

SAN DIEGO COMMUNITY NEWSPAPER GROUP

**JULY 2011** 

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# SUMMER IN THE CITY

and the world famous Comic-Con all converge to make America's Finest the most exciting place to see and be seen in the month of July. For a colorful listing of all the downtown happenings this month, turn to Page 9.



**COMIC-CON** invades

Now in its 42nd year, there is International.

Nothing comes close to it for spectacle, crowd size or commerce. Between July 20 and July 24 more than 125,000 people will hit the San Diego Convention Center, transforming it into one of the most important pop culture gatherings in the world. The event is now so big it includes street closures and events in the surrounding areas

While there has been talk of some movie studios not attending this year, Comic-Con visitors won't notice any slack, since both booth spaces and tickets have been sold out for months.

By BART MENDOZA | DOWNTOWN NEWS Amongst the big guns expected this year are a preview of the upcoming "Captain America" movie with star Chris Evans, a live web broadcast with William Shatner and Avery Brooks no question about it: in July, San moderated by Kevin Smith, and the cast and crews of shows Diego is all about Comic-Con such as "Dexter" and "Homeland." Meanwhile, Fox will bring the casts of "Glee" and "Bones," and director Jon Favreau will premiere his new film, "Cowboys and Aliens."

> And that's just the tip of the iceberg. With hundred of writers, artists, actors, producers and more on hand, there is more to see and do than a person could possibly take in during the convention's four and a half days.

> While much of the hoopla each year surrounds the visiting movie and television studios, Comic-Con is also crucial link to bigger things for San Diego's burgeoning comic's community.

> > SEE COMIC-CON, Page 7



ple and other fantasy notables will take San Diego from July 20-24. PA

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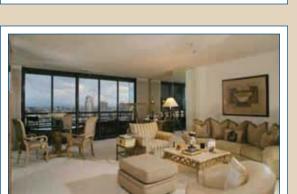
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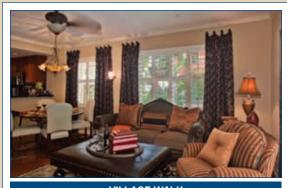
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or those looking for the best possible place to view fireworks on the Fourth of July, San Diego has myriad possibilities. Almost every beach community in the county offers some kind of Independence Day celebration, and they all promise to entertain. Downtown's bayfront community, however, offers the biggest show, with several viewing options.

Seaport Village provides front row seats to the annual Big Bay Boom, the Port of San Diego's fireworks extravaganza, which ignites explosives from five barges strategically placed in the bay, starting at 9 p.m. In addition to the fireworks display, the show will be set to live music broadcasted simultaneously from Walrus 105.7 FM, and San Diego Fox 5 will televise the show live from the Hilton San Diego Bayfront Hotel. The show is anticipated to last 17 minutes.

Viewing locations for Big Bay Boom

include Shelter Island, Harbor Island, B Street Pier, Broadway Pier, Coronado Ferry Landing, Imperial Beach and more. For all viewing locations, barge placement, parking and public transit information, visit www.thebigbay.com.

For other, less conventional viewing options, revelers may choose to visit the Maritime Museum, which offers several places from which to see the show, including the observation deck of the museum's historic 1898 steam ferry, the Berkeley.

To get closer to the action, the museum also has a fireworks cruise on board the schooner Californian. Leaving the museum at 6:30 p.m., passengers will experience an event like no other when the Californian's six-pound deck guns join the pyrotechnic presentation. Tickets are \$65. For the same price, viewers can experience a yacht cruise aboard the Chere Amie, but without the ear-blasting broadside.

Another option is a ride on the 1914

Pilot at 7:30 p.m. Guests will enjoy the show from the water, a much different view than from land, for \$25.

For more information, visit www.sdmaritime.org.

— Kendra Hartmann

Here's a look at July 4 fireworks displays around San Diego:

La Jolla Country Club: fireworks visible from Mount Soledad, approximately 8:20

La Jolla Cove: 9 p.m.
 Mission Bay Yacht Club: fireworks visible from Mission Bay, Mount Soledad

and Pacific Beach, 9 p.m.
• San Diego Bay: "Big Bay Boom 2011,"

9 p.m. • San Diego Symphony (Embarcadero):

sion Bay and Crown Point. 9:50 p.m.

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# San Diego LGBT Pride This year, celebration to include military in parade contingent

By KAI OLIVER-KURTIN | DOWNTOWN NEWS

rainbow of color will hit the streets of Balboa Park and Hillcrest July 15-17 for the 37th annual San Diego Lesbian, Gay, Bisexual and Transgender (LGBT) Pride rally, parade and festival.

"It's a quintessential outdoor festival in an ideal venue," said Frank Sabatini Jr., media coordinator. "The performances, unique food vendors, exhibitors and merchandise, beer garden and dance areas combine to provide all the ingredients of a full-fledged outdoor festival."

An estimated 35,000 people are expected to attend the weekend event. Headlining the entertainment is fiercely blunt and provocative comedienne, Margaret Cho, as well as music sensation Salt-N-Pepa, known for the 1980s rap hit "Push It." Hollywood reporter and comedian Ross Mathews will lead the festivities as master of ceremonies.

Other performers slated for this year's lineup include singer Frenchie Davis, seen on "American Idol" and "The Voice;" Selene Luna, Cho's assistant on "The Cho Show;" Kristine W., a recording artist best known for her high-energy dance music; hip-hoppers God-Des & She recognized for their song "Lick It;" and local rock group Danielle Lopresti and the Masses.

To kick things off on July 15, the annual Spirit of Stonewall rally will be ical statement, we're just trying to do held at Marston Point in Balboa Park at 6:30 p.m. Marianne Williamson, bestselling author and founder of the Peace Alliance and Project Angel Food in Los Angeles will present the keynote address. Also speaking is Tucson, Ariz. hero and political activist Daniel Hernandez Jr., who came to the immediate aid of Rep. Gabrielle Giffords after she was shot during a meet-and-greet in January. Pride award recipients will also be recognized during the rally for their activism and support of the LGBT com-

"The rally is the real political arm of the weekend," said Sabatini. "Issues like gay marriage, school bullying and 'Don't Ask, Don't Tell' are discussed. It keeps people up to date and active on the hot-button issues."

An unprecedented first for Pride festivals nationwide, 2011 San Diego LGBT community and their support-LGBT Pride will include a parade contingent to recognize members of the local community and encourage everymilitary. On the heels of the "Don't Ask, Don't Tell" repeal signed by President Obama in December, more than 100 out-of-uniform servicemen and women tive of the current struggles and milewill be leading the parade, many having spent years in silence while carrying out their military service.

"We're not here to attack the process ity. of repeal," said Sean Sala, organizer and recent veteran. "This is not a polit-

the right thing.'

Specifically targeting active-duty military, Sala believes the contingent is a constitutional right, and hopes San Diego's large military installment will share in what will be a historical cele-

'Members of the military should be able to receive recognition and it's disturbing that they haven't been able to be represented in the past," he said.

Beginning at 11 a.m. on July 16, the mile-long parade will start at University Avenue and Normal Street and continue down Sixth Avenue toward Upas Street. Actress Meredith Baxter will serve as the celebrity grand marshal, and will be joined by community grand marshal Chris Shaw, owner of multiple Hillcrest businesses.

This is a fun outdoor event for the ers," said Sabatini. "We welcome the one to participate. This is not a closed event and we do not shut anyone out. The parade is a show of visibility reflecstones of the LGBT community," said Sabatini. "It's a very colorful event that combines festivity with a call for equal-

For more information and to purchase tickets, visit www.sdpride.org.



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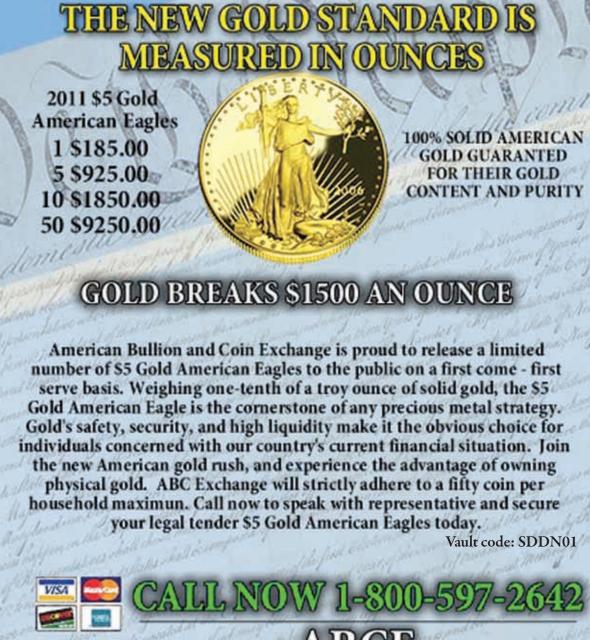
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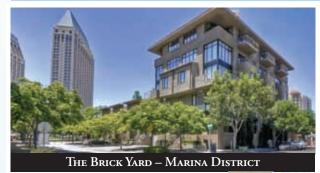


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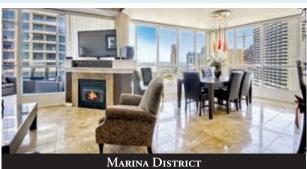
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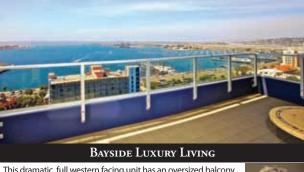
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### NEWS

# NOW: the history of San Diego's first City Hall

**Editor's note:** This is the first of a new series of columns focusing on the stories behind downtown's historical buildings and landmarks. Each month, readers will learn the background of a different structure and how its use and appearance has changed over the years.

### By JOHNNY McDONALD | Downtown News

olding a leash on a town of brothels, saloons and gambling halls — still flourishing despite a boomtown bust wasn't an easy task for San Diego city government in the early 1900s.

A spectrum of order didn't get into motion until 1891, when the city's leaders moved into their fortress at the southwest corner of Fifth Avenue and G Street, hub of the Stingaree District now known as the Gaslamp Quarter.

The police department occupied the first two floors, including a jail. The city library's 8,000 volumes filled the third floor and the Council Chambers occupied the fourth.

Although the architecture stems from the Italian Renaissance, the design was influenced by the styles of the decade. Windows were shaped in the form of Roman arches and pilasters contrasted with lightcolored stucco walls.

The structure's first major occupant was the National Bank. It was named the Theater Building following completion in 1874, though historian Sherry Linden of the Gaslamp Quarter Historical Foundation was not sure where the moniker originated.

