

SAN DIEGO DOWNTOWN NEWS

DOWNTOWN'S COMMUNITY NEWSPAPER

SAN DIEGO COMMUNITY NEWSPAPER GROUP

JANUARY 2011

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To build or not to build...

Talk of new City Hall building rises again

By MANNY LOPEZ | DOWNTOWN NEWS

Should San Diego replace the aging downtown City Hall or repair the existing 1960s-era structure and put off building a new chief administrative facility until the city can get its financial affairs in order?

Mayor Jerry Sanders argues that now is the time for the cash-strapped municipality to break ground on a proposed \$293.5 million Civic Center redevelopment project that supporters say would allow the city to consolidate operations and save an estimated \$13 million annually on leased office space outside of City Hall.

SEE CITY HALL, Page 4

Finished in 1964, the current 13-story City Hall building lacks mandated fire sprinklers on 10 floors, does not meet earthquake safety codes, contains asbestos and lacks the space necessary to accommodate the city's office staff.

PAUL HANSEN | Downtown News

Supporters say a proposed \$293.5 million Civic Center redevelopment project will save an estimated \$13 million annually on leased office space outside of City Hall. A design by Portland-based Gerding Edlen includes a 19-story city administration building. The 575,000-square-foot structure would provide office space for about 2,400 employees, a 400-seat City Council chambers, a 1.25-acre public plaza and two levels of underground parking.

COURTESY RENDERING



Events honor the dream of Martin Luther King Jr.

By SEBASTIAN RUIZ | DOWNTOWN NEWS

"The greatest demonstration for freedom in the history of our nation" was unfurled on the steps of Washington, D.C., on Aug. 28, 1963, as Dr. Martin Luther King Jr. delivered his "I Have a Dream" address to hundreds of thousands of Americans seeking to share that vision of equality and civil rights for all.

Almost 50 years later, Americans of all ethnicities and religions continue to come together to remind each other of the living movement King's

life embodied and helped lead.

Events set in downtown and Balboa Park mark the celebrations during the weekend and week of Dr. Martin Luther King Jr. Day, Jan. 17.

The Sheila R. Hardin San Diego Multicultural Festival starts things off along the Martin Luther King Jr. Promenade on Saturday, Jan. 15 from 11 a.m. to 5 p.m. along Harbor Drive from Fourth Avenue to Market Street. The event includes entertainment and children's activities, according to a state-

SEE DREAM, Page 4

Parking tickets will cost you more

By NEAL PUTNAM | DOWNTOWN NEWS

Parking tickets have gone up by \$12.50 because of a decision by the City Council in November to pass along state-mandated surcharges. The cost includes a \$9.50 surcharge the city had unknowingly been absorbing instead of passing it on to motorists.

Councilman Tony Young said the move could save the city \$3 million annually. There were no speakers for or against the proposal, and it passed quickly.

The state recently notified the city of a new \$3 surcharge — on top of the other \$9.50 it is imposing on all parking tickets — that will go to fund state trial court buildings.

Members of the council's Budget and Finance Committee were told Nov. 10 that staff had researched 16 years' worth of City Council resolutions, but they could not find an ordinance allowing the city to collect the previous \$9.50 surcharge from violators.

Councilwoman Marti Emerald made the motion for the surcharges to be passed along to motorists, while Councilman Carl DeMaio voted against the plan without giving a reason.

"I applaud the staff for catching this," said District 3 Councilman Todd Gloria.

There are more than 100 types of parking violations that police officers or meter maids can write tickets for.

PARKING VIOLATIONS

There are 112 types of parking violations that police officers or meter maids can write tickets for. They are considered infractions, but some are very costly. Here's a breakdown of some infractions and how much the ticket will cost before and after the \$12.50 surcharge:

	NOW	FUTURE (with \$12.50 surcharge)
• Blocking access to disabled stall	\$440	\$452.50
• Disabled spot without sticker	\$340	\$352.50
• Expired meter	\$30	\$42.50
• Sidewalk access ramp for handicapped	\$290	\$302.50
• Red zone parking	\$65	\$77.50
• Unauthorized airport parking	\$67	\$79.50
• Bald tires	\$40	\$52.50
• Living in vehicle parked on street	\$40	\$52.50
• Parking over 18 inches from curb	\$47	\$59.50
• Violation of street-sweeping signs	\$40	\$52.50
• Vehicle sales ordinance	\$50	\$62.50
• Unattached trailer on street	\$250	\$262.50
• Taxi zone parking	\$50	\$62.50
• Bus zone parking	\$265	\$277.50
• Expired registration	\$40	\$52.50
• Parking on a bridge	\$40	\$52.50
• Parking by fire hydrant	\$65	\$77.50
• Inoperative vehicle over four hours	\$41	\$53.50
• Failure to cramp wheels on hill	\$47	\$59.50

— Source: city of San Diego

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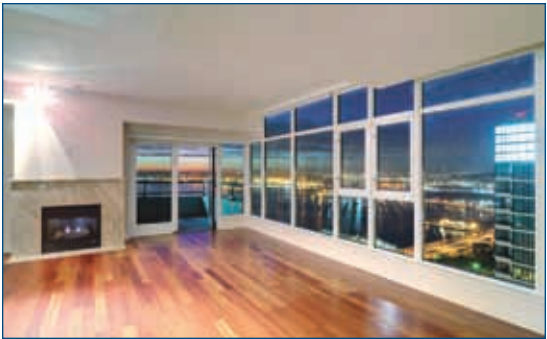
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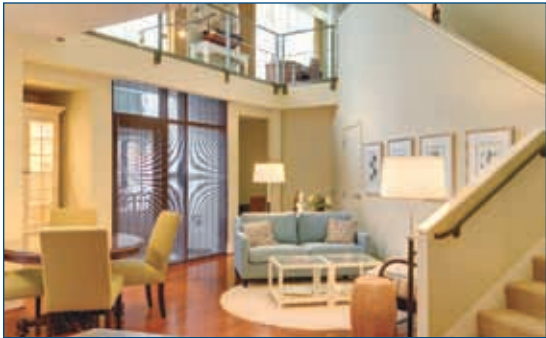
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New facilities at San Diego High School include (from left) the School of Business Management facility, the Culinary Arts facility and the Multimedia Studio. COURTESY PHOTOS

High-tech, hands-on facilities open at San Diego High School

By MARIKO LAMB | DOWNTOWN NEWS

San Diego High School celebrated the grand opening of three new College, Career and Technical Education (CCTE) facilities at the school's Educational Complex in December. The facilities include a Culinary Arts facility, School of Business Management and Multimedia Studio.

The oldest school in the San Diego Unified School District has undergone quite a modern renovation with the \$5.6 million project. More than 8,000 square feet of the school's existing buildings have been reconstructed to incorporate the latest technology and state-of-the-art equipment in hands-on classrooms.

Nearly 5,000 square feet of San Diego High School's existing Building 100 have been remodeled to accommodate the new Culinary Arts facility and School of Business Management.

The Culinary Arts facility, a 2,627-square-foot portion of the building, houses high-tech commercial food service equipment, a teaching kitchen with prep and

cook-line area, lecture lab classroom with an interactive white board, salad bar area and canopy used to serve student lunches, and a new outdoor dining area for special culinary events.

A 2,262-square-foot portion of Building 100 houses two new classrooms and a conference room that comprise the School of Business Management. The facility includes modern technology with interactive white boards, a one-hour exit corridor to comply with the state's building code requirements, and renovated Associated Student Body storefront including digital signage and a weather-protected canopy.

The 3,500-square-foot television studio located on the ground floor of Building 300 at the high school has been designed by industry experts to include a 1,800-square-foot studio with 560-square-foot adjoining control room, a 900-square-foot audio-visual classroom, and a 240-square-foot editing room with four workstations and a sound booth.

The new facilities coincide with the San Diego Unified School Dis-

trict's CCTE project, which places students in a professional, work-based learning environment.

"The program prepares students to successfully transition from secondary education to college and a career," said CCTE director Shawn Lescher, emphasizing that theory and application must work hand-in-hand.

"All of the programs work in conjunction with after-school programs and will be utilized early in the morning until late in the evening," he said.

Approximately 900 students are enrolled in the new Culinary Arts Management, Finance and Business, and High Definition Broadcast/Multimedia Production programs to be taught in the new facilities.

The additions to San Diego High School are three of 22 CCTE projects lined up for the San Diego Unified School District, funded by California Prop 1D and San Diego Unified's Prop S.

"We have about one renovation opening up every two months for the next one-and-a-half to two years," Lescher said.

For more information, visit www.sandi.net.

North Embarcadero Visionary Plan put on hold again

By MANY LOPEZ | DOWNTOWN NEWS

Plans to proceed with the first phase of work on a major redevelopment project on the northern end of the Embarcadero between Seaport Village and Lindbergh Field have been stalled once again.

At its December meeting, the San Diego Unified Port District's Board of Port Commissioners postponed a vote on whether or not to grant an appealable coastal development permit (CDP) that would jumpstart the \$230 million North Embarcadero Visionary Plan, which has been in discussions for the last 12 years.

"Unfortunately, it appears that the opportunity for us to collaborate is over," said Cory Briggs, attorney for the Navy

Broadway Complex Coalition, which opposes development of the waterfront that they say excludes public use. "The port made it clear that they are not interested in doing what's necessary to go forward as we agreed."

According to Briggs, a week before the hearing, additional language was inserted concerning Broadway Pier that had not appeared during negotiations prior to the signing of a memorandum of understanding between the Port District, San Diego Lane Field Developers, LLC, and the Navy Broadway Complex Coalition.

Commissioner Lee Burdick of the San Diego Unified Port District said she voted for the postponement because the Navy Broadway Complex Coalition had raised enough questions about ambiguities

that resulted from the very recent revisions to the draft coastal development permit.

Burdick said she believes because everything was done under high pressure to be ready for the December board meeting, that there were inconsistencies between some of the revisions and some of the pre-existing language in the main CDP.

"We're taking this month to clean it up and scrub the document of those kinds of ambiguities," Burdick said. "I think it will make the Navy Broadway Complex Coalition folks very happy and I think it will make the Coastal Commission staff very happy as well."

More information on the North Embarcadero Visionary Plan can be found at www.portofsandiego.org.



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CITY HALL

CONTINUED FROM Page 1

In June 2010, the mayor presented a proposal designed by Portland, Oregon-based developer Gerding Edlen, which included a 19-story city administration building located on the four-block site of the existing City Hall on C Street and First Avenue. The 575,000-square-foot structure would provide enough office space for about 2,400 employees, a 400-seat City Council chambers, a 1.25-acre public plaza and two levels of underground parking.

Finished in 1964, the current 13-story City Hall building lacks mandated fire sprinklers on 10 floors, does not meet earthquake safety codes, contains asbestos and lacks the space necessary to accommodate the city's office staff. Officials estimate that it will cost nearly \$40 million to make "Band-Aid"

repairs and maintain the city administration building over the next decade — a figure that some say would be better spent on a new structure since the old one will need to be demolished eventually.

Despite promises that the public would have an opportunity to vote on the matter, the mayor vetoed in July a City Council action passed by a 7-1 vote, that would have put the measure before San Diegans on last November's ballot. The Civic Center redevelopment project could still proceed if six council members vote to approve it.

Critics of the project assert that because of the economic decline, budget problems and the threat of cuts to public services, the city should consider whether now is the best time to talk about building a new City Hall.

In public statements, Councilman Carl DeMaio, one of the project's most vocal opponents, accused the city of failing to explore all its options before pur-

suing a deal to build a new and expensive City Hall. DeMaio has also stated that he is unconvinced the project reflects the priorities of San Diego taxpayers, and the city should renegotiate more favorable terms on existing leases or look to secure other properties downtown.

Pete Camarda, a financial services representative with a downtown commercial bank, said that America's Finest City deserves a City Hall that's fitting of its reputation. Camarda added that along with a new building comes new construction jobs.

"Progress means prosperity," said Camarda, who spent seven years as a roofer before graduating from college in 2006. "If San Diego is going to continue to be a leader in the future, we need the infrastructure to make it happen."

