



Variety is the spice of night

Array of downtown entertainment spills into the wee hours

By KAI OLIVER-KURTIN | DOWNTOWN NEWS

With a bar or nightclub in San Diego's Gaslamp Quarter for almost every possible taste, it's often tough to choose where to go. Proving how a single night in the Gaslamp promises endless possibilities for a nightlife experience, find out how three venues within three blocks of one another distinguish themselves from the pack.

Contrary to popular belief, a night downtown doesn't have to begin at midnight. For early birds arriving with hopes of finding street parking and enough time to eat dinner before a night of drinking, Analog, located at 801 5th Ave., is a great place to start.

"Analog is like 'That '70s Show' basement-chic," said karaoke host, Teddy Fantastico. "Plus, you can't beat the prices."

Fantastico and local band, The Sidekicks, perform during live karaoke every Saturday from 7 to 10 p.m. For amateurs wanting to feel like a rock star but discouraged by a lack of star-quality vocal talent, the live band offers backup vocals to karaoke participants. A genuine performance quality is brought to life with a three-piece band of professionals behind the microphone — not the case with the standard karaoke practice of following the cursor on a computer screen.

"Analog is very authentic to the atmosphere," said Fantastico, "including the 'white trash' take on bottle service." When guests order a bottle of liquor or beers for a group, waiters bring out a large cooler full of ice to keep their alcohol cold. Food menus are presented inside manila folders and checks are distributed in Velcro wallets. For the gamers, tables are stocked with Magic 8 Balls and video game controllers connected to TVs overhead.

For those wanting a true nightclub experience, Red Circle houses a seductive lounge filled with go-go dancers in lingerie atop platforms. With high ceilings, dim lighting and a large VIP section, Red Circle, at 420 E St., delivers a sense of exclusivity. House music pulses through the air as cocktail waitresses light up the room with sparklers, promoting bottle service.

"We're like the nightclub version of 'Cheers,' where everybody knows your name," said Moses Carrillo, director of VIP services. "Our staff is very welcoming, which

SEE NIGHTS, Page 8



Top: Phil Higgins of The Sidekicks backs up some karaoke performers at Analog in the Gaslamp district. Karaoke night at the club, hosted by Teddy Fantastico, offers a unique experience by providing a live backup band as opposed to the more typical canned sound of a karaoke machine. PAUL HANSEN | Downtown News



DJ Ryan Kelter spins during a recent night at Red Circle, a Gaslamp lounge and nightclub that boasts an exclusive, VIP-like experience. PAUL HANSEN | Downtown News

Taxicab crash drives new calls to step up oversight

By MANNY LOPEZ | DOWNTOWN NEWS

San Diego police continue to investigate what caused a taxicab to plow into a crowd outside the Stingaree nightclub in the Gaslamp district last month, and some San Diegans are calling for increased regulations for drivers who shuttle the public around the city.

The driver of the cab, Sam Hassan Daly, admitted he regularly drove between 16 and 18 hours per day, which has prompted fresh questions as to whether more oversight is needed by the Metropolitan Transit System (MTS) Taxicab Administration, which regulates the industry.

The MTS has no established rules regarding the maximum numbers of hours drivers can operate the more

than 1,200 taxis the agency oversees.

"Let's allow the police to do their investigation first," said John Scott, taxicab administrator for the MTS in response to questions about increased scrutiny by the agency over the taxicab industry. "If the investigation reveals that there are issues that need to be addressed, we will work with the Sheriff's Department to clear them up."

Authorities have been questioning witnesses for details of the incident that occurred shortly after 1:50 a.m. on Feb. 12, when an Emerald cab driven at about 15 mph by Daly jumped the curb and struck pedestrians as they left the establishment located at 454 6th Ave. Dozens of bystanders were injured,

SEE TAXI, Page 8



Nate's Point Off-Leash Dog Park in Balboa Park is a favorite location for many canines and their owners. PAUL HANSEN | Downtown News

Balboa Park's doggie haven a tribute to man's labor of love

By KAI OLIVER-KURTIN | DOWNTOWN NEWS

One of the most popular dog parks in San Diego, Nate's Point Off-Leash Dog Park in Balboa Park, is regularly filled with canines running free and their devoted owners casually supervising. Most visitors, however, are not aware the dog park is named for a man.

Nathan Wells, who pioneered and carried out the land improvement project, transforming the area that was once an eyesore into usable space.

"The area was being used as sort of an illegal dumping ground," said Wells' daughter, Susan Watson. "It was being neglected, and dad knew he could put the area to good use with a little TLC."

Wells, who died Feb. 1 at the age of 99, was a city Park and Recreation Department employee for 35 years. He took on the initial prep work and grading of the area in 1996, envisioning a

"It was being neglected, and dad knew he could put the area to good use with a little TLC."

Susan Watson
Daughter of park pioneer Nathan Wells

place where families could go to enjoy the outdoors. Once a pile of dirt and unruly weeds, the area was transformed by Wells during his spare time and on weekends.

Three months later, as the park was nearing completion, Wells suffered a heart attack. Wells' work crew stepped in to finish the landscaping while he was hospitalized.

After Wells' recovery, he was transferred to a less rigorous assignment in

SEE NATE, Page 6

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Mercato serves up new offerings for 2011

By KAI OLIVER-KURTIN | DOWNTOWN NEWS

Known for its fresh produce, artisan foods, live music, arts and crafts, the Little Italy Mercato farmers market has been downtown's open-air grocery store for almost three years. With recent expansions, new initiatives and appetizing events planned for 2011, the Mercato continues to hold the title of San Diego's largest farmers market, boasting more than 100 booths.

"In January, we added a fifth block of booths at the top of the market between Union and Front Streets," said Catt Fields White, Mercato manager. "This year our big initiative is to aim for a zero-waste market, promoting the use of reusable bags and recyclable materials, and provide composting opportunities to downtown residents."

White developed the Mercato for the Little Italy Association, earning the moniker "Mercato Maestra." She claims the only thing she and her husband were missing from their neighborhood was a great grocery store.

"Little Italy's very proactive attitude toward urban development meant that we could build a world-class market very quickly," said White.

Upcoming events at the Mercato include Mac Madness, a professional and amateur macaroni-and-cheese cookoff in March. April will bring a Sustainable Feast event in which San Diego's top chefs will prepare tasting menus using local products to benefit the San Diego County Outdoor Education program. In observance of Earth Day, the Mercato will institute a new zero-waste initiative on April 22. To honor its third anniversary in June, the Mercato



Residents search through artisan breads and pastries at the Little Italy Mercato. Patrons can take advantage of unique items as well as fulfilling basic grocery needs. Photo courtesy Catt Fields White

will hold a Citrus Carnival celebration.

An emphasis on farm-fresh, high-quality food products attracts local chefs and foodies to the Mercato.

"We are serious about the quality of our farmers and vendors," said White. "We rigorously screen applicants to maintain a balance of great offerings. Visitors enjoy the chance to sample the best of San Diego, and downtown residents appreciate the opportunity to get out of their high-rise homes and meet their neighbors on a weekly basis. The live music doesn't hurt, either."

With an extensive background in the restaurant industry and experience with local food issues and marketing, White is a self-proclaimed farmers market groupie — seeking them out wherever she travels, be it San Francisco, North Carolina or Paris.

Among the Mercato's offerings are

locally grown fruit, vegetables, eggs, meat, fish and flowers. Artisan food vendors shuck oysters, roast coffee beans, bake bread and pastries, preserve pickles and jams, and offer a variety of other foods. A smaller section of local arts and crafts provides an opportunity for gift purchases, and Pet Place offers natural pet foods and accessories.

Visit the Mercato in Little Italy on Saturdays from 9 a.m. to 1:30 p.m. on Date and India streets. Free parking is available at Washington Elementary School on State Street.

The Little Italy Association made up of property owners, businesses and community members who work to preserve the unique cultural resources in Little Italy, as well as promote safety, beautification and economic development.

Visit www.littleitalysd.org for more information.

Petco Park debt transfer stirs redevelopment debate

By MANNY LOPEZ | DOWNTOWN NEWS

The San Diego City Council voted unanimously on Feb. 8 to transfer debt service payments on bonds issued to finance Petco Park from the city's general fund to its redevelopment arm, freeing up about \$11.3 million annually over a 21-year period. The move, however, was not favored by all.

Scott Maloni, chairman of the Downtown San Diego Partnership, a redevelopment advocacy group, said that the move is a good use of tax increment, but expressed concern about the precedent that the decision sets.

"If you start with Petco Park bonds, where does it stop?" he said. "If [Gov. Jerry] Brown is successful with his budget, then we can lose all of the future tax increment, unless that money is encumbered," said Maloni. "Better to encumber it by paying off our ballpark debt than to lose our future ability to use it."

The Centre City Development Corporation (CCDC), which has been making

the payments since 2009, will use downtown redevelopment tax increment funds to cover the remaining \$237.6 million owed on the "Ballpark Bonds" due in 2032.

The \$454 million baseball stadium, which opened in 2004, was financed with \$95 million of redevelopment tax increment funds, \$206 million from the city and \$153 million from the Padres.

"It's a step forward and we're happy to have this win, but we're not done," said District 5 Councilman Carl DeMaio, who proposed the idea. "We have a whole lot of reforms that we want to implement in redevelopment funds."

DeMaio called Petco Park a quintessential example of a redevelopment project that has stimulated all sorts of private investments, created jobs and shown a handsome return for taxpayers. Its one fatal flaw, he said, is that it's stuck in the general fund and is not paid for with redevelopment funds.