In those days, San Diego, as some well know, was not entirely squeaky clean. The first mayor, Edwin Capp, became involved in a scandal over profit making on the purchase of a smallpox vaccine intended for

Back then, city government was patterned by federal and state standards. The mayor was a powerful executive who could veto legislation passed by the Common Council. This charter, with modifications, was maintained until 1931.

The Common Council consisted of two houses: a Board of Aldermen and a Board Hall is owned privately of Delegates. In 1905, the two houses were and is a mixed-use consolidated into nine members (one from each ward).

To keep close to the action, prominent attorneys leased space on the second floor of a nearby building on Fourth Avenue, known as Lawyer's Block. In the 1940s, an enclosed bridge was built across the 10-foot alley to City Hall.

The building housed government offices for 35 years before moving to the Embarcadero. The police station also moved closer to the water, to a place called Dead Man's Point — a burial location for sailors. That old headquarters still stands near Seaport

In 1995, this un-reinforced masonry building underwent major structural renovation and was completely retrofitted according to the seismic regulations of the then-applicable building code and city ordi-

Today, the old City occupancy, with Jimmy Love's restaurant and bar on the first floor, retail on the second floor and live/work loft units on the third and fourth floors.



Diego's first City Hall resided
in this building at Fifth Avenue and G
Street. In the photo above, courtesy of the
Gaslamp Quarter Historical Foundation, the
strucco that had been plastered to the facade of the building is being pulled off to reveal the orig inal arched windows and Italian Renaissance design, left.



# BALBOA PARKnews/events

By JOHNNY McDONALD | DOWNTOWN NEWS

Felder in concert

Actor, playwright and Steinway concert artist Hershey Felder will perform three shows at the Old Globe in the next two

In "Hershey Felder as George Gershwin Alone," he'll be on stage through July 10 playing some of Gershwin's best-known songs. Then, he'll lead audiences through a century of American music in "Hershey Felder in Concert: The Great American Songbook Sing-Along," July 11 - 17.

"Hershey Felder in Maestro: The Art of Leonard Bernstein," will be a Globe debut from July 22 to Aug. 28.

### **Honoring Mrs. Seuss**

The Old Globe will host its annual gala July 30, honoring San Diego philanthropist Audrey Geisel and her significant contributions to its theater. Darlene Shiley and Sheryl White serve as co-chairs.

The black-tie event will begin with a reception and silent auction in Balboa Park's Alcazar Garden at 6 p.m., followed

by a special performance by Felder in the cycling race, was joined on the pro list by Conrad Prebys Theatre Center. Dinner and dancing will take place on the Globe's Copley Plaza, featuring music by Impulse.

High price tag for park anniversary

An ambitious \$75 million price tag has been placed on the projected budget for Balboa Park's 2015 100-year anniversary

The next step for coordinators will be to hire a chief operator to map out plans for the 12-month event.

### Hall's stars for May

San Diego Padres first baseman Brad Hawpe and UCSD softball pitcher Camille Gaito headlined a list of athletes honored as Stars of the Month for May by the Park's San Diego Hall of Champions.

Hawpe batted .303, had a .367 on-base percentage and .506 slugging average.

Gaito, a junior, pitched UCSD to the school's first NCAA Division II softball

Serra High graduate Chris Horner, who captured the six-day Tour of California former Rancho Bernardo High left-handed pitcher Cole Hamels of the Philadelphia Phillies and ex-Eastlake High standout Adrian Gonzalez of the Boston Red Sox.

Joining Gaito for amateur honors were Dodo Cheney, who captured her 381st USTA national tennis title with a doubles victory; the Indiana University baseball duo of senior Alex Dickerson and freshman Joey Denato; NCAA javelin champ Nick Howe of UCSD; Point Loma Nazarene track standout Victoria Anderson; and UCSD golfer Manav Shah.



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# **COMIC-CON**

There are a number of publishers in town, ranging from smaller imprints such as Top Cow, with books like "Witchblade," to major publishers like IDW, which issues the "Star Trek" series,

among others. As might be expected burger" book and a renowned graphwith so much industry clout in town, ics artist who has done album covers many creators also reside locally, from "Blue Monday's" Chynna Clugston-Flores to "Amazing Spider-Man" colorist Jeromy Cox.

According to Exhibit A Press's Batton Lash, creator of the long-running "Supernatural Law" comic featuring the characters Wolff and Byrd, Counselors of the Macabre, when it comes to getting the word out about your work, nothing comes close to Comic-Con.

"It's very important," he said. "Because when the general public comes in to see what's coming up in movies or TV, they begin to wander around and look at independent comics and they see that it's more than just superheroes. Nine times out Internet forum." of ten they'll come back the next day and buy something.'

Bloodfire Studios art director Lee Kohse, best known for his work on Star Wars trading cards and the forthcoming "Speed Racer" book, sees Comic-Con as a crucial step to estab-

"So much of our business is just from the contacts that we make there each year," he said. "The artists find new projects to work on and so forth. That's actually how we first funded Bloodfire. The work we would get at this one event would keep us going for a year."

He also pointed out that selling their work directly to the public enables the publishers to make a slightly higher profit.

Mary Fleener, creator of the "Slut- into one."



for local notables like Buddy Blue and Cindy Lee Berryhill, agreed. While she sees the Internet as the best way to get word out about one's work, "Comic-Con is nice because the publishers are there and you can sign and meet your fans. But, as it becomes more popular, it gets crazier. It's a lot of work; it's four days of go, go, go."

Kohse also considers being able to meet fans face to face a major attraction at Comic-Con.

"The interaction with the fans is a lot of fun," he said. "You get instant feedback. It's much better to be able to look someone in the eye and ask them their opinion than reading the words of somebody who's flaming you on an

As important as the business side of things at the convention are, Lash considers people-watching is still one of the top things to do each year.

"I love watching the costumes," he said. "Something I've noticed over the past couple of years is whole families dressing up, as the Incredibles or the Fantastic Four and so on, so they make it a family outing. It's adorable."

Lash looks forward to making even more connections and meeting more fans this year, but said no matter what happens, there's a simple reason why-Comic-Con continues to be such a popular gathering: It's fun.

"It's been commented on before, but this is a big, exciting event," he said. "It's sort of like Christmas, Halloween and Fourth of July all rolled

# **Does Fat City still have soul?**

By MARIKO LAMB | Downtown News

The Historical Resources Board granted a continuance on June 24 for a motion to designate the Fat City building, located at 2137 Pacific Coast Highway, as a historical building — a step away from the development of a \$90 million, 237-unit apartment complex project proposed by architect-developer Jonathan Segal.

The peach-colored building enhanced with neon lights on the northeast corner of Pacific Coast Highway and Hawthorn Street was built in 1941 in the Streamline Moderne style. It since undergone numerous reconstructions — the dividing factor among the board members' decision to designate the building.

"Over the past 70 years, the destruction and remodeling has resulted in only 32 percent of the prominent façade remaining," Segal said, arguing that it does not have sufficient original properties to be designated as historical.

"The soul of that building no longer exists. It is no longer recognizable," he

Collin Fat spoke on behalf

of Tom Fat, who owned the building existed. Clearly, the idea was not to damfrom 1978 until his death in 2007. He said the integrity of the building has been lost and should not be considered.

"When we took over the building, we removed all existing buildings on the site that were unusable and unsuitable for the purposes of operating a restaurant, and we demolished the interior and street facades of the restaurant-building, essentially retaining only part of its shell," he said. "It is very different today than when we took it over in 1978. There are a lot of personal feelings about our building, but I can tell you that we did not buy the building because of its historical significance.

In a video presentation, Save Our Heritage Organisation (SOHO) argued that Tom Fat did in fact salvage original Streamline Moderne characteristics of the building, including horizontal raking, the streamline curved linear design, stacked Art Deco glass cubes and the shape of the building's original iconic

According to the SOHO video, "Tom Fat implemented a plan for the adaptive reuse and rehabilitation to an existing structure long before such standards

age the character of the building. In fact, he installed nearly a mile of neon to accentuate the building's streamline character."

According to the Historical Resources Board guidelines, three criteria are used when determining whether or not a site should be deemed historic. The property must embody characteristics that are significant to the city or neighborhood's development, are associated with persons of significance or that exemplify a distinctive style of architectural con-

Despite the city staff's recommendation that the building fails to meet all criteria and should not be designated, some board members thought the building did meet one or more of the criteria. Others — including Board Chairman John Lemmo — admitted to "sitting on the fence" with the decision.

In the 1940s, the building housed Top's Nightclub, an entertainment venue that featured artists such as Nat King Cole, Shelly Winters and Nelson Eddy.

Community members attested to the building's significance for a variety of

"Top's/Fat City is one of the most mittee Room, 12th floor, City Hall.

important and probably one of the very, very best Art Deco buildings that we have left," said Bruce Kuhns.

"This particular building is instantly recognizable when you see the old photographs and now. Eighty percent, we believe, of the character-defining features are still present," he said.

Resident Jim Bigante said he met his wife at Top's Nightclub many years ago.

"Claims that the building lacks historical integrity is a misnomer. Historical integrity is in the hearts, minds and experiences," he said. "Top's is a historical place for me, for the neighborhood, for all the good people who grew up in my family's era and for the city of San

Following resident testimonies, board member Priscilla Ann Berge motioned that the building embodies distinctive characteristics of the Streamline Moderne architectural style with modified Art Deco stylistic enhancements and should be designated as historical under the third criterion exemplifying distinctive architectural style.

Maria Lia, Segal's historical consultant and attorney, argued that despite sentiment attached to the building, it only passes one of the seven universally recognized integrity tests used to designate historical buildings. She requested a continuance of the decision until the board's next meeting.