On the other hand, retired attorney Richard Schwartz said he finds it hard to believe that the City Administration Building has outlived its usefulness.



Police officer Jim Tulumello, on city administration building assignment, chats to city field representative Tommy Thomas about neighborhood code compliance in the lobby area of the present City Hall, 202 "C" St.

PAUL HANSEN | Downtown News

"I've been coming to this building for decades now and even though it seems tired and weathered, there's still plenty of life left in it," Schwartz said. "How is it that the

original City Hall building on G Street, which was built in the 1800s, is still standing and in use today, but this building here is ready for the wrecking ball?"

"27 Tips for short selling your home and avoiding foreclosure"

SAN DIEGO, If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

After all, with the proper information, selling a home isn't easy. Perhaps, you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which has

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Courtesy of Dennis DeSouza Remax Lic. 01220680

DREAM

CONTINUED FROM Page 1

ment from the Centre City Development Corporation. The multicultural festival was renamed for a former community relations manager for CCDC, Sheila R. Hardin. Hardin was "a driving force behind the festival" and passed away in April 2010, according to the CCDC.

On Jan. 17, World Beat Cultural Center, 2100 Park Blvd., will host several reggae and world music bands as well as have a small vendor market place "rain or shine" at the 21st annual Martin Luther King Day Celebration, said event organizer Jesse Graham.

Graham said King's fight for equality and justice not only for African Americans but everyone, continues today. Gra-

ham said he wants the message to reach youth and encourages youngsters to learn about history. It is important to celebrate and remember the leaders who have sacrificed for the liberties U.S. citizens have today, he said.

"A lot of times, the youth forget about that and we really bring them together and let them know about their history and all of our histories," he said.

While some will be celebrating with music and festivities, others will gather to remember the life and symbolism of King through the third annual interfaith Day of Service on Jan. 17. On that day, community members will help clean up Morley Field in Balboa Park, said Holly Watt, First United Methodist Church of San Diego (FUMCSD) communications director.

Volunteers with the FUMCSD, Con-

gregations Beth Israel, Temple Emanuel, Islamic Center of San Diego, Chinmaya Mission San Diego, First Unitarian Universalist Church of San Diego, The Church of Jesus Christ of Latter-Day Saints and Hillel of San Diego will sponsor the event, help clear and haul brush, mulch and plant, according to a statement from FUMCSD.

"It's honestly an event that evokes the spirit of the vision of Martin Luther King Jr., which is to bring people together of all ethnicities and faiths and backgrounds and live in a community together, and this is a symbolic way of doing that," Watt said.

Volunteers are encouraged to bring gloves and a bag lunch for a picnic with new friends. Volunteers should also register for the park cleanup at www.fumcsd.org/KingDay, she said.

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AIRPORT LAND USE COMMISSION
SAN DIEGO COUNTY

Public law library gets face-lift

By MANNY LOPEZ | DOWNTOWN NEWS

With a budget of \$3.2 million, the San Diego County Public Law Library kicked off the first major renovation of its main branch since the building located at 1105 Front St. was built and dedicated in 1958.

Under the direction of John W. Adkins, director of libraries, the downtown branch will get more than just a fresh coat of paint. According to Adkins, there will be new carpeting and furniture, added conference rooms and community space, a refurbished reading room and more computers available for public use. Additionally, more electrical outlets to accommodate laptop users will be installed throughout the building as well as new communication and media technology.

The building will be compliant with the 1990 Americans with Disabilities Act and separate work spaces for employees will be added. Ir² — Interior Resource, Inc. of San Diego did the design work on the project.

"We're really lucky to have this opportunity to grow the library," Adkins said. "It's a wonderful resource that does touch everybody in the county."

On Dec. 30, the downtown branch closed for the renovations and a temporary scaled-down location will be opened one block away in the Franz Building at 1168 Union St. on Jan. 18. The hours of operation will remain the same as the main branch and computers will be made available for public use. Patrons will have access to federal and state practice materials and all books at the temporary location will be available for loan.

Renovations are expected to take up to six months to complete.

Beyond renovating the downtown branch, Adkins said the San Diego County Public Law Library is taking this opportunity to reinvent and rebrand itself as the law library for the people of San Diego.

"At its core, we make law public, we bring the law to the people and we provide access to



The San Diego County Public Law Library is located at 1105 Front St.

MANNY LOPEZ | Downtown News

justice," said Adkins, adding that the courts don't do that. "To get access to that justice, you must have the legal arguments and the law behind you. We're the ones who can help you get there."

Adkins said one of his major goals is to ensure that the people of San Diego County understand the full range of services and educational opportunities offered at the law library. He encourages those who can't afford an attorney to use the resources of the public law library to get meaningful help in whatever legal proceeding they may face. Adkins pointed out that library staff cannot provide legal advice to patrons.

"Legal research is complex, tedious and difficult," Adkins said. "We are the communicators, liaisons and facilitators so that people can get the information they need."

For solo practitioners who do not have the trappings of a big law firm, Adkins said the public law library could serve as his or her office, where they can conduct meetings with clients, do depositions, and have access to databases that they depend on. He sees an opportunity to fulfill a real need for many local attorneys who have been laid off or can't afford the high overhead of an office.

Genaro Lara, a civil rights and criminal defense attorney, who has been using the resources of the law library for the last 20 years, said that it's practical to do so and handy because his office is only one block away from the branch.

"I have access to research in my office, so I won't really be at much of a loss while the library is closed," Lara said. "But it's easier to get law review treatises and articles here and the sources available are free."

While any member of the public can conduct research at the library, residents of San Diego County can apply for membership and receive a library card to borrow materials. Membership is \$10 per year and a small refundable deposit is required to cover the cost of lost or damaged materials. Annual membership dues have been waived until September due to the renovation of the main library.

In addition to the downtown branch, the county's public law library system has locations in Chula Vista, El Cajon and Vista. During the renovation, patrons are encouraged to visit the other branches. Parking is provided free of charge.

For more information, visit www.sdcll.org or call (619) 531-3900.

Conservancy looks to breathe new life into Balboa Park

By JOHNNY McDONALD | DOWNTOWN NEWS

A Balboa Park Conservancy committee has been formed to address the vital needs of San Diego's crown jewel of parks while two other associations gear their efforts toward the centennial celebration in 2015.

It's a three-pronged project for improvements, changes and an effort to generate new life in the park that grew from two successful expositions and has evolved into the home for numerous museums and cultural centers.

Besides the conservancy, Plaza de Panama planners and the San Diego Tourism Marketing District are involved. Each has independent committees and fundraising resources.

Charles Hellerich, who heads the mayor's appointed conservancy, said there is compatibility among the three groups that will foster improvements.

"They can work together very well," he said. "The conservancy committee is in this for the long term while the other two will go away when their [2015] project is done."

A 2008 study showed that the park needed \$238 million in improvements and that city money was unavailable.

The conservancy has acquired a total of \$120,000 from the Leger Benbough Foundation, the Parker Foundation and the Balboa Park Trust Committee of the San Diego Foundation.

"The foundations have been supportive of the effort in a wonderful way for the last three or four years, including undertaking a couple of studies critical to the process of designing that was ultimately recommended," said Hellerich. "The conservancy, which will grow in size, is still in a formidable stage. The 2015 committee is looking at creating (solely) the centennial event."

"We'll be raising funds and carrying out capital projects and deal with maintenance and management issues. The committee will make recommendations to the City Council and continue to be the primarily role player."

Appointed to the conservancy committee are Joye Blount, Carol Chang, Benjamin Clay, Maria Davilla, Raymond Ellis, Joyce Gattas, PhD., Vicki Granowitz, Connie Matsui Beckman, Paul Meyer and Judith Swink. They will meet monthly.

"We will need to hire some professional assistance to get

SEE BALBOA, Page 7

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Sheila R. Hardin
San Diego

Multicultural Festival

Celebrating San Diego's Diversity



Saturday, January 15, 2011
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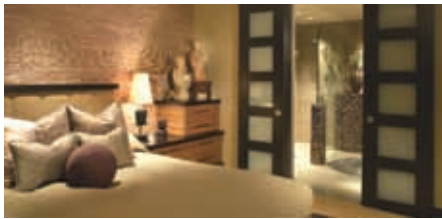
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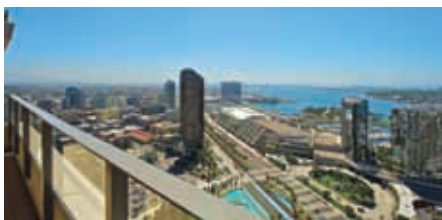
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Permitting regs could mean lights out for community fireworks shows

By MARIKO LAMB | DOWNTOWN NEWS

Costly permitting fees and water-monitoring requirements for over-water fireworks displays may put an end to annual community fireworks shows such as the Fourth of July “Big Bay Boom” in San Diego Bay, the Independence Day display at the Mission Bay Yacht Club and Ocean Beach’s fireworks off the pier, said Mayor Jerry Sanders in a press conference Dec. 10.

In an initial draft distributed by the San Diego Regional Water Quality Control Board (RWQCB) in September, fireworks show organizers would be required to have a national pollutant discharge elimination system (NPDES) permit for any public display of fireworks over a body of water.

The fireworks permit requirement would be the first of its kind in the nation.

In order to obtain the permit, organizers of fireworks shows would be required to implement a so-called “best management practices” (BMP) plan to clean up post-show debris in the water and to submit an event cleanup report to the RWQCB.

The permit, based on the statewide fee for NPDES permits, would be less than \$1,500 per year. However, Sanders and organizers of community fireworks shows estimate costs for the entire process to be much higher.

“These are community events where they literally put out a can in a lot of places and ask for donations, and it would probably cost about \$30,000 to get the permit process and the monitoring,” said Sanders, who expressed fear that the costly permitting process would immediately extinguish community fireworks shows.

District 2 City Councilman Kevin Faulconer agrees the costs of added permitting could be prohibitive and detrimental to the communities he represents, said Tony Manolatos, a spokesman for Faulconer’s office. Faulconer’s district includes downtown, Point Loma, Ocean Beach, Mission Beach, Pacific Beach and Mission Bay.



In recent years, some organizers have been forced to cancel their community fireworks shows because of lawsuits or threats of legal action by environmental groups.

“Sometimes you get into a situation that’s kind of ridiculous because some people decide to push an issue and another side overreacts,” Sanders said, calling the regulations “like killing an ant with a

sledgehammer.”

The San Diego RWQCB argues that fireworks contain pollutants that have the potential to adversely affect sediment and water quality. Although the board’s staff said it does not believe fireworks are a major source of water pollution, it has determined that the pyrotechnics cause enough contamination to require a permit when exploded over water.

“It is not just the casings and the wires that can get into the water, but polluting chemicals too,” said RWQCB Assistant Executive Officer Jimmy Smith.

The most extensive water monitoring to date was conducted by SeaWorld after threat of a lawsuit by San Diego Coastkeeper in 2006. The studies found that upward of 110 fireworks shows per year for 30 years at the theme park have not caused an accumulation of pollutants in the bay’s water, sediment or shoreline.

“The evidence is just not there,” said District 1 City Councilwoman Sherri Lightner.

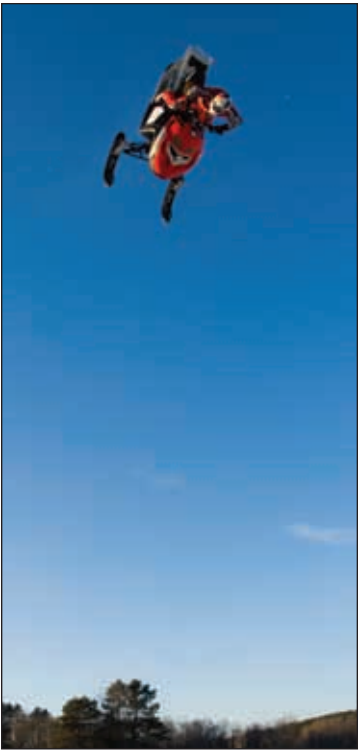
“It’s a huge yearly tradition in La Jolla, and it’s always been a volunteer-funded event. It would definitely be hard to come up with funding for anywhere between \$30,000 and \$100,000 for the water monitoring in the area,” she said.