Citing declining revenues as a result of the recession, increasing expenditures for

city operations, unfunded pension and retiree health liabilities and a deferred capital project backlog of \$800 to \$900 million, officials said the move is necessary to address future deficits, which could lead to further reductions in crucial city services.

"Ultimately, we feel that this issue comes down to weighing the priorities of the general fund against the priorities of the redevelopment agency," said Tom Haynes, fiscal and policy analyst with the Office of the Independent Budget Analyst (IBA). "In this context it may be difficult to place redevelopment projects at a higher priority than critical general fund services such as police, fire, parks and libraries, which have all been significantly cut over the past several years."

Haynes urged council members to exercise caution in using tax increment dollars to bankroll general fund obligations, as redevelopment money was not intended to be used as an ongoing source

SEE CCDC, Page 4



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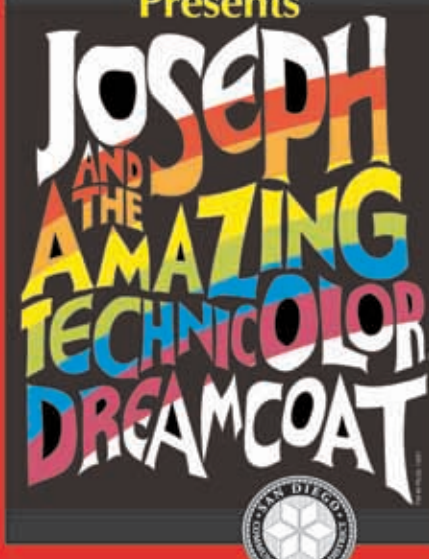
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CCDC

CONTINUED FROM Page 3

of capital for general government purposes.

Richard Rider, chairman of San Diego Tax Fighters, a taxpayer advocacy group, said that it was a mistake for the deal not to have been structured this way from the start.

"I didn't favor the debt for taxpayers in

the first place," Rider said. "It seems to be a downtown redevelopment project. The claim is that it helps the redevelopment of downtown San Diego. Well then, why not have them pay for it?"

Rider said redevelopment money is far less important to tax payers in terms of delivery of services than the city's general fund, which is crucial for police, firefighters, libraries and potholes.

"That's what people pay taxes for and that's what they want the money spent

on," Rider said.

Frank Alessi, executive vice president and chief financial officer of CCDC, said on Jan. 19 that the redevelopment agency's advisory board discussed the proposed amendment without the benefit of a staff report and voted 17-1, with one abstention, to oppose the continuation of debt service payments on the ballpark. Alessi further stated that on Jan. 26, CCDC recommended to extend the payments to 2016, giving city leaders an

opportunity to assess the need for additional payments.

The vote was taken following budget projections, which according to Andrew Phillips, assistant vice president and controller for CCDC, showed deficits of \$33 million over the next five years and \$63 million over the next decade.

Phillips said the agency will look at prioritizing and deferring projects during those periods, and that tax allocation bonds can be issued to offset any cash flow needs in the future. So far, CCDC has

decided to cease work on the C Street corridor project indefinitely.

"We made our decision, the Council made theirs and at the end of the day, they're the boss and I'm not going to be critical of the boss's decision," said newly elected CCDC Chairman Kim Kilkenny. He added that the bigger challenge will come if the governor's plan to raid redevelopment funds is approved.

"If Brown's proposal goes through, we're going to be in a world of hurt," he said.

Harbor House to host charity drive with Caribbean theme

By JOHNNY McDONALD | DOWNTOWN NEWS

When Harbor House restaurant in Seaport Village holds its 15th annual gourmet dinner charity event March 25 for St. Jude Hospital, the theme will be "Caribbean Nights."

Last year, the gala affair received enough money to surpass the \$1 million mark after 14 years putting on the annual dinners. Restaurant co-owners Louis and Kathleen Rezzonico, originators of the galas, said it's time to go for \$1 million more.

"[Participants can] join us for a four-course dinner with select wines and live and silent auctions," said Kathleen Rezzonico. "Each \$200 dinner ticket will be placed in a drawing to win two business-class plane trips to St. Thomas in the Caribbean, courtesy of our partner, American Airlines."

Reservations are required for a seating capacity of 225 diners. The silent auction begins at 6 p.m. and dinner is at 7:30 p.m.

All proceeds go to St. Jude Children's Research Hospital to help children in San Diego and around the world.

"For years we had been devoted to supporting St. Jude," Kathleen Rezzonico said. "So, we thought what can we do to spread the word? [We thought] maybe we could do something in the Village as a fund-raiser. It began as a modest undertaking with some of the shops. Then, we decided to do something bigger and started the dinners in 1996."

Each dinner has had a theme, directed toward American Airlines-sponsored tours, while the cuisine emulates the destination.

"The first [dinner] was a Night in Italy



Harbor House in Seaport Village hosts a charity dinner every year with a different theme – usually the destination of the coveted prize: an American Airlines-sponsored trip for two. This year, the winners will be whisked off to the island of St. Thomas in the Caribbean.

Photo courtesy of Harbor House

with a singing chef," Kathleen said. "People enjoyed it so much we said, 'Let's do it again with our airlines partner.' We've been to Paris, Madrid, London and Japan — and Italy twice."

The volunteer St. Jude chapter is comprised of 25 members who meet once a month. Harbor House restaurant manager Jim Murphy is the event chairman, with San Diego Charger defensive end Jacques Cesaire acting as honorary chairman. Ken Cooke, a longtime member of the restaurant family, will be the executive chef.

A collaboration between Rady Children's Hospital, the University of California, San Diego and St. Jude's expands critical research in childhood cancers and other pediatric diseases, and provides access in San Diego to clinical trials sponsored by Memphis-based St. Jude.

St. Jude is a non-denominational hospital that treats children with cancer and other catastrophic illnesses regardless of race, creed or ability to pay.

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Thursday, March 10, 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.

Living the Good Life

Monday, March 14, 10–11a.m.

Life is not always smooth sailing. Emotional experiences of sadness, grief, response to loss, and temporary "blue" moods are normal. Persistent depression that interferes significantly with ability to function is not. Come learn about suicide prevention, causes, treatment and resources. Free. Presented by Chula Vista Well Being Center at Norman Park Center.

Lower Back Pain and Lumbar Spinal Stenosis

Friday, March 18, 1:15–2:45p.m.

Lower back pain and Lumbar Spinal Stenosis (LSS) is a medical condition that can cause severe back pain resulting from a narrowing of the spinal canal. Join pain management specialist Rosa Navarro, MD, as she discusses symptoms and available treatment options for those suffering from lower back pain and LSS. Cost: \$4. Presented by Scripps Mercy at OASIS in Mission Valley at Macy's.

AARP Driver Safety

Saturday, March 19, 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.

Kidney Health

Thursday, March 24, 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 Congregational Towers.

Integrative Health Nights

Thursday, March 24, 7p.m.

Alternative health integrates Eastern and Western practices for the best comprehensive health care and personal wellbeing. The program offers chair massage, acupuncture, yoga and cooking/nutrition by health experts. Free. Location: City Heights Wellness Center.

Stroke/Parkinson's Exercise Group

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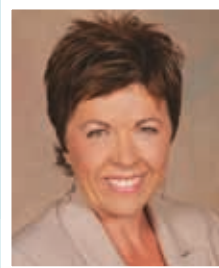
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NATE

CONTINUED FROM Page 1

Mission Bay Park, where he was responsible for the placement of the fire pits along Fiesta Island.

"We had no idea the dog park had been named for dad," said Watson. "One day I was walking by and saw the sign about 10 years ago. I called my mom and said, 'Does this have anything to do with dad?' So we got the whole family together to go for a visit."

The 2.3-acre park at the corner of Sixth Avenue and El Prado has been open for 24 hours a day since 1996. The transition from Wells' original vision of a family picnic site to dog park happened organically.

"Since it was such a large space, people started bringing their animals on family outings," said Wells' niece, Darlene Dise-Brucker. "It changed into an off-leash dog park, and wouldn't exist at all if it weren't for Nate."

Many visitors may be unaware of the Nate's Point nomenclature. The park's name is posted, along with many other rules and regulations, in very small print at the entrance.

Wells was a lifelong resident of Pacific Beach, where he lived with his late wife, Mary Eleanore, and their three children. His family is working with the City Council to plan an official Nate Wells Proclamation Day on June 14, his birthday.

Dise-Brucker has inquired about the possibility of installing a park bench at Nate's Point, but the \$6,000 price tag for the bench and added \$1,000 plaque to carry Wells' name are cause for discouragement.

Nate's Point is a nonprofit that relies on fundraising to complete upgrades and installments including its new drinking fountain, picnic table, perimeter fencing and double entry access gates.

For more information on Nate's Point Off-Leash Dog Park, visit www.npdog.org.



Canines and owners enjoy the sunshine at Nate's Point Off-Leash Dog Park in Balboa Park.
PAUL HANSEN / Downtown News



Nathan Wells, the visionary behind the off-leash dog park in Balboa Park, stands on the front porch of his Pacific Beach home with his late wife, Mary Eleanore. Wells died on Feb. 1 at the age of 99.
Courtesy photo by Susan Watson

Sempre Energy Sempra is proud to sponsor the community events page



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Oracle Cup regatta to wow spectators

By JOHNNY McDONALD | DOWNTOWN NEWS

Spectacular sailing craft representing nine nations will continue to compete on San Diego Bay through Sunday, March 6. The five-day regatta began March 2.