The Historical Resources Board will revisit the motion at their next meeting on Thursday, July 28 in the Council Com-



LA JOLLA VILLAGE NEWS PENINSULA BEACON



**EDITOR** 

**EDITOR** 

DOWNTOWN NEWS



### sdnews.com 1621 Grand Ave., 2nd Floor, Ste C

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**PUBLISHER** JULIE HOISINGTON KEVIN MCKAY (x131) bbp@sdnews.com

KENDRA HARTMANN (x132)

CLAIRE HARLIN (x133)

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MIKE FAHEY (x117) MICHAEL LONG (x112) HEATHER ADAMS (x115) **DEBORAH VAZQUEZ (x118)** SONYA GODETTE (x136) KIM DONALDSON (x140) HEATHER GLYNN (x103)

PATTY ANGLEY (x120)

### **PHOTOGRAPHERS**

DON BALCH, JIM GRANT, PAUL HANSEN, MIKE MCCARTHY

### **CONTRIBUTORS**

BART MENDOZA, BIANCA KOCH, CAROL OLTON, CHARLENE BALDRIDGE. DIANA CAVAGNARO, HOLLY BEEDLE, JOHN FRY, JOHNNY McDONALD. JUDITH GARFIELD, KAI OLIVER-KURTIN, LEE CORNELL. LORALEE OLEJNIK. MANNY LOPEZ, MEAGHAN CLARK, NATASHA JOSEFOWITZ, NEAL PUTNAM, NICOLE SOURS-LARSON, RACHEL HUTMAN, ROB STONE, SANDY LIPPE, SCOTT HOPKINS, SEBASTIAN RUIZ, TAWNY MAYA MCCRAY, **VINCENT ANDRUNAS** 

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ask that content be sent at least one week prior to publication and include valid contact information.

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SENIOR MINISTER

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SUNDAY SERVICES 9:00 Meditative 10:30 Celebration 10:30 Youth Ministry

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### NEWS



rooftop nightclub, downtown revelers will have no shortage of bronzed skin, along with panoramic views of the downtown skyline.

"There is nothing like a rooftop pool party to capture the essence of summer with great food and

Giannecchini, marketing manager of

The first of the Sunday pool parties, a Fortune Industries event, was on May 29. Fortune will also be hosting three more such parties, on July 3, Aug. 14 and Sept. 4.

The other parties will provide a relaxing poolside haven for sun-hungry partiers.

For more information, call (619) 814-2055 or visit ivyentertainmentsandiego

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society through many exhibi-

tions, artist lectures, communi-

ty event sponsorship and char-

ity events. A must visit when

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summer



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### **NEWS**briefs

### Petco goes to the dogs

Petco and the San Diego Padres will attempt to set a Guinness World Record for the most dogs at a professsional sporting event at the annual Dog Days of Summer on July 27.

Up to 750 pooches will take over Petco Park as the Padres take on the Arizona Diamondbacks at 7:05 p.m.

A pre-game tail gate party and an on-field pet parade and costume contest will take place before the game. Canines and their humans can then cheer on the Padres from Park in the

Local shelter representatives will be in attendance to educate the public on the importance of pet adoption.

For more information, visit www.petco.com/petcopark.

### **East Village calls upon** snapshot superstars

The East Village Association has announced its 2011 photo contest aimed at showcasing the uniqueness of the neighborhood. The competition is open to all amateur and professional photographers in San Diego County who are at least 21 years of age.

Entries must be received by Aug. 15 at midnight and winners will be announced at the East Village Association board meeting on Sept. 1. There is no entry fee for the contest, and the top prize will be \$500 cash.

For rules and more information, email info@eastvillagesandiego-.com. Submissions can be sent to photo@eastvillagesandiego.com.

### **Harbor Bridge wins** prestigious awards

The 550-foot Harbor Drive Pedestrian Bridge, one of the world's longest self-anchored pedestrian suspension bridges, was honored with three prestigious awards recently.

The bridge took second place in the bridge category by the American Road and Transportation Association, Project of the Year in the transportation category by the American Public Works Association and the Award of Excellence by Urban Land Institute.

The bridge was constructed as a requirement of the Public Utilities Commission due to the reconfiguration of streets to accommodate construction of Petco Park and reconstructing a vehicular intersection at Park Boulevard and Harbor Drive. It was designed by Ty Lin International and Safdie Rabines Architects and constructed by Reyes Construction, Inc.

### **Hiatus for Balboa Park** overhaul

After a vote of nonsupport from the City Council Rules Committee, Qualcomm co-founder Irwin Jacobs has put a hold on his \$40 million Plaza de Panama redesign project.

The project, a source of contention between supporters and park preservationists, called for the construction of a bypass off the Cabrillo Bridge, diverting traffic around the plaza to a roughly 800-space parking garage to be built behind the Spreckels Organ Pavilion.

The Rules Committee voted 4-1 to send the issue to the full City Council without a recommendation. The committee determined that a memorandum of understanding (MOU) outlining the plan for a proposed \$14 million bond for the parking garage violated the California Environmental Quality Act (CEQA) because the plan called for entering into the MOU in advance of the environmental impact report. CEQA calls for an environmental review to take place before approval of a project.

# nwoinwo

Tower After Hours: Cuba, 6 p.m., Museum of Man, 1350 El Prado, celebrate Cuban dance, music and food, (619) 239-2001, www.museum ofman.org,

\$10 members, \$15 students and military, \$20 nonmembers

"A Year with Frog and Toad," 7 p.m., San Diego Junior Theatre, 1650 El Prado #208, (619) 239-8355, juniortheatre.com,

Gaslamp guided walking tour, 11 a.m., William Heath Davis Historical House Museum, 410 Island Ave., every Saturday led by a guide from the Gaslamp Historical Foundation, (619) 233-4692, www.gaslamp quarter.org/tours, \$10, \$8 seniors/stud-ents/military

Fortune Industries' Pool Party, noon to 8 p.m., Ivy Nightclub at Andaz Hotel, 600 F St., see and be seen six stories up at the rooftop pool of the Andaz while partying with DJs and Fortune 421, who will be screen printing T-shirts and introducing the company's new line of swimwear, www.fortune421.com, www.ivyentertainmentsandiego.com, \$15 cover

New Orleans-style Jazz Barbeque, 3 to 6 p.m., Dizzy's at the San Diego Wine and Culinary Center, 200 Harbor Drive, (858) 270-7467, \$5 entrance, \$5 food, \$5 drinks

**Eleventh annual Big Bay** Boom Fireworks Show, 9 p.m., show lasts 17 minutes, www.thebig bay.com,

Fourth of July Fun on San Diego Bay, 6:30 p.m., the Maritime Museum, 1492 North Harbor Drive, www.sdmaritime.org, \$25-\$65 for cruise viewing

Tour de Cuisine wine tasting, 6 p.m., 200 Harbor Drive, kicking off Bastille Week (July 11-17), (619) 544-1445, www.france-sandiego.org, \$30 members, \$35 members

> Kettner Nights, Littly Italy North, 6 to 9 p.m., Kettner Boulevard and India Street between Grape and Laurel streets, art, design and antiques, (619) 358-9512, free

Downtown Sound Bites, 1 p.m., 193 Horton Plaza, featuring Joe Terzi, president and CEO of the San Diego Convention and Visitors Bureau, www.ccdc.com, free

Balboa Park free Tuesdays, four museums offer free admission for San Diego city and county residents and active military, (619) 239-0512, www.balboapark.org

"It's Your Estate", 9 a.m., USS Midway Museum, 910 North Harbor Drive, first in a series of estate planning workshops, www.itsyourestate.org, free

Foster the People with Gardens and Villa, 7 p.m., House of Blues, 1055 Fifth Ave., live concert presented by 91X and Casbah, (619) 299-2583, \$20.50

CD release event for album "Dearly Beloved" by bassist Grant Clarkson featuring Sky Ladd, Richard Sellers, Mikan Zlatkovich and Lori Bell, 7:30 p.m., Dizzy's, 200 Harbor Drive, (858) 270-7467, \$15, \$10 students

Jarabe de Palo, 8 p.m., 4th and B, 345 B St., Latin rock from Barcelona, (619) 231-4343, www.4thandbevents.com, \$30-\$40

From El Greco to Dali, 10 a.m. to 5 p.m., San Diego Museum of Art, 1450 El Prado, opening of Spanish Masters exhibit that continues through Nov. 6, (619) 232-7931, www.sdmart.org, \$12 adults, \$9 military/seniors, \$8 students

Free organ concert, Spreckels Organ Pavilion Balboa Park, 2 p.m., featuring civic organist Carol Williams

Gospel on the Midway, 7 to 9 p.m., USS Midway, 910 North Harbor Drive, featuring San Diego gospel singers and the Stellar Gospel Music Award Nominees Malcolm Williams and Chester D.T. Baldwin, (619) 253-9818, http://www-.wix.com/gmwasandiego/sd-gmwa, \$35-

Summer Sailor's Days, 9 a.m., Maritime Museum, 1492 North Harbor Drive, through Aug. 29 learn how to tie sailor's knots, raise and lower sails, make rope and more, (619) 234-9153 ext. 101, www.sdmaritime.org, \$14 adults, \$8 chil-

Board commissioners meeting of the Port of San Diego, 1 p.m., 3165 Pacific Highway, www.portofsandie-

go.org

Little Italy Board of Directors meeting, 8:30 to 10 a.m., Our Lady of the Rosary Parish Hall, 1654 State St., chris@littleitaly sd.com

> Arturo Rios trunk show in conjunction with The Village Hat Shop, noon, 3821 Fourth Ave., www.villagehatshop.com, free

San Diego LGBT Pride Parade, 11 a.m., starts at University Avenue and Normal Street, this year's theme is "Pride Around the World" for the country's fifth largest pride parade followed by festival at Marston Point in Balboa Park, www.sdpride.org, free

Shakespeare Summer Festival: "Much Ado About Nothing" (other performances include Amadeus and the Tempest) with post-show actor's forum, 8 p.m., The Old Globe, 1363 Old Globe Way, (619) 234-5623, \$29-\$77

> Yoga for Youth, 9 a.m., Coronado Tidelands Park, 2000 Mullinex Drive, specialty clinics and 300 individuals practicing yoga to raise funds for at-risk youth served by Outdoor Outreach, www.outdooroutreach.org/yoga/, \$36 donation

Butterbeer is back! In honor of the release of the final Harry Potter film, "Harry Potter and the Deathly Hallows Part 2," Proper Gastropub, 795 J St., is serving up alcoholic non-alcoholic and butterbeer from July 14-17 for \$5 per tankard, (619) 255-7452, www.propergastropub.com

Independence from Hunger rooftop party and food drive, 6 p.m., W San Diego, 421 West B St., bring three nonperishable food items, www.mamas**Hornblower Full Moon** Dinner Cruse, 6:30 p.m., 1800 North Harbor Drive, champagne and a threecourse dinner, www.hornblower.com. \$69.95

kitchen.org, \$15

Stickley and Friends, 10 a.m., Marston House, 3525 Seventh Ave., American Arts and Crafts Movement, (619) 297-9327, \$10

"The Tempest," 8 p.m., The Old Globe Theatre, 1363 Old Globe Way, runs through Sept. 25, (619) 234-5623, tickets@theoldglobe-.org, \$29-\$75

