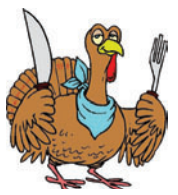




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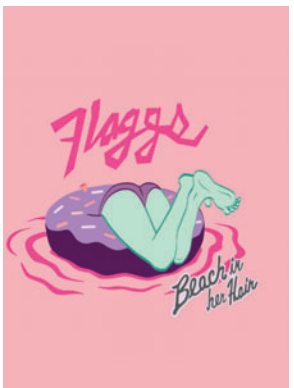
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Current Urban Discovery Academy students were among the approximately 400 people who attended the groundbreaking ceremony. (Photo by Aliya Weise)

'Huge milestone' for Urban Academy

Construction of new Downtown K-8 school underway

By Dave Fidlin

Since opening its doors in 2008, Urban Discovery Academy has garnered attention across San Diego with its project-based learning model, higher-than-average test scores, a vigorous fundraising appeal and annual wait lists for student enrollment.

The privately run K-8 school — chartered by the San

Diego Unified School District (SDUSD) — is about to enter a new chapter in its short existence. After seven years of bouncing between different venues, Urban Discovery Academy is going to kick off its 2015-16 school year next fall with new, permanent digs.

Approximately 400 people attended a groundbreaking ceremony Oct. 24 at 14th and F streets in East Village

— the site where the new 36,000-square-foot facility will be located. Leaders of the school attended the event, as did organizers from a number of Downtown civic organizations. Also on hand were several city officials, including Council President Todd Gloria.

MaeLin Levine, Urban Discovery Academy's board

see Academy, page 4

Celestial cinema blossoms in San Diego

Asian Film Fest greets its 15th year

By Will Bowen



Lee Ann Kim brings the film fest to life. (Courtesy SDAFF/PacArts)

When is the last time you went to a movie theater with friends and family and went away feeling satisfied or uplifted?

Alas, movie-going, once one of the great American past times — like Sunday drives in the country — seems to be dying out.

Theater folk, in response, are trying all kinds of new gimmicks to entice

people back — like fewer, but larger, comfortable reclining seats or waiters who bring you sushi and wine.

Fortunately, Lee Ann Kim, a former local TV news anchorwoman and the founder and executive director of the San Diego Asian Film Festival, is on fire to change all of that and bring back good, old fashioned, illuminating, community-building movie-going.

"Fewer people are going to movie theaters these days," Kim said. "They would rather stay home with Netflix and their big screen TV or engage in

see Asian Film, page 3

For the love of pasta

Little Italy's culinary history explored on the page

By Frank Sabatini Jr.

The time was riper than a mid-summer tomato to chronicle the recent explosion of Italian restaurants in San Diego and to frame the history of the long-established ones that still thrive.

Locally based author and food blogger Maria Desiderata Montana has done exactly that (and more) in her latest book, "San Diego Italian Food: A Culinary History of Little Italy and Beyond," published by The History Press.



Farm-to-table La Villa (Photo by Maria Desiderata Montana)

As a first-generation Italian who was born and raised in Spokane, WA, she approached the eight-month project armed with a family background steeped in enviable culinary traditions.

Weekends meant rolling out batches of ravioli with her mother, whom she refers to as "the quintessential Italian wife," while summers signaled the arrival of fresh vegetables that her father cultivated in their large backyard. She goes on to describe snacking on home-cured meats that were hang drying from the rafters of her uncle's basement.

Her passion for cooking, she recalls, began at 7 years old when helping her mother prepare Christmas Eve dinner at the crack of dawn — hence a collection of favorite recipes from her own kitchen that are included in the book.

Desiderata Montana moved to San Diego in 1994 after marrying and attending college in Seattle. She quickly discovered Mona Lisa Italian Foods and Filippi's Pizza Grotto in Little Italy for buying salted cod, meats and cheeses for holiday meals.

"The neighborhood was nowhere near as busy as it is today," she said in a recent interview with San Diego Downtown News, citing that the big-

see Pasta, page 21

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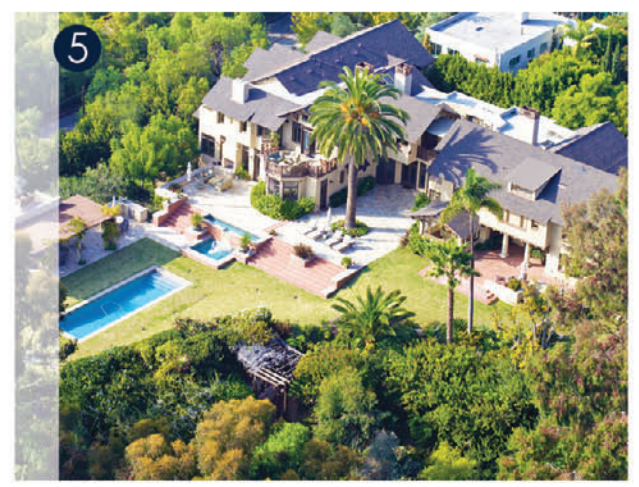
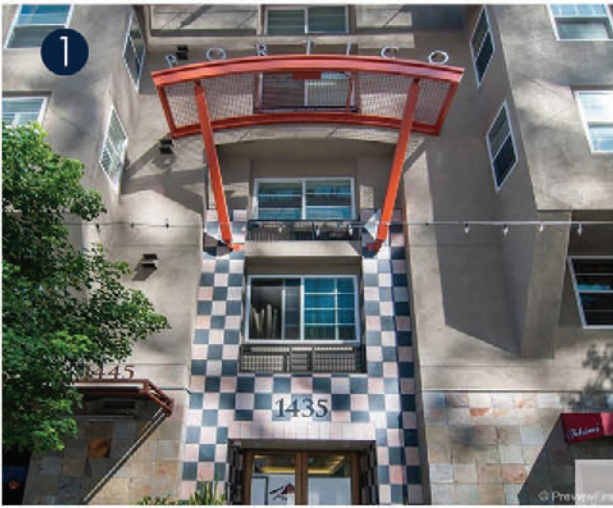
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Three must-see screeners: "Don't Go Breaking My Heart 2," a romantic comedy; "A Hard Day," an action film, and "Fresh off the Boat," a new TV sitcom, the pilot will be screened. (Courtesy SDAFF/Pacific Arts Movement)

FROM PAGE 1

ASIANFILM

the insular experience of watching images [YouTube] on their computer or iPad. But we like to look at movies as an activity that reaches out and engages the community."

Although the movie industry is doing well, theater owners are scrambling. It's a far cry from the days when blockbuster movies were well attended and would run for weeks or months at a place like the Loma Theater (now a Bookstar), on Rosecrans Street in Point Loma.

"Our goal is to open people's eyes to the possibilities of cinema," Kim said, adding that she and other organizers want to share Asian cinema with American audiences, because the storytelling aspect is different than what they've come to expect out of Hollywood-based films.

"We hope to bring back the sense of community that theater-going once promoted — where you can laugh and cry with a group of people who entered the theater together as strangers but bond by their common experience," she said. "And we want to contribute to the growth of San Diego as an international city, with an improved quality of life, by exposing it to the diversity of humanity through films from 21 different countries."

The San Diego Asian Film Festival, now in its 15th year, is the largest film festival in San Diego. It's the second largest Asian Film Festival in the nation, just behind the one in New York City. Kim expects upwards of 20,000 people to attend the upcoming festival, which will convene for ten days this month from Nov. 6–15, and feature 140 movies showing at 9 different venues.

Kim, originally from Chicago, attended the University of Maryland where she majored in broadcast journalism. After graduation, she worked in TV news all over the country before coming to San Diego's Channel 10 News in 1996. In 2000, while still at Channel 10, she launched the Asian Film Festival and in 2008, she left broadcast news altogether to devote herself to the festival full time.

"I loved the news," she said. "I loved telling news stories. I started the festival to have a platform to tell the untold stories of Asian America — which is really part of the larger story of the American experience."

Kim noted that although our

society depends upon media for its information, Asian American stories and entertainers only make up 2 percent of the film industry.

"I wanted to address this basic inequality," she said.

While Kim admitted that her television career helped open doors for her, her dedication and journalistic resourcefulness also led to the festival's success.

"Starting this festival was the hardest thing I have ever done," she said. "I did not have a clue as to how to proceed ... I think that even if you don't know what you are doing, if you love what you are doing, and have passion, things will line up by themselves and fall into place."

For the last three years, Kim has had the help of Brian Hu, the artistic director of the festival.

"I'm the guy who picks the movies," Hu said. "I watch hundreds of submitted movies, travel the world, and attend festivals looking for films that best represent Asian cinema — ones that offer a different voice, celebrate diversity, or break our expectations of what film is about."

Prior to joining the festival, Hu was an online film critic in Los Angeles, where he also earned a doctorate from UC Los Angeles in cinematic studies. His research was on the history of Hong Kong and Taiwanese films.

"I think that the films we offer are some of the most exciting films in the world today," Hu said. "Asian filmmaking is at the forefront when it comes to action thrillers, martial arts movies, and romantic comedies. They are very different from the movies made by Hollywood. I think it is very important that people see that there are other ways to make a film than what we are used to."

Hu said he is most excited about an East Indian selection this year called "Meet the Patels." He said the film first started as a home movie.

"It's a romantic comedy about how a man's family steps in to help him fulfill his love life," he said.

"Meet the Patels," which is the festival's closing night film, will be showing at Sherwood Hall at the Museum of Contemporary Art in La Jolla at 7 p.m. on Friday, Nov. 14.

"I also like a film called 'Hard Day,'" Hu said. "It's a Korean film made in the Hollywood action style of the 1940s — a style which Korean film makers have really mastered."

The festival opened Nov. 6 with a

Martin Scorsese-produced film, "Revenge of the Green Dragons," at the Reading Cinemas in the Gaslamp. The gangster film is set in the 1980s and based in New York's Chinatown and features an all-star cast of rising Asian American actors.

The centerpiece of the festival, which will be shown Saturday, Nov. 8 at 1:30 p.m. at Shiley Theater on the University of San Diego campus, is the pilot episode of a new Asian American sitcom called, "Fresh Off The Boat." It's the first Asian American sitcom on TV in over 20 years.

The festival also offers a day of live Asian American dance, called MOVEfest, Nov. 9 at 2:30 and 6:30 p.m. at The School of Creative and Performing Arts,

located at 2425 Dusk Dr. in Paradise Valley.

There will also be a number of LGBT-themed films screened throughout the festival, including a session devoted to queer Korean cinema, held at the new Structural and Materials Engineering Building on the UC San Diego campus Nov. 13–15. In addition to the film retrospective, Remembering Queer Korea will also feature an international symposium and art exhibit.

The gala awards event is slated for Saturday, Nov. 8 at the Town and Country Hotel in Mission Valley.

A festival badge, which grants admittance to all events, is \$250, or \$150 if you are a member of

the Pacific Arts organization (membership is \$60 a year). Individual tickets are \$12 per film with a four-pack offered at \$44. Proceeds help fund REEL Voices — a documentary filmmaking program for San Diego high school students.

As a bonus, every weekday of the festival at 4 p.m., there will be a free film screening at the festival's host theater, Hazard Center's Ultra Star Cinema in Mission Valley.

For further information visit pac-arts.org or sdaff.org.

—Will Bowen writes about arts and culture. You can reach him at wbowen1@netzero.com. ❖

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Rendering of new Urban Discovery Academy facility, seen at the corner of 14th and F streets. (Courtesy Urban Discovery Academy) Students enjoy an assortment of activities during Urban Discovery Academy's Oct. 24 groundbreaking ceremony. (Courtesy Aliya Weise)

FROM PAGE 1
ACADEMY

president, said the multi-story complex is the realization of a long-held goal for the school's leaders. The project entails a hybrid mix of renovating an existing building and adding onto it with new construction.

"We've been looking for a permanent home for quite some time," Levine said. "We had on and off discussions about several different sites."

While a permanent site has

been in the works for several years, a number of factors recently came together and brought the project to fruition. The San Diego Community College District helped secure the new site, and Urban Discovery Academy's board sold \$10.5 million in bonds to fund the construction and renovation work.

Urban Discovery Academy currently operates out of a vacant building owned by SDUSD on 45th Street in Chollas View. In the prior six years, the charter school also rented space on Sixth Avenue, across from Balboa

Park. When it came to choosing a permanent location, a number of options were explored, but Levine said a Downtown spot was long on the wish-list.

While this year's class of 463 students hails from all across San Diego County, the bulk of the attendees live Downtown. The school attracts a waiting list annually, and preference is always given to youngsters living in the heart of the city.

Levine described the new facility as "state of the art" and said the layout will give teachers and other staff members more of

an opportunity to carry out some of school's missions, including an interactive style that enables younger students to mingle with middle schoolers.

"We've heard, loud and clear, that people have wanted quality schools that they can choose from," Levine said. "They want more options."

Civic organizations, including Downtown San Diego Partnership (DSDP), have lauded the imminent move.

Kris Michell, president and CEO of DSDP, said Urban Discovery's permanent rooting

in the community is the result of an oft-heard sentiment — residents have wanted a middle school in the Downtown area.

"We've talked to 6,000 San Diegans and held 38 town hall meetings, and this was something we kept hearing," Michell said. "Young millennials, who are moving Downtown, have said there is a need for this. So, we view this as a huge milestone."

Beyond the middle school factor, Michell said Urban Discovery Academy will fit perfectly into the Downtown landscape.

"They are an incredible charter school, and they are doing some really exciting things," she said. "This is something we had really hoped for. With the kinds of project-based learning activities they're doing, they're going to be able to use the Downtown area as their canvas."

Urban Discovery Academy's new location will be just a few blocks from the new central San Diego Public Library, which doubles as the venue for the recently-launched e3 Civic High School, which encompasses two full floors of the nine story library. Other nearby institutions include the NewSchool of Architecture and Design and San Diego City College.

For more information, visit urbansd.com.

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— Dave Fidlin has been a professional journalist for more than a dozen years. Throughout his career, he has contributed to a variety of newspapers, magazines and websites across the nation. He has a special affinity for San Diego and its people. Contact him at dave.fidlin@thinkpost.net.



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Rep. Scott Peters (D-52) who represents a portion of the coverage area of Downtown News, was still in a hotly contested race against former City Councilmember Carl DeMaio at press time and too close to call, with less than 1,000 votes separating the two. Peters was first elected as the representative for district 52 in 2012, during the same election cycle that DeMaio lost his bid for mayor of San Diego. The most high profile contest in the region, the D52 race received a great deal of national attention as well, due in part because if elected, DeMaio would be the first openly gay Republican to hold a congressional seat. Various other rumors and scandals came to light on both sides during the campaign, with both candidates spending millions of dollars on attack ads. The winner is expected to be named once all mail-in and provisional votes are counted, later this week.



In February, the Department of Motor Vehicles in conjunction with the State of California's launched "the Snoopy plate," a California license plate that depicts a happy and dancing Snoopy and the phrase "museums are for everyone," after a bill sponsored by Speaker Toni G. Atkins was passed. The wife of Snoopy's creator, the late Charles M. Schultz, opened a museum in Santa Rosa in his honor and became aware of the need for additional funding. The family and other copyright holders of both Schultz and Peanuts are donating the royalties to benefit museums. Revenues from the plate, which would be managed by California Cultural and Historical Endowment (CCHE), would help finance museums throughout California through a grant program. However, in order for a special interest plate to go into production, a designated minimum of 7,500 pre-paid orders must be collected. "The outpouring of interest and support has been fantastic," said Celeste DeWald, executive director of the California Association of Museums in a press release. "We have already sold 4,600 license plates, and Californians are buying them every day. The sooner we sell another 2,900, the sooner DMV will start producing Snoopy plates and California museums will have a new funding source." Special interest plates such as this cost \$50 and are \$40 per year to renew and a portion are considered tax deductible. These fees are attached to DMV vehicle registration. Should a purchaser wish to personalize the plate, the plate costs \$98 with a \$78 renewal. Proceeds from the plates will benefit California museums devoted to history, art, science, and natural history, as well as zoos, botanical gardens, and aquariums. If 7,500 orders are not received by February 2015, pending orders will either be refunded or the CCHE will request to extend the campaign for another year. For more information or to order your Snoopy Plate, visit Snoopyplate.com

On Oct. 29, it was announced that funds from a \$1 million grant issued by the James Irvine Foundation would go toward several technology upgrades in Balboa Park. Money will be used by the Balboa Park Online Collaborative (BPOC) to double the size of the park's Wi-Fi network, enlarging it to roughly 250 acres. The increase will make the network "one of the largest and fastest free public Wi-Fi spots on the West Coast" according to a press release from Mayor Kevin Faulconer. The BPOC and the Balboa

Park Cultural Partnership will also use the funds to create a smartphone app offering self-guided tours around the park, its museums and cultural institutions. Several other tech-related upgrades are also slated to utilize the grant money.

The minimum wage ordinance passed earlier this year by the City Council will now require passage by San Diego voters in June 2016. After a successful petition campaign led by the right-leaning San Diego

see Briefs, page 12

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Wyndham Emerald 400 W. Broadway
YMCA 500 W. Broadway
Kids on Broadway 475 W. Broadway
UPS Store 501 W. Broadway
ARG Jimm Abbott Realty 501 First Ave.
Harcourts Pacific Realty 620 First Ave.
Newbreak Coffee & Café 690 First Ave.
Coronado Ferry Landing 1311 First St.
Mix On Liquor 1427 First Ave.
Street Box 1000 Second Ave.
Executive Complex 1010 Second Ave.
Civic Center Plaza 1200 Third Ave.
Employment Department 1200 Third Ave.
Downtown Johnny Brown's 1220 Third Ave.
Marias 1039 Fourth Ave.
Starbucks 761 Fifth Ave.
Union Bank Bldg. 530 Sixth Ave.
Ace Hardware 675 Sixth Ave.
Coffee & Art 677 Sixth Ave.
Submarina 1071 Sixth Ave.
Stout Public House 1125 Sixth Ave.
Grab N' Go Subs 1180 Sixth Ave.
Starbucks 1180 Sixth Ave.
Starbucks 1194 Sixth Ave.
7th Near B Caff 610 Seventh Ave.
Nutriment 1140 Seventh Ave.
110 Plaza 110 W. A. St.
USO 301 A. St.
CCDC 401 B St.
Plaza Deli 401 B St.
Downtown SD Partnership 401 B St.
Bank of America 450 B St.
Comerica 600 B St.
Bristol Café 601 B St.
Donut Bar 631 B St.
Old Gallery Coffee 641 B St.
City Pizza 675 B St.
American West Bank 701 B St.
Imperial Bank 701 B St.
Symphony Towers 750 B St.
Sotheby's 750 B St. #1860
The W Hotel 421 W. B. St.
Grab N' Go Subs 109 W. C. St.
City Administrative Bldg. 202 W. C. St. 3rd Fl
Civic Bldg Senior Section 202 W. C. St.
Council District 2 202 W. C. St.
Rite-Aid 427 C St.
Elixir Espresso Bar 407 C St.
Downtown Fish Joint 525 C St.
7-11 Market 525 C St.
Cafeteria 1350 Front St.

CORONADO

Coronado Ferry Landing 1311 First St.
Coronado Cays Assoc. 505 Grand Caribe
Coronado Cays Yacht Club 30 Caribe Cay N.
Glorietta Bay Marina 1715 Strand Way
The Landings-Condos 1099 First St.
Sharp Hospital Lobby 250 Prospect Pl.
Community Center 1845 Strand Way
Club House (golf course) 2000 Visalia Row
Best Western Suites 275 Orange Ave.
Rec Office (all towers) 1740 Ave. Del Mundo
Tartine Café 1106 First St.
Café 1134 1134 Orange Ave.
Breuger's Bagels 1305 Orange Ave.
Bay Books Bookstore 1029 Orange Ave.
Loew's Coronado Bay 4000 Coronado Bay
Crown Bistro 520 Orange Ave.

CORTEZ HILL

E Cortez Apartments 702 Ash St.
Cortez Blu 801 Ash St.
Discovery Towers 850 Beech St.
Grant's Market 3003 Beech St.
Aloft on Cortez Hill 889 Date St.
Holiday Inn 1617 First Ave.
Luther Luther 1455 Second Ave.
Deli 1546 Second Ave.
Cathedral Plaza 1551 Third Ave.
Westminster Manor 1730 Third Ave.

