

SAN DIEGO DOWNTOWN NEWS

DOWNTOWN'S COMMUNITY NEWSPAPER

SAN DIEGO COMMUNITY NEWSPAPER GROUP

OCTOBER 2011

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HALLOWEEN, San Diego style



Counterclockwise from top: The Haunted Hotel offers some of the scariest entertainment; Monster Bash brings DJs, dancers and partygoers to downtown; costume contests abound (photos courtesy McFarlane Productions); the Haunted Trail turns Balboa Park into a frightfest.

San Diego offers no shortage of spooky spectacles to get you in the mood for fright night. Whether you're out with the family or out with friends, the city — and especially downtown — has all you need to bring out your inner monster.

Where to go

• Seaport Halloween Bash

West Harbor Drive and Pacific Highway
All ages, entertainment until 7 p.m., trick-or-treating until 9
Oct. 29, 3:30 to 9 p.m. (locals appreciation week, Oct. 22-28), free
www.facebook.com/seaport-village
See story, Page 24

• Dos Equis XX Monster Bash

Seventh Avenue and Market Street
Three stages, 10 bars, 50 toxic dancers, international DJs and thousands of partygoers
Oct. 29, 6 p.m. to midnight, \$30 in advance, \$35 at the door (\$25 VIP upgrade)
www.sandiegomonsterbash.com

• Haunted Trail

Marston Point, east of Sixth Avenue and Juniper Street
Mile-long trail through Balboa Park with a new, separate trail, the "X-periment," not for children under 10 or people with heart conditions
Tuesdays through Sundays until the end of October, \$14.99 Sundays through Thursdays, \$16.99 Fridays and Saturdays (\$5 extra for "X-periment")
www.hauntedtrail.net

• Haunted Hotel

424 Market St.
Ride the Hellevator, explore Freddy Kruger's workshop, see the room named the best haunted room in America, not recommended for children under 10, pregnant women or people with heart conditions
Tuesdays through Sundays until the end of October, \$14.99 Sundays through Thursdays, \$16.99 Fridays and Saturdays
www.hauntedhotel.com

• Balboa Park Halloween Family Day

Free museum admission for children under 12 to more than a dozen museums, spooky hands-on activities, crafts, tours, story-telling, dog costume contest, pumpkin parachute drop and more.
Oct. 29, 11 a.m. to 3 p.m., free (for \$35 adults can purchase an all-day pass to five museums)
www.balboapark.org

• Ivy Nightclub's Halloween 'Mansion Madness' Party

Andaz San Diego, 600 F St.
DJs and performances, hosted by the Playboy Playmates
Oct. 28, tickets start at \$20
www.ivyentertainmentsandiego.com

San Diego's underworld finds light in new book

By KENDRA HARTMANN | DOWNTOWN NEWS

People from all over the world are drawn to San Diego, flocking here for its beaches, ideal weather and distinctly Southern California lifestyle. They move here for the "good life," hoping that the city will live up to its "America's Finest City" moniker. And usually, it does.

That's only one side of San Diego, however. The other side, the side the transplants and tourists generally don't see too much of, has a different story to tell.

It's this side of San Diego that Rafael Reyes can relate to. Growing up in Sherman Heights, Reyes joined a gang when he was a teenager, getting jumped in against his will as a way to save his father from retribution for an infraction against another gang member. The gang became

his way of life and his second family — his first family was more involved in graffiti.

That's how Reyes came to be acquainted with the notorious graffiti crews of the 1980s and 1990s. His brother-in-law, a close confidant and highly influential person throughout Reyes' formative years, was part of a well-known graffiti crew and went by the name Lotus Day. Reyes grew up in the midst of this world of crew battles — and the inevitable violence that comes with a life immersed in all things underworld.

Eventually, that violence and outlaw attitude landed Reyes in jail (the incident that put him there was unjust, he says, though he freely admits he has done plenty else that should have landed him in a cell for which he simply never got caught).

It was during his six months behind bars that Reyes had a change of heart. With too much time on his hands to ponder his life and the lives of his friends and family, he began to write down some of the stories he had heard or seen firsthand on the streets of gangland San Diego.