Twilight in the Park,

6:15 p.m., Spreckels Organ Pavilion in Balboa Park, concerts are held Monday through Thursday until Aug. 30 with today's performance by Ron Jermain playing music from the 1940s and 1950s, www.balboapark.org, free

11th annual Little Italy State of the Neighborhood Dinner Reception, 6 p.m., Nelson Photo Supplies, 1909 India St., din-

ner celebrating the neighborhood featuring a auction, silent www.littleitalysd.com, \$25

Comic-Con International 2011,

San Diego Convention Center, 111 West Harbor Drive, opening day of the four-day world-famous festival, all passes are sold out, but there are still plenty of opportunities for peoplewatching, www.comiccon.org

ARTivities, 1:30 p.m., San Diego Museum of Art, 1450 El Prado, design and build a miniature chair using various art materials, (619) 232-7931, families@sdmart.com, free with museum admission

Boingo Dance Party featuring former members of Oingo Boingo, 8 p.m., 4th and B, 345 B St., (619) 231-4343, \$25-\$30

World Famous Super Hero Pub Crawl, noon, starts at Taste/Thirst on Fourth, 715 Fourth Ave., dress up as your favorite superhero for drink specials in honor of Comic-Con, (323) 604-6030, californianightlife.com, tickets start at \$8

Art in Bloom and annual open house, 10 a.m., Spanish village Art Center, 1770 Village Place, horticulture and art, www.spanishvillage art.com, free

adults, \$7 seniors

Historic Seventh Avenue Tour, noon, 2 p.m. and 4 p.m., Marston luseum, 3525 Seventh Ave., tour the historic 3500 block of Seventh Avenue and learn about the architecture, history and the connection of all the homes to the fabled Marston Family, (619) 297-9327, www.sohosandiego.org/marston/, \$10

"Ultimate Wave Tahiti," 4:45 p.m., San Diego Natural History Museum, 1788 El Prado, filmed in Tahiti and featuring nine-time world surfing champion Kelly Slater, the film showcases dramatic giantscreen surfing action, (619) 232-3821, free with museum admission (\$17 adults)

Hotel del Coronado Historic Walking Tour, 10:30 a.m., Hotel del Coronado, 1500 Orange Ave., (619) 437-8788, \$15 adults, children 12 and under free

Dog Days of Summer, Petco Park, help set a Guinness world record for the most dogs at a professional sporting event during the 7:05

game against the Arizona Diamondbacks, www.petco.com/petcopark, free for those who register and bring a dog

Playboy Golf Tour VIP Players Party, 7 p.m., lvy Nightclub at the Andaz, 600 F St., kick-off event featuring the Playboy Playmates and the San Diego Girls of Playboy Golf, www.playboygolf.com, \$475 per player

**East Bay Soul featuring** Greg Adams, followed by Mike Zito, 7:30 p.m., Anthology, 1337 India St., (619) 595-0300, www.anthologysd.com, \$10Mr. Big with Dirty Leslie, 8 p.m., 4th and B, 345 B St., (619) 231-4343, \$20-

The Old Globe Gala honoring Audrey Geisel, The Old Globe Theatre, 1363 Old Globe Way, annual black-tie event honoring the philanthropist for her support of the theatre, (619) 231-1941, eprisby@theoldglobe.org, \$750-\$1,000

Annual conference of the California Resource Recovery Association, 9 a.m. to 8 p.m., Lowes Coronado Bay Resort, 4000 Coronado Bay Road, www.crra.com, registration starts at \$599

Third annual Doggie Street Festival, 9 a.m., Hilton San Diego Bayfront Park, 1 Park Blvd., Southern California's largest dog adoption festival, www.doggiestreetfestival.org

Third Avenue Farmers and Artisans Market, 9 a.m. J Street between Third and Fourth avenues, free





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# owntown's drink shrinks

orings you Jeff Josenhans and Adam Stemmler as your go-to guys for all things swillable. Both active members of the U.S. Bartenders Guild, Josenhans and Stemmler will be sharing history and trends in cocktails, wine and beer in San Diego's downtown core.

A certified sommelier, Josenhans has worked for two years as director of outlets and sommelier for The U.S. Grant Hotel.

Taking the kitchen's "farm to table" philosophy to the bar, Josenhans (an award-winning mixologist who won the Gold Key Award for Best Food and knowledge of wine and spirits. Beverage Hotel Manager) created a seasonal cocktail program that highlights ingredients being used in the kitchen in innovative cocktails.

Also a sommelier, Stemmler has worked his way up through various San Diego dining institutions, including Bertrand at Mr. A's and the Firehouse Eatery in Pacific Beach. Currently at Vin de Syrah

knowledge of wine and spirits.
Stemmler won the U.S. Bartenders Guild regional competition in April, and went on to compete at

Look for future guest columnists as Stemmler and



Jeff Josenhans and Adam Stemmler, downtown's drink shrinks

is as American as baseball and apple pie. It's a special day when Americans get to engage in the guilty pleasures of barbecuing, beach cruising and beer drinking, not to mention the fireworks.

But before you reach for a beer this Fourth, take a minute to consider that whiskey is the more patriotic choice. With a history as storied as our nation itself, whiskey is the perfect way to celebrate all things American.

Here are five reasons why to it's your patriotic duty to love whiskey. Keep baseball and apple pie, I'll take bourbon and rye.

1. Before his death in 1799, the single largest producer of rye whiskey in the country was George Washington.

With the Fourth of July just around the corner, many are already masterminding their plans for a holiday that by the U.S. government was whiskey, and it is still a heavily taxed commodity today.

> 3. Gen. Ulysses S. Grant was a known lover of whiskey and even drank it in battle during the Civil War.

**4.** The process of illegally running moonshine into major cities, or "bootlegging," directly influenced the birth of NASCAR. Bootleggers constantly modified and upgraded their cars to out perform the cars driven by lawmen.

5. Although the word whiskey is a broad term that applies to many styles of aged grain distillate, bourbon whiskey is uniquely American. It is considered by many to be our gift to the world of spirits and on May 4, 1964, the United States Congress recognized bourbon whiskey as a "distinctive product of the United States."

– Adam Stemmler



# **Lincoln Room:** Honest Abe's Gaslamp eatery

By ALEXANDRA ROSA | DOWNTOWN NEWS

Nestled on Fourth Avenue in the heart of the Gaslamp is a new restaurant that transports you to a log cabin and a time when a man could get great grub and good drink for a fair price. The Lincoln Room, 901 Fourth Ave, is so unique it is a "must see" for locals and tourists.

Honest Abe can be found presiding from above the downstairs bar in the form a gigantic painting adjacent to the lighted sign that, for those who flunked the "are you smarter than a fifth-grader challenge?" reads: LINCOLN.

The 16th president's visage adorns the \$5 bill and the penny — ergo, happy hour is every day from 3 p.m. to 7 p.m. and costs, well, \$5. Everyone reacts to the décor as the tables are inlaid with Lincoln head pennies, apparently coming out to some 65.000 coins!

Left Coast Partners, with co-owners Darren Moore and Merritt Powell, have a strong local following and offer lots of lowaptly named "Eatin' and Drinkin' with Lincoln."

Before I sat down for a chat with Moore, I was treated to a delicious cocktail called The Mary Todd (Mrs. Lincoln for those not in the know) made with Grey Goose pear vodka and pear puree. It went down nicely and I am sure it would have made for a "proud Mary." I followed it with the deconstructed pizza consisting of roasted garlic, tomato chutney and warm goat cheese, which can be spread on the homemade crust. I could not resist the fontina mac and cheese (crispy smoked bacon and toasted bread crumbs).

Alexandra Rosa: So Darren, after years of success with Confidential Lounge here in this space why make a change if things were going good?

Darren Moore: The market changed and it was just not sustainable anymore. Serving locals and our neighborhood-driven lounge is at the heart. Marketing with a handshake is what we have always been about.

AR: What spurred the concept of the Lincoln Room?

**DM**: We wanted to bring honest,

know that we are open all the time and we have become extensions of people's homes. AR: What's your favorite haunt?

DM: I would head over to Neighborhood or Craft & Commerce, though I wish I had more chill time.

AR: What is your idea of perfect happi-

DM: When I am going into Point Loma and look at the water. I get happiness everyday at that sunset.

AR: Boxers or briefs?

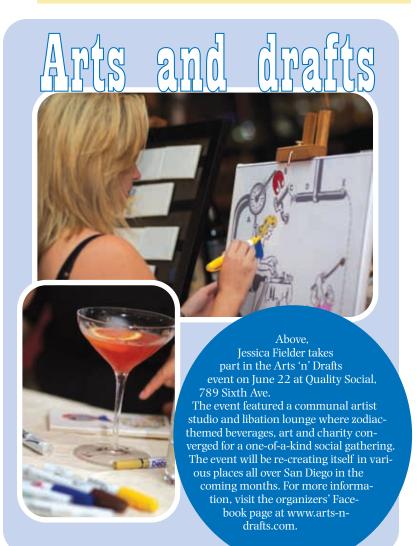
DM: No boxers and no tightie-whities. Whatever in the middle is, I guess it's a

AR: What is the trait you most deplore in vourself?

DM: Stubbornness. But that's not always a bad thing.

AR: I think Abe and I would both agree on that one.









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# **East Village eatery taps into**

a winning formula

BASIC Urban Kitchen and Bar was honored by San Diego's Business Improvement District (BID) Council by being named the 2011 BID Business of the Year at the Small Business Awards on June 9.

BASIC excelled in all the criteria businesses were judged on, including business staying power, growth, financials, innovations and BID support.

Led by hospitality veteran Jon Mangini, BASIC has thrived at its location in the East Village, 410 10th Ave., since it opened in 2006. Mangini helped

launch a restaurant at the W Hotel in 2003 before branching off to open BASIC on his own. Since then, the restaurant has received numerous awards, including an honor for "Design Excellence" by San Diego Home and Garden Magazine, "Best Pizza in San Diego" by NBC's Golden Local and a "Silver Fork" award by Riviera Magazine. Mangini recently expanded to open BASIC's sister restaurant, URBN Coal Fired Pizza in North Park.

"Everyone said I was crazy when I opened doors in the East Village five years ago because there was absolutely nothing



Jon
Mangini, above, said
everyone thought he was crazy
when he opened BASIC Urban
Kitchen and Bar in the East Village in
2006. Mangini showed critics how
wrong they were when BASIC was
named the 2011 BID Business of
the Year. Courtesy photos

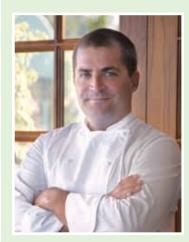
down in the neighborhood at that time," Mangini said in a recent statement. "We're thrilled with the way the East Vil-

lage has flourished throughout the past few years, and our local clientele is what has really allowed our business to succeed and continue to grow."