Hotel Pacifica 88B's Deli
Allian Beech Tower
Mills at Cortez Park View

EAST VILLAGE

Sheraton Suites 12th Fl. 701 A St.
Brick Hotel Wyndham 1110 A St.
YMCA 1012 C St.
Melting Pot 500 E St.
F.St. Apartments 900 F St.
Enterprise 901 F St.
Newschool Architecture 1249 F St.
City Walk 301 W. G. St.
Comfort Inn Gaslamp 660 G St.
Brickyard Coffee & Tea 675 W. G. St.
Moto Villas 988 G St.
Harbor Club 100 J St.
Pacific Terrace 330 J St.
Gaslamp City Square 450 J St.
Metrome Showroom 1150 J St.
Crown Bay 350 K St.
Hilton Gaslamp 401 K St.
One Café 412 K St.
Trellis 530 K St.
Comerse International 636 Broadway
Studio 15 1475 Imperial Ave.
Mark Condos 877 Island Ave.
M2I 1050 Island Ave.
Fahrenheit 1025 Island Ave.
Park Blvd. East 1225 Island Ave.
Entrada 1300 Island Ave.
San Diego Pet Supply 1490 Island Ave.
Ryan Bros. Coffee 1894 Main St.
Unions Club 310 Market St.
KC Barbeque 610 Market St.
Valentine's Mexican 844 Market St.
Strata Condo 969 Market St.
Starbucks 1011 Market St.
Market St. Vet 1542 Market St.
Dieter's 1633 Market St.
The Mark 800 The Mark Lane
Starbucks Coffee 1 Park Blvd.
Petco Park 100 Park Blvd.
Park Terrace 206 Park Blvd.
San Diego Library 330 Park Blvd.
City Dog 555 Park Blvd.
Smart Corner 1080 Park Blvd.
ALTA 575 Sixth Ave.
The Legend 325 Seventh Ave.
Apt. Complex 1333 Eighth Ave.
Diamond Terrace 427 Ninth Ave.
Hotel Indigo 509 Ninth Ave.
Vantage Point 1281 Ninth Ave.
Avallon Town Club 1399 Ninth Ave.
ARIA 1441 Ninth Ave.
Sara Frances 943 10th Ave.
Comerica Bank 305 10th Ave.
Tilted Kilt 310 10th Ave.
Icon Towers 319 10th Ave.
Icon Towers 321 10th Ave.
FIT Athletic Club 350 10th Ave.
The Lofts at 707 707 10th Ave.
Travelodge 1345 10th Ave.
Park Blvd. West 525 11th Ave.
City College Admin. 1313 W. 12th Ave.
City College Bookstore 1313 W. 12th Ave.
Dog Days 811 13th St.
Albertson's 655 14th St.
Putlaker Senior Residence 525 14th St.
East Village Coffee 1065 14th St.
S.D. Furnishings & Acc. 764 14th St.
General Auto 367 15th St.
Blement 550 15th St.
Undisputed 320 16th St.
City Apartments 845 16th St.
City View Apts. 840 17th St.

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Westin Hotel 910 Broadway Cir.
Union Square 1400 Broadway Cir.
J.S.I. Inn 222 Second Ave.
Street Box 312 Third Ave.
Trilogy Property Mgmt. 315 Fourth Ave.
Dick's Last Resort 345 Fourth Ave.
World Market 372 Fourth Ave.
Emergence Room 400 Fourth Ave.
Pioneer (Next to Trilogy) 410 Fourth Ave.
Hennessy's Tavern 714 Fourth Ave.
Golden West Hotel 720 Fourth Ave.
Horton 4th Ave. 808 Fourth Ave.
Re Do Gado 939 Fourth Ave.
Willis Allen Real Estate 360 Fifth Ave.
The Wine Bank 363 Fifth Ave.
Parking Lot 409 Fifth Ave.
Neuman and Neuman 516 Fifth Ave.
Gaslamp Quarter Assoc. 614 Fifth Ave.
Theaters 701 Fifth Ave.
The Tipsy Crow 770 Fifth Ave.

Maloney's 777 Fifth Ave.
Louis Bank Lobby 835 Fifth Ave.
Tin Fish 170 Sixth Ave.
Tirol Bar 505 Sixth Ave.
Union Bank Bldg. 530 Sixth Ave.
Ace Hardware 675 Sixth Ave.
Meridian Condos 755 Union St.
Marina Park Condos 750 State St.
Columbia Towers 904 State St.
The Keating Hotel 432 F St.
Starbucks 345 Market St.
Bldg. Lofts 529 Market St.
Island Inn 202 Island Ave.
Horton Grand Hotel 311 Island Ave.
The Coffee Shop 311 Island Ave.

HORTON PLAZA

Long's Drug & Plaza 475 Broadway
Information Cart 475 Broadway
Macys' 475 Broadway
United Artists Theatres 475 Broadway
San Diego Repertory 1 Horton Plaza
Horton News Stand 1 Horton Plaza
Starbucks 126 Horton Plaza
Starbucks 75 Horton Plaza
Speckles Theater 121 Broadway
NBC 225 Broadway

LITTLE ITALY

Sempre 101 Ash St.
Best Western 555 W. Ash St.
La Vita 300 W. Beech St.
Aqua Vista 425 Beech St.
Prescott Company 555 W. Beech St.
Porta d'Italia 1970 Columbia St.
Il Palazzo 2040 Columbia St.
SD Little Italy Assoc. 2

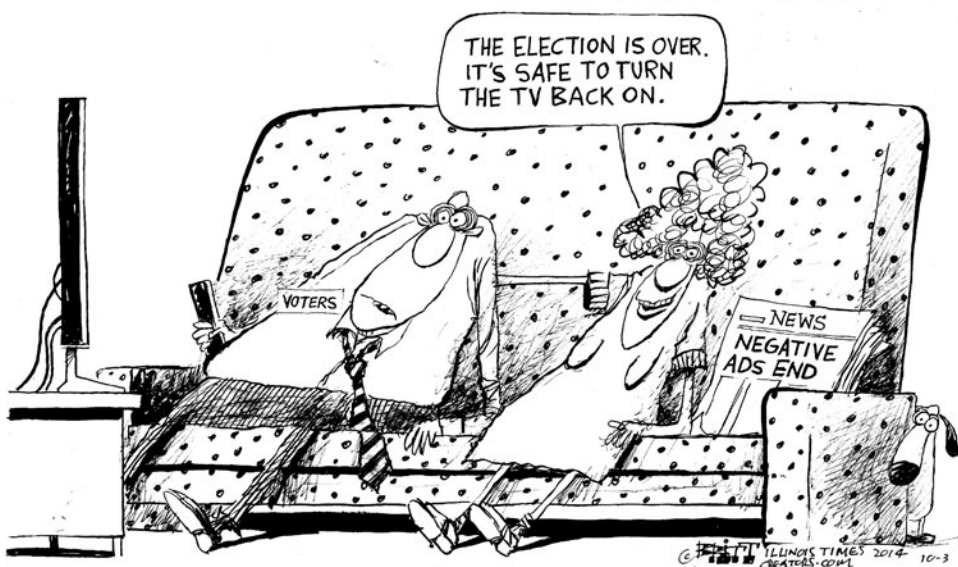
Downtown's Sudoku Puzzle

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

DIRECTIONS:
Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Sudoku Solution Answer Key, page 26

AND the WINNER IS...



Editorial

Seven tips to children's success that San Diego is sharing with the nation

By Jeff Edmondson and Kevin Crawford

Children spend only 20 percent of their time in school, but are learning new things 100 percent of the time.

And while it takes a community to raise (and educate) a child, "Parents are a child's first teacher" is a common saying for a reason. While many parents embrace this role, they must also worry about providing a stable home, food on the table, nutrition, health care, daycare, transportation, a safe environment, exercise and much more.

So how do we, as a community, help busy parents further engage in their child's education? Through the City Heights Partnership for Children, anchored by United Way, collective impact is giving parents more options to get involved. Using the Collective Impact framework, the Partnership for Children's 80-plus community organizations identify the hurdles children face and use best practices to help them overcome those barriers. The goal is then to share and adapt these best practices across the San Diego region.

In October, educators, elected officials, community leaders, business executives, nonprofit professionals and policymakers from 26 states and Washington D.C. gathered in San Diego to discuss education outcomes for kids at the annual national StriveTogether Cradle to Career Network Convening.

StriveTogether works with communities nationwide to help build civic infrastructure that unites stakeholders around common goals, measurements and results in education, supporting the success of every child from cradle to career. The StriveTogether Cradle to Career Network includes more than 50 community partnerships throughout the country, including the City Heights Partnership for Children.

During the conference, many partnerships shared what they've learned through their work. Notably, the Partnership for Children shared how it expanded the number of parents engaged in their children's education, schools and communities through these lessons:

1. Community conversations — Community members hold a strong belief that schools can't do it alone and offer unique insight into what is and is not working in their schools and neighborhoods. Gathering this data is as important as attendance records and test scores in determining priorities and strategies. They also encourage everyone to play a role in achieving collective outcomes.

2. Intentional communications — StriveTogether recommends that working with parents should be as intentional and careful as engaging CEOs and superintendents. Collective impact efforts will not succeed without parents on board, and leaders need to be sincere in inviting parents to help create and execute solutions.

3. Regular interactive meetings — More than 70 parents, principals, teachers and community members gather each month from the 12 elementary and middle schools that feed into Hoover High School in San Diego. Topics include combating chronic absenteeism, increasing

parent and community member involvement and building on afterschool programs. The meetings include translated materials and simultaneous live audio translations in Spanish and Vietnamese via headphones, as well as onsite daycare and dinner, so parents feel welcome and are able to attend and participate.

4. Trusted parent leaders — It's important to have respected parents in the community communicate directly with other parents and explain the goals of the Partnership for Children and its strategies in a relevant way. In multiple local efforts, we are lucky to have parent "promotoras" (promoters).

5. Focus on data — Data driven decision making engages the community (including parents and students) throughout the process via community conversations, regular meetings and more, as well as hard data from the schools, to ensure that the community takes ownership of the results and continuously makes improvements.

6. Tangible tools and instruction — Parents need low-cost teaching tools that are time-efficient and fun for their children. In the summer of 2013, promotoras worked with local literacy experts to create a Literacy Toolkit for families to help soon-to-be kindergartners with reading and writing, recognizing letter names and sounds, and learning colors and shapes. The kits included crayons, scissors, flashcards and books. Promotoras delivered the toolkits through training workshops for parents. During the first year, 214 families at four schools received the toolkit. This summer, the Literacy Toolkit helped more than 900 families in nine elementary schools.

7. Community-specific ideas — Regular attendance is the foundation for student success. Students with poor attendance are often disconnected from school, have lower grades and engage in risky behaviors.

Parents at Edison Elementary in San Diego got bold. They stood at the school entrance with signs written in multiple languages asking: "Do you need help getting your child to school every day?" They helped struggling parents by linking them to a peer support network and referring them to the school administration for additional resources. Parents also stood outside as greeters, giving students something to look forward to every day. Edison Elementary parents are now sharing their methods with other schools.

Together, we can inspire our communities to get bold — bold in bringing together stakeholders united in common goals. Bold in their collective impact work. And bold in helping every child, every step of the way, cradle to career.

—Jeff Edmondson is the managing director of the StriveTogether and its Cradle to Career Network that connects more than 8,000 organizations through more than 50 partnerships — impacting more than 5.5 million students nationwide. Kevin Crawford is the president and CEO of United Way of San Diego County, the anchor organization for the City Heights Partnership for Children. United Way tackles issues that impact children and families. ❖

Editorial

Seniors: How to beat the winter blues

By Jennifer Robinson

As the seasons start to change, our thoughts turn to upcoming holiday traditions and spending time with family.

While this is supposed to be the most wonderful time of the year, for many, it can also bring about symptoms of depression as part of a phenomenon known as the winter blues or Seasonal Affective Disorder (SAD). SAD is caused by the decrease in temperatures and longer hours of darkness. According to the National Alliance on Mental Illness, more than 6.5 million Americans over the age of 55 are affected by depression. These feelings intensify during the winter months, especially for seniors, as many find themselves immobile and indoors for long stretches of time, feeling secluded or isolated.

At Mission Healthcare — a San Diego-based, clinically owned and operated organization that's services include home health, home care and hospice — we witness more cases of depression than any other illness or ailment.

Mission urges San Diegans to recognize severe changes in your loved ones so you can identify potential issues with SAD. Educate yourself and family members so you can recognize the signs of depression and learn key coping mechanisms before these feelings become serious health risks.

A senior who is suffering from the winter blues may experience mood swings, loss of energy, social withdrawal, changes in appetite, increased anxiety, excessive sleeping, and a decreased interest in activities they usually enjoy. If you notice these symptoms, urge your loved one to speak to a professional about options so they can begin to enjoy the holiday season again.

There are a few simple habits Mission recommends for seniors dealing with seasonal blues to alleviate suffering. These tips include encouraging them to stay connected with their community and maintaining an active social calendar. Be sure your loved ones also engage with family and friends on a regular basis and stay positive. Suggest that your aging family member try a new hobby or create a new routine to help the winter season pass by quicker.

If these simple changes don't make a difference, there are other treatment options. Treatments for the winter blues include light therapy, antidepressant medications, assisted exercise, and psychotherapy. Light therapy involves sitting in front of a light therapy box that shines a bright light on to the patient. It is designed to replicate the sunlight that they are missing and can help improve an individual's mood.

With longer days now upon us and the holiday season before us, now is an excellent time to educate yourself and family members on things to do to avoid depressed states and teach your loved ones coping mechanisms before these feelings become more serious and cause health risks.

—Jennifer Robinson is the co-founder of Mission Healthcare, a clinically owned and operated organization that's services include Mission Home Health, Mission Hospice, and Mission Home Care. For more information, visit homewithmission.com or call 888-871-0766. ❖

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DOWNTOWN NEWS

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For breaking news and investigative story ideas contact the editor by phone or email.

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- American Cuisine
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- Beer
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- Breakfast
- Brunch
- Burger
- Burrito
- Business Lunch
- Casino
- Casino Buffet
- Casual Dining
- Chinese Cuisine
- Cocktail
- Coffee Shop
- Comedy Club
- Comfort Food
- Dance Club
- Deli
- Dessert
- Dinner
- Donut Shop
- Family Restaurant
- Farmers Market
- Fast Food
- Fine Dining
- French Cuisine

- Greek Cuisine
- Happy Hour
- Health Food Store
- Hot Wings
- Indian Cuisine
- Irish Pub
- Italian Cuisine
- Japanese Cuisine
- Jazz Bar
- Late Night Dining
- Live Music Venue
- Lunch
- Margarita
- Martini
- Mexican Cuisine
- Micro Brewery
- Museum
- New Restaurant
- Nightclub
- Outdoor Dining
- Pet Friendly Dining
- Pizza
- Romantic Dining
- Rooftop Lounge
- Salad
- Sandwich
- SD County Winery
- Seafood
- Sports Bar
- Steakhouse

- Sushi
- Thai Cuisine
- Vegetarian/Vegan
- Wine Bar
- Business & Retail
- Accountant
- Acupuncture
- Antiques
- Art Gallery
- Auto Dealer
- Auto Repair Shop
- Bank
- Barber
- Bicycle Shop
- Bookstore
- Boutique
- Bridal Shop
- Car Wash
- Chiropractor
- College/University
- Consignment/Resale
- Cosmetic Surgeon
- Credit Union
- Day Spa
- Dentist
- Discount Store
- Doctor
- Dry Cleaners
- Financial Planner

- Florist
- Furniture Store
- Gym/Health Club
- Hair Salon
- Hospital
- Hotel
- Insurance Broker
- Jeweler
- Massage
- Men's Apparel
- New Business
- Optometrist
- Pawn Shop
- Personal Trainer
- Pet Boarding
- Pet Grooming
- Plumber
- Property Management Company
- Real Estate Agent
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- Retirement Living
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Mail your ballot to: 123 Camino de la Reina, Suite 202 East, San Diego, Ca. 92108
or submit online at: sdcnn.com or sandiegodowntownnews.com

Renew Downtown's Clean & Safe Program

Downtown Partnership News

Kris Michell



Editor's Note: This is the first installment of a new monthly column about the issues facing Downtown San Diego.

Try to imagine Downtown without the Clean & Safe program.

It is a scary thought.

Trash cans would overflow, and sidewalks would be grimy from lack of sweeping and power washing. The iconic Gaslamp sign might still be broken, and the fountain at Children's Park would still be an eyesore lying empty. There would be no one to quickly remove graffiti. There would be no extra landscaping, no lights in trees, no enhanced security and much less help to end homelessness in Downtown.

The good news is this vision of Downtown does not have to become a reality.

The Clean & Safe program, which has been serving Downtown for 14 years, is up for renewal so that it can continue its enhanced services in Downtown for another 10 years.

Here are just some of what the Clean & Safe team took care of in Downtown San Diego in 2013:

- Removed of 22,067 piece of graffiti
- Removed 1,153 tons of debris
- Swept 261,958 sidewalks and pressure washed 20,800 sidewalks using reclaimed and graywater
- Managed 176 doggy bag stations throughout Downtown
- Emptied curbside trash cans 266,549 times
- Planted nearly a 1,000 plants and trees throughout Downtown's neighborhoods
- Restored the Children's Pond and fixed its fountain
- Made contact with homeless individuals 46,203 times
- Addressed 5,194 public intoxication incidents

As part of the renewal process, Clean & Safe will provide even more of the services that Downtown property owners have been asking for, including additional beautification and place-making efforts, as well as its ongoing safety and maintenance programs. It will mean more lights in trees, more drought-tolerant plantings and greater homeless outreach services.

One of 176 doggie stations
(Photo by SDCNN)



In addition, Clean & Safe will continue to be accountable and transparent to the communities we serve, providing the services that each neighborhood identifies as the most critical to creating a vibrant Downtown.

So if you can't imagine Downtown without Clean & Safe, we need your help — and now.

If you are a Downtown property, we need you to sign a petition in support of renewing the Clean & Safe program. You can arrange to get and sign your petition by contacting Greg Parkington at gparkington@downtownsandiego.org.

We need to finish the signature gathering in the next few weeks and your support will mean that no one will have to imagine a Downtown without Clean & Safe.

By working together, we will be able to keep our Downtown clean, safe and beautiful for many years to come.

—Kris Michell is the president and CEO of the Downtown San Diego Partnership, the organization that oversees the Clean & Safe program and also works toward creating a world-class Downtown. For questions or comments, email info@downtownsandiego.org.



Members of the Clean & Safe program clean streets and provide maintenance and security for Downtown neighborhoods. (Courtesy DSDP)

"A Must See Magical Ride!"
— SD Theatre Reviews

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Getting to a state of NORML

Medical marijuana in San Diego

By Dave Schwab

A battle over placement of medical marijuana dispensaries throughout San Diego continues to rage with the outcome in doubt.

Proposition 215, the Compassionate Use Act of 1996, made marijuana legal for medical purposes in California. Nearly two decades later, having passed an ordinance this February, San Diego legislators have finally opened the door to legalizing marijuana dispensaries.

But they've done so grudgingly. The new ordinance allows no more than four dispensaries in any of the nine city council districts. And those sanctioned will be largely relegated to industrial zones far removed from schools, churches, parks, youth-serving facilities and one another.

"Some [council] districts won't even have one [dispensary]," said Downtown San Diego Attorney Michael Cindrich, of San Diego's National Organization for the Reform of Marijuana Laws (NORML). "My guess is, when all is said and done, you might have 15 dispensaries out there that are few, far between and all spread out. That's unfortunate, because a lot of times, very sick people are going to have to drive far distances to get their medicine."

Eugene Davidovich, spokesman for the Alliance for Responsible Medicinal Access (ARMA), defended dispensaries — countering arguments that the drug is dangerous, and that the medical marijuana industry promoting it is a sham.

"The notion that medical marijuana patients are drug addicts is ignorant, insulting and flies in the face of much evidence to the contrary," Davidovich said. "There are many medical conditions — Multiple Sclerosis, Parkinson's, cancer, PTSD and chronic pain, just to name a few — that benefit from cannabis use. At the Center for Medicinal Cannabis Research at UCSD, researchers have found that no other medicine currently available on the market helps patients deal with muscle spasticity [a symptom of MS] than smoked or vaporized medical cannabis."