It marks the debut of the Oracle RC44 Cup class fleet, which as the best skipper in the sport and 11 teams.

Russell Coutts, a four-time America's Cup victor, conceived the design of the light-displacement, high-performance design RC44 in 2005, along with naval architect Andrej Justin. Coutts will be a member of this fleet.

With an evenly split crew of amateurs and pros, the action attracts some of the

leading business minds as owner-drivers.

For the first four days, the boats will be handled by the owners. Then, the pro sailors with America's Cup experience will take the helm.

Spectator viewing is free from portions of Broadway Pier, Harbor Island and various spots on the downtown waterfront.

Among the leading sailors are American yachting legend Paul Cayard, San Diego's Rod Davis, Audi MedCup winners Morgan Larson and Jose Maria Ponce, Olympic gold medalist Kevin Burnham, New Zealand's Cameron Appleton and Coutts.

Coutts' team, led by Larry Ellison, won the RC44 title in December. It's a fit-

ting return since Coutts' America's Cup victories.

The 2011 championship tour includes Austria, France, Sweden and Spain before closing in Lanzarote in the Canary Islands next November. The Oracle RC44 Cup San Diego is organized by Sailing Events Association San Diego, a leading sailboat racing organization.

"Last year's championship came down to the wire in Miami and with more owners coming into the class, the level and intensity of the competition figures to be greater than ever," Coutts said in a recent statement. "It's always great to race in San Diego; it is a natural amphitheater for those watching from onshore."

An expert's advice: Don't decant your wine

By MIKE KALLAY | THE CASK ROOM

I've probably already lost the hardcore oenophile in this month's column. They're sitting on Brunello from the 1980s that has to be reintroduced to 2011. So, they've already checked out looking for their decanter or fancy-sounding air funnel thingy.

I am talking to you: average U.S. wine consumer. We drink the vast majority of our wine too young and within just a few days (on average) of purchase. The result of decanting one of these wines is akin to drinking coffee at your convenience store after 3 p.m. (think the illustration at right). That is to say, the experience is awful. The liquid is oxidized — tasting flat, acidic and just plain lifeless. Can I interest you in a few brown apple slices? Oxygen is the enemy of wine.

How can wine's greatest enemy also be one of its greatest assets? Let's first talk about what happens during oxygen's contact with your bottled grape juice. Wine that is exposed to oxygen will begin to oxidize immediately when the closure is opened and oxygen contacts the wine. Technically, oxidation means there is a loss of protons from molecules in the wine. The result is an acetaldehyde off-odor, or more commonly referred to as a sherry or vinegar smell (I had to look that up). All wine will eventually oxidize past the point of enjoyment. Fortunately, there are components of the



SEE DECANTER, Page 8

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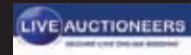
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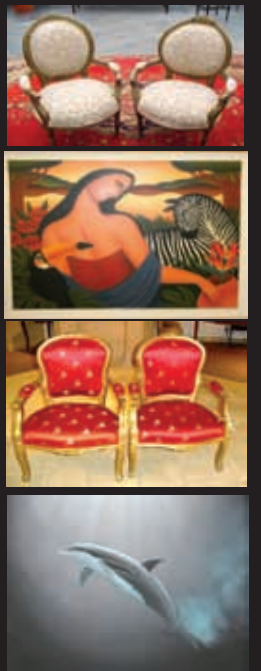
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NIGHTS

CONTINUED FROM **Page 1**

is why we have so many regulars.”

When 2 a.m. eventually rolls around, it doesn't have to mean the party is over. Hosting the true after-party of the Gaslamp, Onyx Room and its adjoining club, THIN, stay open until 4 a.m. on Saturdays.

Combining three different vibes under one roof at 852 5th Ave., Onyx Room is located underground and is divided into a lounge area that plays everything from deep house to dubstep and a dance club that offers

DECANTER

CONTINUED FROM **Page 7**

wine working together against oxygen to help keep the wine in tact: acid (Ph), tannins and alcohol. Knowing the levels of these components is essential to knowing both how long you can age your wine (in years), as well as whether your wine would benefit from decanting.

Am I suggesting that you visit the technical sheets for all of the wines you intend on purchasing? Yes. I am. (Not really). Fortunately, at least one of these items is listed right on the label: the alcohol content. In general, the higher the alcohol content, the more protection the wine has against oxygen, and therefore more of a chance of aging. I can hear the hardcore oenophiles muttering “yeah, but what about those low alcohol Bordeaux blends?” Well, they also have acid. And, they have tannins. How do we know about the acid and tannins in a wine? In a word: experience. We know which varietals have a high level of tannins. We know which wines are made with longer maceration times — that is,

progressive house and trance music. "We always try to stay ahead of the game with new music," said Charliisa Dodge, director of sales and marketing. "Here, we celebrate local DJs and musicians — often the mecca of where big name talent like Kaskadee get their start."

At street level, THIN delivers an open format of Top 40 mash-ups and hip-hop. On March 5, the club will feature 12 disc jockeys, and John OO Fleming will be spinning on March 12.

For more information on these and other Gaslamp destinations, visit www.gaslamp.org.



Charlissa Dodge shows off her skill slinging bottles at Onyx Room, a club offering an eclectic mash-up of music genres. For the night owls roaming downtown, the club stays open until 4 a.m. on Saturdays.

PAUL HANSEN | Downtown News

to turn our attention to what doesn't need or tolerate a decanting: everything else. Or, as the wine industry in the U.S. knows well, 98 percent of wine is consumed within two days of purchase. These are the everyday wines: the youthful cabs, the playful malbecs, the fruity sauvignon blancs and the spicy syrahs. None of these everyday wines will likely benefit from a run through your air thingy, and none of them will benefit from 30 minutes in a fancy decanter shaped like a duck. In fact, the very opposite is likely to happen: the wine's eventual oxidation is accelerated when decanted, thus robbing you, the wine drinker, of the very aromas and flavors meant to be enjoyed.

This brings me back to the title of this month's article: Don't decant your wine. That really should read, "Don't decant your wine unless you know that decanting will benefit it, and always err on the safe side and pour directly into your glass and enjoy."

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TAXI

CONTINUED FROM Page 1

including a woman whose leg was partially severed.

"In my opinion, it was a freakish thing," said Turk Spinuzzi, general manager of Stingaree. "In the 15 years that I've been doing this, I've never seen anything like that before."

Daly, 52, was then pulled from the cab and beaten by an angry crowd who thought the Egyptian immigrant was trying to flee the scene. Daly suffered a broken nose along with cuts and bruises on his face. Investigators are focusing on whether driver fatigue or health issues played a role in the crash. Police have not filed charges against the cabbie in this case. It will be several weeks before an official report is released, said Rick O'Hanlon of the San Diego Police Department.

According to published accounts, Daly, who worked as a dermatologist in his native country, told police that he was very tired and passed out just before the collision occurred. Daly also told police that he was taking antidepressants and a new medication, which may have caused him to lose consciousness.

The San Diego Fire-Rescue Department was among the first emergency crews to reach the scene. Maurice Luque, spokesman for the Fire-Rescue Department, said regulatory authorities in charge of taxicabs throughout San Diego might want to be more stringent in monitoring not only the hours that taxicab drivers are allowed to drive, but also their driving records.

This greater oversight might need to cover insurance coverage to assure that the community is better protected when traveling in a taxicab, he said.

According to Scott, as of Feb. 22, the minimum combined insurance amount for property and bodily injury damage for some San Diego taxis is \$1 million.

per incident.

By March 22, all taxicabs regulated by the agency will be required to carry the new level of insurance. In 2010, the MTS raised the insurance requirement from \$300,000.

Ashkan King Aminpour, a San Diego attorney representing seven victims of the crash, said that based on conversations with first responders who were at the scene and who observed Daly's demeanor immediately after the impact, it appears as if the taxicab driver fell asleep at the wheel.

Aminpour said he expects the police report will reach the same conclusion. No proof that Daly was driving an excessive number of hours on the night of the crash has been reported.

The San Diego County Sheriff's Department, which licenses taxi drivers, suspended Daly's taxi identification without a hearing following the collision.

Jan Aldwell, public affairs director for the San Diego County Sheriff's Department, said the suspension was based on the ongoing investigation by the police department.

Berhanu Zenawi, a former cabbie from City Heights, who now drives a truck, said that the pressure to cover his weekly cab expenses forced him to work 15 to 20 hours per day, sometimes up to seven days per week.

Zenawi said it's surprising there aren't more accidents involving cab drivers and that the local taxi industry must consider limiting the number of hours drivers can operate a cab.

“Train and trolley operators, truckers and pilots are all limited in how many hours they can work per day. Why not cab drivers?” Zenawi asked.

Recalling a driver strike in 2009, he said “with high leases, expensive gas prices, insurance and a bad economy, it’s absolutely insane to want to be a cabbie in this city, but for some immigrants, it’s the only way to make any money.”

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Sunny skies are likely on the way to San Diego

By SCOTT CHENG | SPECIAL TO DOWNTOWN NEWS

Many buyers are still probably sitting the on the fence wondering when the dark clouds over the housing market will lift and sunny skies will reappear. Consider that housing market has dropped 25-30% from its high in 2006. Unemployment is lower than it's been for over a year. An thanks to population growth, the number of home owning households in our country rises by about 1 million each year. Most of the growth is in the Sun Belt. Cities like San Diego, Miami, Las Vegas, Los Angeles, Orlando, Austin, Phoenix, and Tampa.