Harbor Drive, Suite 120, the main event will take place at

— Kendra Hartmann

# Local chef wins top honor



**Michael McDonald**, executive chef for Top of the Market, 750 North Harbor Drive, was named Chef of the Year by the California Restaurant Association, San Diego County chapter.

McDonald, who was nominated by his peers and industry leaders, took the helm at Top of the Market in 2009. Before he came to San Diego, he led culinary efforts at Brix@1601 in Hermosa Beach and was the executive chef at the Hollywood Roosevelt Hotel.

McDonald has been featuring on local TV stations and spends time volunteering at local high schools teaching culinary classes as part of the CRA's Regional Occupation Program (ROP) Culinary Arts Program.

"Because these winners are nominated, and then voted upon by their colleagues in the restaurant industry, the Gold Medallion Awards are considered a huge honor by those who receive them," said Fred Glick, president of the CRA San Diego County chapter.

### **DINING** briefs

Tickets for the **San Diego Bay Wine** and **Food Festival** are officially on sale. San Diegans can join fellow foodies and connoisseurs for the eighth annual, week-long event Nov. 16-20, and organizers are cautioning that tickets routinely sell out, so purchasing early is a must. For tickets or more information, call (619) 342-7337 or visit www.worldof wineevents.com.

# 'Bastille Week' promises *joie de vivre*

In honor of Bastille Day, July 14, the San Diego French-American Chamber of Commerce is bringing French food and culture stateside with "Bastille Week," a week-long celebration, July 11-17.

Kicking off with a wine tasting event on July 8 at the San Diego Wine and Culinary Center, 200

French restaurants throughout the city.

Hexagone in Bankers Hill will be participating along with La Bastide in Scripps Ranch, Savory in Encinitas, Vagabond in South Park, The French Gourmet in La Jolla and Bernard'O and French Market Grille in Rancho Bernardo.

All restaurants will offer a *prix fixe* menu consisting of a three-course meal for \$30 or three courses plus a wine pairing for \$40.

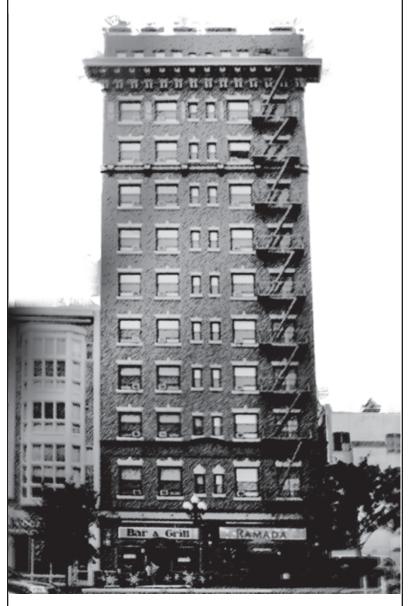
For more information, call (619) 544-1445 or visit www.france-sandiego.org.



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# → Urban Dining Directory <</p>



### 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.

### 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







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July 2011 | Vol. 12, No. 7

GASLAMP eateries







toes, avocado puree, quail eggs and picholine olives is paired with Lost Abbey's Red Barn Ale. Right, Bice's trio of tartare – fresh ahi tuna and avocado topped with seaweed salad; salmon with chives and large green capers; sea bass flavored with citrus. and lightly fried risotto cakes – makes the perfect starter. Below, Quality Social pairs an eight-ounce strip steak with grilled turnips over blue cheese polenta, topped with garlic-parsley butter with a

and a beet and Burrata (cheese) salad.



By KAI OLIVER-KURTIN | DOWNTOWN NEWS

ince the Gaslamp is often a prime destination for tourist dining, the restaurants they choose to frequent can tend to have a somewhat transient customer base. To appeal to local downtown residents ingroom are a comprehensive cheese and combat their tourist destination bar and prominent wine cellar. Upon reputations, many restaurants have created specials specifically catered cheeses, a formaggio (cheese toward downtown residents. So, leave the car in the garage and take a stroll to these neighborhood restaurants offering deals without the hassle of coupon clipping.

Bice Ristorante, 425 Island Ave., recently lowered half of their menu items by \$2 to \$6. The price reduction makes their upscale Italian food — with starters such as a trio of tartare or cherry tomato salad with Burrata cheese, second courses including baked eggplant Parmesan and homemade ravioli, or main entrees ranging from pan-seared Chilean sea bass to beef tenderloin

more attainable. "Many vendors have raised their prices because of the rise in gas

prices," said Mark Spears, general manager of Bice. "Other restaurants have an excused reason to raise their prices, but unlike them, we wanted to show our loyalty and support to customers by lowering our prices."

The focal points of Bice's main dinselecting three, five or seven expert) presents them on a board with explanations of origin and texture. Every Monday, Bice's "Milano flight nights" offer customers progressive wine and cheese pairings starting at \$19.

Bice holds a daily happy hour from 5 to 7 p.m. with \$5 food and drink specials. Their menu of traditional dishes, with both classic and contemporary preparations, changes weekly according to what local and seasonal ingredients are readily available.

Their customers come from all over the region, from La Jolla to Mexico, but Bice relies on downtown residents

for their steady business — especially during baseball season when commuters don't feel like fighting the crowds and paying a premium for parking.

nation from the- restaurant's formaggio (cheese expert). Bottom right, Jsix's stawberry shortcake brings together

fresh strawberries, pound cake, whipped cream and mint leaves.

For more information, visit www.bicesandiego.com.

tourists often taking over downtown's čulinary scene, some restaurants are vying for the local vote

> **Quality Social**, 789 Sixth Ave., may commonly be thought of as a neighborhood bar, but those who are unaware of their exceptional culinary program are missing out. Their

motto, "a bar, with food," is a classic example of their laidback approach to the downtown scene.

Quality Social stays connected to the downtown community by playing host to various mixers, happy hours and networking events. Its "locals only" event in February invited 92101 residents to mingle over free food and www.qualitysocial.com. drinks with fellow high-rise dwellers.

The restaurant takes the simplistic concept of serving bluecollar fare that's both approachable and affordable (all entrees cost under \$16), and elevates it by providing the freshest high quality ingredients available (everything served is made in-house). Hot dogs, beef jerky and soft pretzels are paired with homemade ketchup, Worcestershire and mustard.

"Farm-to-table cuisine should actually be less expensive," said chef Sam Burman. "When you're given the opportunity to talk to farmers and see what they have a surplus of, less food goes to waste and the savings are then passed on to customers."

Quality Social changes its daily specials according to what ingredients are in season. Its local and sustainable menu is bolstered by sourcing local farms such as Suzie's and Crows Pass, and by grocery shopping at places like the Hillcrest Farmers Market.

For more information, visit

**At JSIX**, the locals rule. Located at 616 J St., Jsix extends a 10 percent discount to 92101 residents with valid ID. They also offer a free lunch club to reward their faithful patrons — after six visits, club members receive a gratis lunch between 11:30 a.m. and 3 p.m. Members are also given free valet parking during lunch hours.

"We cater to locals because although we love the transient guest, we truly love developing relationships with people," said Christian Graves. executive chef. "This goes for farmers, purveyors and especially guests. We love finding out things about people and then being able to execute those things to make a great experience."

SEE EATS, Page 16

### DINING

### **EATS** CONTINUED FROM Page 15

Jsix hosts "Tapas Tuesday" every week, offering \$3 tapas like empanadas, ceviche and gnocchi. Live flamenco music adds to the Spanish-themed evening beginning at 9 p.m. Half-size portions of everything on the menu are available daily for half the price between 5 and 5:30

p.m. and 9 and 9:30 p.m.

Jsix works hard to maintain its reputation for being a locals' spot, rather than a hotel restaurant. Its focus on local, organic produce, sustainable seafood and slow food-style cooking makes them an environmentally conscious and responsible restaurant even incorporating menus and carryout containers into its green initia-

Making changes to its seasonal menu every few weeks, Jsix utilizes

"We cater to locals because although we love the transient quest, we truly love developing relationships with people."

### CHRISTIAN GRAVES

Executive chef, Jsix

for the kitchen's very own garden. Growing fresh herbs and produce inhouse saves money that can then be passed on to customers.

www.jsixrestaurant.com.

### Additionally, for those who may not live downtown but spend their workweek in 92101, The Lincoln Room at 901 Fourth Ave. offers a special discount to people who live

the ample sunshine on their rooftop or work downtown. Between 11 a.m. and 3 p.m., diners who present a valid ID or business card receive 25 percent off their bill. Stop in and enjoy the Southern California-inspired For more information, visit American cuisine at this "casual but elegant" eatery.

> To read Downtown News columnist Alexandra Rosa's interview with Lincoln Room co-owner Darren Moore, turn to Page 11.



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### Historic Fourth of July Celebration in Old Town all Weekend Long

Experience Independence Day in True 1800s-style with Free Events --

There is no where better to celebrate America's birthday weekend than in the

birthplace of California, Old Town San Diego State Historic Park. The Fourth of July weekend is full of fun, free activities that the whole family will enjoy

The weekend's activities kick off on Saturday, July 2, with free tours of the historic Cosmopolitan Hotel & Restaurant. The tours will take place at 11:30 a.m., 12:30 p.m. and 1:30 p.m. and will continue on Sunday, July 3. Tour participants will have a chance to grace the hotel's trademark balcony, once frequented by the learnday preprinter. quented by the legendary proprietor, Albert Seely. Since 1869, the famous bal-cony has historically acted as a popular communal meeting ground where the public could experience Independence Day traditions.

In addition, on Saturday the state park will present the performance "How the West Was Spun: A Comic Adventure." This 45-minute performance is full of laughs and is about a dime novel author who comes to San Diego in search of new material. Admission for adults is \$5 and admission for children is \$1.

