-in bar. Your ceremony will be held on our gorgeous turf event lawn with the ocean creating a beautiful backdrop for your wedding photos. After you say “I Do” your guests will head up to our wraparound veranda for a cocktail hour they will never forget, with panoramic views of the Pacific Ocean, golf course and surrounding hillsides. Whether you are planning a small intimate event for 20 or a lavish gala for 300, The Crossings at Carlsbad is the perfect backdrop for your special wedding day.

Our event space can accommodate up to 250 guests inside in addition to an outdoor setting for 300. All of our wedding packages can be customized to best suit whatever is most important to you! From affordable weekday packages, to extravagant ideas like riding in on an elephant, we’ve seen it all! Customize your own cocktails, select your favorite craft beers, wines or spirits, or choose from our wide selection. Our kitchen can accommodate most dietary restrictions and make some amazing vegan or gluten free dishes! Finish off the night with a late-night snack from In N’ Out or a local Taco Shop! Congratulations on your engagement and we couldn’t be more excited to help make your California dream wedding a reality. Learn more about everything our venue has to offer by calling us today at 760-444-1800 ext. 4, or by emailing catering@thecrossingsatcarlsbad.com. Or visit our website for more info at www.thecrossingsatcarlsbad.com!

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- Edward Jones (Matt Leonard, Financial Advisor)
- Elite Teepees LLC
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- HomeSmart Realty West/Dawn & Jeff Van Siclen
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Announcing the Carlsbad Chamber Retirement Solution

Attention all members and future members! The Carlsbad Chamber is launching another major benefit of your Chamber investment- the *Carlsbad Chamber Retirement Solution*. So what is this and why is it important? Most of you are aware that there have been sweeping legislative changes occurring in California and at the Federal level, many of which were put into effect on Jan. 1, 2020. Right alongside the lawmakers work, the Carlsbad Chamber is now offering a Carlsbad Chamber Retirement Solution to all its members that ties in directly to the new laws. Enjoy low costs, save management time and delegate compliance.

Starting with CalSavers

which is a state mandated program with penalties for non-compliance. All employers with five or more employees will be required to participate if they do not have an exempted retirement plan, or do not adopt an exempted retirement program by certain deadlines (which vary based on the number of employees). More simply, the law forces employers with five or more employees to either have/get a 401k plan, or cooperate with Sacramento by using their State plan named "CalSavers".

Next, the SECURE Act is a collection of ideas that have been floating around for a long

time, consolidated into one act. SECURE is an acronym, Setting Every Community Up for Retirement Enhancement, and just passed on Dec. 20, 2019. This Act covers a LOT, and that's why we are having a workshop! Come and hear from the experts, what you need to know, what is required by you and when, and how we can help make your life easier (and compliant!). The workshop is on Monday. Feb. 24 from 12:30 p.m. to 2 p.m.

HERE ARE A COUPLE HIGHLIGHTS:

- The SECURE Act increased tax credits for 401(k) start-up plans by 900%
- The Chamber is offering the newly authorized "CO-OP" style 401k plan.
- The CO-OP is huge therefore

demands super low costs from the providers.

- Chamber's CO-OP offers a "concierge" that takes on all the day-to-day, month-to-month, year-to-year administrative minutiae - including the liability.

The CO-OP style plan provides the lowest liability on plan overseers in the industry today. The best way to avoid the new stiffer penalties is to delegate compliance.

The Chamber CO-OP plan combined with a 900% increase in 401(k) start-up plan tax credits provides a superb path for small firms to get a plan in place and not deal with the Sacramento-based state-run CalSavers 401(k) plan which is very limited.

We hope you can make it to the workshop!