Smith said it’s too soon to say how much the permit will cost.

“The permit is still under development,” Smith said. “We don’t know what the ultimate cost is going to be. Right now, we’re just trying to conduct the best science.”

Changes to the board’s original draft have been applied to incorporate past public concerns, particularly regarding the cost of the monitoring and the possibility that all fireworks shows would be disbanded in San Diego.

The board will consider adoption of the order at its regularly scheduled meeting March 9.



Minnesota native Levi LaVallee, seen here practicing a snowmobile jump, was injured while preparing for a record 301-foot attempt over Embarcadero Marina Park scheduled for Dec. 31.

COURTESY PHOTO

New Year’s jump cancelled due to injury at practice

As the result of a training injury on Dec. 14, Levi LaVallee, the world-class snowmobiler, was unable to attempt breaking the snowmobile distance jump record scheduled to take place downtown on New Year’s Eve. This is the first “Red Bull: New Year, No Limits” event that has been cancelled since the series started in 2007.

LaVallee was injured in a training session in Southern California. The 28-year-old Minnesota native was transported to a hospital and was listed in stable condition. He is expected to make a full recovery.

LaVallee had planned an attempt to break the snowmobile distance jump record of 301 feet over Embarcadero Marina Park. In training, LaVallee recorded a 361-foot jump, which will be submitted for world-record certification.

— Anthony Gentile

BALBOA

CONTINUED FROM Page 5

the institution up and running,” Helmerich said. “We have to undertake some studies for specific needs that identify with the projects. Our mission is to keep Balboa Park magnificent into the 21st century.”

The most extensive plan has been unveiled by Qualcomm founder and philanthropist Irwin Jacob which proposes the removal of 67 parking spaces from Balboa Park’s main square near the Prado and building a two-level parking garage with up to 900 spaces south of the Spreckels Organ Pavilion.

Jacobs, who has donated tens of millions of dollars to local causes, has formed an 11-member committee to raise necessary funds.

This would return the plaza to a pedestrian-only zone familiar to the 1915-16 and 1935-36 expositions. The plan envisions only eastbound traffic across the Cabrillo Bridge and rerouting the road through Alcazar Gardens and parking lot below, exiting near President’s Way.

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Blessing of the Animals January 16 in Old Town Celebrates Animals of all Shapes and Sizes

Old Town San Diego State Historic Park is hosting a Blessing of the Animals event on Sunday, Jan. 16, from noon to 3:00 p.m. The blessing is led by Monsignor Mark Campbell from the historic Catholic Church of the Immaculate Conception in Old Town, but all faiths and convictions are welcome to celebrate the animals that make our lives so special.

There will be a special appearance by Chopper the Biker Dog. Chopper is a one year old Boston terrier who is known all around the county for riding his own

Harley Davidson motorcycle and his distinctive biker goggles.

The Chula Vista Nature Center will be bringing native animals to the event and the Avian and Exotic Animal Hospital and Emergency Animal Rescue will educate the public about rescuing, rehabilitating and supporting wild animals. On hand will be many native animals that are rarely viewed up close that have been rescued but are now unable to return to the wild.

Sky Hunters, a rehabilitation center for

birds of prey, will also be displaying three live birds: two owls and one falcon.

There will be a talk given by Sindi Somers of A Pet Psychic entitled Animal Communication. She will be offering tips to help enhance people's communication with their pets and also do a demonstration and answer questions from the crowd. Somers offers a variety of services for animals and people; psychic readings and energy healings for people and pets, animal communication, pet nutrition and behavior consultations, dog training and meditation instruction for people. She is also a published writer and regular contributor to San Diego Pets Magazine.

Also participating in the event is the San Diego Humane Society and SPCA, Chihuahua Rescue of San Diego, Shelly's Shelter, Golden Rose Psychics, Tijuana River Valley Animal Rescue, Parrott Rehabilitation Society and Friends of Cats. There will also be a pet expo with treats for pets and owners as well as games for kids.

This event has been happening for more than 300 years—dating back to the 1700s. In San Diego the annual Benediction of the Beasts celebrates St. Anthony of the Desert, the Patron Saint of Animals, and honors San Diego's own Father Anthony Ubach. Because of his hard work, in 1886 a school for Native Americans was established in Old Town. It was named St. Anthony's after Father Ubach. Activities for both animals and families make this celebration both unique and very moving to all who participate.

Admission to this event is free. For more information, visit: facebook.com/fiestadereyes or call Suzanne at j.simms agency, 858-689-9909.



Chopper the Biker Dog will be appearing at Blessing of the Animals in Old Town from noon to 3 p.m. on January 16.



Charles Gailband from the Chula Vista Nature Center shows a snake to the Boy Scout of America Group 1226.



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OPINIONS Signed letters to the editor are encouraged. All letters must include a phone number for verification. The editor may edit letters for clarity and accuracy. Letters should be 350 words or less. Views expressed are not necessarily the views of this newspaper or staff.

SUBMISSIONS Letters and photo submissions are welcomed. Those accompanied by an addressed, stamped envelope will be returned. The editor reserves the right to edit for clarity.

DEADLINES All content must be received by 5 p.m. on the Thursday prior to publication.

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Publisher keeps newspapers moving ahead

By **MARIKO LAMB** | DOWNTOWN NEWS

Julie Hoisington, owner and publisher of San Diego Community Newspaper Group (SDCNG), is breaking down barriers in more ways than one. Not only is she the only female publisher and owner of an independent newspaper company in San Diego, her company is succeeding at a time when the novelty of print publications is diminishing and small businesses continue to struggle in an economy on the rebound.

From an early age, Hoisington knew what she wanted, and the determined young woman worked hard to achieve it. In high school, Hoisington served as year-book editor and took classes in photography and journalism. She continued her passion in college, where she pursued a major in graphic arts. In 1979, Hoisington was hired at the *Idahonian* in Moscow, Idaho, a daily newspaper where she acted as the creative designer for ads, special sections and covers, and dummied layouts of the publication.

"Julie was the best graphic artist that our little newspaper had ever seen," said Randy Frisch, former advertising manager at the *Idahonian*.

"When somebody needed something done right and done with style, they'd go to Julie," he said, calling her a quiet, go-to leader in the small advertising department.

In 1988, Hoisington took her talents to San Diego, where she and her ex-husband, David Mannis, established SDCNG with the publication of a single paper, *Beach & Bay Press*, serving the Pacific Beach and Mission Beach communities.

The company continued to expand, with publications to include communities in Point Loma, Ocean Beach, La Jolla and downtown.

After the couple's divorce, the duo con-

tinued to work as co-publishers at SDCNG for eight years.

Hoisington has been operating SDCNG solo for two years now — and despite a downturn in the economy, the emergence of competing businesses and new technology to contend with — she is thriving at the helm.



JULIE HOISINGTON
CASEY DEAN | Downtown News

Today, SDCNG publishes *San Diego Downtown News*, *Beach & Bay Press*, *The Peninsula Beacon*, *La Jolla Village News* and *San Diego Pets Magazine*.

"The secret to success through economic challenges is that we're able to think of it as a grassroots approach," Hoisington said.

Larger dailies find it difficult to fulfill their subscription quotas because they compete with an increasingly over-saturated marketplace of media sources from the Internet and television. This, in turn, lessens the influx of advertising dollars and altogether diminishes the existence of daily papers, she explained.

Advertising in community newspapers is ideal for small businesses trying to target a specific audience because the papers are seen by more than a subscription-based fraction of the market.

In the case of SDCNG, Hoisington's papers hit a vast portion of the community, delivering niche publications to 56,000 doorsteps every week, she said.

"Having an independently-owned format, we're not competing with the dailies and broadcast. We're isolated to the niche of community news," she said, calling SDCNG's business model "hyper-local from day one."

"We can be creative and not only bring the news, but be creative from the marketing standpoint and come up with the most effective campaign," she said.

SDCNG executive editor John Gregory, who has worked with Hoisington for 15

years, called Hoisington a "determined and clever business owner."

"I've seen her evolve into a very effective manager and leader of personnel," he said.

"She is not afraid of making decisions and sparking immediate action," Gregory said. "She has seen changes in this business, knows how things work and she is pushing for progressive improvements. This is something you rarely see — even today — in the newspaper industry."

One such decisive action that the business-savvy leader undertook was to embrace the latest trends in technology instead of blaming it as the culprit of print's demise. SDCNG launched www.sdnews.com in the mid-1990s. It has since become a comprehensive online website for Hoisington's network of publications. The home page now features daily news updates and the news team has adopted a web-first strategy.

News space used to be really tight in print, and a lot would get cut or held out, Hoisington said. Introducing fresh news online each day provides readers up-to-date and more in-depth information about their community on a regular basis — like an electronic daily newspaper.

In addition, Hoisington mandated an ambitious social media program which was launched this year.

"I enjoy the fact that it's real people with real lives, and we bring them news that will affect and touch their lives," she said.

Despite difficult times for print, Hoisington has succeeded by pushing forward with new, progressive ideas in the industry to keep niche publications alive in San Diego. She has been an instrumental figure in building commerce in local communities and presenting news that often gets overlooked by larger daily papers and broadcast.

"It's an interesting industry to be in," she said. "There's never a dull moment."

For more information about SDCNG, visit www.sdnews.com or call (858) 270-3103.



Raye Scott and Francine Finn

WINDERMERE OFFICE CELEBRATES THE HOLIDAYS

The holiday season was kicked off by Windermere Signature Properties in its new Marina District office on First Avenue with a Grand Opening/Holiday Party. More than 300 agents, clients and staff were in attendance. The office was transformed to capture the holiday spirit with custom-painted windows, decorations and carolers to welcome the guests' arrival. This year, Windermere Signature agents voted to use this opportunity to support the San Diego Food Bank and they are grateful for all those who contributed generous donations. Raye Scott and Francine Finn, agents and owners of the franchise, are excited to have the first Windermere office in downtown San Diego. The office is open seven days a week. For more information, call (619) 481-6300.

Photos by PAUL HANSEN | Downtown News



Pictured from left: Carlos Pastrana, Jorge Castellon, Chi Luong, Denny Oh, Sarah Scott and Jorge Verdugo

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DANGEROUS CURVES: Spokesmodel Michelle Kroesing explains the features of a Ferrari 430 Spider from Jakes's Motorcars at the San Diego International Auto Show held Dec. 30-Jan. 2 at the San Diego Convention Center.

PAUL HANSEN | Downtown News



HOLIDAY FINERY: Kristian Alvarez and Munchkin Meng, a miniature Yorkshire terrier, sport holiday garb at the third annual Pet Parade held Dec. 12 in the Gaslamp Quarter.

PAUL HANSEN | Downtown News



A SHOE-IN: Existence Church volunteers Vy Baker (left) and Erin Becker, adorned in festive reindeer antlers, arrange some of the 750 pairs of shoes donated to students of the Monarch School at a Dec. 12 holiday carnival.

PAUL HANSEN | Downtown News



TOWERING TURTLE: Flautist Lisa Theda with the Lake Zurich High School Band from Lake Zurich, Ill., plays her instrument as an inflatable Teenage Mutant Ninja Turtle hovers above during the Port of San Diego Big Bay Balloon Parade along Harbor Drive on Dec. 30.