Many of my clients have asked me when I expect the housing market to bottom out. My answer is always the same. I don't really know when we'll hit rock bottom, but I think we are very close. My best estimate is that we will at the bottom of the housing market in San Diego by mid to later part of this year. San Diego's housing market like so many other major cities had a very large bubble that popped. We know the bubble years were fueled by artificial demand and very relaxed lending policies. The artificial demand for speculators thinking they can make a quick buck are all but gone. And the lending policies have begun to calm as well. Lenders are starting to loosen their policies on who is able to get a loan. Major lenders like Wells Fargo started offering loans to FHA borrowers with credit scores of 500. The only requirement is that they put 10% down payment instead of the usual 3.5%.

There are other indications that the hosing market will recover soon. Manufacturing output has been rising. The stock market has recovered nicely. Companies are now flushed with cash and are looking to start hiring more workers. Consumer confidence has rebounded from very low levels, and unemployment is less.

Against the improving picture, we can expect to see



Downtown's housing market is showing signs of recovery.

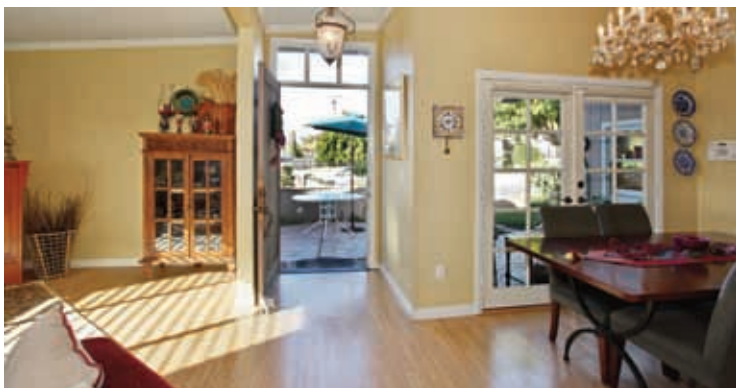
CASEY DEAN | Downtown News

some release of the demands that's been building up for the last three years. Rising rental costs will also likely tip more renters into home ownership.

Putting all these factors together, existing home sales are projected to rise 8% to nearly 5.3 Million nationwide this year. At this level, home ownership will be solid, but more importantly it will be sustainable given our level of population growth.



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E-WASTE: To be, or not to be

Which would you rather save: your pride, space, money, or planet?
You can save all that and more just by recycling your e-waste.

Consumer electronics constitute one of the fastest-growing waste streams around the world. In 2007, more than 40 million computers became obsolete, and discarded TVs, computers, peripherals (including printers, scanners, faxes), mice, keyboards and cell phones totaled about 2.25 million short tons of hazardous waste. Only 18% (414,000 tons) was collected for recycling, whereas 82% (1.84 million tons) was disposed of, primarily in landfills.

Electronics are complex devices made of a wide variety of material constituents, some of which—such as lead, nickel, cadmium and mercury—are hazardous materials that could pose risks to human health or the environment if mismanaged at their end-of-life.

Do you know the four characteristics of hazardous waste?

- **Toxicity**
- **Reactivity**
- **Ignitability**
- **Corrosivity.**

(It's poisonous, explosive, flammable, and/or can eat through flesh and bone. That's what all the fuss is about.)

Even worse, much of the "e-waste" that people throw away every day isn't actually waste, but it is being wasted. "Obsolete" devices, equipment and parts are easily marketable for reuse or can be recycled for materials recovery. All electronics are made from valuable resources and highly engineered materials—including common and precious metals, plastics, and glass—all of which require energy to mine and manufacture. Conserving natural resources avoids air and water pollution, as well as greenhouse gas emissions caused by manufacturing virgin materials.

For example:

• Recycling one million laptops saves the energy equivalent to the electricity used by 3,657 U.S. homes in a year. One metric ton of circuit boards can contain 40 to 800 times the concentrations of gold ore, and 30 to 40 times the concentration of copper ore, mined in the U.S.

For every million cell phones we recycle, we can recover 35,274 pounds of copper, 772 pounds of silver, 75 pounds of gold, and 33 pounds of palladium. In 2009 alone an estimated 15.3 million cell phones were sold in California, but only 4.1 million were reported as turned in for recycling.

And what about the social benefits of recycling cell phones and accessories? If they're in good working condition, some collection programs donate them to worthy charities or provide them for sale. Some programs use the proceeds to benefit charitable organizations, such as domestic violence, environmental causes, and children's safety. Others work to collect cell phones with schools and youth organizations as fundraising ventures. The principal markets for refurbished cell phones extend to people in developing economies who couldn't otherwise afford such technology.

Recycling isn't just a good idea; it's the law. According to California's Department of Toxic Substances Control, "Abandonment of e-waste constitutes illegal disposal of hazardous waste and will be prosecuted."

So do the right thing—for all the right reasons!

Need a local solution? Think Recycle San Diego!

We host household e-waste collection events every weekend and offer on-site business pick-ups during the week.



Jeffrey Harding is the President and Founder of Recycle San Diego.

Founded in 2006, Recycle San Diego is the largest e-waste collection company in San Diego.



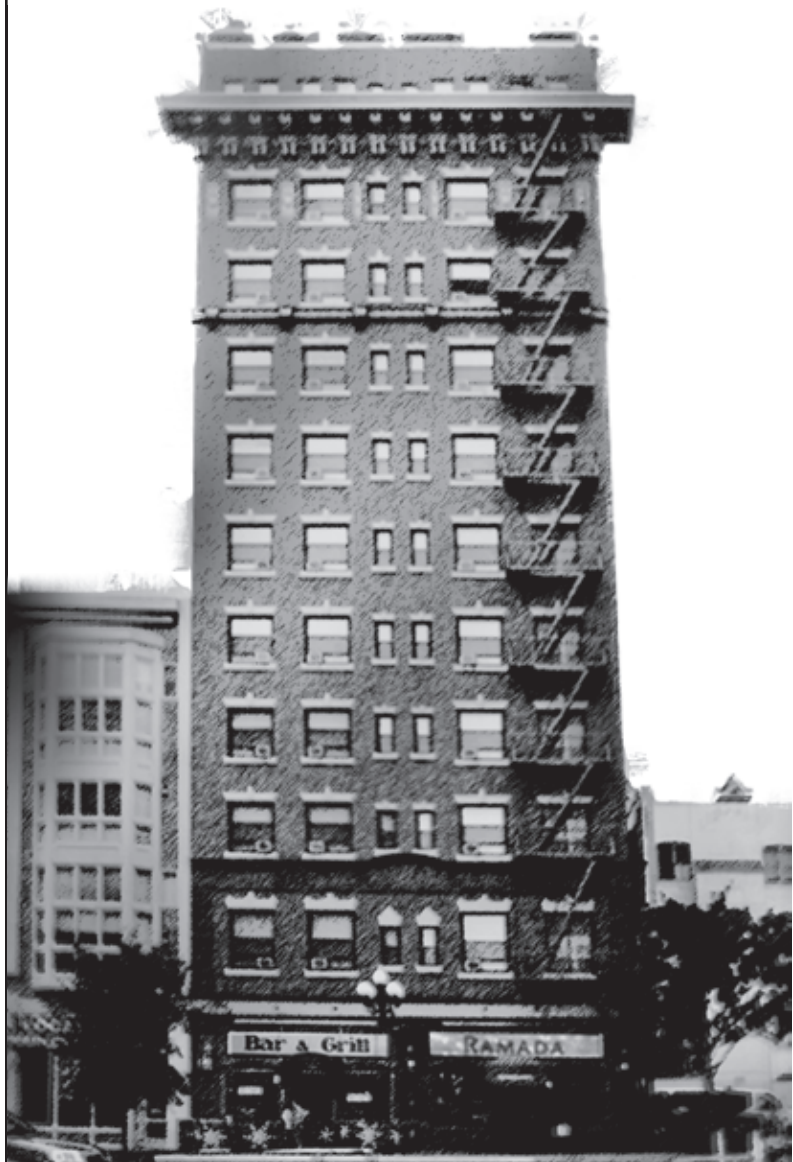
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 - 2 cups Almonds, whole, toasted Sparkling or Sanding Sugar

Method:

Cream butter & sugar
Add eggs slowly
Add vanilla
Add un-sifted dries until incorporated
Add almonds

Divide dough into 4 parts.
Roll each part into a log 2" - 2 1/2" wide.
Place each log onto sheet pan and flatten slightly.
Egg wash top of each log and sprinkle with 'Sparkling Sugar'.

Preheat oven to 250f.
Bake for 30 mins. or firm to touch. Logs will flatten some on their own.
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Che Bella takes floral design to impressive levels

By LORALEE OLEJNIK | DOWNTOWN NEWS

Carla Bassi is an artist. Her medium: flowers. Bassi, her husband, Jim, and her daughter, Thea, own and run Che Bella floral design in East Village, a premier San Diego floral design team.

Pronounced "kay bella," the name means "how beautiful" in Italian. Though the name served them well for the eight years or so they spent in the colorful cottage shops on West Fir Street in Little Italy, Carla said the story behind the name goes much deeper. It was a term of endearment from an Italian family in the neighborhood where she grew up and it also reflects her own initials: CB.

Though Che Bella provides full-service floral design for weddings, offices, holiday decorating and hotel and product launches, Bassi believes that regardless of budget, even the smallest introduction of plant life can change the feel of a room.