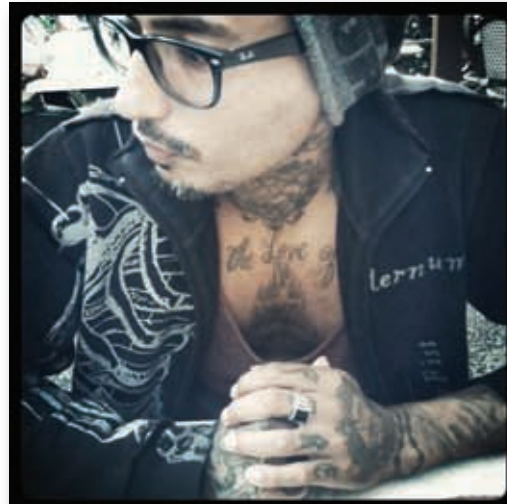
Reyes, who said he has always created art of all kinds — indeed, his portfolio includes sculpture, paintings, textiles and music, to name a few — dove into writing with all the fervor he has accorded to other art forms.

What he ended up with is "Living Dangerously," a book that pulls together a series of fictional stories based on real-life events. The book is dedicated to, and inspired by, his brother-in-law, from whose standpoint it is told.

Reyes felt that though the stories themselves painted a vivid picture of life on the darker side of San Diego, the common subject of graffiti called for illustrations. Additionally, the people he wrote about loomed so large in the stories as well as in real life that he felt the book needed a sense of collaboration.

So Reyes approached all the graffiti artists he knew — with the stipulation that they had to have been part of a crew in the 1980s and they had to still be active in the scene. He asked those who were willing to create illustrations for each of the stories in the book, with the end effect being a book that

SEE REYES, Page 7



Rafael Reyes, a former gang member and ex-con, wrote about his experiences and those of his friends on the streets of San Diego in the semi-fictional "Living Dangerously." Courtesy photo



Welcomes

Raquel Christian

Dawn Ortiz

& David Ferbrache

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Completely remodeled unit not to be missed. With travertine flooring, new kitchen cabinetry and appliances, new HVAC, and new windows with motorized solar shading, this is just the beginning of all that you will enjoy in this amazing 1 bedroom 1 bath home.



PARK PLACE

\$825,000

Experience the radiance of this established high rise community. Stainless appliances, granite counters, and unprecedented amenities compliment the spectacular westerly views. Don't miss out on this beautiful 2 bedroom, 2 bath, home in the sky!



UNIVERSITY HEIGHTS

\$599,000

A not to be missed vintage 1927 Spanish charmer set on a serene canyon. This 3 bedroom and 2 bath home comes with modern updates including granite countertops, hardwood floors, and French doors that open onto a redwood deck shaded by palm & pepper trees.



PINNACLE

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Come be a part of a prestigious community in the "Pinnacle" of Southern California living. With 2 bedrooms, 2 and a half baths, and additional den, this highly upgraded unit takes advantage of its location and incorporates chic contemporary living.



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\$510,000

Sizeable 1 bedroom, 1.5 bath enjoys Eastern exposure with an abundance of morning sunshine and dazzling night light views. Neutral décor, beautiful mirroring and urban ambiance will allow you to lounge, dine, or entertain in this ample space!



NEWSbriefs

Trolley closures may affect commutes

From Oct. 21 to 23 and from Oct. 28 to 30, several downtown trolley stations and routes will be closed due to track construction and overhead electrical wire replacement on the Orange and Blue station lines.

Affected routes include services from City College to Old Town and from the Convention Center to American Plaza. Substitute bus service will be provided for the City College to Old Town route; however, San Diego Metropolitan Transit System (SDMTS) advises that riders add 30 minutes to their travel time.

Closures will begin at 9 p.m. on Fridays and resume for normal service on Mondays.

The Washington Street station will also be closed until mid-October due to construction delays. Passengers can access the station by taking bus Route 10 from Old Town.

The Seaport Village station will remain closed through mid-December. Passengers are advised to use the Convention Center station or America Plaza station, the latter of which will be temporarily relocated between Columbia and State streets through the end of the year to facilitate platform work.

The restorations are part of the Trolley Renewal Project — a \$620 million overhaul of the nearly 30-year-old Blue and Orange lines. The project includes the addition of new low-floor trolleys, enhancement of station amenities, replacement of old rail and overhead wire and improvement of switching, signaling and crossovers.