PAUL HANSEN | Downtown News



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Wet Stone Wine Bar offers bold, refreshing flavors with global influence

By LORALEE OLEJNIK | DOWNTOWN NEWS

Wet Stone Wine Bar is a hidden gem in Banker's Hill. Executive chef and proprietor Christian Gomez, a San Diego native turned citizen of the world, has created a classy yet unpretentious escape tucked in a historic building on Fourth Avenue between Grape and Fir streets. A style he describes as "contemporary American, with bold, refreshing flavors done with global influence," Wet Stone offers a menu of small plates, salads and paninis to complement a rotating selection of domestic and international wines. "It's definitely a labor of love and a [means of] expression for me in many ways," said Gomez, who was born and raised in Barrio Logan and spent several years traveling abroad and living in Los Angeles. Born the youngest of seven to a chef father of Filipino-Spanish descent and a Panamanian-Chinese mother, there was not nothing bland about Gomez's upbringing. His childhood included memories of perusing markets in Tijuana and helping the family run a business importing Asian foods. As a young adult, a study abroad pro-

gram in Europe and, later, a move to Los Angeles greatly expanded Gomez's culinary horizons. While living in L.A., he filmed a season of a food program for NBC-LA called "Green Eats," about organic and locally-sourced foods. After Los Angeles, he returned to San Diego as a personal chef before opening Wet Stone in 2008. Gomez got an early start in the hospitality business working for well-known restaurateur and prominent San Diego civic figure Frank Fat, an experience that would inspire him years later to strike out on his own and open the restaurant after stints in catering and the emerging field of "food styling." Open in an 1896 building in a space formerly occupied by a small bohemian coffee shop, Wet Stone's warm décor features wood, natural elements and exposed concrete flooring in a contemporary style, creating a relaxing atmosphere well worth the short drive (or walk) from downtown's hub. Banker's Hill itself is an emerging culinary hot spot. Not just Mr. A's anymore, a recent addition of new restaurants and businesses is injecting life into the neighborhood nestled between downtown and Hillcrest.

Wet Stone's name has a triple meaning taken from a term used to describe a characteristic of wine, a knife sharpening tool and a time Gomez slipped off a rock waterfall in Brazil, falling 50 feet and living to laugh about it later. On the menu, salads and paninis run in the \$8 to \$10 range and small plates range from \$12 to \$15. Small plates include lamb meatballs with mango yogurt-toasted coriander pool, Peruvian-style albacore cebiche, and mac and gourmet cheese with Spanish chorizo bilbao and prosciutto. It's a menu "thinking outside the bread and cheese box" of the traditional wine bar. On the wine side, Gomez aims to create a list that matches well with the variety of flavors offered. The wine list changes quarterly, and Gomez tries to create a selection of both state-side and global wines, with a special emphasis on boutique wines from makers in lesser-known areas. Wet Stone Wine Bar, located at 1927 Fourth Ave., is open for lunch and dinner. Happy hour specials are available. For more information call (619) 255-2856 or visit www.wetstonewinebar.com.

Try something new during San Diego Restaurant Week

San Diego Restaurant Week will take place Jan. 16-21. More than 180 restaurants from all over San Diego County will participate and the list keeps growing each year. Reservations, which are recommended, should be made with the individual restaurants. Walk-in diners are accepted if space permits. The most recent Restaurant Week, held in September, drew more than 140,000 participants. The three-course, pre-determined menus from San Diego restaurants will be set at either \$20, \$30 or \$40 per person. Taxes, beverages and gratuity are not included. For a complete list of participating restaurants visit www.sandiegorestaurantweek.com. —Debbie Hatch

- DOWNTOWN RESTAURANTS:**
- \$40**
- Acqua AI 2
 - BICE Ristorante
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 - Croce's Restaurant & Jazz Bar
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 - Oceanair Seafood Room
 - Palm Restaurant
 - Ruths Chris Steak House
 - The Grant Grill
 - Top of the Market Restaurant
 - Trattoria La Strada
- \$30**
- Anthony's Fish Grotto
 - Blue Point Coastal Cuisine
 - Cafe Chloe
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 - Gaslamp Strip Club: A Steak Place
 - Greystone Steak House
 - Harbor House

- Jsix
- Merk Bistro Italiano
- Osetra the fish house
- Osteria Panevino
- Sally's Seafood on the Water
- Salvatore's
- Soleil @k
- Stingaree
- Suite & Tender
- The Fish Market Restaurant, San Diego
- The Marble Room
- The Melting Pot, Gaslamp
- The Restaurant at W
- Toast Enoteca & Cucina
- \$20**
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January 16-21 2011

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Vineyard Place

MIKE KALLAY

I will usually resolve to do more exercising and less indulging when the new year hits — and this year is no exception. But, one of my “wine resolutions” is to drink more white wine. I very infrequently have white wine in our cellar at home — and by cellar I mean the 60-bottle fridge that’s usually empty. You

see, we’re on a just-in-time inventory system here, lest we over indulge.

One of my absolute favorite white varietals is Roussanne. The grape itself originates in the Rhone Valley of France, and is generally a “blending” grape. That is, it’s more of a character actor and less of a leading man. Think Joe Pesci vs. Robert De Niro. The conventional wisdom on this is that Roussanne is a honey-eyed wine that needs the acidity and minerality of another grape to balance

the act. That other grape is typically Marsanne in the northern Rhone, and Grenache Blanc in the southern Rhone. We are lucky in California to have a number of single varietal Roussanne bottlings which have all of the requisite flavors, textures, acids and minerality all on their own.

One of the best regions for the grape is the Central Coast. This region includes a number of vineyards planted to Roussanne, including acres in Santa Barbara

County and Paso Robles. In fact, Tablas Creek Winery in Paso Robles was really the first to import genuine Roussanne clippings from the Rhone Valley and is the main nursery in the state selling the rootstock to others. Before this, many grapes thought to be Roussanne here in California were actually Viognier grapes.

Roussanne is a rich and complex wine. It almost has the texture of Gewurztraminer, but flavors and aro-

mas more reminiscent of Viognier. I would pair it with a tangy dish — like a General Tso’s chicken. The flavors and lush texture will perfectly complement the spicy and tangy properties of the dish. It also makes a great pairing with any Meg Ryan movie. Sadly, I resolve to watch less of those this year.

— Mike Kallay and his wife, Stephanie, own the Cask Room, a wine bar in East Village. www.caskroom.com

Downtown Dining

Brian’s 24

Brian’s 24 serves breakfast 24 hours a day and is famous for its Chicken & Waffles, Krab Cake Benedict and Gaslamp Power Breakfast. Brian’s 24 is also known for its oversized portions of home style comfort food, including certified angus choice steaks and house-made meatloaf and mashed potatoes. They have anything you want, whenever you want it! Grab a cocktail at the mahogany bar, or sit under crystal chandeliers for breakfast. Meet friends or business associates for lunch, a quiet dinner, late snack or nightcap. Brian’s makes it happen 24 hours a day! Located at 828 6th Avenue in the Gaslamp Quarter. For more information and the complete menu, visit: www.brians24.com

Richard Walker’s Pancake House

Richard Walker’s Pancake House, an upscale fusion of traditional and gourmet breakfast favorites, is now open in the Marina District in downtown San Diego. Serving classic-style griddlecakes, crepes, omelets and other specialties, this pancake house is certain to become the “premier” breakfast destination for San Diego’s residents, employees and the tourist community! Open 6:30 a.m. to 2:30 p.m. 7 days a week, and if you are unable to stay and enjoy the atmosphere, take Richard Walker’s with you as we prepare orders to go.

Manchester Grand Hyatt

Just a stone crab’s throw from Seaport Village is Sally’s Seafood on the Water, a charming and sophisticated waterfront eatery. Chef de Cuisine Sarah Linkenheil’s obsession with fresh fish and bold flavors shines through in signature dishes like the decadent Lobster Pot Pie and Smoked Tomato Cioppino. Open daily for lunch, happy hour, and dinner. Late breakfast, served on weekends. Three hour validated self-parking at the Manchester Grand Hyatt San Diego.

Bread on Market

Downtown’s Artisan Bakery, Breads On Market is open from 7:30 to 4:00 Sunday-Thursday and 7:30 to 5:00 Friday & Saturday. We are open late night for all Padre games. Voted Best Bakery 2008 from the San Diego Downtown News 2008 and received the Silver Fork Award from San Diego Home and Garden. Schedule your next business or organization board meeting in our quaint patio or let us cater your next event. We deliver Hot Lunch and Sandwich Special or come in and enjoy a wonder Cheese Plate with a glass of wine or beer to go with our famous Rueben. For Sweet and Treats we serve Cookies, Brownies, and Package Housemade Granola. Take a loaf of fresh Artisan bread home for dinner. 730 Market Street SD, 92101 (Between 7th & 8th) 619-795-2730 www.breadonmarket.com

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The Cask Room

The Cask Room is a premiere cozy wine bar & bistro in San Diego, from the moment you arrive, you’ll feel instantly comfortable. Slink into one of our leather sofas or club chairs, soak in the candle light, engage with live musicians crafting amazing melodies, and prepare to be delighted with one of our small production wines.

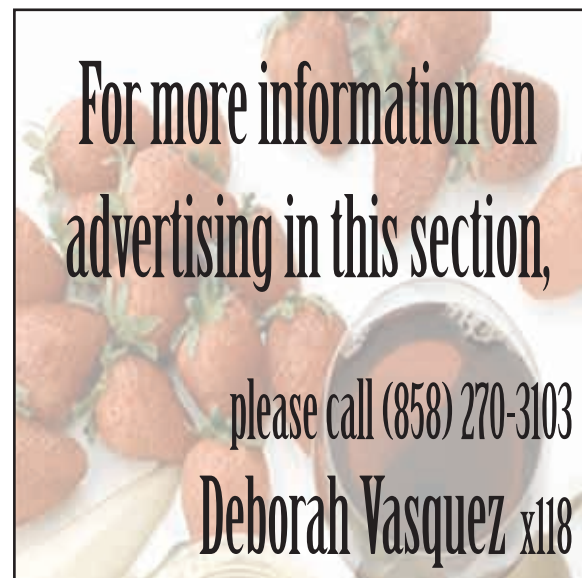
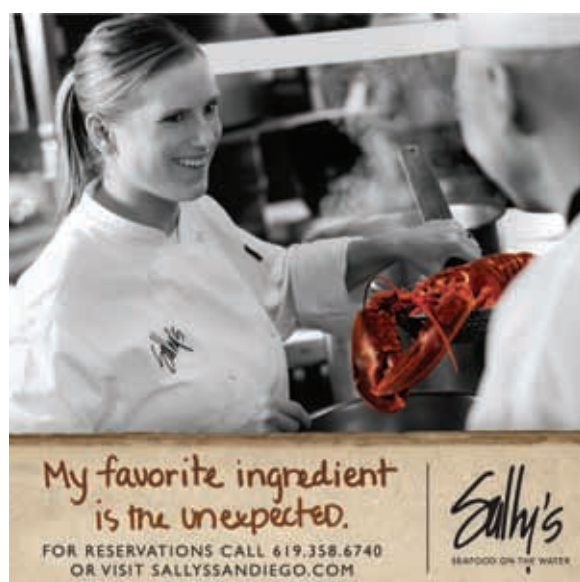
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The Marie Hitchcock Puppet Theater is located at 2130 Pan American Place in Balboa Park.

COURTESY PHOTOS

Strings attached

Marie Hitchcock Theater remains active as puppetry sees an upswing

By **BART MENDOZA** | DOWNTOWN NEWS

In this day and age of advanced electronic technological gadgets, it might seem that old-fashioned childhood pleasures, such as a puppet show, might be passé. However, not only is puppeteering alive and well, but it's thriving nationwide, thanks in part to showcases like the Marie Hitchcock Puppet Theater in Balboa Park.

Anyone who happens to be in the vicinity of the Pan American area of Balboa Park near the automotive museum on Wednesdays through Sunday mornings, can attest to the throngs of youngsters and their parents heading toward the historic building. The 200-seat venue has been hosting shows since 1947, featuring all types of puppets from marionettes to shadow puppets, rod-motion creations (like the Muppets) to life-size characters. Productions can range from simple single performer shows to multi-stage stories with numerous characters and background personnel.

Joe Fitzpatrick, a puppeteer and president of the Balboa Park Puppet Guild which manages the theater, first became inspired by puppets following a puppet exhibition at the Museum of Art. He has worked with puppets since 1993, coming to the Marie Hitchcock Theater in 2001.