"It doesn't need to be an arrangement. It can be a single stem," said Bassi, who has worked in interior and floral design for 41 years. "Even a single stem can change the

energy. Especially in this time when everyone is doing without on some level, it gives you a sense of luxury."

For contemporary architecture, including the modern loft units peppered throughout downtown, Bassi recommends adding something structural, like a well-shaped branch.

"The really geometric shape, it always reads cold and uninviting," she said. "Adding a simple, organic thing can make it more peaceful and warmer. It's like the difference between fluorescent lights and windows."

In addition to providing floral arrangement for private clients and urban condo dwellers, Che Bella has an impressive résumé, including arrangements for The W Hotel, Tower 23 in Pacific Beach, the U.S. Grant Hotel, Bloomingdales and The Keating Hotel, where they worked both on floral and interior design.

Bassi said adding some floral life is even more critical for city dwellers.

"It definitely changes the energy, not being the only living thing in your space," she said. "It's there for no reason other than to be beautiful."

She recommends putting a floral accent

near the front door so the fragrant smell is the first thing that greets visitors when entering and the last thing they remember when exiting.

Carla said none of the arrangements at Che Bella are pre-made. All bouquets and arrangements are made to order and designed to the needs of the client. Being a storyteller who uses rose instead of prose, she said she always likes to find out about the person or place where the design will be going to be able to create something that captures the meaning of the occasion.

Che Bella relocated about a year ago to an East Village loft space in a converted ice cream factory called the "Reincarnation" building, adjacent to Sushi Performing Arts. In addition to floral, other interior design accents are available at their tranquil storefront, and visitors are greeted by the family labrador, George, and Milo, the cat.

Che Bella also offers floral design classes, both as private parties and as public events.

Che Bella is located at 1037 J St. For more information on designs or classes, call (619) 232-3193 or visit www.chebellafiori.com.



In addition to providing floral arrangement for private clients and urban condo dwellers, Che Bella has an impressive résumé, including arrangements for The W Hotel, Tower 23 in Pacific Beach, the U.S. Grant Hotel, Bloomingdales and The Keating Hotel, where they worked both on floral and interior design. *Courtesy photo*



The next Little Italy Section runs April 7th, 2011. The deadline for submission is March 25th, so call today! Heather Snyder: 858-232-5638, heather@sdnews.com

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— Brianne Kennedy

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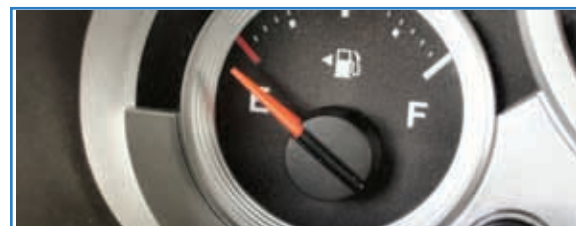
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'Downtown Caravan' launches evolution as market gains traction

By MITCH BRUCKER | DOWNTOWN NEWS

As local real estate markets show signs of recovery, realtors from San Diego's downtown area are taking the initiative to maximize interest in the San Diego Association of Realtors Downtown Caravan. After years of running the caravan, a weekly information-sharing session for real estate professionals, members have initiated a series of changes, including the election of board members and a change of venue.

"We needed new ideas and new blood pumped into the caravan. We had seen other caravans successfully adopt this type of management, so we decided to choose board members with a formal vote," said Eric E. Jones of Urban Real Estate.

Existing members who had an interest in overseeing the growth of the caravan nominated and elected four realtors and one non-realtor using a formal ballot. One of the first changes made by the new board was the relocation from an overcrowded room at the Horton Plaza Information Center to the Panda Inn, which offers brunch with each meeting.

When asked about the main benefits of the caravan, Jones said, "There is the obvious advantage of having agents actually seeing the properties



The downtown San Diego skyline displays an array of colors at night.

CASEY DEAN | Downtown News

themselves. There is no replacement for that process, but we are also allowing agents to better network and making educational opportunities available."

The educational component is key in keeping real estate professionals aware of political issues, Jones said. The caravan regularly invites guest speakers to address issues impacting real estate, and members gain valuable insight into their markets and the industry as a whole. Members can also pitch their properties to the group at the meeting.

Newly-elected committee member Debbie Neuman of Neuman Realty stressed the importance of making the caravan more welcoming.

"We wanted to get to a place that was networking-friendly," she said. "People want to do business with people they know and like."

The impact of the changes to the caravan is clearly visible. The former meeting area at the Horton Plaza Information Center was a standing-room-only affair with little room for socializing.

Since its relocation to the Panda Inn in January, attendance has steadily increased from less than 50 attendees at the old venue to more than 150 attendees at the Feb. 10 meeting.

Neuman said agents aren't the only ones who benefit from the caravan. Affiliate title and lending professionals also find valuable information and

contacts at the weekly event.

Additionally, Neuman said the increased attendance at the caravan has resulted in an increase in the number of showings her listings are receiving, and she said the market is getting stronger as new properties disappear.

"All experts predict we are going to have a shortage with no new properties being developed," she said.

Jones said he has seen a similar strengthening in the price of existing inventory.

"Based on what I see in new housing, the change is significant," he said. "Quality high rises had upwards of 12 percent of their inventory on the market. Now that figure is down to a range of 1 percent to 3 percent."

He added that it will be another 16 to 18 months before ground is broken on any new high rise in the downtown area, so the shortage of new property will have a distinct impact on prices across the board.

The buzz created by the Downtown Caravan promises to help invigorate the downtown real estate market, as it becomes an increasingly useful stop for professionals trying to participate in the development boom of downtown San Diego.



Sicilian Festival Sunday May 22, bring the family to the 18th Annual Sicilian Festival — a free event in Little Italy from 10 a.m. to 6 p.m. with music, food, grape stomp, pasta eating contest, and more! This year Emmy award winning Chef Giada De Laurentiis of the Food Network will offer culinary demonstrations and sign her latest book, *Giada at Home*, courtesy of Bella Sera Wines. Park at San Diego County Administration Building's north lot and take the free shuttle to event. Eat, drink, and be Sicilian with two beer gardens, four entertainment stages, and fun for the whole family! www.SicilianFestival.org

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In the latter 1950's Walker exhibited with Picasso, Warhol, Rauschenberg, etc. His artwork has been shown in over 200 exhibitions throughout the US and internationally.



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Conditions happy to open at House of Blues

By BART MENDOZA | DOWNTOWN NEWS

It's never been easy to be a musician, and these days it's tougher than ever. Lucky for music fans, there is a seemingly never-ending wave of up-and-coming talent willing to take their chances for the brass ring.

One of the most effective ways to get a group noticed is via a package outing like the five-band *Alternative Press* (AP) Tour, stopping in at the House of Blues on March 25.

Based around five groups with the seal of approval of music magazine *Alternative Press*, the evening's music will be provided by up-and-coming indie rockers Black Veil Brides, I See Stars, Destroy Rebuild Until God Shows, VersaEmerge and Virginia-based quintet Conditions.

Formed in 2006, Conditions, featuring singer Brandon Roundtree, guitarists Jason Marshall and Alex Howard, drummer Ryan Tinsley and bassist Corey Thomas, is a veteran of numerous road

trips, both in the U.S. and Europe. Perennially on the road, they've earned opening spots on the Vans Warped Tour, Taste of Chaos, Bamboozle Festival, and SXSW Music Conference. They've also shared stages with New Found Glory and Good Charlotte. After releasing a pair of EPs, the band is promoting its debut album "Fluorescent Youth," and will spend seven weeks with the AP Tour.

The members of Conditions would prefer to eventually stage their own shows, however they're more than happy to take the bottom of the bill, as openers on a tour like this.

"Typically the last few tours we've done, we've tried to do support stuff," Howard said. "Just to try to get out to some broader audiences."

Some might see being the opener as a difficult spot, but Howard sees it as a positive challenge.

"We're kind of used to being the first band on the bill and only playing for about 30 minutes, making it short and sweet, while doing everything we can to

capture those people in such a short amount of time," he said.

Although the emphasis on this tour will be on their latest album, the band plans to mix up the set list with material from earlier EPs.

"We are going to rotate in one or two songs that we haven't played on the last few tours," Howard said.

Though many would consider the day-in, day-out grind of touring in a van to be less than glamorous, Howard remains enthusiastic.

"I love traveling," he said. "We're only going to be in San Diego overnight as we have to play in Las Vegas the next day, but it's really cool to get out there and go to a bunch of places that I've never been to. Even though, because you're working a lot of the time you don't get to see a whole lot, it's an awesome experience."

Conditions opens the AP tour at 6 p.m. on Friday, March 25 at the House of Blues, 555 Fifth Avenue. All ages. Tickets range from \$15 to \$25. For more, visit www.myspace.com/conditionsband.

ROCK

CONTINUED FROM Page 15

hard now," he said. "I don't have the energy, running the club takes all my time."

Currently in the midst of upgrades, the club has received a new burgundy and gold paint job, upscale booths and a sound system makeover. Changes to come include the addition of more club-style lighting, complete with LED displays. The most popular addition to 4th & B over the last couple of years, however, has still been the collectibles display.

The massed instruments are definitely attention-getters, attracting fans of all genres of music. Items on display include photos, posters and 32 guitars, most signed by artists who have performed at the 15-year-old club since Puma became its owner, including Snoop Dogg, Ratt and Dokken.

The memorabilia lines the club's walls behind the bars, with guitars on stands alongside the bottles.

Puma said he would like to expand the display, noting 4th & B's multi-purpose capability — which can be used to

host a Carnival party one night and a boxing match the next. But this would also require the décor to be changed quickly.