On Sunday, July 3, guests of the park on Sunday, July 3, guests of the park will get to enjoy free concerts featuring patriotic music from Dixie Jazz Katz at 2 p.m. and the Navy Band Southwest at 4:30 p.m. The Dixie Jazz Katz will play many patriotic songs including "You're a Grand Old Flag," "Yankee Doodle Boy" and "When the Saints Go Marching In" with a New Orleans-style twist. The Navy Band Southwest will be entertain. Navy Band Southwest will be entertaining the crowd with some of its famous patriotic tunes such as "America the

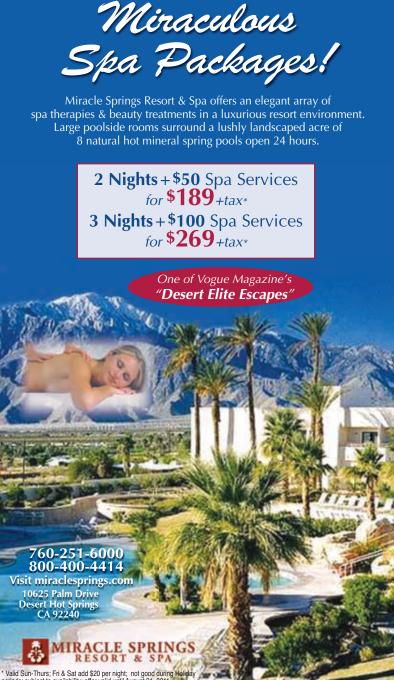


Pie eating contests will be one of the activities featured at Old Town's Historic Fourth of July

Beautiful" and "God Bless America" until 6 p.m.

On Monday, July 4, Old Town State Historic Park is hosting an old-fash-ioned Fourth of July celebration. Guests will be able to come and relive the excitement of an old-fashioned 1800s Independence Day celebration. Townsfolk in period attire will be conducting children's games, demonstrations, activities, contests and more. Attendees will get to test their skills at pie-eating contests, three-legged races, bucket races, a children's historic hat contest and more. Monday's event starts at 11 a.m. with activities until 4 p.m. This event is in cooperation with the Boosters of Old Town which benefits educational programs in the park.







For complete schedule visit our website.

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### IMMER IN WNTOWN:

Ice cream cocktails and pirates on the bay

With summer in full swing, entertainment in San Diego only gets better.

• At Se San Diego Hotel, it's all about satisfying your sweet-tooth cravings. Throughout the month of July (aka National Ice Cream month), the Se will launch an Ice Cream Mixology program at Siren, its rooftop pool bar and lounge.

Ice cream flavors will change daily and on Fridays from 3 to 4 p.m., and guests can take part in complimentary tastings so they can try out some of the fun flavor combinations that will be offered throughout the week - an eclectic assortment of housemade ice creams and toppings, all infused with alcohol. Some of the choices include root beer float, Guinness Stout, salty butterscotch with popcorn, mango mojito and bourbon glaze.

 If you've ever dreamed of channeling Tom Cruise in "Cocktail," here's your chance.

Every first Thursday of the month, Side **Bar**, 536 Market St., holds two one-hour mixology classes at 7 and 8 p.m. The classes get to have a maximum of 12 students per class so it fills up quickly.

"It's a lot of fun because students not only learn the history of cocktails, they step behind the bar and build some classic cocktails so it's interactive," said Isaac Krejci, bar manager. "We get married couples, single people and even people who have no bar knowledge, but it's always fun," said Krejci. \$30 per person and \$50 per couple, www.sidebarsd.com

• Pirate wannabes can check out a new adventure — an 83-foot **Spanish galleon** pirate ship called Treasure Seeker. The 49passenger ship, featuring a pirate-themed staff, offers several daily tours including a day cruise around the bay and a sunset excursion. Other highlights include private tours and customized outings on holidays such as July Fourth and during Halloween. The ship has three levels and is docked at the Cabrillo Isle Marina on Harbor Island, near the Sheraton San Diego Hotel and

Arrit McPherson, who runs Pirate Ship Adventures, calls it a dream come true: "This is something I've always wanted to do and it just seemed like the right time to do it."

Rates start at \$19 for children and \$26 for adults. www.pirateshipadventures.com.

### We want to hear from you

Take a photo during Comicon with a super hero and two or three other people in a freeze frame conga line dance pose under the Gaslamp Quarter Arch. The most creative dance pose picture will win two tickets to the San Diego Zoo, two tickets to an Amazing Race/Scavenger Hunt in The Gaslamp and two tickets for a Sunday morning Coronado Biking Tour. Ramp up your summer fun and email the photo to tours@wheretours.com by July 29,

Marc & Darlynne Menkin are the coowners of Where You Want To Be Tours, www.wheretours.com

# Less is more: The colorful art of Jacqueline Lavenu

By WILL BOWEN | DOWNTOWN NEWS

Under the roar of the jet path to Lindberg Field and within earshot of the hoot of the trolley train, but off the beaten path of Little Italy's restaurant row, the transformed former industrial neighborhood of Little Italy North, which was modeled after SoHo in New York, is a hidden gem waiting to be discovered.

Here, closely clustered, are some of the most important art galleries in all of San Diego - Noel Baza, Scott White, Perry Meyer, and Jacqueline Lavenu - all within walking distance of each other.

Jacqueline Lavenu Studio and Gallery, at 2400 Kettner Blvd. Suite 103, is a special treat. Tastefully decorated with her trademark colorful and simple paintings, the space also includes some fine antique furniture, such as Chinese dressers, benches, tables and concubine chairs.

You will also find the dynamic abstract works of Paula Des Jardins and the intriguing wood cuts of Igor Kosenko, plus a few small sculptures by Albert Ultsch.

Lavenu was born in Cherbourg, France,

Germany. He father was a wood-working school in Germany, the use teacher in a technical college, which may account for her love of wood furnishings, found throughout her gallery.

Her paintings could be included in the abstract expressionist genre. They are often very large and very colorful with a leaning toward blue and purple. The proper use of color is the most important thing for Lavenu.

"Painting is color," she said. "Color is the key. No color, no painting. Blue is my favorite color because it is so peaceful."

Lavenu's work is also very minimalist. She said she tries to strip away all that is unnecessary, leaving only the essence of the subject. Deriving from Milton Averya painter who emphasized the bare essence of a landscape, leaving only a pattern of bold colors — she describes the technique as, "to take back."

Despite their simplicity, Lavenu's paintings are filled with emotion and feeling. They are soothing, peaceful and tranquil an escape from a hectic crazy world.

Lavenu bases all her work on sketches. Unlike many painters, she never uses phoand educated in Le Mans and Nuremberg, tographs as a guide. When she was in

of photographs for painting was "verboten." In her sketches. Lavenu said she tries to capture the feeling of a place.

Lavenu's husband, Hans Parge, said their aim as a gallery is "Not to sell things, but to help people find

things they want to put in their home." Parge thinks it is important to first buy the painting and then to decorate your house around the painting.

The gallery will be open from 6 to 9 p.m. on July 8 for Kettner Nights in Little Italy North. For more information, visit www.lavenustudio.com, call (619) 702-6270 or email hans.parge@yahoo.com.

Candelas on the Bay 619-435-4900

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Above: Jacqueline Lavenu's "Petite Dejeuner" shows the artist's minimalist technique. Left, "Mrs. Freeman" demonstrates Lavenu's use of bold color.

Photos by WILL BOWEN Downtown News



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# Summer styles



### Dream 'IT'

Alterna, presented by the Art Institute of California, San Diego, was the 2011 "IT" fashion show. The theme for the evening was "Dream IT" and guests enjoyed cocktails overlooking the breathtaking view at Loews Coronado Bay. Charity presentations were given to City of Hope and Jeans 4 Justice. Gretchen Productions produced this high-energy runway show that highlighted the student collections in swimwear, ready-to-wear, evening and avant-garde. After the finale, awards were given and Elina Sheripova received the "IT" Design

Award (best in show) for her avant-garde collec-Additional awards were the Atelier Design Award, which went to Tiffany Reese for the most technical and best construction of eveningwear. Reese's Chateau of Serpent Wine line showcased beautiful wine-colored eveningwear. The Innovator Design Award went to Tea Ninkovic's swimwear line, Wild

Rococo, for the most cre-

Castle Warrior by Elina Sheripova won the Best in Show at the "IT" fashion show. Diana Cavagnaro | Downtown News ative. The Trendsetter Design Award went to Jessica Villarreal Evening collection for the most marketable. The



Models wear White House Black Market and Designer Millinery hats. Diana Cavagnaro | Downtown News

collection, called Polished Metal, showed off beautiful eveningwear with touches of gold.

The Art Institute has provided programs in design, media arts, fashion and culinary for more than 35 years. For more information visit, www.artinstitutes.edu/san-diego.

### **Soiree at FLUXX**

The Junior League of San Diego presented the Summer Style Soiree at the trendy FLUXX Club downtown on May 26. This was the second annual signature fashion show. Emcees Liz Edwards and Downtown Rob announced all the fun silent auction items. The crowd sipped on pomegranate martinis and shopped the colorful styles of Lilly Pulitzer, the stylish jewelry of Stella & Dot and the new trendy ties from Hugh Simms. Dominique Meinke, Laura Desisto, and Kylie Fletcher chaired this

SEE FASHION, Page 19



# THE LIVELY **Charlene Baldridge**

July is high summer for the performing arts, marking the beginning of two extended outdoor events, San Diego Symphony's Bridgepoint Education Summer Pops and The Old Globe's annual Shakespeare Festival. The Pops opens with Independence Day weekend festivities highlighted by principal Pops conductor Marvin Hamlisch conducting "Star-Spangled Pops" and lasts until Labor Day weekend's "Tchaikovsky Spectacular" with concerts weekly in between.

Summer Pops — most performed under the baton of resident summer Pops conductor Matthew Garbutt — takes place in a gorgeous, waterfront setting at Embarcadero Marina Park on San Diego Bay across from the ballpark. Food is available for purchase or you may take your own food for picnics (some restrictions apply, such as no outside alcohol and no glass containers). A few highlights: Motown's greatest hits, Friday, Saturday, July 8-9; Michael Feinstein sings Gershwin, Porter ... and more, Friday, Saturday, July 15-16; "Super Diamond: a Tribute to Neil Diamond," Friday, Saturday, July 29-30; "Rhapsody in Blue with Jazz Pianist Elder Djangirov," Sunday, July 31; "Burt Bacharach: That's What Friends Are For," Sunday, Aug. 7; Dennis DeYoung "Music of Styx," Friday, Saturday, Aug. 12-13; "Ozomatli," Sunday, Aug. 21; and "Wynonna," Saturday, Aug. 21. All concerts begin at 7:30 p.m. For a complete schedule go to www.sandiegosymphony.org or phone (619) 235-0804.