KATHLEEN MCNARY
DIRECTOR OF CORPORATE & MEMBER RELATIONS
CARLSBAD CHAMBER OF COMMERCE

COMMITTEE SPOTLIGHT - AMBASSADOR COMMITTEE

- 1. What are the goals of the committee?** To provide each member the opportunity to assist Chamber members acclimate themselves to all the advantages of the Chamber. We want to accelerate your ability to meet and connect with other Chamber members and we will continue to encourage businesses who are not yet members to explore membership.
- 2. What have been the highlights of the committee in the past year?** Many members of the committee have taken leadership roles in



LUCY KELLEHER
CHAIR
KEEP THEM LOYAL


the Chamber as table facilitators at First Friday Breakfast, ChamberPI8tes, and Chamber 101 as well participate in the monthly Coffee Connection. We have been able to reach out to every single new member of the Chamber this past year. Several members became ABC licensed through the Chamber to assist at events.

- 3. Why should a member join the committee?** To learn how to not only netweave within the committee but also have many opportunities to do the same throughout the Chamber. We help members understand that the more they are involved, the greater return on their membership they will have.
- 4. What impact does this committee have within the Chamber and the community?** As the goodwill arm of the Chamber, we engage the membership and help them understand the value of the

membership to their business and to the community. We attend ribbon cuttings of new members to welcome them. We also intentionally reach out to prospective members in the community to encourage their membership.


5. What are the upcoming committee plans/events that a member or the community should not miss? We will be working closely with the newly formed Membership Committee to engage members.

PREMIER NETWORKING




FIRST FRIDAY BREAKFAST

MAR 6 | 7:00 A.M. - 9:00 A.M.



Ray Madaghiele
Strategic Planning Facilitator

How to Eliminate 75% of Your Worries Through Effective Problem-Solving



5480 GRAND PACIFIC DR,
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carlsbad.org/events

JANUARY 2020 RISING STARS



Congratulations to our January 2020 Rising Stars of the Month: Mimi Tran - Carlsbad High School, Zahour Khan - Army and Navy Academy, Audrey Goins - Sage Creek High School and Seamus Briggs - Carlsbad Village Academy. We are so very proud of you! Big thanks to all the businesses, elected officials and organizations that continue to support this program, especially the Carlsbad Educational Foundation.

PREMIER NETWORKING



CARLSBAD YOUNG PROFESSIONALS

MAR 4 | 5:15 P.M. - 7:00 P.M.

FORTIS FITNESS AND STRENGTH TRAINING & YOGALUX
2712 GATEWAY RD. CARLSBAD, CA 92009



Sweatworking! We will be participating in a networking/workout session! \$15 includes: 45 min workout, drink tickets and hors d'oeuvres!

COST: \$15 REGISTER: CARLSBAD.ORG/EVENTS

PREMIER NETWORKING



CBAD HAPPY HOUR

FEB 19 | 5:00 P.M. - 7:00 P.M.



6981 EL CAMINO REAL,
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Enjoy hors d'oeuvres, a cash bar, opportunity drawings and fantastic opportunity to CONNECT with over 100 local professionals!

NOTE: Tickets go offline at 5 PM the day before (2/18/20). After that, walk-in price goes up to \$20 for members.

carlsbad.org/events

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The historic Carlsbad Mineral Water Spa offers couples treatments and mineral baths in what they call the Exotic Oriental Room

› COUPLES

Continued from Page 1

that fun, competitive nature to allow both partners to shine and thrive together. Additionally our boutique studio offers a very private setting, unlike a large club with lots of other people to work around and talk over, so they are able to spend quality time together.”

According to Moorehead-Malley, different activities can also contribute to boost intimacy. “Unique dates and experiences help create mystery, and mystery can help fuel passion. When couples have been together for decades, there are no mysteries about each other. New, unique experiences help to bring those feelings back, and can provide a foundation to build on when trying to reignite passion.”