MARIE HITCHCOCK PUPPET THEATER

2130 Pan American Place, Balboa Park
Shows: Wednesdays, Thursdays and Fridays
10 and 11:30 a.m.; Saturdays and Sundays
11 a.m., 1 and 2:30 p.m.
All ages welcome
www.balboaparkpuppets.com

Despite the competition from 3D movies, video games and other parts of modern childhood life, puppets are still a draw for youngsters of all ages, Fitzgerald said.

"We haven't seen a lot of change due to technology," he said. "We do pretty well because our prices are so low."

Tickets average between \$4 and \$6 per show, making these live performances a bargain compared to movies.

"There are also a lot of families out there who are trying to get their kids away from technology, we get

SEE **PUPPET**, Page 18



"The Magic Well"



"The Merry Christmas Show"



"Sleeping Beauty"



"The Three Little Pigs"



"Jack and the Beanstalk"



Dr. John Diamond's paintings are on exhibit at the Japanese Friendship Garden in Balboa Park until Feb. 27.

WILL BOWEN | Downtown News

Healing through art

By **WILL BOWEN** | DOWNTOWN NEWS

Dr. John Diamond thinks the act of painting can be healing to the body, mind and soul of the painter. But Diamond also believes that in the future we will know how to compose paintings that can heal the viewer as well as the creator. Diamond hopes that art of this nature will be placed in clinics and hospitals where it will facilitate patient healing by the mere act of being viewed.

Although Diamond acknowledges there are many works of art that have a powerful and moving effect on us, he said no one before him has actually set out to create art that was deliberately made for healing purposes. Diamond considers himself a pioneer who is helping to open up a whole new field.

A collection of Diamond's paintings titled "East Meets West: Still Point Paintings," which profess healing power and therapeutic action, are on exhibit at the Japanese Friendship Garden in Balboa Park, adjacent the Organ Pavilion, until Feb. 27. The Friendship Garden is showing Diamond's paintings because of their similarity to traditional Japanese painting, and because the staff feels a resonance with his life philosophy.

Diamond was born and raised in Australia. He was trained in the western medical tradition and became

SEE **DIAMOND**, Page 22

Sunroad Boat Show will be 10 percent bigger

By **LEE CORNELL** | DOWNTOWN NEWS

The San Diego Sunroad Boat Show will be held Jan. 27 to 30 at the Sunroad Resort Marina on Harbor Island.

The event showcases the latest boats available on the market. This year's version will see a 10 percent increase in growth, which includes more booths and more products than last year, as well as an expansion of in-water boats.

"It's the premier boat show in San Diego," said Jim Behun, the show's producer.

Behun said organizers have had to open up another dock for increased in-water products. This is mainly due to the show bringing in more brokers who can display used boats this year.

For many years, the show was held at the San Diego Convention Center, Behun said, but it moved to the more intimate

setting of Harbor Island last year.

"Now, it's more of a homier feel in this giant tent," Behun said. "I think eventually as the economy improves the boat show will get bigger."

He added that dealers are seeing an increase in sales recently because of the good deals being offered in today's slow economy.

SEE **BOAT SHOW**, Page 18



The 2011 Sunroad Boat Show will include more booths and more products than last year, as well as an expanded number of in-water boats.

COURTESY PHOTO

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Thread Show, a Gala & Fashion Expo and the Nth Degree



Fashion Files Diana Cavagnaro

Holiday Thread Show

The Thread Show presented holiday shopping at the Horton Event Space on Nov. 28. This holiday experience included cocktails, music, art, a clothes swap and two runway shows. Shoppers were bustling from vendor to vendor with fantastic bargains, one-of-a-kind gifts and designer items. Fashionistas had a fun-filled day with this alternative to shopping in a mall.

Some of the stand-outs were Menk Clothing, which featured contemporary jackets that were military-inspired, Micha Jewelry with recycled items, BritBoy Fashions with trendy fashions, Chi Stylez by JiMoThy with cool recycled leather handbags and AV Vintage with an incredible array of designer labels. The highlight of the day is always the fashion show with its upbeat styles. For more information on upcoming Thread shows visit www.threadshow.com.

Fashion and Style Show

The Modeling Training Center presented its second anniversary Gala & Fashion Expo on Dec. 4 at the Horton Plaza Event Space. The evening began with a social hour and cocktails that led up to the Fashion and Style Show. The runway showcased local and international designers, and the designs ranged from eveningwear to menswear to children's.

Some of my favorites were Olga Sanchez with her colorful Spanish-influenced collection, Tracy Graham's sophisticated designs and the all white collection of Jose Maria. This dramatic segment elicited oohs and aahs from the audience as it came down the runway.

The Modeling Training Center opened in Hillcrest in 2008, gives hands-on education for models and includes additional classes in photography, acting and make-up and hair.

For more information visit: www.modeltrainingcenter.com

Dressed to the Nth Degree

Dressed to the Nth Degree was held at the Westgate Hotel on Dec. 14, presenting the 2010 Best Dressed Awards and Fashion Show by Fashion For-



Jose Maria's white collection is showcased at the Modeling Training Center's anniversary Gala & Fashion Expo. DIANA CAVAGNARO | Downtown News

ward. Fashionistas arrived to a lavish social hour sipping on champagne and eating petit fours.

Chair for the event was Linda Master and honorary chairs were Denise and Bertrand Hug. This well-dressed crowd adjourned to the Versailles Room for the awards ceremony. Amanda Baker from ABC's "All My Children" was the emcee for the night. The 2010 Best Dressed Women were: Jeanne Jones, Phyllis Parrish, Joni Alpert, Deni Jacobs, Joye Blount, Patsy Marino, Mary Drake, Melissa Falk, Reena Horowitz and Renee Schatz. The Best Dressed Men were Craig Grosvenor, David Marino, Dr. Elliot Alpert, Fred Applegate, J. Mark Grosvenor, Joe Harper, Kelly Mikules, Ndubisi Ezeolu, Ramin Pourteymour and Sean Daneshmand.

A Lifetime Award was given to Designer Nolan Miller who is best known for his terrific designs on the 1980s TV show "Dynasty." Awardee Phyllis Parrish was unable to attend the event but her gown, designed by Miller, was displayed on the stage for all to see. Sally B. Thornton came up to the podium for a special presentation and gave a generous donation from the John M. and Sally B. Thornton Foundation to seven charities including St Madeleine Sophie's Center, United Way, Center for Children, Arc of San Diego, Big Brother-Big Sis-

ters, San Diego Food Bank and San Diego Rotary. These charities were also beneficiaries of the evening's silent auction.

The evening culminated downstairs in the main lobby with Leonard Simpson's Fashion Show. Models came down the beautifully-crafted staircase to the awaiting audience. Designer Pilar Macchione began the show with a dramatic all-black collection surrounded in a mist of fog. Some of my favorite segments were the one-of-a-kind knits by Karise Designs, Furs By Graf worn by bare-chested men in gold tights and a colorful collection with a Spanish flair by Olga Sanchez. The finale showcased Sisa Designs. Simone Rodriques, who flew in from New York for this show, designed this elegant collection

—Diana Cavagnaro is a nationally-recognized hat designer and milliner. Diana has operated a fashion business for 28 years, the last 18 years in the Gaslamp Quarter. She has been teaching in the Fashion Department at San Diego Mesa College for 18 years. Diana is a member of the Gaslamp Quarter Association, the American Sewing Guild, the San Diego Costume Council and the Fashion Group International.

The next Little Italy Section runs Feb. 3, 2011. The deadline for submission is Jan 28th, so call today! Heather Snyder: 858-232-5638, heather@sdnews.com



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Meyer Fine Art, Inc. presents a unique collection of small, hand-colored etchings, aquatints and carborundum on paper by the prominent British artist Howard Hodgkin. The 7 smaller prints, published by Alan Cristea, were created from 2000-2002. Four additional prints, the suite "Two's Company", a collaboration between Alan Cristea and the Elton John Aids Foundation, were published in 2003.

Hodgkin, a brilliant colorist whose work lies between representation and abstraction, created his first print in 1953. In 1977 he began to hand-color the images, resulting in his multiples/editions becoming unique entities. The highly recognizable enhancement of hand-coloring became the trademark of Hodgkin's prints and forged his place as a preeminent 21st century printmaker.

The gallery's monumental print exhibition, from Friday, January 14, 2011 to Friday, February 26, 2011, will overlap the Hodgkin painting exhibition, "Time and Place," at the San Diego Museum of Art, January 29, 2011 - May 01, 2011.

Meyer Fine Art, Inc. is located at: 2400 Kettner Boulevard #104, San Diego, CA 92101, 619-358-9512, kmeyer1027@aol.com, www.plmeyerfineart.com

The Italian Bed and Breakfast is a small Victorian home built in the early 1900's in Little Italy. It was used as a residence until the mid 1900's and then left vacant until 2005.

The house was renovated and opened September 2010 as a bed and breakfast.

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© Howard Hodgkin. Courtesy Alan Cristea Gallery, London

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Their migration...

...our fascination

A gray whale dives into the water off the coast of San Diego, showing off its tail. Gray whales can grow up to 50 feet in length and can weigh up to 40 tons.

Photo courtesy of Birch Aquarium

Gray whales make their yearly appearance

By KENDRA HARTMANN | DOWNTOWN NEWS

It's that time again — time when San Diego residents don layers, pile into a boat and roll out to sea, all in the hope of catching a glimpse of one of the most spectacular migrations in the animal world. It's time to watch some whales.

Birch Aquarium, partnering with San Diego Harbor Excursion, is one of several options residents have for whale-watching this year. Featuring narration by naturalists from Scripps Institution of Oceanography, cruises happen twice daily and last 3½ hours. Observers are guaranteed to see a whale, even if it doesn't happen the first time around. Staci Shaut, coordinator for the whale-watching program at Birch, said guests are issued a ticket for another cruise if they don't catch a good look at a whale. Gray whales are the main attraction, since it's their migration season, but observers can also expect to see dolphins, squid and sunfish. In past seasons, passengers have also been treated to other whale species. Fin whales,



Passengers aboard one of Birch Aquarium's daily whale-watching cruises scout for whales west of San Diego Bay in 2008.
Photo courtesy of Birch Aquarium

sperm whales, minke, orcas and the largest of all — blue whales — have all been sighted recently.

"Other whales that we have seen in past seasons live in

SEE WHALE, Page 18

CALIFORNIA ROLL

Auto Museum display includes dragsters and 'surf woodies'

By JOHNNY McDONALD | DOWNTOWN NEWS

The San Diego Auto Museum collection "California Roll," showing through January, is a blend of speed, style and customs of the 1950s and 1960s — topped off with a diorama of an early Jack in the Box restaurant drive-through.

A credit to Kenn Colclasure, who quests around the country to find interesting automobiles, the 12-car show represents an innovative period when crew-cut young men rebuilt cars that were once crafted on Detroit's assembly lines.

"It's interesting ... the styles of automobiles that have come out of California," said Colclasure, the director of research and events for the museum. "There are low-riders, dragsters, customs, surf woodies, dry lakes racers and we even have a hippy bus."

In one corner of the show is a restaurant with a custom car near a window and a woman ready to serve a hamburger — a familiar scene for San Diegans. It even has an authentic Jack head bouncing on a spring.

In 1951, businessman Robert O. Peterson opened the first Jack in the Box restaurant in San Diego on the main east-west thoroughfare leading into the city. Equipped with an intercom system and drive-through window, the tiny restaurant served up hamburgers for 18 cents, while a large jack-in-the-box clown kept watch from the roof.

The diversity of the 12 cars on the museum floor reflects the early days of drag racing, off-road competition and classic car shows and



Surf woodies are large station wagons that peaked in popularity around the mid-century era. The true wooden woodies are rare and valuable now. This one is part of the California Roll exhibit at the San Diego Auto Museum. COURTESY PHOTO

their elaborate paint jobs and customizing. The museum features only a sampling of this car culture.

Colclasure said it is sometimes difficult encouraging people to put their cars on display for four months.

"That's the length of time for each of our shows, and it gives me an opportunity to search for cars for the next show," he said. "I was particularly pleased with the surf woodie I was able to find. The true wooden woodies are rare and valuable now and hard to find."