Davidovich said ARMA's mission is "to permanently secure safe, legal access to medicinal cannabis for patients by ensuring there are clear, reasonable local laws and by helping collectives and cooperatives operate in compliance with the law."

"Along with advocating for appropriate regulations, we plan to act as a liaison between the medical marijuana community and neighborhood leaders, government leaders and law enforcement," he said.

Davidovich called the current status quo in San Diego "a vicious cycle" with unlicensed dispensaries setting up shop in areas that have outright bans or no zoning, with no standards for them to adhere to.

"That means people are basing their judgments about dispensaries on the unlicensed, unregulated shops, and they're forming a negative perception that makes our elected leaders not want to take up the issue and create zoning," he said. "We hope that once we have licensed dispensaries in

the city of San Diego, people will see their fears about these operations are completely unfounded and that providing safe, legal access is the best path."

"Our county and city politicians have not felt the consequences of having failed the cannabis community with two restrictive ordinances that have patients traveling to far-flung industrial areas to obtain their medicine," said Terrie Best, chair of the San Diego chapter of Americans for Safe Access — a member-based organization of patients, medical professionals, scientists and concerned citizens promoting safe and legal access to cannabis for therapeutic use and research.

"Still, it is a place to start," said Best, referring to the city's new ordinance. "I am more optimistic than I was a year ago. We have now achieved the first step to securing a safe place for medical cannabis patients to go to obtain medicine. Barring federal

Other states are following close behind. Full legalization measures are on state ballots this fall in Oregon, Alaska and the District of Columbia.

But other high hurdles facing the legalization of medical and recreational marijuana use remain.

The U.S. Supreme Court has ruled that the federal government has a right to regulate and criminalize cannabis.

At the federal level, marijuana remains classified as a Schedule I substance under the Controlled Substances Act. Schedule I substances are considered to have a high potential for dependency and no accepted medical use, making distribution of marijuana a federal offense.

Still, Davidovich noted the pro-medical marijuana campaign continues to move forward.

"Great strides have been made over the last few years with regard to medical marijuana throughout the state," he said. "We now have more clarity regarding the legal sales of marijuana and the operation



interference, we now have city-approved zones for cooperatives to open. That is an extra layer of protection for patients. And a great start."

But for each step forward, pro-medical marijuana advocates seemingly take one step back, strategically retreating in the face of entrenched opposition whose goal is to stamp out marijuana use altogether.

"Until our advocacy wins and loses elections in San Diego, we will continue to see very small and incremental steps in the wake of the tough-on-crime rhetoric that has been central to the political conversation since the 1980s 'war on drugs' heyday," Best said.

Best labeled efforts to deny medical cannabis users an improved quality of life as "inhumane," noting she becomes defensive when prohibitionists warn, "today marijuana, tomorrow heroin."

"I advocate for who I feel are the most vulnerable victims of the drug war, and that to me is the sick and dying medical cannabis patient," she said. "I advocate for victims of the drug war — not substances."

Both locally and nationally, the tide of support for the prohibition against marijuana use, both medicinal and recreational, may finally have turned.

In 1996, California became the first state in the nation to allow for the medical use of marijuana. Since then, 19 more states and the District of Columbia have followed suit.

In two states, Colorado and Washington, the sale and possession of marijuana is now legal for both medical and recreational use.

of patient collectives/cooperatives. In San Diego, in just a few years, we went from the majority of city council not supporting medical marijuana to very robust support."

Davidovich said the objective of the pro-medical marijuana camp is a time when patients are not harassed or inconvenienced when merely trying to procure medical marijuana as their primary medication.

"Medical cannabis deserves full acceptance by the public, but there's still a stigma attached to it as a 'party drug,'" he said. "Ultimately, we'd like medical cannabis to have the same regard that pharmaceutical drugs have, because most people who use cannabis to medicate are doing so because they find it either more effective ... or that cannabis has fewer side effects. It's a plant with medicinal properties, and we'd like it to be recognized as such."

Cindrich ultimately sees NORML's side prevailing.

"The fight is going very well," he said. "A lot has happened over the course of the last five years, and a lot is going to happen in the next five. By that point, more than half the states — maybe even two-thirds — may have medical marijuana, or even decriminalization bills. It may be very difficult to turn things back."

—Dave Schwab came to San Diego 30 years ago with a journalism degree from Michigan State University and has both worked and freelanced for numerous dailies, weeklies and other regional publications. He can be reached at dschwabie@journalist.com. ❖

The gift of giving

The Headquarters and USO San Diego team up to give back to military families

Morgan M. Hurley | Editor

The USO is known for its many programs that not only support service members when they travel from destinations around the world, but our local USO San Diego does a lot more. With San Diego having one of the largest populations of military in the nation, the local USO is constantly looking for ways to make things a little easier for those who live here and dedicate so much to our freedoms, especially around the holidays.

For the second year in a row, USO San Diego is joining hands with The Headquarters at Seaport District for a special three-week drive that will allow San Diegans to share the gift of the holidays with local military families.

On Nov. 28 at 6:30 p.m., the USO will launch the effort, with the lighting of the USO "Giving Tree," a 25 foot, red, white and blue holiday tree in the center of The Headquarters' courtyard, inside the center of the popular retail destination located at 789 W. Harbor Dr.

Open to the public, this year's event will include a color guard, the All American Boys' Chorus from Costa Mesa, USO representatives, senior military officials, Santa photo opportunities, cookies and hot chocolate, and the opportunity to give back to the local military families.

"San Diego stands on the shoulders of the military, not just from a national security standpoint but also from an economic standpoint, and has for a long time," said Judy Forrester, president and CEO of USO San Diego. "A lot of people think the USO is a government organization or we get government funding, but initially the USO was set up by FDR in 1941 so that the caring public could love and support our military. We are 100 percent dependent on local donations."

Also unique is what USO San Diego offers the local community.

"USO National is located in Arlington; some [USOs] are direct reports and others are charter centers which is what we are," Forrester said. "We have an independent board of directors so we're able to do programming as needed in our community."

With a brand new 10,000-square-foot airport center gifted by the San Diego Regional Airport Authority during the Terminal Two expansion, USO San Diego already has a lot to keep them busy. Since its opening, they've seen 170,000 service members pass through. But its their Downtown center, located at 303 A St., that takes things a step further, with programs that have a primary focus on local active duty families, acting as a safety net for those living far from home.

see USO, page 12

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Enriching people's lives

San Diego Symphony gets a new leader

By David Dixon

This has been a big year for the San Diego Symphony. Not only was last season's Summer Pops concert series the most successful one to date, but Martha Gilmer was named the new Chief Executive Officer (CEO) of the Symphony this fall. The new chief executive was able to find time to participate in a phone interview during an otherwise busy week for the hard-working music lover.

Gilmer said her passion for music started when she began taking piano lessons at the age of four.

"I played the piano through the beginning of college, but I realized I wasn't meant to spend time alone in a practice room," she said. "I really love to be with people and organize things."

This epiphany eventually led to a degree in music and arts administration, which included an internship with the Chicago Symphony Orchestra, a place she called her "professional home" for the next 35 years.

"I was the vice president for artistic planning and audience development," she said of her role at the Windy City orchestra house. "My real passion was connecting audience members with the music itself."

After learning about San Diego Symphony's search for a new CEO and hearing positive comments about the orchestra from colleagues, she visited America's Finest City to be interviewed for the position. Gilmer was offered the job and said she already feels San Diego is "quickly becoming home."

Shortly after taking over, Gilmer was able to see a musical-themed performance during the Symphony's highly popular Summer Pops series, called "Broadway Tonight."

"I am delighted it was such a successful summer," she said. "I think the quality of the experience has to do with the increase in attendance."

Gilmer believes the Pops season has a lot to offer, from its picturesque location to the eclectic programming. These aspects, along with such high quality live music, result in "the total package" experience for attendees.

"It has become iconic and more people do not want to miss these events in the summer," she said.



New Chief Executive Officer Martha Gilmer
(Courtesy San Diego Symphony)

Part of the reason Gilmer has so naturally eased into her position is her admiration for the musical artists involved with the Symphony.

"This is a really fine ensemble made up of highly trained individuals," she said. "I really look at this orchestra as a beacon both within the community and what an orchestra can be for the 21st century."

Although the current 2014-15 season of entertainment was planned before Gilmer was brought on board, there are a lot of musicians on the schedule she is looking forward to seeing perform.

"Louie Lortie will be playing in November, and he is a fantastic pianist," she said. "He will be playing an unusual, but fascinating concerto from Camille Saint-Saens, 'The Egyptian.'"

Gilmer said that Saint-Saens wrote the composition while vacationing in Luxor, and that the music features influences from a variety of locations around the world.

"Lortie is the kind of pianist that loves to present something that is unfamiliar to many, but sounds completely engaging," she said.

Another performance Gilmer is anticipating is "Ling Conducts Mahler," which features the Southern California premiere of Gustav Mahler's Symphony No. 7 in E Minor.

"Mahler created a work of huge emotional impact, and his music takes the audience on a journey of life," she said.

Gilmer is equally enthusiastic about the possibilities for the Symphony and already has ideas where her impact can be felt over the course of the next decade.

"One of the things that is important for our audience is to make people really aware about

what this orchestra does do and can do," she said. "For instance, our musicians perform in smaller groups within the community, which people should be aware of."

Gilmer believes the passion the players have for being members of a dedicated group is vital.

"Someone said not so long ago that you can't have a great city without a great orchestra; but I would also add that a great orchestra significantly contributes to a vibrant, cultural community."

Though the Symphony has already been having an exceptional year, Gilmer hopes to attract even more new fans in the future.

"The biggest reason to give a concert at the Symphony a try, is that it is going to enrich one's life," she said. "Some people are apprehensive about going to a performance, because they think they do not know enough to appreciate it."



Music Director Jahja Ling (Photo by David Hartig)

I hope to start a first timer's event, because I have had experiences where attendees were unsure whether they would like going to a concert, due to the complexity of the music. I can assure you that the music at the Symphony is not intended to intimidate; the music is meant to evoke emotion."

For more information about the San Diego Symphony, visit sandiegosymphony.org.

—A fan of film and theatre from a very young age, David Dixon has written reviews and features for various print and online publications and is currently a student at San Diego State. You can reach him at daviddixon0202@gmail.com. ❖

FROM PAGE 12

BRIEFS

Chamber of Commerce to block the ordinance, the City Council was forced to either rescind the measure or put it on a citywide ballot; they chose the latter. "Minimum wage opponents delayed the implementation of the minimum wage increase by funding a deceitful referendum campaign," stated Council President Todd Gloria, who authored the ordinance, in a press release. "The result is that 172,000 San Diegans will have to wait at least two years to get these necessary raises that will help them keep a roof on their heads and food on their tables. I look forward to a campaign based on facts, rather than the lies told during the signature gathering process." The ordinance would raise the minimum wage to \$11.50 over a three-year period and guarantee employees the right to earned sick leave. Meanwhile, the statewide minimum wage, currently \$9 per hour, will bump up to \$10 per hour on Jan. 1, 2016.

NEW PROGRAM GRANTS FREE ADMISSION TO PARTICIPATING INSTITUTIONS

On the first full weekend of each month, Bank of America and Merrill Lynch customers can now take advantage of a free program, "Museums on Us." By showing a credit or debit card from either financial institution (along with photo ID) park visitors will get free general admission to participating museums, aquariums and more. In San Diego, Birch Aquarium at Scripps (2300 Expedition Way, La Jolla), the Museum of Photographic Arts (1649 El Prado, Balboa Park) and the San Diego Museum of Art (1450 El Prado, Balboa Park) are part of the program, which has 150 participating locations nationwide. To see upcoming "Museums on Us" dates and a full list of participants, visit museums.bankofamerica.com.

ASIAN FILM FEST OFFERING DISCOUNTS TO LIBRARY MEMBERS

In conjunction with the San Diego Public Library's annual One Book, One San Diego reading program, the San Diego Asian Film Festival is offering library card holders a discount for tickets purchased for this year's 15th annual festival. Attendees may show their library card at the host box office at Ultra Star Cinemas in Hazard Center, or use discount code SDLIBRARY for tickets purchased online and get a \$2 discount off any general admission ticket. This year's One Book selection is "Monstress" by Lysley Tenorio, a book filled with short stories set in both the Philippines and California. For more information about the San Diego Asian Film Festival visit sdaff.org. To learn more about the One Book, One San Diego program, visit sandiegolibrary.org.

FIRST RAPID TRANSIT BUS NOW IN SERVICE

The MTS Mid-City Rapid Transit Bus debuted on Park Boulevard in early October, offering a speedier bus route with its own dedicated traffic lane. The "Rapid 215" will run from San Diego State to Downtown San Diego. Earlier this year, Voice of San Diego reported that while a rapid transit bus system is considerably less expensive than other "high-end transit," the mid-city line only reduces travel time by 10 to 22 percent during peak hours, which equates to shaving four to 11 minutes off a rider's daily commute.

SANDAG eventually plans to turn the route into a light-rail transit line by 2035, according to its Long-Term Transportation Plan, but the agency is currently fighting a lawsuit that claims the plan does not meet state-mandated greenhouse gas-reduction targets. The "Rapid 215" runs seven days a week from 5 to 1 a.m., picking up every 10 minutes during rush hour.

CITY'S FIRST 'SMART METERS' INSTALLED DOWNTOWN

On Oct. 29, Council President Todd Gloria presided over the launch of the city's first installation of Smart Meters, which replaced 200 traditional coin-operated machines throughout Downtown streets. The new meters will accept credit or debit cards and will also allow the city to gather better utilization data to assist with overall parking management, policy and strategy. The new technology will use existing meter poles and replace approximately 97 percent of San Diego's existing coin-operated meters, with initial installs taking place in the Gaslamp Quarter first, then other neighborhoods, to include East Village, Cortez Hill, Marina District and Core Columbia. Uptown and Mid-City locations will follow in 2015. "Bringing smart parking meters to San Diego was on the short list of things I wanted to accomplish during my tenure as mayor, and I know San Diegans and visitors will notice the improvement this week upon their installation," said Council President Gloria at the unveiling. "San Diego is a city of innovation and people here should not resort to the antiquated practice of searching for coins for parking meters. With more user-friendly parking meters, customers will be able to more easily patronize the small businesses throughout Downtown, Uptown, and Mid-City, contributing to the economic development of our City." Signing off on the project was Gloria's last act as interim mayor last February. Also in the works is a pilot program allowing customers with the ability to pay with their pay phones. ❖



Smart Meters accept credit and debit
(Courtesy Todd Gloria)

FROM PAGE 11

USO

Much of that programming is dedicated to social service type programs, which Forrester said most other USOs do not get involved with. Programs such as emergency food pantries, Tuesday night dinners, and other family activities to strengthen and support San Diego's lower income military families during, before or after deployments.

During the holidays, Forrester said USO San Diego has two large programs, not counting the many Thanksgiving dinners they will serve or deliver. One is called their "Santa Store," where children learn how to choose gifts for their mom and/or dad; and their "Giving Tree," where families identified as unable to have a holiday due to income can come and pick out gifts for their children.

This is where The Headquarters comes in. With over 1,000 needy military families to help this holiday season, USO San Diego is looking for gifts, gift cards and monetary donations to assist in

meeting their goals.

"We collect toys from infant to 18," Forrester said. "The things that sometimes we lack are for teenage type gifts, so for teenagers, gift cards are great."

She said any kind of new, unwrapped toy is needed because the USO will categorize them by age so the parents can come in and choose the gifts and then volunteers will wrap them.

Those attending the tree lighting can shop for the giving tree there.

"We've got several stores that could help you do that, if you haven't got something on hand when you get here hopefully you will be inspired and go into Geppetto's or Urban Beach and get something for these kids," said Terry Hall, general manager of The Headquarters.

"That's what the giving tree is all about, supporting our troops," Forrester said.

For more information, visit theheadquarters.com.

—Morgan M. Hurley can be reached at morgan@sdenn.com. ❖



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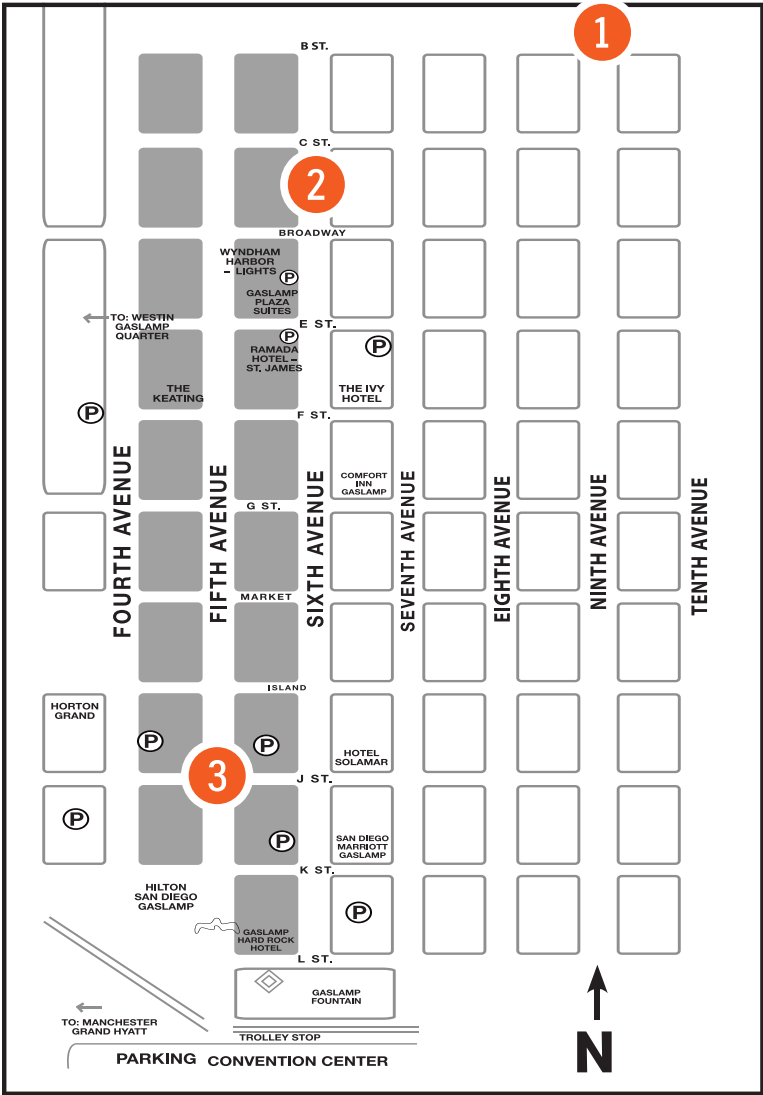
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Get hopping to Beer Week



Guild Fest, one of hundreds of events during SDBW (Photo by Andy Boyd)

By Alex Owens

For people who love beer, being in San Diego during the first part of November is reason enough to be thankful. San Diego Beer Week takes place Nov. 7 – 16 and bars and breweries all over the region will be holding events that will have hop

heads hopping to their favorite spots.

People like Scott Blair, who owns three bars catering to the craft beer crowd: Monkey Paw in East Village, Hamilton's in South Park and Small Bar in University Heights.

"To be honest, the success of Beer Week is more of a testament

to the scene itself," he said. "Every week is Beer Week to me."

This is the sixth year that Beer Week has taken place and as the national reputation of the region's local beers grows, so does Beer Week itself.

"Business is definitely stronger during Beer Week," Blair said. "There are lots of different events that bring people on nights that ordinarily wouldn't be busy."

Some are official, such as the opening night VIP Brewer Takeover at Broadway Pier on Nov. 7, where many of the area's most renowned brewers will showcase their finest beers, including offerings only available at this event.

Others are more informal, like a frisbee golf tournament that Blair is hosting at Morley Field during Beer Week.

In addition, many local restaurants are holding unofficial Beer Week events that feature local beers but aren't officially sanctioned by the San Diego Brewers Guild, the organization behind Beer Week.

Since Beer Week began in

2009, participation — official and unofficial — has increased exponentially.

That first year, 9,000 craft beer lovers enjoyed the 300 planned events within the 10-day time period, while 20,000 suds-ed it up at 600 events in 2013.

Beer Week has also helped attract out-of-town visitors at a time when hotel occupancy is low: Approximately 5,943 room nights were created in 2012, due to beer industry events, yielding \$789,794 in additional hotel revenue.