Lucky for North County couples, Carlsbad provides plenty of beautiful and even historic settings for couples to connect. One of those opportunities started back in 1997 and has been a favorite of locals and visitors alike - the Carlsbad Mineral Water Spa. Located at the edge of Carlsbad Village, Carlsbad Mineral Water Spa offers couples treatments and mineral baths in what they call the Exotic Oriental Room. “Treatments for couples honestly just made sense. On certain occasions there is nothing more special than being able to enjoy self care with a partner. Being able to just let the stresses of everyday life go away and be in the company 100% of your partner is important and Carlsbad Alkaline Spa just wanted to provide the option to do so,” says General Manager Jake Smith. “It was always part of our service from day one as we know being pampered with your loved one is always a relaxing option.”

According to the website Carlsbad Mineral Water was discovered back in 1882 when Capt. John Frazier “drilled a well for his farm near the beach. The alkaline mineral water cured a stomach ailment

from which Capt. Frazier had suffered for years,” which makes visiting this spa, not only perfect to empower connection and healing, but also an opportunity to learn about the history of Carlsbad. “The couples treatment is one of the most popular packages that we offer. We think its because deep down we all want to spend more time with our partner and this is a perfect way to do so,” says Smith adding that people who have signed up for the experience have always given them rave reviews and great feedback. “It’s as positive as you can imagine. It’s kind of like a reset opportunity for the couple and an experience away from reality.”

For those couples who are on a budget and can’t invest too much or anything at all on experiences, Moorehead-Malley says those don’t have to be expensive to be meaningful. “Many communities have free events such as live music, festivals, and street fairs. Communities also offer art or car shows and inexpensive classes through local recreation departments. Guided nature walks are often free, and couples could even consider volunteering for a building project, community clean-up or service project.” She adds, however, that it is incredibly important to make time for those events. “Couples need



THE COUPLES TREATMENT IS ONE OF THE MOST POPULAR PACKAGES THAT WE OFFER. WE THINK ITS BECAUSE DEEP DOWN WE ALL WANT TO SPEND MORE TIME WITH OUR PARTNER AND THIS IS A PERFECT WAY TO DO SO.

JAKE SMITH,
GENERAL MANAGER
CARLSBAD MINERAL WATER SPA

to prioritize their relationship. There is no magic. Couples can begin by checking the local events calendars weekly. Set a calendar appointment to do this. If they see something they like, put that on the calendar too. Add reminders for the upcoming events so it doesn’t come up suddenly. Often, if it isn’t on a schedule, couples get busy with their daily lives and push the experience or date aside. Other priorities get scheduled - couples time should too.”

Walker has seen first hand the immediate effects connecting through something fun can have in a relationship. “After a session, couples often leave with big smiles, a sense of accomplishment and an open dialogue. Although Pilates offers a deeper mind-body connection, couples still laugh and joke, encourage and compete with each-other which enhances their connection and support as a couple.”

As a licensed marriage and family therapist, Moorehead-Malley has seen it all, including very tough cases. “I recommended going on a unique date to a couple that I had been seeing for marriage intimacy problems. Their emotional and sexual intimacy was almost non-existent.” However, she said this one unique date turned this couple’s relationship around and reignited their passion. “This couple took a cooking class that the wife originally described as ‘weird.’ However, she had gone to the bathroom and when she returned, she saw this man and thought, ‘wow, he is so attractive,’ and then realized it was her husband! It’s like that song Escape by Rupert Holmes. He was moving and doing things and expressing feelings she hadn’t seen him do before or in a long time, which reignited her passion for him and led to a reciprocation of intimate feelings.”

As the days get warmer and the signs of spring start to arrive, so will more chances to plan fun things, get out and experience, share and connect!

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*The San Diego - Carlsbad city region is ranked 7th by the 2019 U.S. cities Sustainable Development Report - Sustainable Development Solutions Network, A Global Initiative for the United Nations. *Carlsbad is the first city in San Diego County to join the official California Green Business Network. *Exhibitor registration is only open to Carlsbad Chamber of Commerce members with proven green business practices.

