

SD METRO

your business your life

FEBRUARY 2015

**San Diego Office Rents
at Historic High**

PG.12

**METRO
MOVERS
2015**

PG.14

America's Best
DONOVAN'S
STEAK & CHOP HOUSE

GASLAMP - 6TH & K
619-237-9700

America's Best
DONOVAN'S
STEAK & CHOP HOUSE

LA JOLLA - 1250 PROSPECT ST.
858-450-6666

METRO MOVERS



Ryan Hill

Ryan Hill is owner of Hill Construction, a company started by his father. He has grown the company from a small organization to the most robust custom builder in San Diego. Hill has grown its construction project management staff to 20 employees, has won numerous local and national awards, and is consistently recognized for flawless execution of design and historical rehabilitation on special projects. In 2014, Hill Construction finished its first out-of-state project in Spring, Texas, and plans to continue building some of the best designed projects throughout the nation. Hill is a premier financial sponsor for the reopening of the La Jolla Wisteria Cottage historical landmark and is active in the La Jolla Historical Society. Hill Construction won the 2014 Gold Nugget Award for best regional design and a Gold Orchid Award for Wisteria Cottage.

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Mark Arabo

Mark Arabo has become one of California's most respected and distinguished figures in the Chaldean American community. His family immigrated to the United States from Iraq in 1979. His first career was in the retail grocery business and his family ultimately owned a chain of three grocery stores. He holds a degree in Integrated Marketing Communications from San Diego State University. He is the chief executive of the Neighborhood Market Association (NMA), one of the youngest CEOs to ever serve in the position. NMA is

the largest nonprofit grocers association on the West Coast. Arabo is currently working with U.S. Rep. Juan Vargas (D-San Diego), in pushing for House Resolution 663, which would lift the regional immigration ceiling for the Middle Eastern region, in order to expedite the Visa process for immigrants affected by violence in their countries. He has met with President Obama to discuss issues confronting Christian minorities in Iraq.



Jay Alexander

Jay Alexander is the managing director of JLL. He was recruited five years ago to lead JLL's landlord representation team, which has developed a reputation for marketing some of San Diego's most iconic office buildings and providing their clients with the knowledge, research and resources of a global real estate services company. His transaction value for sales and leases exceeds \$3 billion. The company's landlord representation team has marketed over 10 million square feet of space in five years. He has raised money and helped construct a new house for a deserving Tijuana family each year since 2000. He and his wife, Mary Ann, also organize donations for Casa de los Pobres in Tijuana, a free clinic that offers medical care and social services for the very poor in Mexico. He was selected as a San Diego County Commercial Association of Realtors (SDCCAR) Deal Maker of the Year five times.

Faraje Kharsa

Faraje Kharsa is founder and CEO of iTAN Franchising Inc. He opened his first iTAN location in Encinitas on April 11, 2001. With the vision of creating long-lasting and successful salons, Kharsa invested in spreading the message of smart tanning. His mission at iTAN is "to make the world a better place one tan at a time, for the benefit of our stakeholders, our customers, our employees, our vendors, our investors and our communities." iTAN has grown to over 30 locations. Kharsa is also co-founder and managing partner of FIT Bodywrap, a company that provides proven, effective and reliable infrared heat systems in the spa, salon and wellness markets. Kharsa holds an accounting degree from Northern Illinois University.



2015 SD
Metro Movers!

*Cara & Garland, APLC Congratulates
Adriana Cara & Meagan E. Garland
named 2015 SD Metro Movers to Watch!*

CARA & GARLAND APLC



Gabriel Bristol

Gabriel Bristol is CEO and president of Intelicare Direct, a San Diego-based customer service solutions company. He is widely recognized as one of today's most talented customer service CEOs because of his track record in developing turnkey solutions, effective customer care and sales programs for small and medium-sized businesses across various industries. A child of the foster system — abused, bullied in high school and ultimately dropped out, living for a time on the streets of Michigan and later in Los Angeles — he survived and today, in his 40s, he oversees over 300 employees in two locations, while continuing to ensure the happiness of each employee. Intelicare is a pet friendly workplace where employees are encouraged to bring their dogs to work. The company is also child friendly with a playroom outfitted with a PlayStation 3, iPads, a Netflix account and a quiet spaces to do homework.