Shawn DeWitt, who owns the Coronado Brewing Company, said bringing people to San Diego was a key rationale behind scheduling of Beer Week in November.

"When the concept of Beer Week started, we went to the San Diego Tourism [Authority]," he said. "They said, 'We want to give money to promote an event at a slow time of the year.'"

DeWitt said that the national interest given to the area's beer scene has been very influential on local restaurants.

"A lot of restaurants are now doing more craft beer and food pairings," he said. "The last five or six years, I can't believe how well the restaurants have upped

their game. I feel the trend of food and beer pairings started with the local brewers."

The beer most associated with San Diego is a Double IPA, often dubbed "San Diego India Pale Ale" and known for being very hoppy with a high alcohol content. It's a style that started organically here and made the region's rep, even if it's a bit extreme for the average beer drinker.

Blair believes there's a reason why that style is popular, but hopes Beer Week imbibers recognize the breadth of the local beer scene.

"We're known for beers with that citrusy dry finish," Blair said. "We do it well, but that reputation hamstrings all the other great beer styles being made here, such as sour beer and good dark beers."

As the beer scene has grown, DeWitt has seen brewers become less bitter about their product. He admits that the hoppy beer styles aren't necessarily the best pairing for 80-degree days.

"I've wondered about that," he said. "When the weather's great, why wouldn't people want lighter

see Beer Week, page 25



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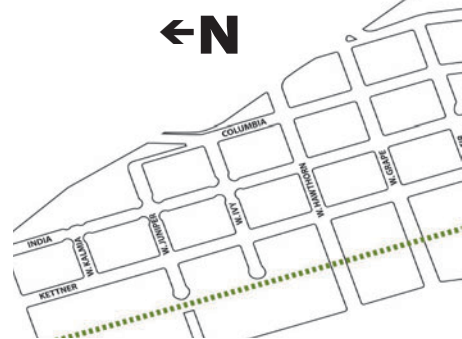
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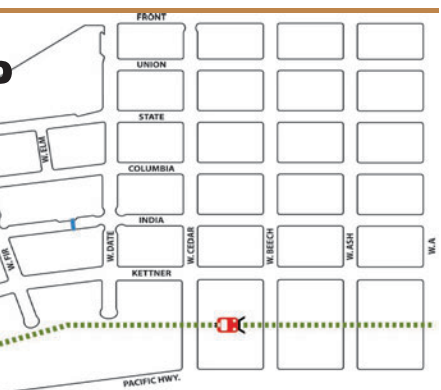


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FROM PAGE 1
PASTA

gest wave of Italian restaurants opening in Little Italy occurred in the past 10 years, since gentrification to the area began in 1996.

A chapter at the beginning of the book is devoted entirely to Little Italy's fascinating evolution, replete with historical photographs. Readers are taken through periods when the neighborhood became the center of the tuna industry nearly 100 years ago and to when it disappeared. It progresses to modern day, decades after more than a third of the area was "erased" by the construction of Interstate 5 in the 1970s.

As a restaurant guide, the book provides a comprehensive round-up of San Diego's Italian kitchens, both old and new. It includes everything from revered mom-and-pop places found off the beaten track, such as Antica Trattoria in La Mesa and Andiamo Ristorante Italiano & Bar in the Tierrasanta Gateway Mall, to those fueled by reputable restaurateurs operating

multiple ventures — namely Joe Busalacchi, Roberto Vigilucci and Giuseppe Ciuffa.

In many cases, the restaurant owners share anecdotes and inspirations pertaining to their businesses while revealing where they came from and when they learned to cook.

"I knew going into this [book] that Italians want to laugh, have fun and feed you, and that they don't necessarily like to be interviewed," she said. "I think the fact that I'm a first-generation Italian-American helped the restaurateurs and chefs feel comfortable in speaking to me."

Desiderata Montana expectedly avoided naming her favorite restaurants in the book, but revealed to us some of the standout dishes she encountered along the way.

"La Villa in is one of the few Italian restaurants in Little Italy serving farm-to-table cuisine. I love their grilled octopus salad with spicy Calabrese dressing. My parents are from Calabria, so I like spicy Italian food."

She's also fond of the veal

chop Milanese at The Godfather in Clairemont, which opened in 1974 as one of San Diego's first upscale Italian restaurants.

"They offer this amazing dish of veal chop seasoned with Italian bread crumbs, pan-fried and finished with besciamella sauce."

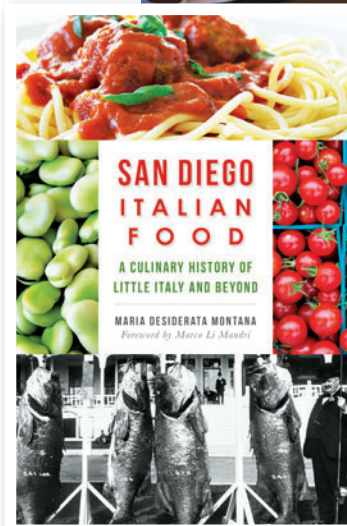
As the wellspring of Italian restaurants continues growing in both Little Italy and other San Diego communities, Desiderata Montana takes comfort in today's steadfast appreciation of Italian cuisine.

"Italian or not, people adore Italian food and culture. More and more restaurants are popping up and people are still waiting in line for over an hour to get a taste of the delicious pizza and pasta dishes at Filippi's."

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



Restaurants, food and history are featured by author Maria Desiderata Montana (shown above)
(Photos by Maria Desiderata Montana)



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Non-Profit Spotlight



Greater Good Realty is proud to be an "angel sponsor" for the upcoming **Light Up The Holidays With Hope** gala to benefit Friends of Scott on November 8th. This worthy organization's mission is to help children with cancer and to bring childhood cancer awareness to our community.

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The 'Ironside' Oyster

The "Ironside Select" Oysters
(Photo by Lyudmila Zotora)



Chef Jason McLeod (Photo by John Dole)

By Alex Owens

The world may or may not be Jason McLeod's oyster, but as the executive chef at Ironside Fish & Oyster, he does have something few others have — one of his own.

McLeod recently commissioned an oyster exclusive to the Little Italy eatery and believes his restaurant in San Diego to have its own exclusive bivalve.

Dubbed the "Ironside Select," the exclusive oyster has been served at the restaurant since early October.

As unique as the oyster is, McLeod admits the details are more rooted in business basics.

"It's really more about volume," he said. "The farms won't grow oysters for you unless you have the volume."

Despite being open for less than a year, Ironside has proven to have the volume necessary to make it worthwhile for Minterbrook Oyster Company, the Puget Sound-based oyster farm McLeod entrusted with the job.

"Oysters take on the qualities of where they grow," McLeod said. "That's what makes them oysters. Minterbrook takes the seedlings and puts them in a setting where they take on the terroir of their surroundings."

McLeod had a specific flavor profile in mind when he decided to get an exclusive oyster.

"I see this as an oyster for beginners," he said. "It's not too briny, but still complex, with a touch of sweetness and a lot of meat-to-shell ratio."

Still, he admits no one can tell an oyster's true personality during the seedling stage.

"We don't know what it's like until it's fully grown," he said.

The Ironside Select currently sells for \$1 during happy hour, and has been quite popular. That pleases McLeod, who said he was shocked that there aren't more oyster-oriented restau-



rants in town, considering its waterfront location.

"I was very surprised by one unfavorable review where the writer asked why I thought people would like oysters," he said. "I was gratified when we sold all 1,800 of our Ironside Selects last weekend."

Ironside Fish & Oyster is located at 1654 India St. For more information, visit ironsidefishandoyster.com.

—Alex Owens is a San Diego-based freelance writer. He can be reached at alexowenssd@gmail.com.

Food & Drink Blotter.

BY FRANK SABATINI JR.

A finishing line with gustatory rewards is in store for **The Cooking Light & Health Fit Foodie 5K Race**, to be held from 8:30 a.m. to noon, Nov. 15, at the **Hilton San Diego Bayfront**. Runners can indulge in food tastings after the race while winding down to cooking demos conducted by Chef Bernard Guillas of The Marine Room and television personality Ben Robinson of Bravo's "Below Deck" show. The cost to enter the race is \$55. The weekend event also features a gathering over cocktails and hor d'oeuvres from 6 to 8 p.m. at Florent Restaurant & Lounge and a yoga boot camp and brunch from 10:30 a.m. to 12:30 p.m. at the Hilton. For more information, call 619-312-1212 or visit fitfoodierun.com.



Old Harbor Gin is distilled in East Village
(Courtesy Old Harbor Distilling Company)

Tours of the new **Old Harbor Distilling Company in East Village** are being held at 4, 5 and 6 p.m. on Fridays and Saturdays. The cost is \$10, which includes tastings of San Miguel Gin, the company's rollout spirit made with botanicals grown locally at Suzie's Farm. Distribution of the gin to bars, restaurants and liquor stores begins in early November. Next in the pipeline is Barrellflag Navy Strength Rum and Amper-sand Coffee Liqueur, which is being crafted in collaboration with Coffee & Tea Collective in North Park. "Our goal is to introduce a new spirit every month or two," said Old Harbor founder and distiller Michael Skubic, adding that he's also working with Rare Form in the East Village for developing a strawberry eau-de-vie distilled from berries grown in Carlsbad. 270 17th St., 619-630-7048.

After a few delays, **Lou & Mickey's** in the Gaslamp District has begun an extensive remodel and expansion that will result in floor-to-ceiling windows, a larger outdoor patio and eight new television screens at the bar. The project is expected to wrap up in early December. Service will continue throughout the redo, except for a few days before the unveiling, when the restaurant will close as the finishing touches are put into place. Lauded for its steaks and seafood, the restaurant is also enhancing its cocktail and beer lists. 224 Fifth Ave., 619-237-4900.

see FoodBlotter, page 22

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FROM PAGE 22

FOODBLOTTER

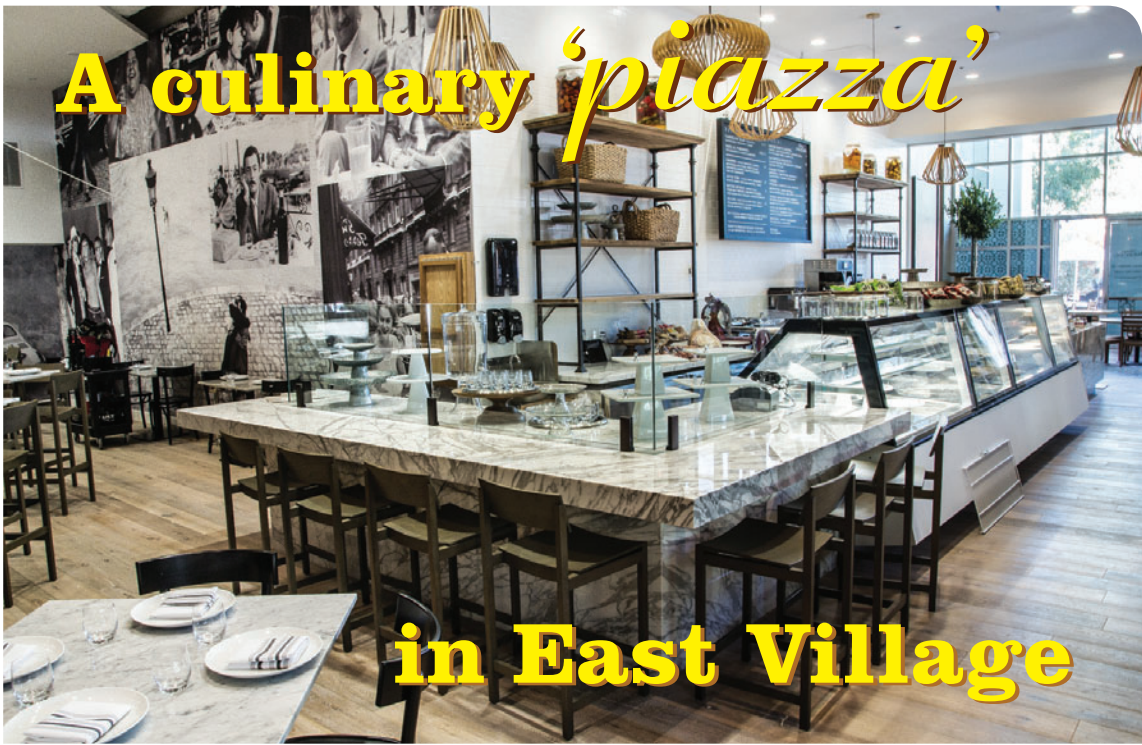
The popular Gaslamp night-club, **Stingaree**, has closed. But the space will be taken over by the Hakkasan Group, a global hospital-ity company that operates night-clubs and restaurants throughout the U.S., Europe, Middle East and Asia. Coming into its place will be **Omnia San Diego**, a nightclub-only concept designed similarly after Omnia Las Vegas, which will open first in early spring at Caesars Palace. 454 Sixth Ave.

San Diego's largest wine, beer, spirits and culinary extravaganza has moved into its 11th year with a series of lip-smacking events held Nov. 16 through 23. Born from a "grand tasting" event that is still presented at **Embarcadero Marina Park North**, the **San Diego Bay Wine + Food Festival** now encompasses beer and tequila dinners, structured wine tastings, taco showdowns and culinary classes held in different venues throughout the city. Its flagship grand tasting, which features hundreds of chefs, winemakers and distillers doling out samples of their latest and greatest works, will take place from noon to 3 p.m. at the Embarcadero. General admission is \$75. Various special packages and early VIP entry top off at \$225. For a detailed list of events call 619-312-1212 or visit sandiegowineclassic.com.

The educational "Wine Wednesdays" series at **Marina Kitchen** has been extended through December, allowing aficionados to learn about various wine regions, the latest bargains and how to pair wine to food. The sessions are conducted by advanced sommelier **Joshua Orr** and seat 12 guests. The cost is \$20 per person, which includes a \$10 discount applicable to dinner at the restaurant. 333 W. Harbor Drive, (inside the Hilton San Diego Bayfront), 619-699-8222.

Restaurateur and baking expert **Terryl Gavre** will hold an intimate class on making jams and chutneys tailored to holiday meals or for giving as gifts. The class runs from 6 to 8:30 p.m., Nov. 18 at her Downtown bakery, **Bake Sale**. The cost is \$75. 815 F St., 619-515-2224.

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



The front market at Bottega Americano (Courtesy Chemistry Public Relations)

Restaurant Review

Frank Sabatini Jr.

One of the most ambitious Italian restaurants to land on our local map has arrived in a most unlikely place. If you're hungering for dishes like Puttanesca pizza, lamb osso buco or a panini layered with imported salumi, look no further than the Thomas Jefferson School of Law, where Bottega Americano occupies an 8,000-square-foot area off the main lobby.

Bottega is more than a restaurant. Its stunning design greets with a market stocked with prepared foods, dried pasta, bagged beans, cookbooks and other eye-grabbing items. Just beyond is a tastefully showy food hall of sorts, where guests dine amid various kitchen stations specializing in key components of Italian cuisine.

The pizza and salumi stations, for example, feature communal high tops spanning out from their marble counters. There's also a pasta kitchen, with its window draped in strung fettuccine, plus a seafood area slinging mussels, oysters and fried calamari. At another end of the room is an inviting booze bar, where cocktails named Trevi Fountain, and Roman holiday rule the day.

Touted as a "modern-day piazza capturing Old World charm," Bottega was launched by a quartet of local entrepreneurs that includes restaurateur and caterer Giuseppe Ciuffa and Chef David Warner, who last worked at

JRDN in Pacific Beach.

A recent lunch visit with a friend proved that the culinary forces behind the venture have effectively nailed down the beauty of contemporary Italian cooking and the marvelous ingredients that go into it, though with the partial exception of the spaghetti and meatballs I craved that day. More on that in a bit.

Di Stefano ricotta is a lovely starter that could essentially qualify for the dessert menu. The young, creamy cheese was served with a piece of juicy honeycomb on top. Their combined liquids teamed up with ripe persimmons to form a thin, fruity sauce similar to what I've seen used sometimes to accent panna cotta.

Another appetizer, eggplant caponata, was rife with additional caramelized vegetables such as onions, celery, fennel and tomatoes. But unlike traditional Sicilian recipes for the dish, it carried whispers of some type of baking spice that we enjoyed but couldn't identify — perhaps cinnamon or nutmeg.

Bottega's chopped salad raises the benchmark on what a good salad should be. It harbored numerous ingredients that more modest Italian restaurants would consider too costly, such as aged Provolone, artichoke hearts, endive and finocchio (fennel-infused salami) seen hanging at the salumi station. The salad's oregano vinaigrette tasted unobtrusively perfect.

We followed up with an excellent wild mushroom pizza, crowned also with Fontina cheese, caramelized onions and thyme and cooked in eyeshot of our table. In addition, my friend ordered po-

tato gnocchi that were pleasantly lightweight. Dressed in smoked tomato sauce, the dish adopted its richness from burrata (young mozzarella) and bread crumbs.

My entrée, spaghetti with meatballs, was disappointing and puzzling. I first devoured a meatball made with a mix of beef, pork and veal. It was love at first bite. But when twirling through the pasta, excessive blasts of sodium ensued.

The spaghetti featured dual sauces — herby pesto and classic tomato. After isolating each of them on my fork, neither tasted salty. The problem originated with the spaghetti, whereby the water used for boiling it was likely over-salted, which indicates that the chef on duty either loves the stuff, or according to cooking lore, is actually in love with someone.

That aside, we left impressed by Bottega's progressive Italian offerings and its charming, culinary-emporium atmosphere. Located a stone's throw from the new San Diego Public Library, the concept enlivens the area with an air of both newness and nostalgia. Even if browsing through while not hungry, chances are good that you'll at least end up coming away with an almond biscotti in your mouth.

—Frank Sabatini Jr. is the author of "Secret San Diego" (ECW Press), and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com. ✦

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(top to bottom) Pasta and meatballs; Eggplant caponata; Ricotta with honeycomb; wild mushroom pizza (Photos by Frank Sabatini Jr.)

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Dublin: an Ireland Adventure



Global Gumshoe
Ron Stern



If you've never been to Ireland, now is the perfect time for a visit. With a new daily route from San Francisco on Aer Lingus, you can conveniently pop over for a visit to Dublin and get a slice of the Irish life in under a week.

Here are some of the best things to see and do:

There are several ways of transferring to Dublin's City Centre, normally a 25-minute drive. A round-trip bus ticket costs around €10 (\$13) while a taxi costs approximately €30 (\$38).

Start at Saint Stephen's Green and stroll around its lovely manicured grounds and fountains. You'll find that the Irish are friendly and engaging, and don't be surprised if you hear the common phrase, "céad míle fáilte" (a hundred thousand welcomes).

From the green, follow a circular route around Kildare Street to Trinity College. Here, you will want to take a quick tour of the campus and its most valuable asset, the ninth century Book of Kells, located in the Old Library. The vellum manuscript, one of the oldest surviving books in the world, contains the lavishly illustrated gospels in Latin, with vibrant colors derived from plants and stones like yellow from the arsenic plant and blue pigment from lapis lazuli. Plan for about an hour for your visit.

Next, walk along Dame and Lord Edward streets until you hit Christchurch Place; you will

see the Christchurch Cathedral on your right. If you continue to head counterclockwise on Nicholas and Patrick streets, you will come to St. Patrick's Cathedral.

This parish church of St. Patrick, the Anglican Church for all of Ireland, was founded in 1191 and restored by the Guinness family in the 1850s. There is an impressive exhibition of stone memorials, busts and crosses dating from the 10th century as well as important figures of those who contributed to Ireland's history.

Grafton Street is a beehive of activity with street musicians — some of whom are quite good — entertaining passersby, along with loads of retail shops, pubs and restaurants. One of the notable landmarks is a life-sized bronze statue of Molly Malone, reputed to be a fishmonger by day and lady of the night in the evening, pulling her cart along the Dublin streets.

The Temple Bar is famous for its bright red façade and cool pints of Guinness. It was originally owned by Lord Temple and was where merchants offloaded their ships by the River Liffey.

While lesser known, the one-off boutiques, sidewalk cafes, pubs and alfresco dining on William, Drury, Fade and Georgia streets provide visitors with a new, hip and trendy vibe.