SKYZONE

Continued from Page 1

invitees, and the privacy of your own protected space, reservations will be in demand. Rathweg gave insight into the reason this is so important to parents by adding, “Right now we don’t have a lot of options in the area for hosting a birthday experience, so the private party rooms on the first floor were a priority in the design plans. Kids need to play. It’s beneficial to mind and body. And staying active doesn’t have to mean a daily ten-mile jog. I think about activity in a different kind of way. Through experiences and now birthday parties in Carlsbad, we will do exactly that. Whether soaring on the trampolines or conquering the warrior course, your legs and lungs will work hard; but so will your smile muscles!”

After the initial design of the plans came into focus, an-

 **SKY ZONE**

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other improvement will be the upcoming Parent Lounge. High above the entire space, and with an adult-only restriction, parents can oversee the kids playtime but also relax. Rathweg added, “We are adding multiple 75-inch TVs, high-top and sit down seating, DirecTV, and free Wifi. In all the spirit behind the Parent Lounge is to allow for the energy output of the kids on the attractions while the parent can recharge in a space designed for them.”

In 2018 Josh was nominated and then selected to join the Board of Directors for the Rady Children’s Hospital Foundation. Rady Children’s Hospital is



Sky Zone will offer four large private birthday party rooms for hosting that special day.

ranked by US News & World Report as one of the best children’s hospitals in the United States with rankings in 10 specialties.

Early in 2019 Ronald McDonald House Charities of San Diego approached Josh as a result

of the positive impact he made on the Rady Children’s Hospital Foundation Board of Directors and Ronald McDonald House Charity of San Diego extended an offer of Executive Committee Member- ROMP 2019.

Josh Rathweg earned a Bachelor of Science degree from The Ohio State University attending the Fisher College of Business in a program focused on entrepreneurship. Josh was also a Division 1 Varsity athlete at The Ohio State University as a member of the Men’s Soccer team earning a Big 10 Championship during his 4 years.

Josh’s youngest daughter Bryn was diagnosed with cancer (Brain Tumor – Malignant Ependymoma) at the age of 10 months and was treated in the Oncology/Hematology department of Rady Children’s Hospital in San Diego as she underwent brain surgery, Proton Radiation, chemotherapy, and other prescribed protocols. Today, Bryn’s current diagnosis is “No evidence of Disease”. Josh currently advocates and shares Bryn’s story of survival and overcoming hardship to help other families faced with a challenging diagnosis.

EMPLOYEE

Continued from Page 1

ployment, among other things), unless they meet all of these criteria (the “ABC Test”):

A. The person is free from the control and direction of the hiring entity in connection with the performance of the work;

B. The person performs work that is outside the usual course of the hiring entity’s business; and

C. The person is customarily engaged in an independently established trade, occupation, or business of the same nature as that involved in the work performed.

Unless you’re hiring a plumber to fix the pipes in your store, the “B” prong of that test is going to give you trouble. Say you provide bookkeeping services, and you pay another bookkeeper to service some of your clients. That person is your employee because they do what you do. The fact that they have their own clients, their own business license, even their own office, doesn’t make a difference.

Unless they fit one of the exceptions, you can’t do it “the way it’s always been done.”

Q: What are the exceptions?

There are about a dozen very specific exceptions, each with its own set of requirements. Some are occupations: insurance, doctors, lawyers, accountants, architects, engineers, investigators and securities brokers,

“direct salespersons,” commercial fishermen, barbers, estheticians and manicurists, real estate, licensed contractors, construction truckers and repo agencies. And tow truck operators who work with auto clubs. Each has its own rules.

A “professional services” exemption is limited to marketing, HR, travel agents, graphic designers, grant writers, artists, enrolled agents, certain payment processing agents, still photographers, journalists, freelance writers, editors and cartoonists. The journalists and photographers can’t do more than 35 assignments a year for a publisher or they become employees! It’s cost a lot of freelancers their regular gigs.

Q: Why isn’t my industry on the list?

Talk to your lobbyist. Apparently some had the attention of lawmakers while others didn’t. Uber and Lyft don’t get an exception – I’m told the law was aimed at the “gig” economy. But don’t worry about Uber & Lyft – they’re challenging the law in court.