These "true wooden woodies," Colclasure said, are large station wagons that peaked in popularity around the mid-century era.

"[They] could haul surf boards," he said. "You could even sleep inside."



Sempra is proud to sponsor the community events page



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Place: 6401 Skyline Dr.,
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Attendance: 2,000
Time: 8:00am - 6:00pm
Contact: 619.884.9886 or 619.527.3415

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Featuring Entertainment, Kids Zone, Vendor
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Tickets \$40
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or (619) 264-0144 x104

Featuring Rev. Calvin S. Morris, Ph.D.
Executive Director
Community Renewal Society

BOAT SHOW

CONTINUED FROM Page 15

Food, beer and music will be available or those who want to view the latest boat paraphernalia and have a good time. Attendees can also sign up for free rides which range from jet skis to 50-foot power boats.

The Sunroad Boat Show is located at 955 Harbor Island and patrons can

park at the Port of San Diego for \$10 and take a free shuttle. The shows hours are noon to 6 p.m. Jan. 27-28 and 10 a.m. to 6 p.m. Jan. 29-30.

Entrance fees are \$10 for adults and \$5 for children ages 12 to 16. Children under 12 get in free. Military, emergency medical technicians, police and fire personal will be admitted free of charge on Jan. 27 with ID. For more information, call (619) 497-5254 or visit www.bigbayboatshow.com.

PUPPET

CONTINUED FROM Page 15

some that don't let their children watch television or films, so they make a specific effort to have them come and see live theater," Fitzgerald said.

He notes the family-friendly nature of the performances.

"We give children a chance to view live theater without the pressure of not

talking and not moving in your seat and that kind of thing," he said. "We're a little more relaxed than that."

He noted that while the theater's shows are squarely aimed at children, adults will also enjoy the performances.

"We denote shows that are specifically for preschool children, ages 1-3," Fitzgerald said. "But most of our puppeteers try to put stuff in for the adults as well as jokes for the children."

Fitzgerald points out that like the audience members, the puppets themselves come in all sizes. An upcoming production, "Circus Precarious," Feb. 9-13, features all life-size puppets, while the annual Halloween show features a 10-foot-tall ghost.

Fitzgerald considers the current climate for puppeteering to be healthy. In 2007, the winner of the TV talent show "America's Got Talent" was ventriloquist Terry Fabor, while late-night talk-show host Craig Ferguson has made puppets a regular part of his show's opening segments.

"There are theaters around the country that book traveling shows," he said. "San Diego has 15 or so full time puppeteers."

The theater stages more than 50 productions a year, with most running two to three days. While the bulk of the shows are performed by six resident puppeteers — including Fitzgerald, Millie Patterson, Eva Kvass, Zachary Crook, Enid Bartnicki and Gaston Martineau — there is also a worldwide touring circuit



The Marie Hitchcock Puppet Theatre gift shop carries an assortment of colorful souvenirs for puppet fans.
COURTESY PHOTO

in place for puppeteers, with a regular rotation of performers and shows, including themed holiday shows. Fitzgerald has 16 shows in his repertoire at the theater, including an annual summer pirate extravaganza that includes underwater scenes using black light and a six-foot pirate ship.

"It's so different from week to week," he said. "You don't like what's going on one week now? Come back in a few days and it's a totally different show."

WHALE

CONTINUED FROM Page 17

these waters, but we don't always see them because they live farther out," said Shaut. "The gray whales stay really close to shore, so that's why they're so great for whale watching."

Each year, gray whales undertake a roughly 12,000-mile, round-trip migration from the Bering Sea to the lagoons of Baja California. Between mid-December and mid-April, more than 20,000 whales make the trip as temperatures drop and ice covers much of their food sources up north. Females go to give birth to their calves in the lagoons and mature whales go to mate. For San Diegans, it's a chance to witness this phenomenon that comes around only once a year.

Dylan Edwards, a former guide for Hike Bike Kayak Sports, which offers a kayak whale-watching tour in La Jolla, said that although it may seem like a risky endeavor, being on a kayak near the whales is quite a thrill.

"Obviously in a kayak, you're not as fast as you are in a boat," he said. "On other boats, you're out there with about 300 other people, but on a

kayak, everything is peaceful and quiet. You just hear the spray of the whales. It's really intimate."

This year, like every year, scientists are not sure what to expect from the migrating giants. In recent years, some experts have observed a later start and end date for the gray whale migration.

Wayne Perryman, of the Cetacean Health and Life History Program at La Jolla's Southwest Fisheries Science Center, said this pattern of later migrations started in the 1980s when the peak of the gray whales' journey was in early January. Now, he said, it is in late January.

Although he and other scientists are reluctant to attribute this to any one cause, theories abound. One possible hypothesis is that as temperatures rise and arctic ice doesn't form until later in the season, gray whales may stay up north longer until their food gets scarce.

"The two symptoms we're seeing is a later arrival here in Southern California and more calves being born farther north," said Perryman. "Really, the whole arctic system is changing, and they're very adaptable animals, so there are going to be shifts [in their behavior]. What the cause is, it's tough to say."



Scripps is committed to keeping you and your family well all year long. We offer a variety of classes throughout San Diego County every month. Look for these upcoming classes in your community.

Kidney Health

Monday, Jan. 10, 10–11a.m.

Healthy kidneys are vital to longevity. High blood pressure, fatigue, impotence, joint and back pain, even ringing in the ears can all be symptoms of unhealthy kidneys. Come learn about the importance of maintaining healthy kidneys as well as the prevention, causes and treatments of kidney failure. Free. Presented by Chula Vista Well Being Center at Norman Park Center.

Total Joint Replacement—
Is it Right for You?

Friday, Jan. 14, 1:15–2:45p.m.

Is your hip or knee severely affected by arthritis and causing you significant pain and disability? If so, you may be a candidate for hip or knee joint replacement. Join orthopedic surgeon David Fabi, MD, who will share important information about joint replacement. Total joint replacement can relieve your pain and help you resume your normal activities. Cost: \$4. Presented by Scripps Mercy at OASIS in Mission Valley at Macy's.

AARP Driver Safety

Saturday, Jan. 15, 8:30a.m.–5p.m.

Get qualified for insurance discounts and improve your driving skills. Cost: \$12/AARP member or \$14/non-member. Location: Scripps Mercy San Diego, educational center, classrooms 5B and 5C.

Preventing and Understanding COPD

Thursday, Jan. 27, 10–11a.m.

Chronic Obstructive Pulmonary Disease (COPD) is one of the most common lung diseases. COPD makes it difficult to breathe and can eventually lead to death if untreated. There are many things you can do to relieve symptoms and keep the disease from getting worse. Come learn about the types, causes, symptoms and treatments of COPD. Free. Presented by Chula Vista Well Being Center at Congregational Towers in Chula Vista.

Stroke/Parkinson's Exercise Group

Tuesdays & Thursdays, 11a.m.–noon

This class offers Stroke and Parkinson's survivors a safe and varied exercise program that supplements

the physical activity prescribed by the physician. Participants must be assisted by their caregivers and a completed physician release form is required. Free. Location: Scripps Mercy Well Being Center.

Menopause

Second Wednesday monthly, 5–7p.m.

Join Tarane Sondoozi, MD, for a fun group discussion about the issues women face while experiencing menopause. Free. Location: City Heights Wellness Center.

Parenting Discussion Nights

Fourth Wednesday monthly, 5–7p.m.

This parenting workshop provides parents with positive parenting tools to take home and try with their children. Topics vary by month. Free. Location: City Heights Wellness Center.

Total Joint Replacement

Second Thursday monthly, 1–2p.m. (English), 2–3p.m. (Spanish)

Class is presented by an orthopedic registered nurse and licensed physical therapist and covers all aspects of the surgery from pre-admission issues to post-surgical rehabilitation. Free. Location: Scripps Mercy Well Being Center.

Healthy Development Services

This program is for children up to 5 years of age and their families. Services include screenings, assessments and treatment groups for development, speech, language and behavior. Hearing and vision screenings are also available. Free. Call for more information. Location: City Heights Wellness Center.

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Can sunscreen cause cancer? Can I work out with an injury? Get answers to these questions and other hot topics when you sign up for Scripps Health News e-mails. You will also get invitations to attend special events and promotional offers. Visit scripps.org/emails to learn more and sign up.

To register for any of these classes or for physician referral, please call 1-800-SCRIPPS. To see a full list of available classes, visit scripps.org/classes. If you're looking for information to help you live healthier, Scripps can help.



THE LIVELY ARTS

Charlene Baldrige

Resolved: To start the new year off right by putting a little culture in my life. January affords these opportunities:

At the Civic Theatre

- January begins with the classic musical "West Side Story," as revisited in 2009 on Broadway. The update, with 10 percent more Spanish, gives rival gangs the Jets and the Sharks more bite. Presented by Broadway/San Diego — a Nederlander Presentation through Sunday, Jan. 8. www.broadwaysd.com

- January at the Civic Theatre ends with San Diego Opera's stunning production of the Chinese fairy tale "Turandot," with music by Giacomo Puccini and scenic design by renowned artist David Hockney. Plays Jan. 29, Feb. 1, 4 and 6 (matinee). www.sdogera.com or (619) 533-7000.

At the Old Globe

- The Old Globe presents Arthur Miller's timeless tragedy, "Death of a Salesman," staged by Obie Award-winner Pam MacKinnon and starring Jeffrey DeMunn, star of the AMC TV series "The Walking Dead." Playing Jan. 22-Feb. 27 (opening night Jan. 27) in the Sheryl and Harvey White Theatre, \$29-\$67.

- The Old Globe also presents "Jane Austen's Emma — A Musical Romantic Comedy," directed by Jeff Calhoun, Jan. 15-Feb. 27 (opening night Jan. 23), playing in the Old Globe Theatre, \$39-\$94.

Old Globe, 1363 Old Globe Way, Balboa Park, www.theoldglobe.org or (619) 23-GLOBE.

At Copley Symphony Hall

- San Diego Symphony presents acclaimed pianist Lang Lang in a concerto festival comprising Beethoven's Piano Concerto No. 4 (Jan. 14, 8 p.m.), Schumann's Piano Concerto in A minor (Jan. 15, 8 p.m.) and Tchaikovsky's Piano Concerto No. 1 (Jan. 16, 2 p.m.), Copley Symphony Hall, Seventh and B streets, \$20-\$96. www.sandigosymphony.org or (619) 235-0804.

At Horton Grand Theatre

- Lamb's Players Theatre's hit musical



Lise Lindstrom as Turandot in San Diego Opera's production of the Chinese fairy tale of the same name, playing Jan. 29, Feb. 1, 4 and 6. Photo by Gaston de Cardenas/courtesy Florida Grand Opera

revue "MiXtape" plays in extension through Feb. 27. The extremely popular, not-to-be-missed show continues Wednesdays through Sundays at Horton Grand Theatre, 444 Fourth Ave., \$28-\$58. www.lambplayers.org or (619) 437-6000.

At the Balboa

Broadway/San Diego — a Nederlander Presentation hosts the hard-hitting Pulitzer and Tony Award-winning musical "Next to Normal," starring Tony Award-winner Alice Ripley, playing in the Balboa Theatre Jan. 18-23, 868 Fourth Ave. Tickets start at \$20. www.broadwaysd.com or (800) 982-2787.

Basic Tuesday is a unique artist showcase



It's all Happening!

Marc & Darlynn Menkin

It's no secret downtown San Diego is known for boasting some of the coolest rooftop lounges and trendiest restaurants, but now — thanks to a growing trend — there's another reason to check out the downtown scene.

Over the last several years, a number of bars from Vin De Syrah to Stingaree, have stepped out of their comfort zones by holding unique, one-of-a-kind art shows. Bar Basic, located at 10th Avenue and J Street has been hosting Basic Tuesday — a lively, interactive art show — for almost five years. Held every Tuesday night from 8 to 11 p.m. (unless the Padres are playing a night home game), the weekly show is free and has cultivated quite a following. Owner Erik Tesmer said the concept is all about promoting local artists in a positive light.

"There are lots of creative, amazing artists in San Diego. Basic Tuesday is a great way for them to showcase their unique talents," Tesmer said.