The Guinness Storehouse is one of the most popular sites in Dublin. With seven stories of history, the storehouse is a must-see. The Gravity Bar on the top floor, with spectacular views of Dublin, is the perfect spot to enjoy a pint of what is arguably one of the most famous brews in the world.

As the sun sets and you head



You never know what you'll find in the Irish countryside. (Photos by Ron Stern)

back to your hotel, you will no doubt feel that your short visit is but a prelude to another venture exploring the country's rich heritage. Until then, Ireland bids you "slán abhaile" for a safe journey back home. ❖

RESOURCES

Currency:

The euro is used in Ireland.

Voltage:

You will need to bring appropriate converters with you. Here is a website that may help: dochara.com/info/electricity/electricity-in-ireland

Rental Car:

Check with your insurance company before you leave about renting a car in Ireland. Make sure you know what is and isn't covered. Check out autoeurope.com for pricing and location information.

Ireland Tourism
ireland.com

WHERE TO STAY:

The Shelbourne Hotel
theshelbourne.ie

The largest 5-star hotel in Dublin, The Shelbourne is celebrating 190 years of distinguished service. From the drafting of the Irish Constitution in one of its rooms to playing host to celebrities such as John Wayne and Grace Kelly, this hotel is the perfect way to begin your whirlwind tour of Ireland.

The Fitzwilliam Hotel
fitzwilliamhotel.com

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FROM PAGE 17
BEERWEEK

beers? The pendulum originally swung towards hoppy and now it's in the middle. People now understand the concept of balance."

San Diego Beer Week takes place Nov. 6 – 17 at locations all over San Diego County. For more info about SDBW, including complete

event listings, sponsors, public transportation and accommodations, please visit SDBW.org. You can also follow them on Twitter @SDBeerWeek, Instagram @sdbrewers or Facebook.com/SDBeerWeek. Use the event hashtag #SDBW.

—Alex Owens is a San Diego-based freelance writer. He can be reached at alexowenssd@gmail.com.



San Diego Beer Week (SDBW) 2014 (Nov. 7 – 16)

Beer Week includes hundreds of events all over the county, below are just a handful of happenings we've highlighted for you near Downtown. Note that many bars and restaurants are also hosting "tap takeovers" with some of the finest local and visiting beers available on draft.

BYOB: Brew Your Own Beer brunch

Friday, Nov. 7, 9 – 11 a.m. | Karl Strauss, 1157 Columbia St., Downtown | \$50
This event includes the chance to brew alongside Karl Strauss' brewmaster and sample the fruits of your labor — plus vote for a winning brew. You'll also get a pint of beer, beer-inspired food pairings and a VIP brewery tour with co-founder Chris Cramer. Plus, you'll receive a 22-ounce bottle of their limited release Peanut Butter Cup Porter. Visit karlstrauss.com.

Guild Fest

Friday, Nov. 7, 6 – 9 p.m. and Saturday, Nov. 8, 2 – 5 p.m. | Port Pavilion on Broadway Pier, 1000 N. Harbor Dr., Downtown | \$100 two-day pass, \$75 Friday only, \$40 Saturday general admission, \$55 Saturday premiere access (early entrance at 1 p.m.)

The official opening event of SDBW includes a VIP Brewer Takeover on Friday night and a daytime tasting festival on Saturday. Unlimited beer tasting is included with all tickets. Friday's festivities include unlimited samples of food and rare and specialty brews are showcased. The Saturday portion will include informational sessions, live music and a ceremonial cask-tapping by Mayor Faulconer. Food will be available for purchase on Saturday. Visit sdbw.org/guild-festival.

Brews, Views and Chews

Monday, Nov. 10, 6 – 10 p.m. | Tom Ham's Lighthouse, 2150 Harbor Island Dr., Harbor Island | \$40
This event will pair great San Diego beer with great San Diego cuisine. Participating breweries, The Lost Abbey, Ballast Point, Acoustic Ales and more, will provide tasters of beers; and chefs from Carnitas Snack Shack, Donut Bar, Bali Hai Restaurant and Comun Kitchen and Tavern will craft the matching food samples. The event will also include a photo booth, live music and a silent auction benefiting Crohn's and Colitis Foundation of America. Visit tomhams-lighthouse.com

Master Pairing: Vintage Stone and Avery beer dinner
Wednesday, Nov. 12, 6 – 9 p.m. | Stone Brewing World Bistro and Gardens, 2816 Historic Decatur Road, Liberty Station | \$100

Stone Brewing has teamed with Colorado favorite Avery Brewing for this special five-course gourmet dinner. Each course will be paired with a specially chosen beer from each brewery. Visit stonelibrarystation.com.

Craft Beer 'n' Bites

Thursday, Nov. 13, 6 – 9 p.m. | SILO in Makers Quarter, 753 15th St., East Village | \$20 advance, \$30 door
Tickets to this event will include 10 4-ounce beer tasters with 15 local breweries to choose from. Bocce ball, ping pong and other games will be available to partake in while music is provided by ZB Savoy and Andy Mauser. A variety of food trucks will be on hand along with Alchemy Cultural Fare pouring wine and craft cocktails (food and additional drinks not included in ticket price). Visit makersquarters.com.

For more details on all the events visit sdbw.org.

World travel in minutes

Marriott launches rebranding scheme that changes the way you look at travel



Marriott's new Teleporter machines take customers on virtual travel.
(Courtesy Marriott International)

By Dave Schwab

Now you can go on a vacation and never leave the room.

A brand new, out-of-body futuristic travel experience touring Marriott Hotels nationwide stopped in San Diego Oct. 24 – 27 at the Marriott Marquis and Marina in Downtown San Diego.

Marriott Hotels has partnered with Academy Award-winning creative studio Framestore to create Marriott Hotel's virtual travel experiences.

During the virtual "adventure," guests wearing an Oculus Rift DK2 headset are totally immersed in 4-D virtual reality giving them a 90-second "vacation" disembarking to London and Hawaii via a "Star Trek"-like transporter known as a "teleporter."

The Teleporter seamlessly blends live-action 360-degree video with "photoreal" computer-generated imagery (CGI). It was created by Relevant, an experimental marketing agency, and Framestore — the studio responsible for the "photoreal" CGI in the recent film "Gravity."

Travel enthusiasts can actually see, hear and feel what it's like to be in far-flung destinations.

The Teleporter is just one component of the hotel chain's Travel Brilliantly campaign, which is striving to rebrand Marriott as "something a little more hip and high tech" — something more than your average business hotel.

"We're pioneering what travel is going to mean in the future and how technology can enhance

the experience," said Michael Dail, vice president of brand marketing for Marriott Hotels. "Marriott is not that traditional company you once thought of."

On Oct. 26 in the lobby of the Marriott Marquis, guests lined up for the opportunity to be teleported halfway across the planet.

"What this is, is 4-D emergent technology," said Stephanie Tiredo, a virtual "stewardess" with the Teleporter's staffing company.

While strapping a headset on each virtual vacationer, Tiredo explained, "It's basically a sensory deprivation pod that we put you in with the goggles mixing sound and visual effects, really giving you an exceptional sensory experience."

The brief but intense virtual "journey" begins with the goggle-wearing vacationer listening intently to the stewardess's voice through the headset.

"When you get to your location, look up and down, left and right, turn around — it's 360 degrees," Tiredo said.

Gazing through the goggles, the virtual vacationers find themselves completely alone in a computer-generated version of the Marriott lobby bar surrounded by tables and a fireplace. The guests begin experiencing a sense of physically moving forward through the room as if standing on an invisible conveyor belt.

"Check out where you came from," instructs the headset voice. "Look up at the ceiling. Down at the floor."

The guests see a circled map of the Hawaiian islands and are immediately transported there to find themselves standing on an island seeing ocean waves, hearing them crash on the shore, feeling — almost believing — they're actually there.

Suddenly, the guests are exiting to another virtual map with London, England circled. They experience being suspended, as if in a helicopter, above the city at night.

"If you look at the left-hand corner, you'll see Big Ben down there," intones the headset voice.

The virtual vacation then shifts back to the Marriott hotel lobby bar where the guests find a cocktail waiting for them. The experience is so real, it's hard for them not to reach out and grab a chair to pull it away and sit down.

"Awesome and welcome back," concludes the virtual stewardess asking, "How was your trip?"



Local guest being prepared for a 4D trip
(Photo by Dave Schwab)

The virtual "trip" — the whole minute and a half of it — is over. But the experience isn't.

Unbeknownst to them, a video has been made of the guests' virtual experience. Tiredo shows them a clip documenting their reactions to their virtual vacation. She tells them they can email it to themselves as a permanent visual and audial record of their experience.

"Is everybody going to have one of these in their homes someday?" asked one virtual guest.

"You can get it for home use right now," Tiredo said.

The Teleporter is just one interactive "innovative idea" being shared by guests with the Marriott through its "Travel Brilliantly" contest. Contestants share their innovative ideas with the hotel chain, submitting written descriptions (up to 500 characters) of an idea answering a specific question posed during each entry period.

To enter Marriott's "Travel Brilliantly" contest, visit travel-brilliantly.com. You must be a legal U.S. resident, a citizen of Canada (excluding Quebec) or the United Kingdom and be at least 18 years of age.

—Dave Schwab came to San Diego 30 years ago with a journalism degree from Michigan State University and has worked and freelanced for numerous dailies, weeklies and other regional publications. He can be reached at dschwabie@journalist.com.

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Five retirement planning tips for young professionals

Financial News

Taylor Schulte



"Experience is the teacher of all things." — Julius Caesar

A recent study by the Bookings Institution found that 52 percent of people between the ages of 21 and 36 have their savings invested in cash. By comparison, all other age groups have approximately 23 percent of their savings in cash.

The risk-averse behavior by young adults isn't entirely surprising given recent financial events. However, it could prove to hinder long-term retirement saving goals if the trend continues.

Here are some tips for young professionals to consider as they begin thinking about retirement planning and investing for their future:

Create a plan. It doesn't need to be complicated, but a plan will help give you a starting point and create a baseline for measuring your goals. Consider starting the process with a site like Mint.com to get a view of your complete financial picture. Then, document your goals, time horizon, investment objectives,

and most importantly, your action plan. Consult a professional if needed. Many financial planners will work with you on an hourly basis to help with this step of the process.

Maximize retirement accounts. Retirement accounts provide tax-deferred growth, a powerful feature that will help boost your long-term returns. If your company offers a 401(k) plan, be sure to check on matching benefits. At the very least, contribute enough to receive the full company match; otherwise you are leaving free money on the table. If you are self-employed or you don't have a company plan, utilize an IRA to make monthly contributions. Although it would be wise, you don't have to start with the maximum amount. Begin with a small, monthly contribution and increase as you get more comfortable with the process.

Manage costs and taxes. You can't control the direction of the stock market, but you can control — to a certain extent — costs and taxes. The less you pay of each means more money in your pocket. Consider using low-cost ETF's and index funds in your portfolio to help reduce internal investment costs and increase tax efficiency.

Turn off the news. While it

is often entertaining, it is typically far from helpful. With retirement 25-plus years away, short-term market predictions shouldn't influence your long-term investment plan. Do your best to avoid the noise and stay focused on the plan you put in place to help avoid costly money mistakes.

Save that bonus. I know, it's tempting to spend. However, a bonus is a great opportunity to give your retirement account a boost. Consider living off your bonus that month and defer your full monthly paycheck into your 401(k) plan or designated retirement account.

As you think about your financial future, consider that you might spend more than a third of your life in retirement. Investing in cash might provide some relief in the near term but will likely not keep pace with inflation and could hinder your long-term goals.

—Taylor Schulte, CFP® is a Wealth Advisor for Define Financial in Downtown San Diego. Schulte specializes in providing independent, objective, financial advice to individuals, families and businesses. He can be reached at 619-577-4002 or taylor@definefinancial.com. Investment Advisory services offered through Advanced Practice Advisors, LLC. ♦

The myths of serving and storing wine and beer

Drink Shrink

Jeff Josenhans



I'm always impressed by the growing number of individuals in the general public who are starting to appreciate wine and beer served at the proper temperature. They know that everything served ice cold is not a good thing anymore. That's not to say that Corona still isn't best ice cold or that grocery-shelf Asti Spumante sparkling isn't tasty at 40 degrees, but believe it or not, there is something called "ideal varietal temperature" in the industry to help guide both restaurants and home consumers.

The basic premise is that most refrigerators are set about 35 degrees Fahrenheit. To reach higher temperatures you can take your wine or beer out a little earlier than when you plan to drink it, or you can get fancy and get one of those Costco wine storage units like I have had for years.

Besides cheap, cold, beer, nothing really "should" be served at refrigerator temperature. Why not? There is no definite answer to this because if you like it that cold, then 35 degrees is exactly the temperature you should be drinking your wine or beer at. However, it is beneficial to know that the person who designed and put their heart into making that beverage certainly did not intend for it to be served at that temperature.

The rule of thumb is generally high acid, lesser-bodied white wines, such as a Riesling or Champagne, should be drank at around 45 degrees, and fuller-bodied whites such as American Chardonnay or Viognier should be consumed at around 50 degrees.

For reds, the same rule applies, but with a different range of temperatures. For example, Pinots are typically served closer to 55 degrees and Napa cabs about 65 degrees. Note that just like the excessively cold temperature in the fridge is bad, room temperature in San Diego is almost always bad for reds. I know, it's like

whatever is inconvenient is what works best. But it's worth the work once you get used to it.

What about beer? A quality pilsner or Hefeweizen should be served about 45 degrees, a full 10 degrees above fridge temp; IPAs and Belgians more like 50 degrees; and stouts closer to room temperature at 60 degrees. You want to keep beer refrigerated and away from light. Most beer is not meant to be saved, with the exception of some strong and intensely flavored beers, like an Imperial Stout.

Can you keep that bottle of wine you got for your birthday last year for decades in your closet? The answer is that most wine, like beer, is not meant for aging. A young Bordeaux on the other hand has to be aged.

A good rule to follow is that more expensive European producers age well, as do the top tier of Bordeaux blends and cabernets coming out of Napa Valley.

Whenever I get the question of what is a good bottle of wine to buy a young adult to open on their 21st birthday, I always say a nice bottle of vintage port wine, unless you want to spend a small fortune.

When storing wine or beer, you want to focus on two things — light and temperature. You want to be in as much dark as possible, preferably with a little humidity. You also want to avoid fluctuations in

temperature and should seek a spot that will stay between 55 degrees and 75 degrees year-round.

I hope this helps you with handling a few Christmas presents this year or inspires you to try serving your wine or beer at a new temperature for Thanksgiving. Let me know if you do. I would love to hear how it went!

—Level 2 CMS Sommelier and Master Mixologist Jeff Josenhans has changed the dynamic in The Grant Grill Downtown from a classic institution to an exciting lounge and elegant restaurant. Taking the kitchen's "Farm to Table" philosophy to the bar, he has developed a seasonal cocktail program based largely on the hotel's rooftop garden. He can be reached at jeff.josenhans@luxurycollection.com. ♦



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Something is always happening in Coronado



The Windsor Lawn at the Hotel Del turns into a winter wonderland steps from the beach. (Courtesy Hotel Del Coronado)

It's All Happening

By Darlynn and Marc Menkin



This is such a great time of the year; the weather is still nice but the temperatures are starting to cool off and the holiday season is starting to kick in. This is the time of year when we especially enjoy taking walks around certain neighborhoods. Take **Coronado**, for example. We had just wrapped up one of our Saturday Coronado biking tours and were hungry, so we decided to head over to McP's **Irish Pub** on Orange Avenue. If you've never been here, it's a popular spot among locals.

Ron's Garage, a favorite local band, was playing all kinds of classic rock hits and people were really into it. It was a pleasant 72 degrees and it was the weekend before Halloween, so there was a party vibe in the air. We were all grooving to the music when all of a sudden a huge, vintage, London-style double-decker bus pulled up. The doors abruptly opened and about 60 women dressed as witches, all came pouring out. Apparently the women do this pub crawl every year. They all have October birthdays and this is their way of celebrating their special day.

Before we knew it, McP's was packed with witches and the band broke out with the song *Witchy Woman*. It was quite a scene and it definitely attracted a lot of looky-loos as this all happened at the bar's outdoor patio along Orange Avenue.

This is exactly why we enjoy roaming around our neighborhoods because we never know what we'll discover! The next time you're exploring Coronado, you might want to see what's happening at McP's Irish Pub. Ron's Garage is scheduled to play there a lot in November. Their next gig at McP's is Nov. 9. Find out more at ronsgarageband.net.

We later paid a visit to the **Hotel Del Coronado** to see a great sunset from the upper level deck.

If you like people watching, The Del has it all and it's always different. While we were enjoying the sunset, we noticed something different on the beach. After the sun had set, we saw multiple bonfires in the northern section of The Del's beach. We found out that the Del offers a cool experience called the **Classic Roast**.

This is such a unique idea especially for those who love beach bonfires and roasting marshmallows but not necessarily all the hassle that comes with it. With the Classic Roast, you just show up and the Hotel Del staff takes care of everything from setting up the bonfire, supplying the traditional graham crackers, Hershey's chocolate and jumbo marshmallows. They even provide beach chairs! It's \$135 for up to five people. If your group is six to 10 people, it's \$170. You can also upgrade your ingredients and add things like Ghirardelli chocolate, fresh fruit, candy toppings and, yes, bacon for an extra cost. If all this isn't enough to get you into the holiday spirit, don't forget that

the **Del's Skating by the Sea** kicks off Nov. 27 and runs through Jan. 4. This is one of our favorite holiday scenes. There's nothing like seeing a huge, spectacular ice rink set right on the Del's Windsor Lawn overlooking the Pacific Ocean. Only in Coronado! For more info visit hoteldel.com.



A group of "witches" stopped by McP's in Coronado for happy hour. (Photo by Joe Dittler)

We want to hear from you — Another hidden gem we discovered recently is a cool place called **The Sol Cal Cafe** at 910 J St. in Downtown. It's a vegan market that just opened and features healthy foods like acai bowls, gluten-free dishes and fresh fruit juices. Take a creative photo of you and a friend at this colorful café and email it to tours@wheretours.com by Dec. 3 and the best

photo will win a Coronado bike tour for up to four people.

—**Marc & Darlynn Menkin** are the co-owners of "Where You Want To Be Tours." Many of their tours and team-building scavenger hunts feature secret Downtown areas. They can be reached at menkin@wheretours.com. For more info about their walking, bicycle and bus tours of San Diego, visit wheretours.com. ❖

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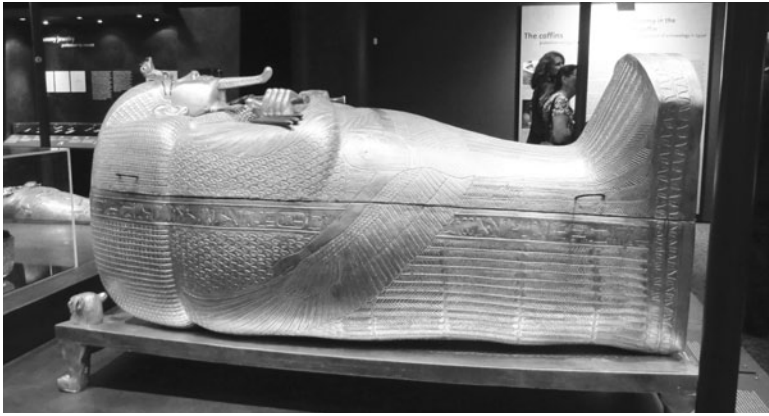
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Artifacts from King Tut's tomb are on display at Natural History Museum (Photo by Linda Hite)

Exploring Balboa Park

Johnny McDonald



Holidays just around the corner

Yuletide frolickers will fill Balboa Park's streets again for December Nights' traditional holiday revelry, Dec. 5 – 6.

Actually, it will also serve as a kickoff to next year's Centennial, a celebration of the 1915 Panama California Exposition. Transformed into a holiday wonderland, officials expect 350,000 attendees this year, which would make it San Diego's largest free community festival. Along the way will be six stages, intermingling chor- tlers and light shows to brighten the sky. As a bonus, participating museums will host open houses.