For more information about MTS's Trolley Renewal Project and construction calendar, including construction alerts and trolley detours, visit www.sdmts.com/trolleyrenewal.

or call the Trolley Renewal Hotline at (619) 557-4533.

— Mariko Lamb



Terry Gooding's 1939 Jaguar SS100 on display at the Gaslamp Quarter's Fifth Avenue Auto Showcase. Photo courtesy T.J. Shimabukuro

Exotic cars on display in the Gaslamp

More than 130 exotic cars and vintage motorcycles will go on display Oct. 9 in the Gaslamp Quarter Association's third annual Fifth Avenue Auto Showcase.

Scheduled from 11 a.m. to 4 p.m. between E and K Streets, the show will include Italian and European exotics and luxury vehicles, like a 1973 DeTomaso Pantera and a 1952 Mercedes-Benz four-Door. Also on display will be American muscle cars, including a 2009 Chevrolet Corvette ZR1, and rare Classic Car Club of America cars like a 1930 Isotta Fraschini.

The Mopar Club of San Diego will feature brawny Chryslers, Dodges, Plymouths, DeSotos and AMCs, and The East County Cruisers will bring iconic movie cars like the 1969 Dodge Chal-

lenger "General Lee" of "The Dukes of Hazzard" show.

The show will wrap up at Dick's Last Resort for the presentation of "People's Choice" and "Best in Class" awards. Proceeds will go to the Gaslamp Quarter Association's annual holiday lighting program, taking place November through December.

— Johnny McDonald

Some headway made in missing plaques

San Diego police announced that one arrest has been made in connection with the theft of historic bronze plaques from local neighborhoods, including Mission Hills, Bankers Hill and Balboa Park.

"We realized how important it was to the community, so it was important to us to put it on our priority list," said Det. Mike Brenner at a neighborhood meeting at Francis Parker School on Sept. 14.

Over the last several months, at least 23 historic plaques and neighborhood markers from the local neighborhoods have been stolen according to Save Our Heritage Organisation (SOHO).

Investigators have since taken measures such as increasing patrols in the area, alerting neighborhood watch programs and offering awards for tips through Crime Stoppers. Brenner said neighbors in the community came together and played a role in the arrest.

Only one \$1,000 plaque from a North Park residence was recovered from the suspect. Brenner said the rest were recycled at a center in San Diego where the suspect got about \$20 per plaque — originally purchased by owners for \$400 to \$1,200.

Police said the investigation remains ongoing and that they hope to get two suspected accomplices into custody.

— Mariko Lamb



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Another Sold



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Wow, a Harbor Club, West Tower Bubble layout at this price! Here's your chance to own one of the best water view properties in all downtown. Views so close you can almost reach out and touch em! 2BR/2BA. \$899,000



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Downtown in October

OCT.

7



"30 Rocks! Celebrating the Best of AGASC," 11 a.m., Spanish Village Art Center, 1770 Village Place, 30th annual exhibit of The Art Glass Association of Southern California, (619) 233-9050, www.spanishvillageart.com, free

PGK Project: "San Diego Dances," 7:30 p.m., Alexander Salazar Fine Art, 1040 7th Ave., contemporary dance showcase by award-winning choreographer Peter G. Kalivas, (619) 886-7924, admin@thePGKProject.org, \$15-25 glass of wine included

8



Sashiko Halloween t-shirts, 10 a.m., Japanese Friendship Garden, 2215 Pan American Rd., make T-shirts using different colors of Sashiko thread and pearl cotton with instructor Laura Breen, student supplies own T-shirt, (619) 232-2721, www.niwa.org, \$20 members, \$25 nonmembers

9



Fifth Avenue Auto Showcase, 11 a.m. to 4 p.m., 6th Avenue from E to K streets, showcase of more than 150 high-performance automobiles ranging from traditional classics to contemporary luxury vehicles, (619) 233-5227, www.gaslampp.org/fifth-avenue-auto-showcase, free

17th annual Little Italy Festa, 10 a.m. to 6 p.m., India Street between Ash and Grape streets, Italian food, live music, cooking demonstrations and contests, (619) 233-3898, www.littleitaly-sd.com, free



10



"Among the Giants," 10 a.m., San Diego Natural History Museum, 1788 El Prado, photography of whales by National Geographic photographer Flip Nicklin, (619) 232-3821, www.sdnhm.org, \$17 adult, \$15 seniors, \$12 military, ages 13 to 17 and students with ID, \$11 children 12 to two, children 2 and under free