"I have to take it down for certain events, because people like to do different types of events with themes," he said. "I considered building cases, but promoters like to use projections on the wall, so I'd have to move them around. This is the best way for now."

After two years of ownership, Puma is breaking even. On his second anniversary as owner, he is particularly upbeat about 4th & B's future, with upcoming shows including singer-songwriter Jason Derulo (March 25) and British hit-makers OMD (March 27). The club averages 10 events per month, though he hopes to have that number up to 15-plus soon. He noted that Latin and electronica concerts do well, but rock isn't as big a draw.

"I really feel this is going to be my breakout year," Puma said. "In this economy, breaking even is a win. I bought 4th & B to be part of the community. I really didn't buy this for the money. I was already retired basically. I wanted to be part of the music scene."

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MARCH

Spring Nights in Old Town

Every Night through Sunday in March

All through March, the cool spring nights will warm up with live entertainment and vibrant performances bringing a festive evening atmosphere to Old Town San Diego State Historic Park.

Presented by Fiesta de Reyes, exciting shows take place every evening in February and March in the Fiesta de Reyes courtyard from 5:30 p.m. to 8 p.m. With authentic outdoor furniture imported from Mexico, patio umbrellas and fire pits, the courtyard blends California history and modern flavor to create a festive ambience that will make everyone want to celebrate.

On Mondays, visitors can expect a historic drama presentation by actors who will reenact stories from 1850s. Tuesdays will be Potpourri Performance night with a variety of groups ranging from folkloric dancing to performing arts schools. On Wednesdays, the plaza will celebrate the Jalisco traditional dance of Folklorico and will feature folklorico troupes from all around San Diego County. On Thursday and Friday, live music will be performed by various Andean and Latin music groups, respectively. On Saturdays and Sundays, Los Rios will entertain the crowd with Mariachi Fusion music.

Poker Party Fundraiser at Barra Barra Saloon

March 27

Come dressed in your best 1870s wear for this poker party at Barra Barra Saloon. Featuring old-fashioned games, dinner, drinks, the Old Town Poker Party is a fundraiser for the Old Town Merchants Association to put on events in the state park. The cost is \$30 per person and \$50 per couple. Call 619-297-3100 x22 for tickets.

APRIL & MAY

Cancer Relay for Life Car Show

DATE: April 3

Sponsored by Chula Vista Chapter of Relay for Life, this car show draws low riders and all types of classic cars from San Diego County. The show features low-rider cars, bikes, entertainment, and a day of family fun in Old Town San Diego State Historic Park.

Ladies Day in Old Town

DATE: April 9

Experience weaving, sewing, pottery making and cooking at the time California became a state. Garden tours, living history activities, people in period attire, and historic games. Try your hand at crafts of the 19th century.

Fiesta Cinco de Mayo & Cinco de Mayo

DATE: April 30th and May 1st and May 5th

Shops, shows gear up with summer styles



Fashion Files

Diana Cavagnaro

Nordstrom Designer Preview

The annual Nordstrom Designer Preview event took place Feb. 23 at Landmark Aviation. This high-energy fashion show featured the American and European collections for spring 2011. The dramatic opening began with a cube unveiling a stage of stationary models. They came down the runway wearing fashions from designers like Dolce & Gabbana, Emilio Pucci, Versace and Oscar de la Renta. Shoes are always a big part of the show. My favorite was the pair of silver and black heels from Marni.



The hottest trend for spring is white.



Bright colors will be very popular.

A "must have" and the hottest trend for spring are all-white dresses, pants, tops and jackets. Luscious lace was very popular on the runway, along with body hugging dresses. Most of the designers showed bright colors, especially turquoise and tangerine. The lipstick was bright pink and orange.

A designer boutique was set up so the guests

were able to shop after the show while listening to DJ Myson King and drummer Josh Garza. Waters Fine Catering provided the delicious hors d'oeuvre. This event benefited The New Children's Museum, which empowers children to think, play and create. For more information visit www.thinkplaycreate.org

A Fashionable Garden at Eden

Eden is a new contemporary boutique for women that just opened at 520 Fifth Ave. The owner, Allan Hall, designed and constructed all the fixtures and metal work in keeping with the Eden theme. Hall displayed his craftsmanship with three benches he constructed for the boutique. The first two are shaped like large velvet leaves sitting on a metal framework. The third is a gorgeous piece of wood sitting on metal work. The floor is hand-stenciled with trees, leaves, birds and butterflies. The garden ambiance is filled with bird-baths, birdcages, nests and bird eggs,



Eden Boutique on Fifth Avenue.



Tatiana Zaykovskaya stands in the stylish new Eden Boutique.

Diana Cavagnaro | Downtown News

and is completed with a beautiful sky-blue ceiling.

A trend at Eden is bright colors for the spring and summer seasons. Feather earrings are also popular right now. Jeans are a big seller here, especially Plastics by Gly Jeans. These stylish clothes are moderately priced and the shop has a great selection of accessories. Hall said you don't have to spend a lot of money to be noticed. You only need to be creative and unique, which this boutique certainly reflects. If you are ready for the wow factor in shopping, visit Eden Sundays through Thursdays from 11 a.m. to 8 p.m. or Fridays and Saturdays from 11 a.m. to 10 p.m.

Cool Bohemian Nights

"Bohemian Nights" is a shopping event that happens every third Saturday of the month at the Industry Showroom. February was a Valentine's Day event with fashion, art, design and music. DJ Alex Hardy spun the tunes. There was an abundance of vendors, including the shops in residence such as BritBoy, DCompress, Atomic Laser-Lab and Melt Boutique. My favorite was Consul Clothing, which screen-printed a T-Shirt for patrons right on the spot. The Sudden Art Gallery located in the Industry Showroom features a different artist every month, with February featuring the creative art of Aaron Ishaek.

Industry Showroom is the brainchild of Rex Edhlund, who has created this collaboration of retail stores. Edhlund is also the creator of the clothing line Popular Naughty and the monthly Bohemian Nights event, which last month featured designs from BritBoy and Shanna Gall. The models came out of the store and circled the block in a spectacular fashion parade.

SEE FASHION, Page 18



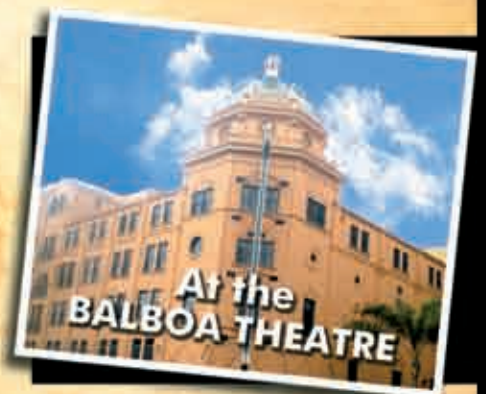
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Bradley Lubinsky screen-prints at Consuul Printing as part of Bohemian Nights.



Bohemian Nights featured designs from Brit Boy and Shanna Gall in February.

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BALBOA PARK family day

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FASHION

CONTINUED FROM Page 17

All-natural products are a current trend in retail. Lillie Soap Co. was on hand with its handcrafted all-natural soap. Another trend in fashion is feathers, and The Friendly Feather Shop was present with cruelty-free feather jewelry. Come in to see the next Bohemian Market on March 26 or just visit the shops at the Industrial Showroom, located at 345 6th Ave. in the Gaslamp Quarter.

Upcoming Events

March 12: Fashion Plates Luncheon & Fashion Show at the Sheraton Harbor Island at 10 a.m. to benefit the San Diego Blood Bank. For information call Trisha Gooch at (858) 527-1419 ext. 29

March 15: Viva Latinas at Hattox Hall at the Old Globe Theatre from 6:30 p.m. to 8:30 p.m.

will feature cocktails and a fashion presentation of select pieces by Naeem Khan. RSVP at Lenaevans@aol.com.

March 20: The boutique Pretty Is? will host its first open house from noon to 6 p.m. located at 418 Third Avenue.

April 3: Thread (Curated Indie Design & Fashion) will take place at the Horton Plaza Event Space at 4th & Broadway from 11 a.m. to 6 p.m. RSVP at www.threadshow.com

— *Diana Cavagnaro is a nationally recognized hat designer and milliner. Diana has been operating a fashion business for 28 years, with the last 18 years in San Diego's Gaslamp Quarter. She has been teaching in the fashion department at San Diego Mesa College for 18 years. Diana is an active member of the Gaslamp Quarter Association, The American Sewing Guild, the San Diego Costume Council and the Fashion Group International.*



A model struts her stuff on the runway. Diana Cavagnaro | Downtown News

Dear Downtown Doc,

I have been having trouble sleeping well for months now. It's been suggested that I take medication so that I may rest properly. A friend of mine recommended trying Chiropractic for my sleeplessness after I was considering taking medication to help me rest. How can Chiropractic help?

-Sleepless in SD

Dear Sleepless,

Many of my patients who present with trouble sleeping often have cervical spinal misalignments and also associated muscle tension and tightness. Chiropractic helps you sleep better by removing these misalignments and properly restoring your nerve function to your body which reduces muscle tension and allows you to rest. Most scientists agree that one of the major purposes of sleep is to restore and heal the body. In fact, some studies have shown that sleep deprivation can lead to deficiencies in the immune system.

The following are the many "side effects" of a popular sleep aid...