The art shows run the gamut from abstract paintings to photography to

We want to hear from you

Visit the Shorelines Gallery on Jan. 19 between 5 and 8 p.m. during the Gaslamp Locals Lifestyle & Design Tour. This is a great way to walk around downtown and see the colorful galleries and boutique shops!

Find a Sticks Furniture piece in The Shorelines Gallery at 411 Market St. and write down one of the inspirational messages on one of the pieces. Post the inspiring words and explain why you like the message on our Facebook page by Jan. 21 and be entered to win two tickets to a Saturday Scavenger Hunt.

On Jan. 19, there will also be a special show featuring Donna Smythe, a popular San Diego artist.

spray painting. Each show typically features anywhere from 10 to 20 artists.

"The key is that it's always different from week to week and we often include live, interactive performances such as dance and fashion shows," Tesmer said.

Promoter Johnny Tran has brought more than 60 shows to Bar Basic. Tran said the venue gives local artists a fresh approach to showing off their work.

"Art shows at Basic Tuesday are

important for local artists because it's giving them an opportunity outside of the typical art gallery scene," Tran said. "In many ways, it provides an even playing field, which would not have existed before. Many local artists have begun their careers at Bar Basic."

Engaging the audience by making it interactive plays a big role in Tran's art shows. "We've incorporated burlesque, modern dance, acroyoga and fashion shows into our events," Tran added.

The next show is a science-themed art exhibit titled "Elements of Expression" that will take place Jan. 11.

Tran said the show will concentrate heavily on biology, biotech and the DNA world. If you're not a science buff, there's always the next show on Jan. 25 which will have a movie theme. "Captured and Framed" will feature a number of custom art pieces depicting movie scenes from favorite classics such as "Breakfast at Tiffany's," starring Audrey Hepburn.

For more information on Bar Basic, log onto www.barbasic.com.

— Marc and 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. www.wheretours.com

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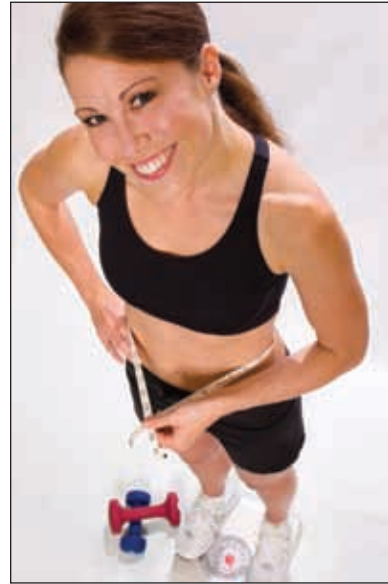
By Connie Cook | Guest Columnist

The holiday parties are over. It's time to take a break. No need to make excuses for the libations and over indulgences. It was fun. You did it. You enjoyed it. Out with the old and in with the new. Now it's time to move on and make yourself better by looking after yourself and your body. And no better time than the present. January means re-group and re-organize your life (and your lifestyle) and move toward the direction of feeling and being fabulously-fit in 2011.

In order to become fabulously-fit you should probably first understand what fabulously-fit is not.

You are not fabulously-fit if: you can't squeeze into your favorite pair of "fat jeans" even when wearing Spanx, you lose your breath after jumping up and chest bumping your buddy while letting out a "Go Chargers!" after Rivers hurls a game-winning touchdown pass, when lacing up your sexy Jimmy Choos you see sausage toes hanging over the edge, you constantly use "the dog ate my pizza" to deny the stink (unpleasant odor) when friends come over, or if you're fist pumping to your favorite song and your biceps wear out — that is not being fabulously-fit.

So, what is fabulously-fit? In my opinion, it's effortlessly sliding into your sexy little black dress, being able perform 10 jumping chest bumps and recover within moments, slim toes in sling backs, a non-offensive gastrointestinal tract that functions like a well-oiled machine due to clean eating, being able to endlessly pump both fists in the air to your favorite song, and of course, loving the way you look and feel



because you take good care of yourself.

No matter where you are in life, you're only a few concerted steps away from becoming fabulously-fit. The trick to getting there is to take it one step at a time. But take baby steps. Try not to overwhelm yourself with big goals; you have to walk before you can run, you know. The two most basic steps are to move your body and to eat well.

Move it. Move it. Move it. There are endless ways to get yourself up off the sofa and get fit. You can walk, jog or run. You can swim, ski or skate. The opportunities to burn calories in our fabulous city are limitless.

It sounds simple and it is. It's all about calories "in" (which you do very well) vs. calories "out" (which takes some effort). So many people get overwhelmed because they think they have to immediately run a marathon when all they need to do is walk around the block. Choose an exercise you enjoy. Do it. Then

gradually increase the time you spend doing it and keep on doing it. Our bodies are designed to move. Our ancestors used to hunt and gather. If they had the luxury of grocery stores and remote controls we would probably have regressed into pure slothdom. Sloths are not fabulously-fit.

Your mama knew what she was talking about when she told you to eat your veggies. Instead of eating steamed broccoli and carrots, most Americans eat their vegetables in the form of French fries or popped corn (which isn't even a vegetable after it's been popped). Other popular processed food culprits include sodas, frozen foods and breakfast cereals. Your body simply can't function properly on a diet of processed foods. There is no nutritional value in most any food that comes in a box or a plastic wrapper. If you want to feed and fuel your body the right way, you have to eat clean.

Eat food the way it occurs in nature. The strawberry is good for you. The strawberry Pop Tart — not so much. Food loaded with preservatives robs you of all the nutrition your body needs. Processed food is like taking a dollar bill, mashing it up, putting it through a shredder, then trying to glue it back together so you can take it to the store and buy something with it. It's not worth much, although in some way it's still money, but it really does you no good. That's the same with processed food. You have to eat well to feel well and to be well.

Eating well may sound challenging because few people truly comprehend it. However, with some research and some effort, you will learn that eating well is easier than you think (just Google it!). Or, if you want your food handed to you (almost on a silver platter) and prepared

SEE FIT, Page 22



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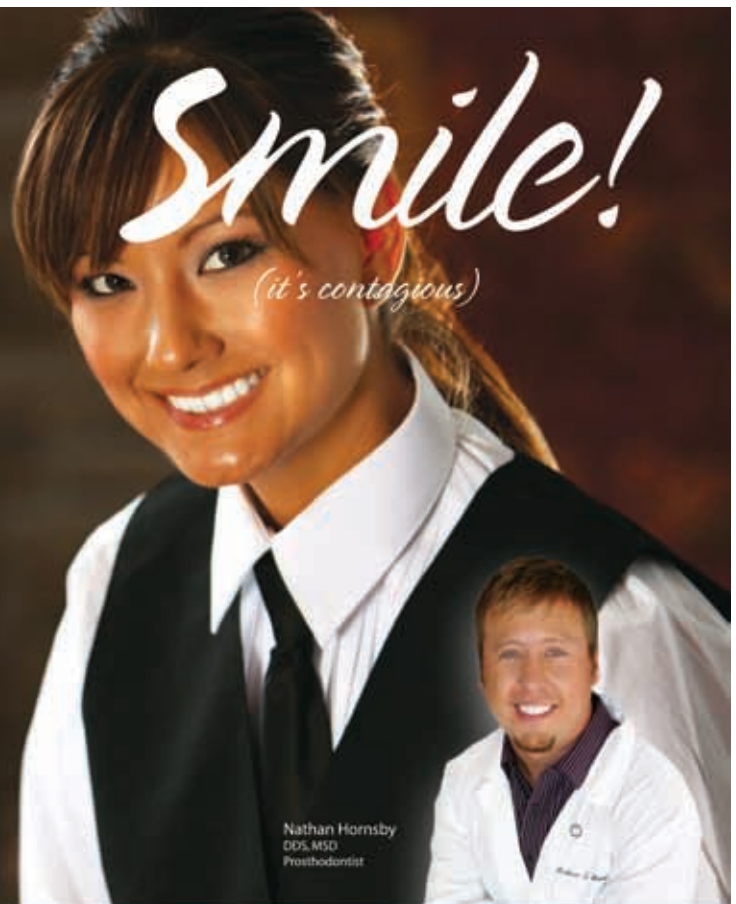
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When you eat clean, you eat food that is as close as possible to how it occurs in nature, its natural state. (You eat the potato, not the potato chip.) Once you start changing the quality of a naturally grown food by adding preservatives to extend its shelf life, or artificial flavors to change its taste, you rob yourself of all the nutritional value food can provide and end up doing your body more harm than good.

The more processed your food is the harder it is for your body to digest, absorb, and eliminate it. Processed foods, like those hanging out in a vending machine, offer your body very little nutritional value and leave your body feeling sluggish and depleted.

The only thing you have to lose is weight. So what are you waiting for?

Log on to Foodatfit.com and sign up for meals that are designed to nourish your body, satisfy your taste buds and satisfy your cravings.



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FIT

CONTINUED FROM Page 20

by a chef who spends his life educating himself and making perfectly proportioned, natural meals, then you can join our Food at Fit program and take all the guess work out of eating clean food that is good for you.

The Food at Fit program was developed to help people achieve their fitness goals and become fabulously fit. You can't exercise your way out of a bad diet, so we created a perfectly-balanced, natural food program that pleases your palate and simplifies your decisions. You order, Fit delivers. See for yourself how easy it is at www.foodatfit.com.

It's the first week of the rest of your life. It's time to brush the dust off your Nike's, dump the chips and dip, and climb on board the fabulously-fit bandwagon to become the healthy person you were made to be.



Connie Cook "C2"
Fitness Director
Fit Athletic Club

FILMING DOWNTOWN

Downtown attracts film crews

By CATHY ANDERSON

• **The Downtown Hard Rock Hotel** hosted the biggest local film industry event of the year in November when it collaborated with the San Diego Film Commission (SDFC) to premiere the new "San Diego Film & Video Resource Guide."

More than 350 industry professionals networked and celebrated the new 2011 guide that promotes our local film industry to global film production. Last year, more than 51 million direct dollars were spent in our economy by the film industry. There are more than 5,000 different types of jobs associated with the film, video and print business. Thousands of local jobs are created by this industry.

• **Our new TV series titled "Terriers"** was unexpectedly canceled after one season by the FX Network. Ocean Beach and downtown were featured as locations in this very edgy show that starred Donal Logue and Michael Raymond-James. Twentieth Century Fox loved working in our city and plans to work here again. We are waiting for the next scout!

• **Lifetime Network** finished filming a portion of a pilot that "reads" San Diego. Although they filmed primarily in Atlanta due to the cost-saving film incentives they were offered, we do hope to have the series filmed here if they get picked up.

• **December tends to be a slower month** for production since so many people start making plans for the holidays. However, business was steady this year with

several travel films being shot to promote our city for tourism. Saigon TV spent three days capturing sights downtown in the Gaslamp Quarter, Balboa Park and the Embarcadero. The San Diego Convention and Visitors Bureau had a big project filming in downtown areas, as well as Balboa Park, and Port areas to promote San Diego as a tourist destination, as well as to have it viewed by the Professional Convention Management Association members throughout the coming year.

• **We have had several reality shows** working throughout San Diego. "Home Made Simple" shot some downtown areas for its TLC show that promotes the expertise of its handyman and designer. As the holidays neared, projects were on hold until after the first of January. Scouts are being planned and we are busy reading scripts.

The SDFC receives scripts (on-going) from TV projects as well as feature film projects. We are asked to read them and let the filmmaker know if San Diego can accommodate their project. We will break down the scripts by days of filming, locations needed, evaluate stunts, pyrotechnical stunts, use of weapons and community impact. Sometimes we will scout some locations to see if we, in fact, have what they are looking for and we may check with law enforcement and fire officials to see if any of the storyline could be problematic. Next, we try to lure the location manager or scout to San Diego for a look. We will try to create a workable budget for them so that San Diego works within their budget needs. The script becomes a road map of what



On Nov. 30, the San Diego Hard Rock Hotel hosted a networking event for the San Diego Film Commission that got the local film industry together. The San Diego 2011 "Film & Video Resource Guide" debuted with a list of crew, services and advertisers. More than 350 people attended the event.

the production wants to film and their goals in achieving their end result. Stephen, a SDFC staff person, is presently reading a murder mystery that takes place in a remote forest location. He is trying to decide if we have locations that work for this project, as well as determining what needs to be done to lessen risk during the murder scene. For example, what kind of weapon are they using, what action takes place, are stunt professionals needed, is a weapons master needed and how we collaborate with law enforcement and fire to make this scene safe? It is our careful oversight of each project that continues to keep production safe and our community safe.