Co-produced by the City and the Park's Conservancy, it will feature multicultural music and dance performances; carolers, bell-ringers, choirs, bands and food. Highlights include:

The Del Cerro Baptist Church Christmas Story Tree; House of Scotland Piper's Sun Harbor Chorus and others on the Organ Pavilion Stage; and musicians and dance troupes at the Botanical Building Stage and Palisades Stage; Cajun-Zydeco sounds on the Bon Temps Dance Pavilion; music and dance at the Junior Theater Stage; Civic Youth Ballet's excerpts from "The Nutcracker" on the Casa del Prado Stage; music and dance from around the world at the International Cottages Stage; and the international cottages will feature food from around the world including empanadas, egg rolls, fried plantains, pierogi, baklava, paella and pie. Additionally, this will be the 33rd year for the Santa Lucia Procession at the California Quadrangle near the Museum of Man.

Enhanced lighting includes an energy-efficient holiday light canopy covering the center of Plaza de Panama, a light show across the lily pond and on Botanical building and the lighting of the Moreton Bay Fig Tree, the monstrous tree on the north side of the Natural History Museum.

This year the festivities begin earlier — 3 p.m. on Friday and at noon on Saturday, with free shuttle service provided from additional parking locations at Petco Park, along Park Boulevard and City College. Service runs from 3 p.m. – midnight on Friday and 11:30 a.m. – midnight on Saturday.

Journey back in time

We got a sneak preview of the mysteries of ancient Egypt at the Natural History Museum at an exhibit called "The Discovery of King Tut." In several rooms, ornate replicas depict the mysterious world of ancient Egypt, featuring King Tut's throne and tomb.

An introduction displays on a video screen in a small theater. Then, with a remote in hand, you listen to narrations as you enter other rooms. It unmask the discovery made in 1922 by Howard Carter, Lord Carnarvon and others. It presents the excavation itself, the story of King Tut and his legacy. The exhibit will run until April 30.

Elsewhere in the Park — In September, Mayor Kevin Faulconer and Frederick Schenk, 22nd district agricultural association president, co-announced the theme of the 2015 San Diego County Fair: "A Fair to Remember: A Celebration of World's Fairs and Balboa Park." This theme commemorates the centennial anniversary of the **1915 Panama – California Exposition** and unites the fourth largest fair in North America with the nearby San Diego treasure known as Balboa Park. "The 2015 centennial celebration will bring our city together through events that celebrate, elevate and promote Balboa Park," stated Faulconer in a press release. "This partnership with the San Diego County Fair is a perfect fit for the community." ... **The Marie Hitchcock Puppet Theater's** Christmas offerings in December include the Merry Christmas Show with a snowman, gingerbreadmen dancing out of the oven and a frisky mouse, Dec. 10 – 14; Cindy, the youngest elf in Santa's workshop, and the mystery of the missing Christmas, Dec. 17 – 21; Benito Bunny's Great Christmas Adventure, Dec. 22 – 23; and Jack and the Beanstalk, Dec. 30 – Jan. 4 ... To coincide with the 50th anniversary of the start of the Vietnam War, the **Veterans Museum** is converting its office into a gallery dedicated to the men and women who served in the conflict. The project will exceed \$20,000 and a fundraising campaign is underway. So far, \$3,500 has been raised. The project will require a complete renovation and new display cases ... **San Diego Youth Symphony and Conservatory** announces a relationship with XLNC1 Radio, 104.9FM of Chula Vista to broadcast four prior SDYS concerts. Concerts from recent SDYS seasons will air at 7 p.m. on Thursdays, two or three weeks before major 2014 – 15 concerts. ... **The San Diego Model Railroad Museum** broke ground for its Centennial Railroad Garden. In G scale, the exhibit will utilize new technology, sustainable energy practices and sculptural art. This open-air model railroad will feature a miniature recreation of Balboa Park as it existed in 1915. It's scheduled to open in March.

—After an award winning, 38-year sports-writing career with the San Diego Union and authoring three books, Johnny McDonald now considers writing a hobby. You can reach him at johnny23@cox.net. ❖

Science knocks one back in Balboa Park

One libation lover's frolic through the spirits

By Erik Dobko

Science and alcohol have always brought me great satisfaction, but until recently, have been rather mutually exclusive. I suppose I have played a drinking game involving Neal deGrasse Tyson's neckties, but no union of the two has ever really existed beyond that.

On the night of Oct. 16, however, these timeless revealers of truth were stirred together in Balboa Park for another edition of the Reuben H. Fleet Science Center's adult-themed "Science on the Rocks" parties — this time called "The Science of Spirits: Craft Cocktails."

while the more alcoholic parts float to the top, as was demonstrated by a cocktail resembling the Dutch national flag.

An exhibit on infusion ventured into how distillers draw out the color and flavor of various foods into alcohol in order to give it more character. Volunteering at the exhibit, UC San Diego assistant professor and cancer genome researcher Hannah Carter shared her exposure to the brainier side of booze.

"I once visited a nitro bar where they were using membrane-forming solutions and dropping alcohol into it to create these shots that looked like an



The event featured a wide variety of experts able to answer my most pressing alcohol-related questions, as well as an abundance of liquor to ensure that the information would not be retained. According to my voice recorder, it was quite a stimulating bash. Tasty food and drink could be found in every direction, interspersed with local scientist graduate students volunteering at the event for the chance to show buzzed yuppies how much smarter they are than them.

Distillers from Old Harbor Distilling Co., Twisted Manzanita Spirits, and Ballast Point Spirits came by to share their latest experimental products and delve into the process that brings them all to life. Catering was also provided locally, including sample dishes from South Park Abbey, Glass Door, and Sadie Rose Bakery Co.

The first eye-opening exhibit I stumbled upon was a beer-goggle obstacle course. It ultimately taught me that no matter how much I drink, I will at least still be more coordinated than the time I saw the world through a disorienting pair of lenses seemingly cut from a tinted funhouse mirror. In another, I learned the backstory of the term "proof," which was derived from 18th century traders that would set fire to a small portion of another trader's product to thereby prove its potency. One colorful display dealt with the role of density in making layered cocktails, showing how the more sugary parts sink to the bottom

and because alcohol and water have different boiling points, the alcohol boils off first," he said. "We capture that alcohol and create a solution that now has 80 to 90 percent alcohol.

"Also, all alcohol that comes out of a still will be clear," he added. "If you see anything with color, it's come from either aging, or the color has been added by a distiller."

And just when I thought I'd heard it all, volunteer Andre Dharmawan had the audacity to question our culture's shining beacon of hedonistic overconfidence, James Bond. While likely no expert in disarming nuclear warheads or dallying secret-agent supermodels, Dharmawan did have something to say about 007's clichéd drinking habit.

"So everybody should know the story of James Bond: he likes his martini shaken, and not stirred," he said. "However, in the field of mixology, it's actually a travesty to shake your martini. The martini is made from gin, and gin has chemicals that impart a lot of flavor, complexity and aroma, and when you actually shake your gin or martini you're cleaving those chemicals into other chemicals that impart no flavor, no complexity, and no aroma whatsoever.

"There are actually a couple of possible explanations why he wants his drinks shaken," he said. "One explanation is that shaken drinks are lower in temperature. Another is that the ice imparts a lot more water onto the drinks, and so the drinks are more diluted compared to their stirred counterpart. And because he's always on a mission, I'm assuming that he wants to have his focus, he wants to be alert, and so he wants to have a more diluted drink."



(above right) Attendees experiment with the science of cocktails; (above) ready to enter the "beer goggle obstacle course" (Photos courtesy RH Fleet Science Center)

egg yolk. It was being run by a chemistry graduate student," she said. "He was making crazy gelatins, super-heated foams, liquid nitrogen — just bringing chemistry into beverage mixing in a unique way. But it requires a lot of expertise that I don't think any bartender can do; you need to know enough not to kill your clientele."

With decadent food, delicious craft cocktails, and a tornado simulator, what else can one ask for? After having thoroughly acquainted myself with their new line of gin, Old Harbor's Vice President of Operations Richard J. Warner filled me in on more fun facts regarding the distillation process.

"Liquor is really interesting, because really what you start off with is something around the percentage of wine or beer — between 10 and 15 percent — but what you do is, through heat, you create vapor,

The event was the seventh installation in the "Science on the Rocks" series, which has been host to a litany of themes including the science of beer, the science of chocolate, and the science of sex. While this was the last one of the year, fret not, for there are many more to come.

If education and inebriation sound like your kind of mix, then it's definitely a party worth experiencing; because if there's one thing that chaotic pendulums, electric arc controllers, and phenakistoscopes all call for — it's another round.

For more information about R. H. Fleet Science Center's "Science on the Rocks" series, visit rhfleet.org.

—Erik Dobko is a freelance writer and a student at San Diego State University. Contact him at edobko@gmail.com. ❖

Tunes About Town

Jen Van Tieghem



98 BOTTLES – 2400 KETTNER BLVD. LITTLE ITALY

Nov. 8 – The One and Onlys

A new band to the local scene, The One and Onlys, formed in 2013 as a duo and grew to a five-piece. The group has developed a sound rooted in rock and blues with heavy guitar riffs and groovy rhythms. Singer Lauren Leigh adds to the soulful quality of the music with deep and dreamy vocals. We think their tune, “Bonnie’s Goodbye,” could be the theme for the next James Bond flick — and that’s a good thing. 8 p.m. \$8 online, \$11 door (plus \$10 food/drink min per person).

Nov. 21 – Fred Benedetti Trio and Jeff Pekarek

Classical guitarist Fred Benedetti and his daughters have an incredible repertoire of music, often performing sets of a specific artist’s music or themed shows. On this occasion their show is dedicated to the folk roots of Americana music and they’ll be joined by multi-instrumentalist Jeff Pekarek. Selections for the eve-

an old school country vibe. Wear your boots to this one and prepare to stomp. 9 p.m. \$6.

HOUSE OF BLUES – 1055 FIFTH AVE. DOWNTOWN

Nov. 11 – Nick and Knight

Known for their stints as boy band heartthrobs, Nick Carter (Backstreet Boys) and Jordan Knight (New Kids on the Block) have joined forces for an album and tour. The two singer-songwriters decided to collaborate after their bands toured together in 2011 and 2012. The resulting sound blends pop, R&B and dance genres. Give their fun-loving single, “One More Time,” a spin for a sample. Expect young fans and those channeling their inner tween to sell this one out. 7:30 p.m. \$50+.

Nov. 23 – Capital Cities, Sneaky Sound System, Night Terrors of 1927

Electro-pop duo Capital Cities have been inescapable since their hit “Safe and Sound” flooded airwaves a couple years ago. The band spent this summer on the festival circuit and supporting none other than Katy Perry; now they’re in the midst of their own headlining tour. Check out their upbeat number, “Love Away,” for a bit of their fun buoyant style and try to keep your



Alt-rockers Flaggs will release an EP at Casbah. (Photo by Tristan Loper)

ning include standby folk legends: Bob Dylan, Joan Baez and Neil Young, plus selections from contemporary folk-inspired acts: Mumford and Sons, The Civil Wars and more. 8 p.m. \$12 online, \$15 door (plus \$10 food/drink min per person).

CASBAH – 2501 KETTNER BLVD. MIDTOWN/LITTLE ITALY

Nov. 19 – Flaggs, Shake Before Us, Soft Lions, Shady Francos

Alt-rockers Flaggs will release their long-awaited debut EP, “Beach in her Hair,” with this showcase of local talent. Led by sultry siren Lindsay Matheson, the band takes a post-punk attitude and combines it with a heavy dose of pop catchiness. Check out one of their upcoming singles, “Crash and Burn,” for a taste. They’ve also stacked the deck for the show with North County mod rock mainstays Shake Before Us, pop indie darlings Soft Lions, and garage punkers Shady Francos on the bill. 9 p.m. \$6.

Nov. 20 – Jesse LaMonaca and The Dime Novels, Grampadrew and The Gut Strings

It’s a good thing Casbah’s got a big stage — Jesse LaMonaca and his band are a big outfit with a big sound. With an ever-so-slight twang, LaMonaca belts out his tender tunes like “If You Call” and soaring anthems like “Maggie” with equal ease. Along the same lines, Grampadrew and The Gut Strings have

toes from tapping. Known for high-energy performances, the band is sure to get fans moving at this all-ages show. 7:30 p.m. \$39+.

TIN CAN ALEHOUSE – 1863 FIFTH AVE. BANKERS HILL

Nov. 7 – The Heart Beat Trail, The Uncertainties, Arms Away

This show kicks off the weekend with a celebration of The Heart Beat Trail’s new album, “So Long, Carcosa.” The record highlights the dark and raspy vocals of singer guitarist Berkeley Austin and his partner in pipes Lia Dearborn, who presents a sweeter vocal range. For the release, they’re pulling all kinds of tricks out of their hat with guests that appeared on the album, and more. 9 p.m. Price \$8.

Nov. 28 – Speaker in Reverse

Another release show! While some folks will be fighting one another at the mall on Black Friday, we’ll be drinking craft beer and hearing new tunes. Speaker in Reverse is releasing two tracks digitally, which all attendees of the show will get for free (via download cards given at the door). Their sound combines ambient rock with indie pop. Singer Itai Faierman’s trippy vocals match the dreamy keyboard melodies of the music. 9 p.m. Price TBD.

—Reach Jen Van Tieghem at jen@sdcnn.com. ❖

Yamming for charity

New music-laden fundraiser comes to Barrio Logan



Big Bad Buffalo performing at Stronghold for their April CD release show (Photo by Sammy Katz)

By Dustin Lothspeich

Thanksgiving may be just around the corner but this year, the stuffing, cranberry sauce, mashed potatoes — heck, even the turkey itself — all take a backseat to the almighty yam. Finally given its own celebration apart from its beloved plate-mates, YamFest is set to takeover Stronghold in Barrio Logan on Nov. 21. Contrary to the name, however, this all-ages festival is more about rocking out — than pigging out. You can save that for the following Thursday.

The organizers behind YamFest have gathered some tastiness of their own for one bountiful musical feast, with nine excellent San Diego musical acts set to take part in a fundraiser for local AIDS charity and food bank, Mama’s Kitchen.

The lineup includes both established veterans and burgeoning stars in San Diego’s garage rock, hip-hop, indie rock and post-punk scenes: Octagrape, Big Bad Buffalo, Future Crooks, Inspired and the Sleep, KIDS, The Bridge, Mechachief, Paper Thin, and Luwejee are all scheduled to perform.

Truth be told, it’s not often that so many different genres are represented on one all-inclusive bill — a point that isn’t lost on the musicians themselves.

“I’m looking forward to seeing so many different musical cliques come together under one roof,” said Jordon Krimston, frontman for Big Bad Buffalo. “It’s becoming increasingly common to find people searching for a band with a certain ‘sound’ to play their show. You have your ‘punk’ shows, your ‘rap’ shows, your ‘shoegaze’ shows — personally, I think that’s a bit exclusive and uninviting.

“The fact that Luwejee, a local upcoming acidic rapper, and Mechachief, an LA-based ‘Lightning-Bolt-meets-garage-rock’ duo, are playing the same show is awe-

some. Mixed-genre shows need to make a comeback,” Krimston said.

With the impending closure of The Che Café — UCSD’s iconic all-ages cultural center — fast approaching, Stronghold has become more than just another venue in town. Coincidentally, as its name implies, the club is now one of the last remaining refuges for young acts to perform in San Diego — and one whose stock, unsurprisingly,

house show,” Fernandez said, laughing. “It feels good. [Yam-Fest] started as an idea for a show for my band, The Bridge. We haven’t played at all in 2014 despite being pretty active otherwise, so I needed to plan a show. I thought late November would be a good time, and then the charity idea came up. Being so close to Thanksgiving, I felt like it was absolutely necessary to give back.”

Aside from the performances, YamFest will also host a crafts table, a videogame table, and have food for sale — with 50 percent of the total proceeds going to Mama’s Kitchen, the oldest and largest meal delivery service for people with AIDS or cancer, in the county.

Choosing that particular charity was easy for Fernandez, even though he wishes he could give more.

“Mama’s name is ubiquitous in San Diego as the biggest food bank around,” he said. “They help anyone who needs it, and to have those funds reach as far as possible is the goal of this event. I’d love to give 100 percent, but the Stronghold is rent-based, so someone’s gotta pay for that. I also wanted to be able to pay the bands even a little bit if I could, which I hope I will.”

Although the prospect of witnessing ten great local musical acts is more than worth the price of admission (\$8), the opportunity to help others less fortunate is what YamFest is all about — even down to the name itself.

“Yams are often the food left behind during Thanksgiving,” Fernandez said. “And left behind as well, are the thousands of people that go hungry on that Thursday. We want to take it upon ourselves to make sure no one gets left behind.”

—Dustin Lothspeich is a local freelance music writer. Reach him at dustinlothspeich@gmail.com. ❖



is on the rise.

“The Stronghold is really underrated as a venue, in my opinion,” Krimston said. “It’s usually a gallery/studio but I would love to see some more shows there — especially since San Diego is seriously lacking in all-ages venues right now. The room is big, but not too big; the atmosphere is awesome; and it just has a great vibe all around.”

Booking a show, much less an entire charity event, can be a very time-consuming and exhausting task. While it initially began as a meager attempt to resuscitate his dormant band, chief organizer Steve Fernandez quickly turned his aim toward something bigger — and more philanthropic.

“I don’t think I’ve ever really planned anything beyond a

Calendar of Events

**FRIDAY – NOV. 7****San Diego Beer Week:**

Today marks the beginning of a celebration of craft beer by the San Diego Brewers Guild. Events will take place all over the city. See our story (with event sidebar) starting on page 17. Visit sdbw.org.

First 5 First Fridays

– **Story Time:** Recommended for ages 4 and under. Story time in honor of nature's colorful seasons. 10:30 a.m. Lower Level – Stacked Stories, New Children's Museum, 200 W. Island Ave., Marina District. Visit thinkplaycreate.org.

Live Comedy: Aisha Tyler of "The Talk" and "Whose Line Is It Anyway?" will perform standup for two nights. 7:30 and 9:30 p.m. American Comedy Company, 818 B Sixth Ave., Gaslamp. Tickets \$26 americancomedyco.com.

Malashock Dance presents "RAW5": Dance performance with unique choreography expressing dramatic emotionalism and bold athleticism. 8 p.m. Lyceum Theater, 79 Horton Plaza, Downtown. Visit sdrep.org and malashockdance.org.

SATURDAY – NOV. 8

Second Saturday Science Club for Girls: "Five Courses of Science" – the science of Thanksgiving, with interesting facts about side dishes and exploration of digesting a feast. Noon – 2 p.m. Reuben H. Fleet Space Center, 1875 El Prado, Balboa Park. Members \$12, non-members \$14. Visit rhfleet.org or pre-register 619-238-1233 x806.

Theresa Caputo Live: TLC's Long Island Medium is coming to San Diego. 7:30 p.m. San Diego Civic Theatre, 1100 Third Ave., Downtown. Visit sandiegotheatres.org.

Malashock Dance presents "RAW5": Dance performance with unique choreography expressing dramatic emotionalism and bold athleticism. 8 p.m. Lyceum Theater, 79 Horton Plaza, Downtown. Visit sdrep.org and malashockdance.org.

SUNDAY – NOV. 9

Military Family Day at The Fleet: Active duty military and family will receive free admission with registration. 10 a.m. – 6 p.m. Reuben H. Fleet Science Center, 1875 El Prado, Balboa Park. Visit rhfleet.org and register 619-238-1233.

Fall Back Festival: Children's historical and cultural street festival with free fun for the whole family. 11 a.m. – 4 p.m. Three blocks in the heart of the Gaslamp. Visit gaslampquarter.org.

Spamalot: The Monty Python comedy will be performed Thursday – Sunday, all month long. 8 p.m. Coronado Playhouse Theatre, 1835 Strand Way, Coronado. Visit coronado-playhouse.com.

MONDAY – NOV. 10

Film Forum: Free film screening of "The Cake Eaters"

starring Mary Stuart Masterson. 6:30 p.m. Auditorium, San Diego Central Library, 330 Park Blvd., Downtown. Visit facebook.com/freelibrarymovies.

TUESDAY – NOV. 11

PBID Advisory Board: Every second Tuesday, the Downtown Property Business Improvement District (PBID) Advisory Board offers the public an opportunity for comment at beginning of meeting. 3 p.m. 401 B St., Suite 100. For more info visit downtownsandiego.org.

WEDNESDAY – NOV. 12

Lamplighter Awards: Voted on by Gaslamp Quarter Association member businesses, the "Best of the Gaslamp" awards will be given at this event complete with cocktails, hor d'oeuvres, entertainment and more. 6 p.m. Andaz San Diego, 600 F St., Gaslamp. Visit gaslamp.org/lamplighter.