"...Walking, eating, driving, or engaging in other activities while asleep without remembering it the next day have been reported. Other abnormal behaviors include aggressiveness, agitation, hallucinations, and confusion. In depressed patients, worsening of depression including risk of suicide may occur. These risks may increase if you drink alcohol. Severe allergic reactions such as swelling of the tongue and throat occur rarely and may be fatal.....like most sleep medicines, carries some risk of dependency. Side effects may include unpleasant taste, headache, morning drowsiness, and dizziness."

Compare with the benefits of Chiropractic care that include the following: Improved sleep, relaxed muscles, improved posture, increased flexibility, decreased stress and tension, strengthened immune system, and a reduction in pain and headaches to name just a few!

Chiropractic is NOT just for pain... My patients enjoy the benefits of a spine that is aligned regularly which not only

tremendously helps to slow spinal degeneration, but also can help your body function at its optimal level. As far as sleeplessness goes, for many, medication has its place. I tell my patients to try the most conservative natural treatment then progress to the other options if progress isn't made or if symptoms persist.

If Chiropractic doesn't help, there are many options available for patients such as vitamin and herbal supplementation, meditation, yoga, and massage; all of which can help reduce stress induced insomnia. Consult your physician about all of your options and keep an open mind when considering a treatment. Typically a more natural approach is healthier for you and has less serious side effects!

Yours in Health,

Dr. Dhokal

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Questions from readers can be submitted to DrDhokal@EliteHealthSD.com

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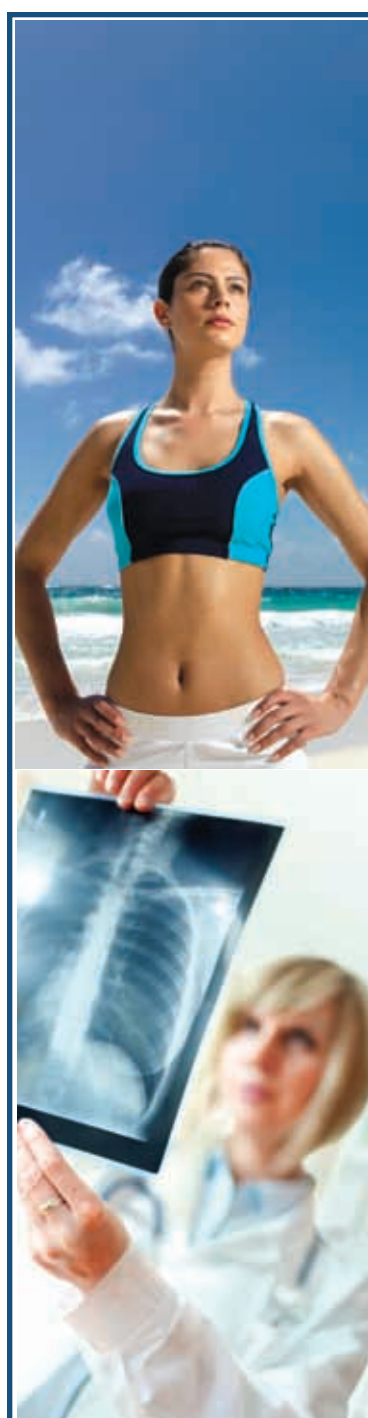
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THE LIVELY ARTS

Charlene Baldrige

At Copley Symphony Hall, picking just two of numerous San Diego Symphony opportunities this month:

March 11-13 St. Louis Symphony music director David Robertson conducts pianist Orli Shaham, his wife, and the San Diego Symphony in Edward Grieg's ultra-melodic Piano Concerto in A minor. Also programmed are Robert Schumann's Symphony No. 3 ("Rhenish") and György Ligeti's "Concert Românesc."

March 25-26 Silent Film Night: film restoration expert/conductor Gillian Anderson leads the San Diego Symphony in accompanying Herbert Brenon's Peter Pan (1924), based upon J.M. Barrie's original play, with Betty Bronson as Peter and Anna May Wong as Tiger Lily. Popcorn will be sold for only \$1 a bag. www.sandiegosymphony.org or (619) 235-0804

At the Lyceum, Horton Plaza

March 19-April 17 on the Lyceum Stage, Sam Woodhouse stages Sarah Ruhl's comic period piece, "In the Next Room (or the vibrator play)," which takes place in an era when "hysteria" resulted from the latest electronic gadget. Wednesdays-Sundays at San Diego Repertory Theatre, 79 Horton Plaza, Downtown San Diego, www.sdrop.org or (619) 544-1000.

At The Old Globe, Balboa Park

March 12-April 17 The Old Globe pre-

March comes in like a lion and stays the entire month!



David Robertson (left) will conduct his wife, pianist Orli Shaham (right) and the San Diego Symphony at Copley Symphony Hall March 11-13. Photos courtesy of San Diego Symphony



Photo courtesy of Old Globe Theater

sents Ian Bruce's "Groundswell," a suspenseful drama that takes place on the rocky coast of South Africa, where the sub-

ject is diamonds. Tuesdays-Sundays in the Sheryl and Harvey White Theatre at the Conrad Prebys Theatre Center, The Old Globe, 1363 Old Globe Way, Balboa Park, www.theoldglobe.org or (619) 23-GLOBE

At Civic Theatre

8 p.m. Friday, March 11 La Jolla Music Society presents the acclaimed Joffrey Ballet in Gerald Arpino's "Reflections," Jessica Lang's "Crossed" and Edwaard [sic] Liang's "Age of Innocence" (lecture at 7 p.m.), San Diego Civic Theatre, 1100 3rd Ave., \$30-\$75, <http://www.ljms.org/> or (619) 570-1100.



La Jolla Music Society will present the acclaimed Joffrey Ballet on Friday, March 11 at Civic Theatre. Photo courtesy of Joffrey Ballet



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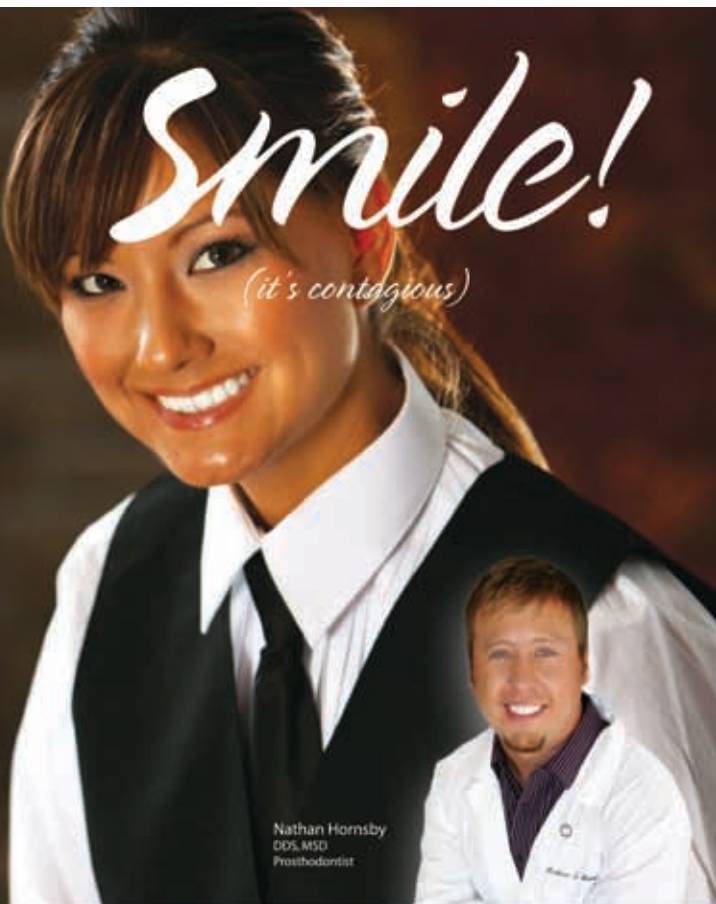
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Local gallery owner strives for arts-inspired downtown

By **WILL BOWEN** | DOWNTOWN NEWS

Alexander Salazar is a man with a vision and the passion and energy to make it happen. Salazar, who owns Alexander Salazar Fine Art, wants to transform the teeming street life along the north side of Broadway from 7th to 10th streets into an arts district.

Despite the odds, he may succeed with the city's support. Salazar has received four letters from Mayor Jerry Sanders encouraging his activities, a city grant to improve his gallery space on the corner of 7th Street and Broadway, and the help of a city program called "Clean & Safe," which patrols downtown. Salazar was also the subject of a recent NBC television show that profiled his vision.

"I love working with San Diego artists," Salazar said. "They are accessible and highly talented."

Come April 2, Salazar will have been in business downtown for one year. In a very fast -aced growth spurt, Salazar has spun out three gallery spaces and displayed the work of numerous artists. His flagship gallery is at 640 Broadway, but he also owns a small space just next door for a visiting artist to paint in public view, and a large art auction house around the corner on 7th street.



Greg Regan was Alexander Salazar's artist-in-residence for the month of February. Artists-in-residence make themselves available for the public to see them at work every day from about 2 to 7 p.m. **WILL BOWEN** | Downtown News

Unlike many gallery owners, Salazar said he welcomes competition.

"I welcome the existence of my competition. You really need teamwork to make the art community survive," he said. "It saddens me whenever I see a gallery close. My goal is collaboration. I want to help artists and other gallery

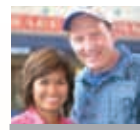
owners survive. We all have to stick together to make this happen."