The Old Globe Shakespeare Festival, already begun in previews, continues through Sept. 25 and includes Shakespeare's sparkling comedy "Much Ado About Nothing," starring real-life



husband and wife Jonno Roberts and Georgia Hatzis; Shakespeare's valedictory romantic comedy "The Tempest," starring the award-winning Miles Anderson (last year's King George) as Prospero; and Peter Shaffer's Broadway hit, later a film, "Amadeus," starring Anderson as Salieri and San Diego Theatre Critics Circle award-winning actor Jay Whittaker as Mozart. The plays are seen in rotating repertory nightly, except Monday, in the Globe's Lowell Davies Festival Theatre. Each actor appears in more than one play.

More information at www.oldglobe.org

and www.sandiegosymphony.org or phone the Old Globe at (619) 23-GLOBE or San Diego Symphony at (619) 235-

"The Who's Tommy," produced by San Diego Repertory Theatre in partnership with the San Diego School of Creative and Performing Arts, July 13-Aug. 14. Sam Woodhouse directs the Pete Townshend/Des McAnuff musical about a blind, deaf and mute boy who achieves fame with his prodigious talent for pinball. Lyceum Theatre, 79 Horton Plaza, www.sdrep.org or (619) 544-1000.



The next Little Italy Section runs August 4, 2011. The deadline for submission is July 28, so call today! Maurice: 858-232-5638, maurice@sdnews.com



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Spirits Festival unites drinkers, mixologists

ocktail lovers united during the third annual San Diego Spirits Festival June 25 and 26, featuring more than 60 local and international spirits - from vodka and tequila to gin and rum for attendees to sample.

With unlimited cocktail tastings, liquor demonstrations, bartender battles, live music, art installations and performances from acrobats and burlesque dancers, every sense was satiated during the two-day bash overlooking the San Diego Bay on Broadway Pier. Food trucks were on site to offer up alcohol antidotes in the form of chicken potstickers and firecracker shrimp. For those still standing after imbibing the concoctions of various tasting booths, a VIP afterparty transformed the Port Pavilion into the early days of prohibition with a speakeasy ambience. Benefiting The American Institute of Wine and Food, a silent auction served as a necessary breather

for festival guests. Many local restaurants joined in the festivities during the week leading up the festival by offering discounted drinks and special cocktails. For more information, visit www.sandiegospiritsfestival.com.

-Kai Oliver-Kurtin

# **FASHION**

CONTINUED FROM Page 18

The fashion show was in two parts, starting with prêt-a-porter. White House Black Market's stylish collection lit up the catwalk with racetrack-ready hats by Designer Millinery. The second segment featured couture designs from Drea Hull, Little Pink Elephant and finished with the elegant designs of "Project Runway" star Gordana "Goga" Gehlhausen. Julie Fought produced this upbeat show.

The Junior League of San Diego is an international nonprofit organization of women that is committed to voluntarism. Proceeds for the event go to reducing childhood obesity. For more information, visit: www.jlsd.org

### **Moonlight Shangri-La**

A black tie gala at the San Diego Zoo took place under the stars on June 18.

The 28th anniversary of the R•I•T•Z (Rendezvous in the Zoo) brought out San Diego's best dressed. Couture designs made their way down the runway — surrounded by animals. Fashion with an Asian flair was out in full force, in keeping with the Moonlight Shangri-La theme. Many chose to wear designs from Animal Fashions by Jordan, including the honorary chairwoman, Audrey Geisel. Jordan is known for her artistry and hand painted gar-

Conservation ambassador Joan Embery was on hand with her animal friends. Embery brought out animals and shared her knowledge and stories of her up-close encounters. Embery has appeared numerous times on the "Johnny Carson Show" and the "Jay Leno Show, "

Colorful murals were designed by artist Christina Walker and created by Liz Smith and her team. Chairwomen were Clarice Perkins and Debbie Turner. This

year will benefit the new Sumatran tiger habitat at the San Diego Zoo Safari Park. Audrey Geisel made a RITZ Challenge match, which will match every dollar, donated up to \$1 million for the habitat. For more information, visit www.sandiegozoo.org.

Photos courtesy of

### **Upcoming events**

- July 14: Globe Guilder's Luncheon & Naeem Khan fashion show, presented by Neiman Marcus at the Hilton San Diego Bayfront Hotel, 10:30 a.m. (858) 454-0014 or jdholmes@san.rr.com
- · July 29-30: La Jolla Fashion Film Festival at the Museum of Contemporary Art La Jolla. www.ljfff.com
- July 31: Summer Bridal Bazaar with three fashion shows at the San Diego Convention Center. (760) 334-5500
- Diana Cavagnaro is a nationally recognized hat designer and milliner. who has been operating a fashion business for 30

### How do you Stress?

Dear Readers,

Many of you have come into ELITE Health for care and are surprised to learn that the pain that "Came out of nowhere" often has actually been lingering below the surface due to bad posture, daily habits, and lack of flexibility just to name a few reasons. I often hear, "This couldn't have happened at a worse time!" Why, you ask? Usually the answer is because the patient has a deadline, a trip planned, or some other important or stressful matters to tend to soon.

I bring this up because daily I see the effects of stress and how it can affect one's body and health. Clearly, increased stress leads to increased illnesses. For all my patients and our downtown readers, I thought of you when I read this article from www.Toyourhealth.com. Enjoy!

### Communicate with your Chiropractor

Whether you're fighting through traffic, paying the monthly bills, dealing with the noisy next-door neighbor or struggling with illness or disease, it can all add up to a considerable amount of stress. Stress is basically what we feel whenever we are faced with a difficult, unpleasant or challenging situation, and the way we deal with all this stress can substantially influence our overall health and wellbeing.

If stress is affecting your life, it's time to make an appointment with a doctor of chiropractic. Here's why: A study in the Journal of Manipulative and Physiological Therapeutics (JMPT) examined the contribution of stress as a potential disease trigger among 138 chiropractic patients attending one of  $10\,\mathrm{chiropractic}$ clinics. Patients completed two questionnaires that asked about how their current stress affected their ability to function emotionally, mentally and physically.

Results showed that nearly one in three patients viewed their lives as moderately to severely stressful, and more than 50% felt that stress had a moderate or severe impact on their current health problem. Nearly three-quarters (71%) of the patients said that it would be helpful if their chiropractic care included strategies to help them cope with stress.

Chiropractic care might be just what you need to help relieve some of that stress in your life. And remember, evidence suggests that low back pain, a condition that chiropractors are experts at managing, may be caused or worsened by stress. So talk to your chiropractor about stress and about all of your health care needs. Trust and communication are important in any relationship, but perhaps no more so than in the relationship between patient and doctor. After all, you're placing your health and wellness in their hands.

Reference: Jamison J. Stress: the chiropractic patient's self-perceptions. Journal of Manipulative and Physiological Therapeutics, July/August 1999: Vol. 22, No. 6, pp395-98

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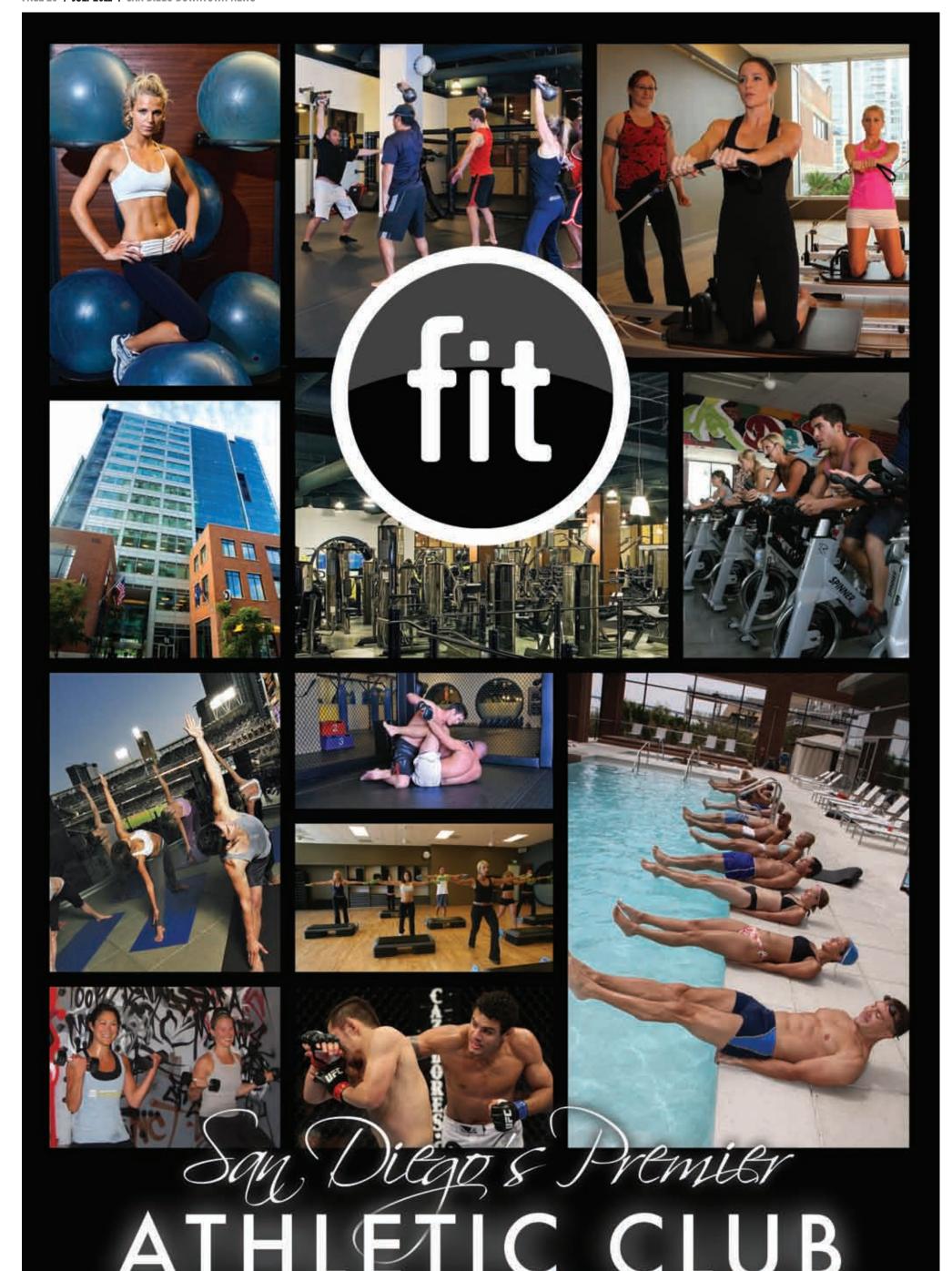
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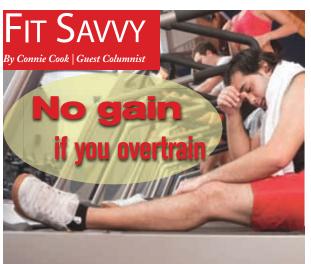


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our mind is made up and you are motivated. You go to the gym with a grandiose plan of either slimming down or improving your fitness level. You hop on the treadmill and bust a move, you sprint through a cycle class and leave everyone in awe and you hit the elliptical trainer and move it move it move it! Then you do enough bench presses and barbell curls to make even Arnold shake his head in amazement! You are on a workout mission. But, are you really doing yourself any good or is it all in vain? Sounds like a case of unidentified overtraining.