Q: What about traditional business-to-business contracts? Are those people my employees now?

There is an exception for a “bona fide business-to-business contracting relationship.” If you sign a contract to keep your copy machines working (do you still use a copy machine?) that’s business-to-business, but not if you hire them to fix your customers’ machines. The contracting business must provide services to your business.

Q: I refer “excess” calls to a colleague and they contract with the customer. Is that okay?

Yes, if you do it for free. “Referral agencies” are exempt, but only if they connect clients and providers in “graphic design, photography, tutoring, event planning, minor home repair, moving, home cleaning, errands, furniture assembly, animal services, dog walking, dog grooming, web design, picture hanging, pool cleaning, or yard cleanup.” The service provider has to work under their own name, set their own rates, etc.

You’ll need to study all of the requirements, or you could end up being someone’s employer or joint employer without intending to.

Some of you are probably wondering how California got so crazy. For that answer, you’ll have to call your elected representatives.

Lou Storrow is a labor attorney with more than 30 years experience advising and representing small businesses and employees in North County San Diego.

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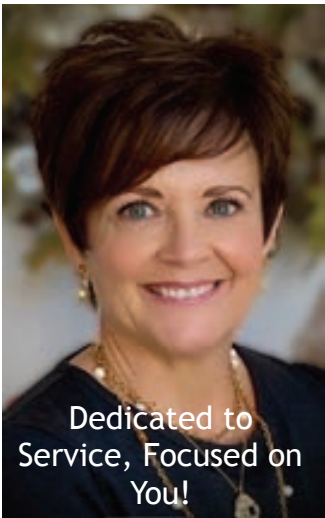


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CARLSBAD CITY COUNCIL

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“As a mom, homeowner, business owner, past school board president, community volunteer, and 33-year resident, I’ve always worked hard to do what’s best for Carlsbad.”

- Choose public safety over crime.
- Ensure access to mental health services for the homeless; and collective crisis intervention for families on the edge.
- Restore effective governance and goal setting.
- Ensure responsible fiscal management and a balanced budget.

FPPC #1422841 - Paid for by Tracy Carmichael for Council 2020

SPECIAL SECTION:

CITY OF CARLSBAD | CITY COUNCIL, DISTRICT 1

SIMON ANGEL
BARRIO COMMUNITY VOLUNTEER

*Chose not to respond

CITY OF CARLSBAD | CITY COUNCIL, DISTRICT 1

TRACY CARMICHAEL
NON PROFIT EXECUTIVE/BUSINESSWOMAN

1. Why are you running for office in District 1?

In November 2018, I ran for City Council District 1 and was narrowly defeated. Today, Carlsbad is experiencing a crisis in leadership caused by inexperience and partisanship. Non-transparent decisions and the inability to consensus build leads to fragmented decision making. Our citizens deserve a fully transparent democracy that will govern effectively. I have a long history of serving Carlsbad. I am a 33-year Carlsbad resident, homeowner, business owner, wife and mother. I was elected for eight years and served as a president of the Carlsbad Unified School District Board of Trustees. We built new schools, improved academic performance, and championed the sale of district property for Pine Park and the Community Center.

Today, I serve as the President of the Carlsbad Christmas Bureau, that assists over 400 less fortunate Carlsbad families each year. It has given me a unique insight to the needs in our community. Carlsbad deserves an experienced, committed leader that respects and values our city and who is focused on our citizens and their future.



increase density in transportation corridors is difficult for everyone to comprehend. I will fight to protect our local control and outside influences that jeopardize our quality of life. My priority is to establish plans to educate, engage our residents on the new laws and requirements that take away local control, ensure residents and stakeholders will collectively work together supporting our community values while achieving balanced planning. Good development can have benefit when done right.

4. Traffic congestion is one of the top issues among residents and businesses in your district. What specific things would you do to tackle this problem?