11

Art of Elan: "Steppin' Out Mexicali," 7 p.m., San Diego Museum of Art, 1450 El Prado, opening night concert with fusion of traditional Mexican folk and classical music by composers Arturo Marquez and Javier Alvarez, (619) 692-2081, www.artofelan.org, \$25

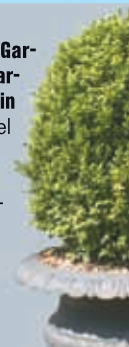
Ryan Adams concert, 8 p.m., Balboa Theatre, 868 Fourth Ave., (619) 570-1100, www.sandiegotheatres.org, \$40-\$45



12

"Designing Bungalow Gardens: How to Create Gardens and Lives Rooted in Spirit," 2 p.m., Casa del Prado, 1800 El Prado,

John Beaudry, senior horticulturist, (619) 232-5762, sdfloalnews@yahoo.com, free



13

Ninth annual "Real Heroes" breakfast, 7:30 a.m., USS Midway Museum, 910 N. Harbor Drive, the San Diego chapter of the American Red Cross honors local individuals and organizations who have made a difference in the community, RSVP by Oct. 7, (858) 309-1200, www.sdark.org/realheroes, \$700 for table of 10

14



Kenny G, 8 p.m., Balboa Theatre, 868 Fourth Ave., concert by Grammy Award-winning saxophonist Kenny G, (619) 570-1100, www.sandiegotheatres.org, \$35-\$115

Lizz Russell Cocktail and Couture Collection, 6 p.m., Westgate Hotel, 1055 Second Ave., live entertainment, cocktails and hors d'oeuvres, (619) 557-3655, www.westgatehotel.com, \$25

5th annual "Holes for Heroes" fundraiser, 9:30 a.m., Lomas Santa Fe Country Club, 1505 Lomas Santa Fe Drive, hosted by the San Diego Downtown Breakfast Rotary, (619) 787-6280, www.holesforheroes.org, \$75 for dinner and auction only, \$250 for player spot with lunch, dinner and auction



15

Walk on the Wild Side, 6:30 a.m., San Diego Zoo, 2.5- or 1.5-mile course to benefit koalas, donate.sandiegozoo.org, \$30 adults, \$20



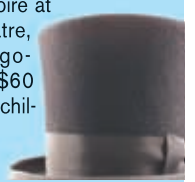
Art Glass Guild fall show and patio sale, 10 a.m. to 5 p.m., Spanish Village Art Center, 1770 Village Place, (619) 702-8006, www.artglass-guild.com, free



16

Madhatter's Tea, noon, Westgate Hotel, 1055 Second Ave., afternoon tea followed by the Alice: Wonderland and

Mixed Repertoire at Lyceum Theatre, www.sandiego-ballet.org, \$60 adults, \$50 children



17

History for Half Pints: "Spooktacular Fun," 10 a.m., San Diego History Center, 1649 El Prado Ste. 3, children wear Halloween costumes for a parade around the museum as well as a Halloween-themed activities, (619) 232-6203, www.sandiegohistory.org, \$5 per child/adult pair



18

"Hair," 7 p.m., Civic Theatre, 1100 3rd Ave., opening-night performance, runs through Oct. 23, (619) 564-3000, www.broadwaysd.com, \$17.50-\$75.50



19

The Rocky Horror Show, 8 p.m., The Old Globe, 1363 Old Globe Way, opening night, runs through Nov. 6, (619) 23-GLOBE, www.theoldglobe.org, \$35-\$84



20

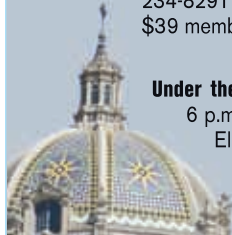
Multiplying That Does Not Require Math, 9:30 a.m., Casa del Prado, Balboa Park, 1800 El Prado, master gardener Dale Rekus guides a class on plant propagation, RSVP by Oct. 14, (619) 232-5762, www.sdfloal.org, \$15 members, \$20 nonmembers

Zandra Rhodes fashion luncheon, 11:30 a.m., Westgate Hotel, 1055 Second Ave., (800) 595-4849, www.westgate-hotel.tix.com, \$79