More may be better when it comes to money, time off, good luck or good looks, but regularly working out more than your body needs is counterproductive. Overtraining happens when muscles are not given the necessary recovery time they need to "regroup"

after an intense workout. You

have to rest in order to progress.

Adequate rest cycles after

intense workouts will help your

body fully recover glycogen stor-

age in your muscles and liver,

which is their main fuel source.

Your body can't continue to per-

form when it is depleted any

more than you can drive your

Think of it this way, if you cut

your finger and each day the

wound breaks open again, it will

take a longer time to heal. It's

the same for your muscles. They

have to have time to heal after a

strenuous workout, otherwise

car without gas!

"More may be better when it comes to money, time off, good luck or good looks, but regularly working out more than your body needs is counterproductive."

> **CONNIE COOK** Fitness director Fit Athletic Club

regeneration cannot occur, performance plateaus and your risk for injury increases. In this case, if there is pain there may be no gain!

**FITNESS** 

Of course, you are going to be tired and somewhat sore after a great workout, but the extent of tiredness and soreness over a period of time can be a good indicator you are overtraining. If you consistently feel an overall lack of energy and your soreness doesn't go away for a few days, you've definitely overdone it. You'll need to back off and give your body a little "R and R" in order to recoup and recover.

Sometimes the desire to improve performance or lose weight is so strong that you may push yourself too hard to hit your goal. If you've never been good at pacing yourself, now is the time to learn. It's like the difference between one tequila shot and three! (Need I say more?) You have to work out smarter not harder. I understand the craving for that endorphin high you get with a really intense workout and it's ok to go balls-to-the-wall on  $% \left\{ 1,2,...,n\right\}$ occasion, but not every day.

You can also overtrain your body doing the same workout over and over again. You put your body at risk for injury repeating the same exercises each time you workout. Expecting to achieve new results with the same exercises each time you workout is just crazy. Always doing the same exercises is boring, boring, boring and possibly dangerous as well. It's like the hamster running on its wheel, always moving diligently but not getting anywhere. You'll give the word dumbbell a whole new meaning with this approach to your workout!

Become your own fitness mix master and change it up each week by incorporating all kinds of exercises into your regimen. Keep it fresh and interesting by challenging your body with new movements, intensities or classes. Hire a personal trainer, rent a workout video for new ideas or pick up a fitness magazine and learn the newest trends in the industry to keep you out of the exercise rut of "the same old thing".

Give your body the time it needs to recover and you'll keep coming back stronger. Remember to take days off between intense workouts and avoid training the same muscle groups on consecutive days. Your body is your temple. Treat it with respect and listen to what it's telling you and you will reap the rewards of your



### Connie Cook "C2" **Fitness Director** Fit Athletic Club

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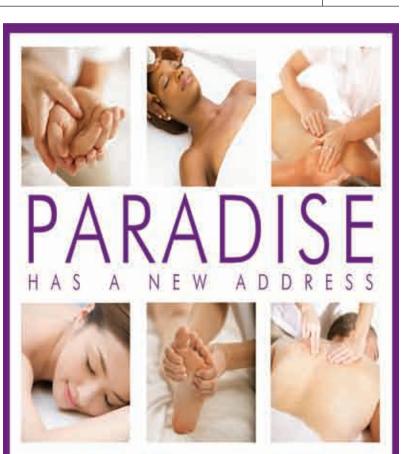
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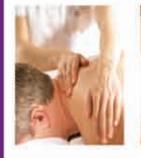
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One of the preferred floor plans at downtown's one-of-a-kind luxury ommunity, this 22nd-floor, south-facing beauty enjoys gleaming wood floors and a den area in addition to approximately 1550 square feet, dual bedrooms and baths, & sweeping views! For full details in a recorded message

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Downtown · "The Grande North"

Boasting sweeping Northwest wate iews from its 30th-floor perch, this stunning, two-bedroom + den features over 1600 square feet and upgrades galore! Don't miss out!

call 1-800-709-1995, Ext. 5349



Downtown · "The Mark"

doesn't get much better than this! With sweeping views into Petco Park ar to the Bay and Bridge beyond, this stunningly-upgraded residence at one o Downtown's most desirable addresses will knock your socks off! Dual parking For full details in a recorded message

call 1-800-709-1995, Ext. 5109



Downtown · "Electra'

tuated 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 buttor operates the window shades and lights & the interior is upgraded beyond belief! weeping water views from every room are yours to behold from this elegant extensively upgraded and customized beauty! For full details in a recorded message,

call 1-800-709-1995, Ext. 5099



You'll want to see this authentic loft residence in Downtown's premier, East Village community near Petco Park! It boasts 10-foot, cement ceilings, expose ductwork, remodeled baths, and approx.. 39 linear feet of organized storage! Tres cool!

For full details in a recorded message call 1-800-709-1995, Ext. 5309



Downtown · "City Mark"

You'll love life at this one-of-a-kind, detached row home atop Cortez Hill! Like a house but also a condo, with low HOA fees, 2-car secured parking, 3 full bedrooms 2 baths and almost 2000. square feet! A must-see! For full details in a recorded message,

call 1-800-709-1995, Ext. 5219



This highly upgraded one-bedroom ooasts gleaming wood floors, remodeled kitchen and bath, and an oversize view

For full details in a recorded message

call 1-800-709-1995, Ext. 5039



Downtown · "City Walk"

You'll love life in this pristine town home in popular mid-rise community in the heart of the Marina District! Enjoy relaxing or entertaining on one of your two private terraces and descend only a few stairs to the street level-no elevator necessary-to walk the dog! Low HOA fees, too! For full details in a recorded message,

call 1-800-709-1995, Ext. 5639



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 priva corner locale! For full details in a recorded message

call 1-800-709-1995, Ext. 5119



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



You'll want to see this amazing 21st-floo residence with spectacular Southwest ater views to Coronado and Point Loma! This popular split bedroom/ bath design enjoys a 2-sided fireplace, view errace, dual parking, & upgrades galore! Furnishings negotiable! For full details in a recorded message

call 1-800-709-1995, Ext. 5209



Downtown · "Watermark"

This well-priced residence in recently enovated community enjoys a west facing orientation, a private terrace and dual parking spaces!

call 1-800-709-1995, Ext. 5299



Downtown · "The Mark"

pasting a premium south-facing orientation overlooking the lush pool and community park, this immaculate and upgraded residence enjoys an oversize view terrace and may be negotiated furnished! Live the good life For full details in a recorded message

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Downtown · "Atria"

District, this cool, hip one-bedroom is within walking distance to everything and is VA/FHA approved. Great for first For full details in a recorded message,

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Downtown · "Palermo'

Don't delay on this corner unit resid with lots of sunny windows and dual bedrooms and baths, too! For full details in a recorded message

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Downtown · "Electra"

Don't delay on this well-priced 2-bed terrace and city views – new on the NO OTHERS downtown!

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Wait until you see the views to Petco Par 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!



eaturing an upgraded and pristine nterior, this lovely residence enjoys gleaming cherry hardwood floors, a bay riew terrace, a black-granite kitchen with glass-tile back-splash and stainless appliances and dual secured parking For full details in a recorded message



Downtown · "Park Blvd East"

Take advantage of this super short-sale opportunity priced to sell and cute as a button! Oversize tile set on the diagona a custom organized walk-in closet, and a convenient location near Petco Park!

call 1-800-709-1995, Ext. 5439



Downtown · "Metrome"

deally located near Petco Park and the new library, this prime 2-BR boasts dual patios on the zen-like courtyard, dual parking, and rich slate surfaces For full details in a recorded message,

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Downtown · "Watermark"

ou'll want to see this beautifully emodeled 2- bedroom with west-facing orientation in one of the Marina District short-sale priced to sell!

call 1-800-709-1995, Ext. 5019



Downtown · "Park Blvd East"

The ideal starter property, this cute 1-bedroom overlooking the guiet courtyard enjoys granite flooring and countertops and a private terrace! Located in a VA-approved community and short-sale priced to sell!

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Downtown · "Acqua Vista"

ake advantage of this super short-sale, complete with dual balconies, dual master suites, & pleasant South-facing

For full details in a recorded message call 1-800-709-1995, Ext. 5149



Downtown · "The Mark"

This upgraded 1-bedroom features the preferred view orientation in the community facing South toward the Bay Bridge overlooking the lush center courtyard & pool! With a large private terrace and elaborate custom closet organizers, this short-sale cutie is super sweet! For full details in a recorded message,

call 1-800-709-1995, Ext. 5669



Downtown · "Gaslamp City Square Enjoy city views from this West-facing

exterior residence complete with dual bedrooms and baths, granite counters ir the kitchen and baths, and stainless appliances! Well-priced!

call 1-800-709-1995, Ext. 5089



Downtown · "The Metropolitan" Sold for \$1,100,000. Take advantage of

this SHORT-SALE beauty with stunning. 24th-floor water views, approximately Petco Park!

call 1-800-709-1995, Ext. 5039



Downtown ⋅ "The Mark"

old for \$730,000. This drop-dead, 'WOW' residence at one of Downtown's nost exciting residential communities enjoys elegant finishes, custom lighting & wall treatments, gleaming hardwood water-feature. For full details in a recorded message

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Downtown · "Union Square" Sold for \$310,000. Don't delay on this

pristine 2-bedroom in East Village's flagship residential community! You'll enjoy a sunny Southeast orientation,



old for \$388,500, Bosa Development has selected us to market their remaining luxury residences at one of



Sold for \$160,000. The ideal starter

property, this studio residence overlooking the pool deck and courtyard offers the first-time buyer an aw bargain, short-sale price!



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

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Downtown · "The Mark" ou'll want to see this super 1-bedro

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