National Security and Climate Change: Retired Navy Rear Admiral Len Hering will discuss the effects of climate change on U.S. national security at this free event. 7 p.m. Nautilus Room – Coronado Recreation Center, 1845 Strand Way, Coronado. Visit bit.ly/1riVHdq.

Wicked: The popular Oz-inspired musical returns to San Diego through Dec. 7. 7 p.m. San Diego Civic Theatre, 3666 Fourth Ave., Downtown. Visit broadwaysd.com.

THURSDAY – NOV. 13

Live music – Reliant K: Gritty Christian pop-rockers Reliant K return to San Diego for their "Mmhhh 10th Anniversary Tour" commemorating their breakout 2004 release "Mmhhh" at House of Blues, 1055 Fifth Ave, Downtown. Tickets start at \$29.50. Doors open at 6:30 p.m. Tickets and information at houseofblues.com/sandiego.

FRIDAY – NOV. 14

Live Comedy: From TV ("Gotham Comedy Live") and film ("The Amazing Spider-man"), Damien Lemon performs two shows tonight and tomorrow. 7:30 and 9:30 p.m. Mad House Comedy Club, 502 Horton Plaza, Downtown. Tickets are \$20. Visit madhousecomedyclub.com.

SATURDAY – NOV. 15

Dr. Seuss' How The Grinch Stole Christmas!: Previews start tonight for the musical based on the beloved children's book. Opens Nov. 20. Sensory-friendly performance on Dec. 13. 7 p.m. Donald and Darlene Shiley Stage, Old Globe Theatre, 1363 Old Globe Way, Balboa Park. Tickets start \$24. Visit theoldglobe.org or call 619-234-5623.

Pericles, Prince of Tyre: Opening night for this Shakespeare play presented by the Old Globe and USD's graduate acting program. Runs through Nov. 23.

8 p.m. Sheryl and Harvey White Theatre, Old Globe Theatre, 1363 Old Globe Way, Balboa Park. Tickets start \$19 for general public. Visit theoldglobe.org or call 619-234-5623.

SUNDAY – NOV. 16

The Old Globe's Annual Christmas Tree Lighting: Family event in conjunction with "Dr. Seuss' How the Grinch Stole Christmas" features a live performance by members of the cast. Tickets are free but RSVP is required. The Old Globe's Copley Plaza, 1363 Old Globe Way, Balboa Park. Call 619-234-5623 to reserve a spot.

MONDAY – NOV. 17

Film Forum: Free film screening of "Life of Crime" starring Jennifer Aniston and Tim Robbins. 6:30 p.m. Auditorium, San Diego Central Library, 330 Park Blvd., Downtown. Visit facebook.com/freelibrarymovies.

TUESDAY – NOV. 18

Painting and Vino: Local professional artists instruct attendees on painting a masterpiece. Today – "Klimt's Tree of Love." 6 – 9 p.m. and is 21+ up. Cost \$45, all supplies included, registration is required. You may bring your own wine for a \$15 corkage fee. Limited \$10 discount 98BOT14. 98 Bottles, 2400 Kettner Blvd., Suite 110. For more info, visit paintingandvino.com.

WEDNESDAY – NOV. 19

Open Mic Poetry: Alchemy Poetry Series. Featured guest poet is Zara Raab. Each meeting features an open mic segment. Third Wednesdays. 7 p.m. Upstart Crow Bookstore and Coffeehouse, 835C W. Harbor Dr., Seaport Village. Visit upstartcrowtrading.com.

THURSDAY – NOV. 20

Art & Wellness Series – A Healing Journey: Monthly workshop facilitated by Dr. Linda Greischel. This edition's topic: "Art & Writing as a Pathway of Healing." 6 p.m. Women's Museum of California, 2730 Historic Decatur Rd, Barracks 16, Liberty Station. Visit womensmuseumca.org.

FRIDAY – NOV. 21

Wine and Canvas: Step-by-step instruction and materials are included in this event to create a 16-by-20-inch gallery-wrapped canvas painting to take home. Tonight's painting: "Red Flowers." No outside food or drinks — both available for purchase. \$35 per person. 6 – 9 p.m. Fabrisson's French Creperie, 1425 India St., Little Italy. Visit wineandcanvas.com.

SATURDAY – NOV. 22

Makers Arcade Holiday Craft Fair: Featuring over 50 local "makers" along with live music, cocktails and food. Free to attend, first 100 visitors in line

get a swag bag. Moniker Warehouse, 705 16th St., East Village. Visit makersarcade.com.

Science Sleepover: A museum adventure with overnight access to exhibits plus workshops, a scavenger hunt, movie viewing and more. 6:15 p.m. Reuben H. Fleet Science Center, 1875 El Prado, Balboa Park. Visit rhfleet.org.

SUNDAY – NOV. 23

The Art of Riding: Monthly (fourth Sunday) bike ride with Bike SD to experience art, music and culture. 9:30 a.m. Bike SD Headquarters, 525 Fifth Ave., Gaslamp. Visit bikesd.org.

MONDAY – NOV. 24

Film Forum: Free film screening of "Begin Again," a musical starring Keira Knightley and Mark Ruffalo. Prior to the showing, there will be a mini concert with local singer-songwriters. Music at 5:30 p.m., movie at 6:30 p.m. Auditorium, San Diego Central Library, 330 Park Blvd., Downtown. Visit facebook.com/freelibrarymovies.

TUESDAY – NOV. 25

Chargers Blood Drive XXXVI: Annual daylong event with food, refreshments and the chance to collect autographs after donating blood. 10 a.m. – 6 p.m. Town and Country Convention Center, 500 Hotel Circle N, Mission Valley. Visit chargers.com.

WEDNESDAY – NOV. 26

Film: Each month Women Occupy San Diego (WOSD) holds a special movie night with refreshments. Tonight's selection TBD. Doors at 6:30 p.m., film at 7 p.m. Women's Museum of California, 2730 Historic Decatur Rd, Barracks 16, Liberty Station. Visit womensmuseumca.org.

THURSDAY – NOV. 27 – THANKSGIVING

Don't feel like cooking a big dinner? See our side bar for Thanksgiving feasts in Downtown.

Thanksgiving 5K Run and Walk: Father Joe's Villages' 13th annual 5K with proceeds going to help homeless individuals. 7:45 a.m. San Diego Museum of Man, 1350 El Prado, Balboa Park. Visit thanksgivingrun.org.

FRIDAY – NOV. 28

ScholarShare's Finger Painting Friday: This week's holiday-inspired theme is "Maize Paint Studio." 10:30 a.m. – 12 p.m. Lower Level – Party Place, New Children's Museum, 200 W. Island Ave., Marina District. Visit thinkplaycreate.org.

Tree-Lighting Ceremony: "The Giving Tree" lighting will kick off a three-week fundraising and donation program for USO San Diego and local military families. 6:30 p.m. The Headquarters, 789 W. Harbor Dr., Marina District. Visit the headquarters.

SATURDAY – NOV. 29

Live Music: Jazz and standards by The Pizarro Bros. 7 p.m. Upstart Crow Bookstore and Coffeehouse, 835C W. Harbor Dr., Seaport Village. Free. Visit upstartcrowtrading.com or call 619-333-0141.

Live Music: Chrissie Hynde will perform The Pretenders' hits and solo songs. Openers: The Rails. 7:30 p.m. Balboa Theatre, 868 Fourth Ave., Gaslamp. Tickets start at \$35. Visit sandiegotheatres.org.

SUNDAY – NOV. 30

Coronado Concert Series: Free concert with Teagan Taylor Band, 1 – 4 p.m. Coronado Ferry Landing, 1201 First St. at B Avenue. Visit coronadoferrylandingshops.com.

Fifth Annual Comedy Ball: "The Stars Come Out at Night" is an annual charity comedy event and auction raising funds to support individuals with Down Syndrome and their families. 5 – 9 p.m. Mad House Comedy Club, 502 Horton Plaza, Downtown. Tickets are \$20. Visit madhousecomedyclub.com.

MONDAY – DEC. 1

Live Music: Music Mondays with Nina Francis. 6 p.m. Free, but tips encouraged. Expatriate Room, Croce's Park West, 2760 Fifth Ave., Bankers Hill. Call 619-233-4355 or visit crocesparkwest.com.

TUESDAY – DEC. 2

San Diego Shakespeare Society: First Tuesday of the month. Acting workshop night. Anyone can join in or just listen. Informal café-style seating. Tonight – "Shakespeare's best comic scenes." 6:45 – 8:30 p.m. Upstart Crow Bookstore and Coffeehouse, 835C W. Harbor Dr., Seaport Village. Free. Visit upstartcrowtrading.com or call 619-333-0141.

WEDNESDAY – DEC. 3

The Sky Tonight: A monthly astronomer-led planetarium show touring the solar system with a new topic each month. This month is "Exploring the Milky Way." 7 p.m. Reuben H. Fleet Space Center, 1875 El Prado, Balboa Park. Visit rhfleet.org.

THURSDAY – DEC. 4

Woman in the Mirror, A Dancer's Journey: Devra Gregory blends storytelling with dance excerpts in this show about her life as a professional dancer, Michael Jackson impersonator and Wiccan priestess. Preview night with show running through Dec. 21. Horton Grand Theatre, 444 Fourth Ave., Gaslamp. Visit devasmj.com.

East Village Association Board Meeting: Monthly board meeting for the East Village Association. All meetings are open to the public. 5 p.m. Room 219, Thomas Jefferson School of Law, 1155 Island Ave. For more info visit eastvillagesandiego.com.

FROM PAGE 30
CALENDAR

Gobble up Thanks-
giving dinner in and
around Downtown

Bertrand at Mister A's
2550 Fifth Ave., 12th Floor,
Bankers Hill
12 p.m. – close | \$59.50 per person
Known for its wonderful views,
Bertrand at Mister A's is also a hotspot
for holiday dining throughout the year.
Their Thanksgiving menu comes with
choice of appetizer, main course and
dessert for a complete lunch or dinner.
Reservations 619-239-1377 or online at
bertrandatmisteras.com.

Bice Ristorante
425 Island Ave., Downtown
5 – 9:30 p.m. | \$45 adults, \$21 children
10 and under
This eatery is presenting a three-
course dinner blending traditional holiday
dishes and Italian cuisine with choice
of appetizer, main course and dessert.
The kids' menu offers two options and
there will be an a la carte menu available.
Reservations 619-239-2423 or online at
bicesandiego.com.

Hob Nob Hill
2271 First Ave., Bankers Hill
11 a.m. – 9 p.m. | \$22 – 24 adults, \$15
children 10 and under
The holiday menu at Hob Nob starts
with soup or salad and continues with a
choice of entrée, which includes a beverage
and dessert. You can go with an old-
fashioned favorite like roasted turkey paired
with dressing and gravy or try non-traditional
fare like French fried East Coast scallops.
Reservations at 619-239-8176. Details
online at hobnobhill.com.

Hotel del Coronado
1500 Orange Ave., Coronado
12 p.m. – 6 p.m. | \$110 adults, \$42
children ages 6 – 10, free under 5
Buffet dinner in the Del's oceanfront
ballroom will be accompanied by live music.
The hotel's restaurants 1500 OCEAN,
Sheerwater, and ENO will also offer
seasonal menus on Thanksgiving Day.
Reservations at 619-522-8490 or online at
hoteldel.com.

The Prado
1549 El Prado, Balboa Park
1 – 7 p.m. | \$54.95 adults, \$12.95
children 12 and under
The three course options at The Prado
include dishes inspired by the season, plus
a special children's menu. Several of the
Cohn Restaurant Group's other restaurants
also have special Thanksgiving dinners
including Island Prime/C Level on Harbor
Island for the same price. Reservations
619-557-9441. Details cohnrestaurants.
com/theprado.

The US Grant
326 Broadway, Downtown
12:15 – 4:15 p.m. | \$87 adults, \$65
seniors, \$35 children 12 and under
The Grant's buffet will include live enter-
tainment and complimentary valet parking.
The Grant Grill will also serve a holiday
dinner with roasted turkey entrée from 4 – 9
p.m. Reservations 619-744-2039. Details
usgrant.net.

The Westgate Hotel
1055 Second Ave., Downtown
11 a.m. – 6 p.m. | \$62/\$69 adults, half-
off children 12 and under
This posh hotel has two dining options
for Thanksgiving. The Westgate Room will
be serving a gourmet four-course dinner,
while for a few more dollars you can get the
traditional all-day buffet in Le Fontainebleau
Room. Consider booking a room for when
the tryptophan kicks in. Reservations 619-
238-1818 or online at westgatehotel.com

—Please send items for inclu-
sion to Editor Morgan M. Hurley
at morgan@sdcnn.com. ❖



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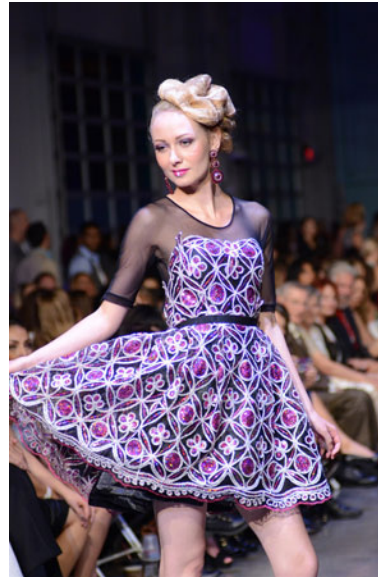
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Vista	Sorrento Valley	Hillcrest
Encinitas	Scripps Ranch	Downtown
La Jolla	Kearny Mesa	

UC San Diego
HEALTH SYSTEM



Models on the runway at FWSD14 wearing (l to r) Dulce Alexander; two from B.JASH.I.; Jessica Faulkner (with parasol); and WishNow2. (Photos by Diana Cavagnaro)

Fashion Files

Diana Cavagnaro



Fashion Week returns with a splash

Fashion Week San Diego 2014 (FWSD14) ran for five nights and wrapped up on Oct. 5 with a trunk show at the Horton Grand Hotel. The Runway Shows at the Broadway Pier showcased an array of fashion events that included Art & Beauty Behind Fashion, Woven Together Runway Show, SoCal Style Runway Show, Gentlemen & Ladies Runway Show, and the Finale Runway Show Night.

Standouts included B.JASH.I.'s eveningwear collection designed by Marcie Bain and inspired by vintage and Native American influences. I loved Dos Caras swimwear, especially the cobalt blue swimsuit. Dos Caras design-

ers, Aida Soria and Syncletica Maestras, design and make the swimsuits here in San Diego.

Victoria Roberts was the fan favorite last year and delighted the audience again this year with her WishNow Collection. The models came out of a pink Barbie box onto the runway to show off the whimsical designs. Additional standouts were Dulce Alexandra, with her terrific pop of color collection, Jessica Faulkner with her casual chic line and S. McKellar luxury products for travelling, made with Italian leather.

Taking first place this year was A'doreus. This full-figured collection by Sharlene Borrromeo showed off geometric prints. Responsive Textiles took second place with their line of woven knits for women. Designer Kristine Rodriguez launched this collection at FWSD14. Each garment is made by hand. Third place went to Lady Lane with her vintage-

inspired designs. Rachel Lane is the designer for Lady Lane and will have an upcoming charity Fashion Show on Dec. 14 Downtown. Look for details in upcoming events. For more information on Fashion Week San Diego visit: fashionweeksd.com.

Upcoming Events

Nov. 7 | "Kenneth Barlis Fashion Show 2014" at the Lafayette Hotel from 6 – 9 p.m. This will debut the men and women's 2015 spring/summer Couture Collection. For tickets visit eventbrite.com and search for the Kenneth Barlis fashion show.

Nov. 8 | "Fashion Gala" presented by Heels2Heal. Exclusive runway show with designer Nicole Miller located at the private estate of Alex and Laleh Roudi in La Jolla, 5:30 – 11 p.m. The event benefits the San Diego Youth Services. For tickets visit heels2heal.org

Nov. 13 | "10 Best Dressed Award" presented by Leonard Simpson of Fashion Forward and Dress for Success San Diego. This event will feature an awards ceremony, a formal seated dinner, theatrical show, dancing and auction. It will be located at the Hilton La Jolla Torrey Pines beginning at 5:30 p.m. For tickets visit leonardsimpson-10bestdressed.com/tickets.

Nov. 15 | "Canvas and Couture: Where fashion and art meet" This luncheon is presented by San Diego Las Hermanas and will feature live art performances by Stephen Fishwick and Beau Hufford and fashions for children and adults. The event will be 11 a.m. – 2 p.m. at The Centre at Lexus Escondido. For more information call Mona Hacker at 619-820-8779.

Nov. 20 | "Ready to Wear Semi-Annual Trend Report" hosted by Fashion Group International at the Neiman Marcus-Zodiac Restaurant. Guest speaker is Joy Sprink from FIDM.

The presentation will include a recap of fall fashion weeks everywhere plus insider commentary.

For more info visit facebook.com/fgisandiego.

Dec. 14 | "Wish Upon A Snowflake" a fashion show and toy drive presented by Lady Lane at Jolt 'N Joe's starting at 6 p.m. This event will showcase independent designers and visual arts. Proceeds will go to local community youth organizations. Admission is \$30, or \$10 off with a new unwrapped toy donation.

—Diana Cavagnaro is a nationally recognized hat designer and milliner and for the last 20 years she's operated her business from Downtown San Diego's historic Gaslamp Quarter while moonlighting in the fashion department at San Diego Mesa College. She can be reached at diana@aheadproductions.com.

MID-COAST TROLLEY FINAL ENVIRONMENTAL DOCUMENT AVAILABLE



The Mid-Coast Corridor Transit Project will extend Trolley service (light rail) from the Santa Fe Depot in Downtown San Diego north to the University City community, serving major activity centers such as Old Town, UC San Diego, and Westfield UTC.

The San Diego Association of Governments (SANDAG) and the Federal Transit Administration (FTA) have released the final environmental document analyzing potential impacts of the project. Called the Mid-Coast Corridor Transit Project Final Supplemental Environmental Impact Statement/Subsequent Environmental Impact Report (SEIS/SEIR), this document contains all comment letters and responses to comments received on the Draft SEIS/SEIR (dated April 2013) and the SEIS/Supplement to the SEIR (dated July 2014).

Please visit sandag.org/midcoast to view the Final SEIS/SEIR and see a list of locations where printed copies are available. The document also is available free of charge on compact disc, upon request.

The FTA issued a Record of Decision for the Mid-Coast Corridor Transit Project on October 15, 2014, and the SANDAG Board of Directors is scheduled to take action on the project at its regularly scheduled meeting on November 21, 2014.

For more information, please visit sandag.org/midcoast, email midcoast@sandag.org, or call (619) 595-5620.



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**The Headquarters
November Events**

Free Mat Pilates Class
Nov. 7, 14, 21, 28 | 6 – 7 p.m.
Pop Up Studio San Diego
Join The Headquarters at its new Pop Up Fitness Studio every Friday evening at 6 p.m. for an hour of FREE Mat Pilates sponsored by California Exercise. Bring your smile, yoga mat, towel and water.

Rise Up (fitness event)
Nov. 8, 15, 22, 29 | 8:30 – 9:30 a.m.
The Headquarters' courtyard
Join The Headquarters every Saturday in November at 8:30 am for 30 minutes of conditioning and 30 minutes of yoga as Fitness Experts from California Exercise help move us into a better body. Bring your smile, yoga mat, towel and water. Event to take place in our outdoor center courtyard. Drop in rate: \$10.

Get to Know Cheese
Nov. 12 | 6 – 7:30 p.m.
Venissimo Cheese
Kick-start the holiday season with our complete “cheese 101” course: a little history, how it’s made, what to pair, ways to serve, how to store & much more! Taste generous samples of all styles of cheese, sip complementary wine & ask questions in a fun & intimate setting. Tickets \$50 at venissimo.com.

Wined Up for the Weekend
Nov. 13, 20, 27 | 5 – 8 p.m.
Aaron Chang Ocean Art Gallery
Every Thursday enjoy complimentary Carruth Cellars Wine and Venissimo Cheese as you peruse Aaron’s relaxing and inspirational gallery.