I will collaborate with businesses, neighboring cities, and County Supervisor Desmond to connect mobility plans, sync traffic patterns, create beneficial ride-share programs, allowing more time with families and less time in cars. Improving our transportation corridors is critical to evacuation planning in emergencies. This will save lives! I'm honored to have the endorsement of County Supervisor Desmond.

5. Identify three other unique problems that your district and the city at large are currently facing.

Public Safety & Crime: Public safety must be our first priority! We must provide our first responders with the highest quality training and cutting edge technology and equipment to serve and protect our city.

Homeless & Mental Health: We must review all laws for solutions to the social, criminal and health crisis that have been thrust upon us. County Mental Health and other local agencies must work collaboratively increasing mental health and services to remove the homeless from our streets.

Effective Governance & Planning: In governance we must have experienced leaders who know their role and responsibilities. Best Practice is to have open communication focused on consensus building with all stakeholders that is centered on developing a community plan for the future.

2. How would you encourage and promote a strong local economy in Carlsbad?

The strength of the local economy is essential to the city's health and future sustainability. I will promote and support economic plans that drive future growth by creating and expanding businesses in biotech and high-end manufacturing, streamlining the permit process, develop assessment plans that is based on anticipated needs of quality goods and services for today and the future.

3. Development in the Village is a hot topic among residents of District 1. What is your position regarding this topic and how would you balance the need for more housing and keeping the Village charm intact?

I respect Carlsbad's history and the charm of the Village; it's a destination of choice. Sacramento's decision to further

CITY OF CARLSBAD | CITY COUNCIL, DISTRICT 1

CORI SCHUMACHER
CARLSBAD COUNCILMEMBER

1. Why are you running for office in District 1?

District 1 is undergoing the most significant changes of any of our newly formed districts and we need someone who has experience tackling state legislation and the Village and Barrio Master Plan that is stripping our city of its quaint, small beach town charm. I have grappled with state housing laws



for the last three years on the Housing, Community and Economic Development Policy and Housing Subcommittees for the League of California Cities, and I spearheaded and am serving on, the Council subcommittee that is updating our local municipal code. I am the only candidate who has the essential local and state legislative experience to protect our District, which is why I am running for this seat.

CORI SCHUMACHER
Carlsbad City Council

Proudly endorsed by the Carlsbad Police Officers Association



"As a sitting Councilmember, Cori has been a tremendous advocate for our association and public safety. She is dedicated to ensuring our police officers have the resources we need to do our jobs and keep Carlsbad neighborhoods safe. We proudly endorse her for Carlsbad City Council."
- Matt Lowe, President of CPOA

- ✓ Most experienced in local and state government
- ✓ Proven track record of supporting a strong, local economy
- ✓ Effectively protecting our small, beach town character
- ✓ Real solutions for our housing crisis and traffic problems



For You. For Us. For Carlsbad.

Paid for by Cori Schumacher for City Council 2020 FPPC ID 1422606

PRESIDENTIAL PRIMARY ELECTION

TUESDAY MARCH 3, 2020 | POLLS OPEN 7AM - 8PM



2. How would you encourage and promote a strong local economy in Carlsbad?

Since being elected in 2016, encouraging a strong local economy has been one of my main concerns. I have reached out to local businesses impacted by the uncertain federal trade environment and supported their efforts through our Congressman. I initiated an amendment to our entertainment licensing ordinance that now allows our local businesses to host acoustic music, which has had a positive impact on small businesses downtown. In addition, with the newly formed Clean Energy Alliance, which I spearheaded, we will be saving Carlsbad businesses hundreds of thousands of dollars off their energy bills starting in 2021. I remain committed to supporting a strong local economy.

3. Development in the Village is a hot topic among residents of District 1.

What is your position regarding this topic and how would you balance the need for morehousing and keeping the Village charm intact?

District 1 has been my home for the last 15 years. I have lived in the heart of the Village, in the same location, and intimately experienced the changes happening here. One opportunity I continue to focus on is shifting density away from the Village and Barrio to the vacant, city owned property adjacent to the Shoppes. This way, we retain the charm of our downtown, while providing much needed workforce housing for firefighters, police, teachers, and young families in an area that is close to public transit and freeways.