Born in Houston, Texas, Salazar earned a bachelor's from Colorado College, a master's from Boston College and another master's in art history and theory from Harvard. His specialty was the representation of the Virgin Mary in Russian iconic art. He originally came to San Diego to work in an art gallery in La Jolla, but soon decided he wanted to open his own space. He decided on downtown, where he lived, because he loved the fast pace of street life, the rents were low and there was much potential for growth and development. He said he wanted to invest in his own neighborhood.

Greg Regan was Salazar's February artist-in-residence. Every day from about 2 to 7 p.m., he publicly painted abstract representations of women in the small gallery space next door. Regan, who went to San Dieguito High School and is largely self-taught, said, "I am very happy to be a part of the Alexander's mission to transform this area. I like the people I have met here and all the activity going has been very stimulating. People should come down here and see what is happening and get involved."

In March, Salazar will feature two artists. From March 1 through March 14, with a reception on March 5, Alison Rash will be showing her artwork, which is based on the geometric shape of the diamond. The second half of March will feature the work of Jorge Albertella, who is co-sponsored by the Argentinean consulate. There will be a reception for him on March 25 and 26.

For more information visit www.alexandersalazarfineart.com, call (619) 531-8996, or e-mail asalazar@post.harvard.edu.



It's all Happening!

Marc & Darlynn Menkin

Spring is just around the corner and with it comes warmer temperatures, baseball and plenty of cool things to do downtown. Here's a glimpse at some of the fun happenings this month:

Held on the second Friday of every other month from 6 to 9 p.m., **Kettner Nights** in Little Italy is a great event that's known for featuring unique and one-of-a-kind artwork. From paintings to sculptures and handmade jewelry, this is the place to be for the arts and design crowd. Another plus: many of the artists can be found working away in their studios so you can talk with them one-on-one. Parking, however, can be challenging and on our tours, the one question people often ask is "Where can I park for Kettner Nights?"

If you don't mind walking, try parking on the outskirts of Little Italy. It's less than a mile away and everywhere you look, there are sweeping views of blue water, sailboats and colorful people, so it's a relaxing walk. Possible locations that often clear out once 5 p.m. hits include the area near the **W Hotel** on B Street between Columbia and State streets or near the dog park at Columbia and G streets.

Once you find parking, your first stop should be the W Hotel, which has both the lobby bar and an outdoor rooftop scene featuring heated sand, cabanas and fire pits.

Next, take a peek inside **Anthology** — a live music venue and restaurant at 1337 India St. Make sure you visit all three levels. Continue your walk down India Street and when you get to the **El Camino** restaurant, turn left on Kalmia and head down the hill to the 2400 block of Kettner Street. The art studios in the 2400 Building are especially worth

We want to hear from you! On Sunday March 27th, from noon to 4 p.m., Marine Artist Wyland will make a special appearance at the Wyland Gallery in Seaport Village. Get a photo with Wyland and both of you should be showing a Shaka/Hang Loose Sign and big smiles. Post your photos to our Facebook page. The most creative pictures will win a colorful item from the gallery and tickets to a Downtown Amazing Race/treasure hunt with Where You Want To Be Tours.

Marc & Darlynn Menkin are the co-owners of Where You Want To Be Tours. Many of their tours and teambuilding scavenger hunts feature secret Downtown areas. www.wheretours.com

checking out! The next Kettner Nights is March 11 (www.littleitalysd.com).

Mo'olelo Performing Arts Company's latest production "Stick Fly" comes to the **Tenth Avenue Theatre** in East Village. Written by Lydia R. Diamond and directed by Robert Barry Fleming, the play, which is receiving rave reviews, centers on the LaVays, an affluent African-American family vacationing on Martha's Vineyard for the weekend. The sons — one, a physician, the other, an aspiring novelist — each bring their girlfriends — one black, one white — to meet the family. Mo'olelo's Artistic Director, Seema Sueko, says she's excited to bring "Stick Fly" to the local theater scene. As for being downtown, Sueko calls it an ideal location.

"We love being downtown and in the East Village! This is a fun, quirky neighborhood full of entrepreneurs and character," she said. "The central location makes it easy for our audiences to come from all parts of the county."

"Stick Fly" runs through March 20. For ticket information, visit www.moolelo.net.

Mindful Eating

It's Saturday night. You put on your favorite DVD. You snuggle on the couch with a tall, cold glass of milk and a package of your favorite cookies. One-by-one you eat the creamy filling first and then the crunchy cookie. Now fast forward two hours—you've not only finished the movie, but you've also finished the entire bag of cookies. A prime example of mindless eating! In order for us to change this behavior, we must be aware of what causes us to overeat to begin with.

Tip #1— Be Portion Precise

If you are eyeballing portion sizes, you may be underestimating how much you are actually eating. Underestimating portion sizes could be what is hindering your weight loss efforts.

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Animal loving kids can enjoy the dog days of summer with lovable animal buddies, fun games and activities at the San Diego Humane Society's Animal Adventure Camp. Kids ages five to 13 will interact with dogs, exercise bunnies and Guinea pigs, socialize kittens, enjoy animal related games and crafts, get behind-the-scenes tours of the Humane Society's state-of-the-art campus and much more! Week-long Spring and Summer sessions are available. All proceeds benefit the animals and programs of the San Diego Humane Society and SPCA. Space is limited, and pre-registration is required. Extended care is also available. To register or receive more information including rates and availability, contact the Humane Society's Education Department at (619) 243-3432 or at edu@sdhumane.org.

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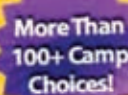
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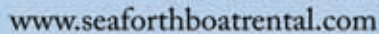
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Downtown · “J. Segal Rowhome”
This award-winning masterpiece offers the ultimate in urban living! Located on the edge of the Marina District, the remodeled residence includes approximately 2300 sq. ft. of ‘hip’ architecture, PLUS a separate, 700 sq. ft. work loft/granny-flat, or entertainer’s mecca w/ home theatre & wet-bar.
For full details in a recorded message,
call 1-800-709-1995, Ext. 5479



Downtown · “The Metropolitan”
This elegant, BANK-OWNED foreclosure in one of Downtown’s most desirable luxury high-rises is well priced. 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 · “Electra”
Situated near the top of San Diego’s tallest residential high-rise, this expansive 1850 square-foot beauty on the 41st floor will knock your socks off! The touch of a button operates the window shades and lights & the interior is upgraded beyond belief!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5099



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 & wall treatments, gleaming hardwood floors, a private terrace, & even a water-feature. 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 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 · “Alta”
This super SHORT-SALE is a rare opportunity to enjoy a prime, 14th-floor, Northwest corner beauty in one of Downtown’s most exciting, newer communities, complete with stunning views, and an oversized terrace!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5059



Downtown · “The Grande”
Featuring an upgraded and pristine interior, this lovely residence enjoys gleaming cherry hardwood floors, a bay view terrace, a black-granite kitchen with glass-tile back-splash and stainless appliances, dual secured parking spaces, and may convey ‘furnished’ with a strong offer! Stunning!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5339



Downtown · “La Vita”
Boasting lovely south-facing views of the urban environment, this two-bedroom with granite kitchen, dual parkig and spacious terrace is priced an equity sale -and- priced right!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5089



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 · “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,
call 1-800-709-1995, Ext. 5579



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 · “The Metropolitan”
Take advantage of this SHORT-SALE beauty with stunning, 24th-floor water views, approximately 2000 square feet, 3 bedrooms and 3 baths! Located atop the Omni Hotel at Petco Park!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5039



Downtown · “The Mills”
Take advantage of this super clean 1-bedroom starter with granite kitchen, short-sale priced to sell at just \$195,000!
For full details in a recorded message,
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Downtown · “Atria”
Ideally located in the vibrant Marina District, this cool, hip one-bedroom is within walking distance to everything and is VA/FHA approved, ideal for first time buyers!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5379



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,
call 1-800-709-1995, Ext. 5599



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. 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 · “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



Bankers Hill · “Century Plaza Towers”
Enjoy almost 1500 sq ft of upgrades in the area’s landmark luxury high-rise near Balboa Park! Featuring dual parking spaces and brand new Plantation shutters also includes a full-size laundry room, lovely views from its northeast corner location, and a private terrace!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5149



Downtown · “Horizons”
Live the good life in this desirable Marina District location on the Southwest corner on the 14th floor, with sweeping water views! You’ll love the gleaming hardwood floors, multiple balconies, and dual side-by-side parking and storage!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5019



Downtown · “Horizons”
In pristine condition, this Northwest corner two-bedroom residence enjoys a private view terrace, a granite and stainless kitchen, and rich stone surfaces in the bathrooms!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5159



Downtown · “Pacific Terrace”
Absolutely pristine, this sunny, southwest corner in popular, smaller complex enjoys city views, a gleaming granite kitchen, a spacious west-facing terrace, and dual parking!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5429



Downtown · “Alta”
Come see why so many are making Alta their choice! 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!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5569



Downtown · “Harbor Club”
Sold for \$575,000. 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.
For full details in a recorded message,
call 1-800-709-1995, Ext. 5109



Bankers Hill · “BayVu”
Located near Downtown, this rare, top-floor beauty boasts stunning bay views, brand new carpet, and a freshly painted interior! Located in a secured building with dual parking spaces, this one’s super sweet!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5209



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 · “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 · “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 backsplash! Priced to sell!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5169



Downtown · “Discovery”
Ideally located in the quiet, private Northwest corner of the building, this charming 1-BR with spacious terrace and freshly painted interior is priced to sell! Atop Cortez Hill, you’re close to the action but away from it, too!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5079



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! Wall to a multitude of restaurants and entertainment venues from this beautifully located development!
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