Chocolate & Beer class
Nov. 13 | 6:30 – 7:30 p.m.
Dallmann Chocolates
This class is for true brew connoisseurs, combining our incredible truffles with specially selected local draughts. We will sample it all from stouts to ales, sweet to savory. Come and join us as we sample through San Diego’s best beers and chocolates. Limited seating available. Tickets \$25 at dallmannconfections.com.

Holiday Celebration
Nov. 28 | 6 – 7:30 p.m.
Venissimo Cheese
The complete “cheese 101” course, featuring holiday favorites and accoutrements that will make you swoon. Learn tips on making the perfect cheese trays and arranging cheese boards in style, while sipping wine, nibbling cheese and making new friends. Tickets \$50 at venissimo.com

“GIVING TREE” LIGHTING

Benefitting USO San Diego Holiday Programs

November 28th at 6:30 pm

Join us for a celebration featuring performances by the All American Boys Chorus, complimentary hot chocolate, cookies and a visit with Santa for those celebrating the USO San Diego.

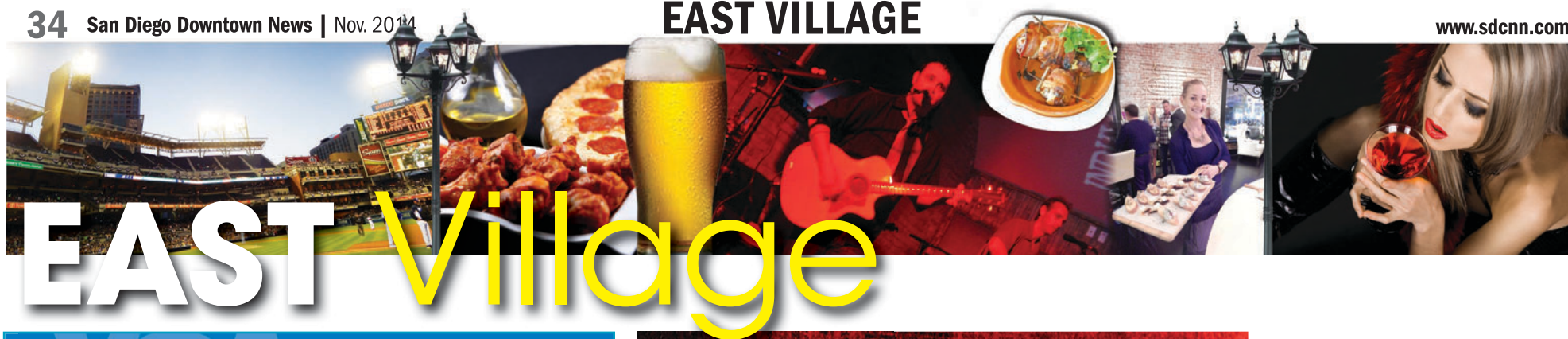


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Located in the heart of East Village at the corner of 10th Avenue and K Street, Dragon's Den has established itself as the preferred business for East Village locals. With 19 televisions, including a 133-inch projector screen, 16 beer taps featuring local craft breweries, and a liquor selection that far exceeds expectations, it is easy to see why. Arriving hungry is a must as Dragon's Den features a full sushi bar and a Chinese kitchen, ensuring that even the most fickle of appetites will find something delicious. The outstanding quality of the food is only surpassed by its value, as the asking price for this quality would be considerably higher at any surrounding establishment. With happy hour 3 – 7 p.m. Monday through Friday and all day Saturday and Sunday, it's no wonder the locals don't see a need to go anywhere else. Skip your local spot one of these weeks and come check out ours.

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East Village MOvember Bash!

East Village has joined the "Moustache Movement" in a charitable and fun fashion by throwing the BIGGEST moustache bash in Downtown San Diego on Friday, Nov. 21, from 5 p.m. – 2 a.m.

The MOOfficial MOOpening Party kicks off at Bootlegger, located at 804 Market St. Enjoy righteous plates and pours at blue-collar prices with an old-school American vibe. Check-in is between 5 – 8 p.m. Enjoy drink specials and a welcome beverage. Finish the night with a grand finale celebration at Moonshine Flats, located at 344 Seventh Ave., a 10,000-square-foot honky-tonk bar with two levels of spacious lounges and enormous dance floors.



Come meet other MO bros and MO sistas that share a fanSTACHetic love for the MO cause, while enjoying the best of what East Village has to offer. This is a 21+ event open to men and women.

Enjoy 14 MO Parties, festivities, fun and games and hosted welcome shots, food and drink specials from your MO hosts. All facial hair is welcome. Bring your baddest beards,

most majestic moustaches, and supreme soul patches to display for all to see.

MO bros, this is your chance to show off that 'stache you've been growing all month! MO sistas, your help is needed to pick out the best MO, and your support in changing the face of men's health.

The first annual MOvember in East Village strives to change the face of men's health, as well as the face of East Village, by raising funds for two honorable causes; to support prostate cancer research, with a portion of proceeds benefiting Movember USA; and to erect a landmark sign in the East Village neighborhood, with a portion of proceeds also benefiting the East Village Association's Landmark Sign Fund.

For more information call 619-944-8900 or visit movembersd.com.

Landscapes for healing

Art on the Land

Delle Willett



Through evidence-based research, health care providers have come to value the restorative powers of nature. Research has shown that exposure to natural landscapes offers stress relief, enhances mood, increases concentration, and offers an improved sense of wellbeing.

Marian Marum, of Marum Partnership Landscape Architecture — which boasts a large portfolio of military projects and nature-based environments for health and wellness — was brought in by the Navy to help design a unique landscape in Balboa Park with healing qualities.

The Comprehensive Combat and Complex Casualty Care (C5) program at Naval Medical Center San Diego (NMCS) was created to make limb-injury, amputation treatment, and rehabilitation services available to West Coast-based members of the military and their families needing services, which represent more than 25 percent of all service members injured in combat.

Work on the multi-million dollar facility began in November 2006, with the renovation of a 27,000 square foot facility used for physical and occupational rehabilitation.

Re-opened in October 2007, the facility now includes a prosthetics lab, a 'gait lab' where

patient's use of their prosthetics is analyzed and evaluated, and a high-tech gym-style physical-therapy room that houses a wide range of cardio and muscle-development machines.

The centerpiece of the complex is a 3,500 square foot outdoor courtyard, designed by Marum.

"When we designed the C5 area, space was limited, so we decided to use the outside as part of our rehab facility," said Kathy Goldberg, NMCS physical therapist.

"We went to local rehab hospitals to see what their outdoor rehab training areas looked like, we took suggestions from patients, and we worked with landscape architect Marian Marum to create the area," Goldberg said.

Converted into an all-terrain area, the courtyard provides service members a place to learn to adapt and work through real-life scenarios. Ramps, stairs and beams allow patients to work on ambulation and balance.

Sand, gravel, river cobble, brick terrains and wood decking simulate surfaces with varying textures and slopes encountered in everyday life, including cobblestone and obstacles such as cast-in-place boulders.

A 30-by-9 foot climbing wall stands as the center's most iconic symbol of what can be achieved at this unique facility. The wall challenges patients to work on agility, problem solving, and muscle strengthening. Rubber matting at its base offers another

real-life texture to be negotiated.

With its enormous stabilizing foundation, Marum said construction of the climbing wall presented a bit of a challenge.

"It was a feat to get it in here," Marum said. "It has a huge foundation underneath it to keep it from tipping over. It also required the relocation of 60 feet of storm drain."

Vegetation also plays an important role in this holistic rehab experience. Ferns, flax and colorful shrubs help soften the building foundations and leave the central space open for rehab activities. A single flowering tree was placed close to the activity area, offering a soft canopy of green.

Numerous boulders were strategically placed to enhance the nature-based setting. Brown-colored concrete helps reduce glare.

This green space is surrounded by therapy rooms and offices that benefit from the availability of natural daylight and views of the soft vegetation outside.

"The ability to bring our patients out here, away from a clinical setting, has been very beneficial to their rehab and recovery," Goldberg said.

—Delle Willett has a 30-year history of designing, writing, and marketing. She is currently PR advisor to the American Society of Landscape Architects, San Diego chapter. She would love to hear from you and can be reached at dellewillett@gmail.com. ❖



(top) The centerpiece of the courtyard is a 30-foot high climbing wall; (bottom) It also has built-in ramps, stairs and different types of walking surfaces to become reacquainted with. (Photos by Delle Willett)

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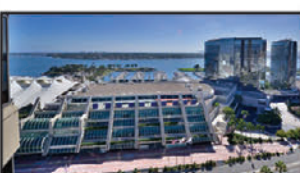
TheHarborClubPenthouse.com



Downtown • "Harbor Club"

A harmonious partnership between Asian influences & today's soft contemporary elegance has rendered this dramatic, half-floor, 2085 sq. ft. residence breathtaking! Located on an upper floor, this stunning condo enjoys exquisite views & a full Zen-like remodel of its glorious space.

HarborClubSD.com



Downtown • "Harbor Club"

Resort style living is at its finest in this 1bd/1 ba residence looking out toward the harbor, San Diego Bay, and Coronado! This sunny, 1036 sq. ft. condo vaults walls of windows, wood floors, neutral paint tones, and a spacious master suite!

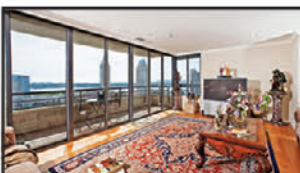
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Downtown • "Meridian"

This gracious, single-level, 2 bd/2 ba residence boasts 2 large balconies, lovely views, & endless design possibilities with 1950 sq. ft. The superior construction of this high-end building allows walls to be easily moved & ceilings to be raised. The Meridian offers luxurious downtown living at its finest! For more information visit:

MeridianSD.com



Downtown • "Meridian"

Spectacular SOUTHWEST views abound in this luxurious, 3400 sq. ft. residence! Spacious main rooms, an unbelievable kitchen, expansive master suite with dual walk-in closets, a full guest wing, four parking spaces, & dual storage are just the beginning! For more information visit:

MeridianSD.com



Downtown • "Meridian"

You will love this Meridian condo with its 2+ bedrooms, 2 baths, beautiful upgrades, stunning design details, rich wood floors, elegant crown moldings, gorgeous bar with dual wine chillers, & exquisite decorative glass storage! For more information visit:

MeridianSD.com



Downtown • "Renaissance"

This elegant & gracious, 2306 sq. ft. townhome boasts soaring ceilings & gleaming wood floors in the living area, a spacious loft or optional 3rd bedroom, bonus upstairs seating area, gourmet kitchen, and laundry room! For more information visit:

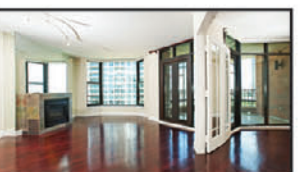
RenaissanceSD.com



Downtown • "Renaissance"

You will love this radiant residence complete with warm paint tones, lustrous walnut flooring, ambient lighting, & 2 city-facing terraces! The quality kitchen is a chef's dream, while the split master suite design is ideal for privacy & comfort. For more information visit:

RenaissanceSD.com



Downtown • "CityFront Terrace"

Welcome to this sunny, 1184 sq. ft. southeast condo overlooking the urban canyon with views toward the city, Promenade, Convention Center & Coronado Bridge! There is a sleek kitchen & adjacent granite bar with wine chiller, superb master suite and guest bedroom, & an oversized terrace!

CityFrontTerraceSD.com



Downtown • "CityFront Terrace"

This immaculate & luminous, 1184 sq. ft. residence provides a distinguished Marina District locale with scenic, city & bay views! This desirable split bedroom floorplan includes fresh paint, fully-remodeled bathrooms, a granite & stainless-steel kitchen, & private terrace! For more information visit:

CityFrontTerraceSD.com



Downtown • "Electra"

This impressive, northwest corner residence provides luxury, comfort, and spectacular water views! Complete with sleek finishes, lustrous wood flooring, plantation shutters, warm paint tones, lavish baths, and extensive storage space throughout. For more information visit:

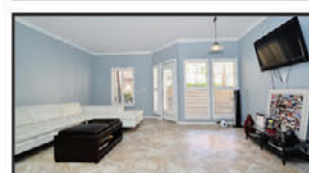
ElectraSD.com



Downtown • "Electra"

Indulge in panoramic water views in this highly-desirable, southwest corner residence with 2 bedrooms plus a bonus room & 2 baths! Watch the boats glide in & out of the San Diego Bay during the day & take in the shimmering city lights at night. For more information visit:

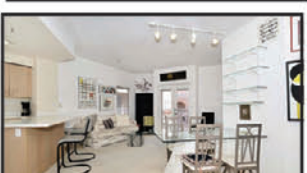
ElectraSD.com



Downtown • "Columbia Place"

Welcome to this delightful 1 bd/1 ba residence looking out towards the serene courtyard & bubbling fountain! This super cute condo features custom paint, tile floors throughout, plantation shutters, granite surfaces, a walk-in closet, & an outdoor patio! For more information visit:

ColumbiaPlaceSD.com



Downtown • "Columbia Place"

Bring your design ideas to this light and bright, 2 bd/2 ba condo overlooking the courtyard & spa! The open living space is great for get-togethers. Plus, there is a private terrace for your enjoyment! For more information visit:

ColumbiaPlaceSD.com



Downtown • "Nexus"

You will appreciate this sunny, west-facing gem that has a freshly-painted interior, black granite & gleaming tile floors in the kitchen & bathroom, & 2 private terraces! Views of the bustling city & tree-lined streets complete the urban living feel! For more information visit:

NexusSD.com



Downtown • "Bayside"

You will love this immaculate home in Bayside with its cherry wood floors, well-appointed kitchen, stone surfaces, & private balcony with water & city views galore! There is also an optional room off the living space that can easily be used as a 3rd bedroom of home office/library. For more information visit:

BaysideSD.com



Downtown • "VillageWalk"

This beautifully-appointed, fully remodeled condo in exciting Little Italy is a must-see! With 2 bedrooms, 2 baths, lustrous wood floors, arched doorways, granite surfaces, custom paint & lighting, upgraded kitchen, & sizeable utility room, this residence is the whole package! For more information visit:

VillageWalkSD.com



Downtown • "Aria"

Delight in panoramic views from this fabulous, 1355 sq. ft., northwest corner condo! Features include wood floors, warm paint tones, & walls of windows bringing in natural light & scenic vistas from the bay to the mountains! End your day in the luxurious master suite or take in colorful sunsets from your west-facing balcony! For more information visit:

AriaSD.com



Downtown • "Discovery"

Enter this darling, 1250 sq. ft. residence & you'll feel its warmth & charm! The kitchen has gleaming granite & stainless appliances, while the living room features an ambient fireplace & has direct access to the tiled balcony, overlooking the courtyard! For more information visit:

DiscoverySD.com



Downtown • "Discovery"

Custom paint, wood flooring, granite surfaces, plantation shutters, floor-to-ceiling windows, a slate-faced fireplace, well-equipped kitchen, walk-in closet & in-unit laundry are highlights of this super condo in Cortez Hill! For more information visit:

DiscoverySD.com



Downtown • "Cortez Blu"

This sophisticated & modern, condo boasts sweeping views of the cityscape, Coronado Bridge, & San Diego Bay! The pristine interior features walls of windows, wood floors, cement ceilings & accent walls, a well-designed kitchen, spacious utility room, serene master retreat, & 2 balconies. For more information visit:

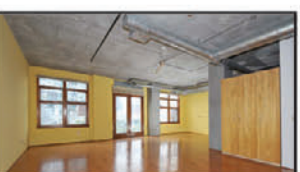
CortezBluSD.com



Downtown • "Cortez Blu"

Welcome to this sunny northeast corner residence, which includes 2 split bedrooms/baths, loft-like cement ceiling/accent walls, wood & tile floors, a granite & stainless-steel kitchen, in-unit laundry, & a private balcony taking in the vibrant city views! For more information visit:

CortezBluSD.com



Downtown • "Parkloft"

Come fall in love with the ultimate 2 bedroom, 2 bath, urban residence! You'll enjoy gleaming hardwood floors & custom lighting, French doors, granite & marble countertops, high ceilings, exposed ductwork, and cement accent walls. For more information visit:

ParkloftSD.com



Downtown • "Solara Lofts"

Welcome to this super-hip, condo at Solara Lofts! This studio features hardwood floors, cherry wood finished cabinets, granite countertops, and a private balcony with awesome city views. The active, urban resident will love this loft! For more information visit:

SolaraLoftsSD.com



Downtown • "350 West Ash"

Delight in this stunning residence with a premium southwest facing wrap-around balcony taking in the bay and city views, stainless kitchen with Caesarsstone countertops, 3 parking spaces & an extra-large storage space. For more information visit:

350WestAshSD.com



Downtown • "Crown Bay"

This exquisite, 2 bd/2 ba condo features custom paint, elegant crown molding, kitchen with granite & rich cherry cabinetry, custom built-ins, & 2 walk-in closets. There are also 2 private terraces with views of the tree-lined streets & Promenade, plus dual side-by-side parking spaces!

CrownBaySD.com



Downtown • "Marina Park"

This chic & classy residence features a seamless layout with split bedrooms & a generous living/dining area! You will enjoy the gorgeous granite surfaces, custom closet doors, & a private patio looking out toward the beautiful courtyard. For more information visit:

MarinaParkSD.com



Downtown • "Marina Park"

This 2 bd/2 ba beauty features fresh paint, tile in the entry, upgraded granite countertops & tile backsplash in the kitchen, & new carpet throughout! There is also a private terrace, in-unit laundry & 2 parking spaces! For more information visit:

MarinaParkSD.com



Downtown • "Gaslamp City Square"

Welcome to this sunny, exterior unit, complete with neutral paint tones, gleaming bathrooms with granite & tile, a granite & stainless kitchen, new a/c unit, & generous living space with sliding doors that open up to the downtown sights & city lights! For more information visit:

GaslampCitySquareSD.com



Downtown • "Marina Park"

Come experience this pristine home, which enjoys split bedrooms & baths, custom paint, unique tile countertops, stainless-steel appliances, plantation shutters, a fireplace with brick hearth, in-unit laundry, & sizeable balcony taking in the awesome, urban views! For more information visit:

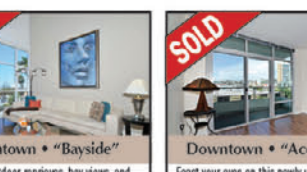
MarinaParkSD.com



Downtown • "Treo"

This sleek, contemporary, 2bd/2.5 ba townhome boasts lovely water & city views! Highlights include fresh paint, high ceilings, wood floors, stone surfaces, in-unit laundry, & great living space with a tile-faced fireplace & direct access to the outdoor terrace!

Sold for \$655,000



Downtown • "Bayside"

3 stories, 3 outdoor terraces, bay views, and 2042 sq. ft. make this townhome the pinnacle in downtown living! This expansive condo is perfection with its vaulted ceilings, walls of windows, wood floors, gourmet kitchen, stone surfaces, upstairs loft, & large utility room.

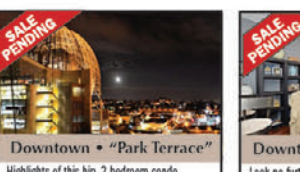
Sold for \$1,100,000



Downtown • "Acqua Vista"

Feast your eyes on this newly upgraded, 2bd/1ba condo in Little Italy. Custom lighting, fresh paint, lustrous wood floors, custom built-in closets, brand new stainless appliances, granite surfaces, & a private balcony complete this gem!

Sold for \$395,000



Downtown • "Columbia Place"

Don't delay on this splendid 1 bd/1 ba, complete with wood floors, custom paint, a well-equipped kitchen, & in-unit laundry. The master suite has a large, walk-in closet & has direct access to the balcony! 2 parking spaces included!

Sold for \$339,990,000



Downtown • "Park Terrace"

Highlights of this hip, 2 bedroom condo include: gleaming wood floors, granite countertops, large sunny windows, in-unit laundry, a private terrace, & sweeping, city views from every room! Petco Park is just steps from this prized locale! For more information visit:

ParkTerraceSD.com



Downtown • "Pinnacle"

Enlist in panoramic, 270-degree views from this 3 bedroom/2 bath, custom home with 2 zone A/C units, 10.5 ft ceilings, marble floors, professional wet bar, custom halogen lighting & interior doors, 2 balconies, & is pre-wired for smart home & speakers! For more information visit:

PinnacleSD.com

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