— *Cathy Anderson is the president and CEO of the San Diego Film Commission, and film commissioner of San Diego. Anderson has earned a national reputation for developing programs to foster the growth of the production industry in the region and for making San Diego "Hollywood South."*

DIAMOND

CONTINUED FROM Page 15

a psychiatrist. His first job was at a mental hospital where he took the unique approach of focusing on building on the good he could find in each patient. Diamond's theory is that most patients "have two wheels on dry land and two stuck in the mud. My job is to get all four on dry land." He does this by helping them find "their deep soul through opening up their creative energies."

Over the years of his medical practice, Diamond branched out to incorporate all forms of healing, including alternative

and holistic medicine. He founded the Arts-Health Institute and the Institute for Life Energy, authored more than 20 books and has exhibited his art and photography throughout the world.

Diamond's exhibit is an assortment of different-size paintings, mostly in black and white, with circular flowing brush strokes and a distinctive calligraphy feel. When he uses color, which he admits he is still learning about, it is in dense kaleidoscopic patches, which seem to have a certain depth.

Diamond said his work is most similar to the Japanese Manga school of painting, which derived from the Chinese Southern School of the Sung Dynasty.

But Diamond has no training in these methods or any other. He is completely self-taught and humbly admits, "I have no idea what I am doing. I don't know how I do it or how it happens. It just happens as if it is being done through me."

In his pamphlet "A Few Words on Art," Diamond writes, "I am primarily a healer — not an artist. I believe that the primary purpose of art is to enhance the spirit of all."

Diamond said the purpose of his paintings is "to make it a little easier to see the spirit everywhere."

For more information, call (619) 232-2721 or visit www.niwa.org or www.drjohndiamond.com.



Dr. John Diamond thinks the act of painting can be healing to the body, mind and soul of the painter.

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Even healthy cats act sick when their routine is disrupted

A cat regularly vomiting hairballs or refusing to eat probably isn't being finicky or otherwise "cat-like," despite what conventional wisdom might say. There is a good chance that the cat is acting sick because of the stress caused by changes in its environment, new research suggests.

Healthy cats were just as likely as chronically ill cats to refuse food, vomit

frequently and leave waste outside their litter box in response to changes in their routine, according to the Ohio State University study.

Veterinary clinicians refer to these acts as sickness behaviors. The researchers documented sickness behaviors in healthy cats and in cats with feline interstitial cystitis, a chronic illness characterized by recurring discomfort or pain in the bladder and often both an urgent and frequent need to urinate.

When the cats experienced what were

called "unusual external events," such as a change in feeding schedule or caretaker, the healthy cats were just as likely to exhibit sickness behaviors as were the chronically ill cats. The two groups had the same number of sickness behaviors in response to unusual events, and both groups were at more than three times the risk of acting sick when their routines were disrupted.

To read the entire story, go to our website: www.sdnews.com and click on San Diego Pets for this and other stories.

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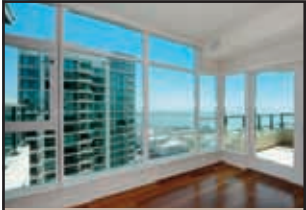
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Downtown - "The Grande North"
Boasting unbelievable Southwest views from the 35th-floor, this stunning penthouse-level, 3-br/ 2-ba beauty enjoys almost 1800 sq. ft., two expansive view terraces, and dual, side-by-side parking spaces located on entry level! You'll want to experience Downtown living at its best! For full details in a recorded message,
call 1-800-709-1995, Ext. 5049



Downtown - "The Metropolitan"
This elegant, BANK-OWNED foreclosure in one of Downtown's most desirable luxury high-rises is priced substantially below any others of this floorplan in the community. One of few residences atop the Omni Hotel at the entrance to Petco Park, the views are spectacular! For full details in a recorded message,
call 1-800-709-1995, Ext. 5329



Downtown - "Harbor Club"
This spectacular 'bubble unit' on the 33rd floor of the Marina District's premier, resort-style residential high-rise boasts a completely remodeled interior with the finest of finishes and phenomenal, 180-degree water views! For full details in a recorded message,
call 1-800-709-1995, Ext. 5289



Downtown - "Bayside"
Boasting sweeping Northwest views to the bay and ocean, this 21st-floor beauty in Bosa Development's newest and most exciting residential community has it all! Dual bedrooms and baths, quality cabinetry and finishes, and so much more! For full details in a recorded message,
call 1-800-709-1995, Ext. 5559



Downtown - "The Mark"
This drop-dead, 'WOW' residence at one of Downtown's most exciting residential communities enjoys elegant finishes, custom lighting and wall treatments, gleaming hardwood floors, a private terrace, and even a water-feature. This one's truly special! For full details in a recorded message,
call 1-800-709-1995, Ext. 5539



"Electra" Builder Close-Out
Bosa Development has selected us to market their few remaining luxury residences at one of Downtown's most unique and desirable residential communities! Boasting elegant finishes and common amenities par excellence! Just two left! For full details in a recorded message,
call 1-800-709-1995, Ext. 5139



Downtown - "Meridian"
Enjoy a lifestyle found nowhere else at this high-amenity, luxury community! The residence boasts upgrades galore and 1800 square feet, short-sale priced to sell! For full details in a recorded message,
call 1-800-709-1995, Ext. 5609



Downtown - "City Walk"
This expansive, 1684 square-foot town home feels more like a house than a condo! It enjoys an oversize terrace, access from the street as well as the interior of the community, and a private corner locale! For full details in a recorded message,
call 1-800-709-1995, Ext. 5119



Downtown - "Watermark"
This well-priced residence in recently renovated community enjoys a west-facing orientation, a private terrace looking toward the Old Police Quarters, and dual parking spaces! For full details in a recorded message,
call 1-800-709-1995, Ext. 5299



Downtown - "Icon"
Wait until you see the views to Petco Park and the urban sights from this prime, Northwest corner, 2-Bedroom residence located at East Village's hippest residential community! You'll love the gleaming hardwood floors, sunny windows, a private view terrace, & dual parking, for starters! For full details in a recorded message,
call 1-800-709-1995, Ext. 5529



Downtown - "Icon"
You'll be amazed at the views to Petco Park from this 15th-floor, west-facing, two-bedroom residence with gleaming hardwood floors! Mere steps to Petco, as well as to a multitude of restaurants and shops! For full details in a recorded message,
call 1-800-709-1995, Ext. 5219




Downtown - "Watermark"
Featuring dual bedrooms + a den/office and approximately 1550 square feet, this upgraded home features views across the courtyard to scenic Pantoja Park! One of the Marina District's landmark communities! For full details in a recorded message,
call 1-800-709-1995, Ext. 5229



Downtown - "Electra"
This super, courtyard-level, corner residence boasts an oversize terrace, approximately 1488 square feet, quality finishes throughout, and dual parking spaces! For full details in a recorded message,
call 1-800-709-1995, Ext. 5189



Downtown - "La Vita"
Take in the stunning city views from this 16th-floor 2-bedroom beauty in the Northeast corner of the building! Lots of light and an oversize terrace make this one you'll want to call 'home'! For full details in a recorded message,
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Downtown - "Element"
Newly listed, take advantage of this super SHORT-SALE opportunity in hip East Village community! This sunny Northwest corner residence enjoys dual bedrooms and baths and custom quartz kitchen counters and back-splash! Priced to sell! For full details in a recorded message,
call 1-800-709-1995, Ext. 5169



Downtown - "Alta"
Come see why so many are making Alta their place to live! Intelligently located on the edge of the bustling Gaslamp Quarter, this fabulous SHORT-SALE boasts a prime southwest corner locale with walls of windows, a spacious terrace, & gleaming hardwood floors! This 1-Bedroom/ den is ideal for a second home or professional. For full details in a recorded message,
call 1-800-709-1995, Ext. 5569



Downtown - "Porta d'Italia"
The ideal 2nd-home opportunity, this top-floor pied-a-terre boasts lovely bay & Pt. Loma views, a granite & stainless kitchen, & lovely furnishings that may convey! This small, intimate community is just steps to the Village of Little Italy with its multitude of shops & restaurants! For full details in a recorded message,
call 1-800-709-1995, Ext. 5369



Downtown - "El Cortez"
Own a piece of history & take advantage of this well-priced SHORT-SALE! The residence enjoys a warm and inviting interior w/vintage moldings and fixtures, a pleasant south-facing view, & a prized location atop Cortez Hill! A short walk will take you to the bustling Gaslamp Quarter or take in a game at Petco Park! It's a good life! For full details in a recorded message,
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Downtown - "Gaslamp City Square"
The ideal starter property, this studio residence overlooking the pool deck and courtyard offers the first-time buyer an awesome opportunity to own a property at a bargain, short-sale price! For full details in a recorded message,
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Downtown - "Hawthorn Place"
Walk to everything the Little Italy village has to offer from this beautifully located and well-priced two-bedroom unit! You'll enjoy sweeping bay views, a wrap-around terrace, dual parking, and dual master suites! A low HOA fee, too so don't delay! For full details in a recorded message,
call 1-800-709-1995, Ext. 5589



Downtown - "Harbor Club"
You'll want to make this lovely residence your home or home-away-from-home. Featuring stunning views to the South & East, an oversize view terrace & 2 terrific parking spaces near the entrance. This resort-style community is located in the heart of the Marina District. For full details in a recorded message,
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Downtown - "Treo"
This super 2-BR residence boasts southeast, urban views, corner location privacy and plenty of upgrades! Walk to the multitude of shops, wine-bars and restaurants just steps away in the Little Italy village! For full details in a recorded message,
call 1-800-709-1995, Ext. 5519



SOLD
Downtown - "The Grande"
Sold for \$350,000. Absolutely pristine, this ideal starter property in one of downtown's most sought-after luxury high-rises is priced to sell at just \$359,900 and it's NOT a short sale or bank-owned! This adorable one bedroom features custom amenities throughout so don't delay!



SOLD
Downtown - "The Mark"
Sold for \$520,000. You'll love this upgraded beauty overlooking the quiet, scenic center courtyard and pool! May convey turn-key fully furnished and boasts dual side-by-side parking and storage! Sweet!



SOLD
Downtown - "The Mills"
Sold for \$310,000. Don't miss this great SHORT-SALE opportunity to own a 2-bedroom, 2-bath in a newer community atop Cortez Hill for a bargain price! You'll enjoy dual secured parking and a granite kitchen!



SOLD
Downtown - "Gaslamp City Square"
Sold for \$414,900. Enjoy the vibrant lifestyle in the heart of the Gaslamp Quarter & take advantage of this great short-sale opportunity! Situated on the pool/ courtyard level, this unique, 2-level townhome is beautifully upgraded & presented, complete with custom paint and lighting, upgraded flooring, and a granite and stainless kitchen!



PENDING SHORT SALE
Downtown - "Palermo"
Beautifully located on the pool level, this dual bedroom, dual bath residence features a private patio, a granite kitchen, and two parking spaces! Just steps to Little Italy's many wonderful venues, Palermo enjoys lush courtyards, a pool & spa, fitness center & secured parking! Don't miss this super short-sale opportunity! For full details in a recorded message,
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PENDING SHORT SALE
Downtown - "Pinnacle"
Enjoy panoramic, 26th-floor city and Coronado Bay Bridge views from this picture-perfect, two-bedroom residence in one of the Marina District's most popular, luxury, residential high-rise communities! Walk to a multitude of restaurants and entertainment venues from this beautifully located development! For full details in a recorded message,
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