4. Traffic congestion is one of the top issues among residents and businesses in your district. What specific things would you do to tackle this problem?

Traffic analysis and the implementation of congestion and speed calming measures have been insufficient in our city for years. In 2019, we began an overhaul to our traffic analysis methodology; initiated comprehensive traffic calming projects in the Barrio and along Carlsbad, College, and Tamarack Blvds; implemented the Carlsbad Connector, a unique transportation option for our local workers; implemented a Transportation Demand Management program; and started the process to develop a much needed parking structure on the city-owned property at the corner of State and Oak. I will continue to work hard to pull us out of the documented, past neglect of traffic mitigation in our city.

5. Identify three other unique problems that your district and the city at large are currently facing.

The dangerous densification of our coastal zone and the impacts of sea level rise on our transit infrastructure (1); the increase in homelessness (2) and its intersection with the opioid epidemic (3). The second and third challenges we face are personal. Homeless folks walk through our alley daily, my car has been stolen, and I lost my only sibling to the disease of addiction in 2017. I am committed to continuing to work on these issues with our community.



DISCLAIMER:

*The Carlsbad Business Journal reached out to Carlsbad District 1 Candidate - Simon Angel to submit answers to the questionnaire. He kindly declined. The Carlsbad Business Journal also offered Simon Angel to participate on the issue with and ad. He kindly Declined.

While they won't be in the ballot on March 3, The Carlsbad Business Journal reached out to the following Carlsbad candidates to participate in this special section with ads if interested.

Carlsbad District 2, Lela Panagides - Kindly declined
Carlsbad District 2, Keith Blackburn - Did not respond
Carlsbad District 4, Teresa Acosta - Kindly declined
Carlsbad District 4, Phil Urbina - Kindly declined

The Carlsbad Business Journal also reached out to the following candidates, who will be on the ballot on March 3.

MEMBER OF THE STATE ASSEMBLY 76TH DISTRICT
Tasha Boerner-Horvath (Incumbent - DEM) - Kindly declined
Melanie Burkholder (REP) - Kindly declined

UNITED STATES REPRESENTATIVE 49TH DISTRICT
Mike Levin (Incumbent - DEM) - Kindly declined

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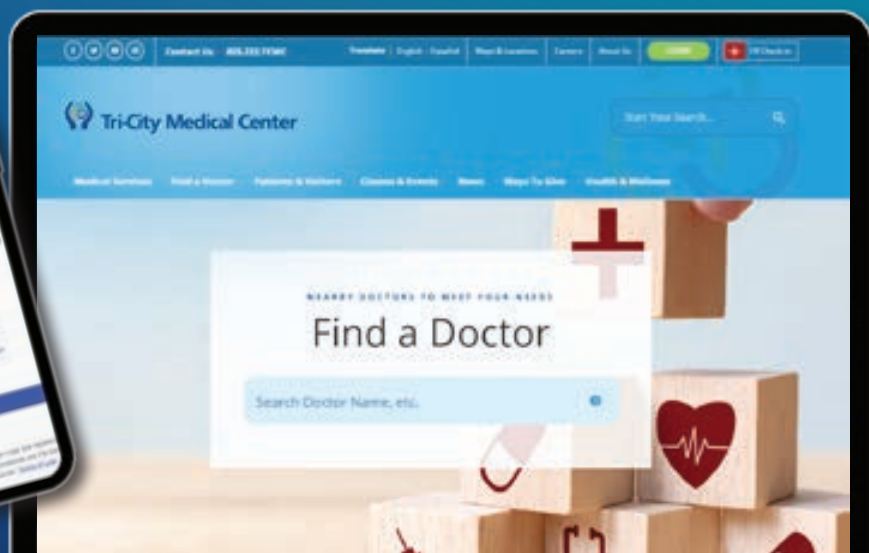
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