21

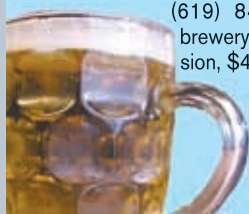
Night at the museum Halloween sleepover, 7 p.m. to 9 a.m., San Diego Air and Space Museum, 2001 Pan American Plaza, ages 7-12, (619) 234-8291 x119, www.sandiegoairandspace.org, \$39 members, \$45 nonmembers



Under the Dome: An Evening with Gary Jules, 6 p.m., San Diego Museum of Man, 1350 El Prado, (619) 239-2001, utdgary-jules2.eventbrite.com, \$30 members, \$40 nonmembers

22

OktSoldierFest, 1 p.m., Mission Brewery, 1441 L Street, beer sampling, barbeque and live music on three stages to benefit the Rick Roberts Warrior Foundation, (619) 849-9470, www.mission-brewery.com, \$35 general admission, \$45 VIP early brew tasting



Electric bike test drive, 9:30 a.m. to 1 p.m., Ivan Stewart's Electric Bike Center, 2021 India St., free electric bike test ride during Little Italy's Farmers Market, (619) 564-7028, www.iselectricbikecenter.com, free

The Bulls of St. Agata Charge Little Italy, 6 to 10 p.m., Date Street between India and Columbia streets, display of more than 50 Lamborghinis, (619) 233-3898, www.little-italysd.com, free



23

An Evening with Howie Mandel, 7 p.m., Balboa Theatre, 868 Fourth Ave., live comedy performance, (619) 570-1100, www.sandiegotheatres.org, \$30-\$65



24

K.D. Lang and The Siss Boom Bang, 7:30 p.m., Balboa Theatre, 868 Fourth Ave., (619) 570-1100, www.sandiegotheatres.org, \$40-\$100



25

Lawn Program: Germany, 2 p.m., House of Pacific Relations International Cottages, 2191 Pan American Road, celebration of the unification of Germany on Oct. 3, 1990, (619) 234-0739, www.sdhpr.org/Countries/Germany, free



26

Sue Palmer Quintet, 7:30 to 11:30 p.m., Croce's, 805 Fifth Ave., (619) 838-3316, www.suepalmer.com, free

27

"Tower After Hours: Germany," 6 p.m., San Diego Museum of Man, 1350 El Prado, celebration of German culture with cuisine, drinks, costumes and entertainment, (619) 239-2001 x10, www.museumofman.org, \$10 members, \$15 students and military, \$20 nonmembers



28

Mark Bautista and friends, 7 p.m., Balboa Theatre, 868 Fourth Ave., (619) 570-1100, www.sandiegotheatres.org, \$40.50-\$60.50

Stayin' Alive: Music of the Bee Gees, 8 p.m., Copley Symphony Hall, 750 B St., tribute band concert runs through Oct. 29, (619) 235-0804, www.sandiegosymphony.com, \$20-\$85

Playboy "Mansion Madness" Halloween party, 9 p.m. to 2 a.m., Ivy Nightclub, 600 F St., Playboy Playmates, DJs, costumes and performances, (619) 814-2055, www.ivyentertainmentsandiego.com, \$20 general admission, \$325 for VIP bottle service

29



Monster Bash, 6 p.m. to midnight, 6th Avenue between Market and J streets and Island Avenue between Sixth and Eighth avenues, (619) 233-5008, www.sandiegomonsterbash.com, \$30 in advance, \$35 at the door

Seaport Halloween Bash, 3:30 to 9 p.m., Seaport Village, West Harbor Drive and Pacific Highway, www.seaportvillage.com

Haunted Harbor Halloween Cruise, 9 p.m., Flagship Vessel terminal, 1050 N. Harbor Drive, 21 and up, (619) 234-4111, \$35-\$60

California Centennial Suffrage Ball, 6 p.m., Balboa Park Club, 2144 Pan American Rd. West, "Victorious Victorians," (619) 233-7963, www.womens-museumca.org, \$50 general admission, \$65 VIP ticket



30

Halloween silent film night: Dr. Jekyll and Mr. Hyde, 7:30 p.m., Copley Symphony Hall, 750 B St., accompanied by organist Russ Peck, (619) 235-0804, www.sandiegosymphony.com, \$20

Symphony Spooktacular, 2 p.m., Copley Symphony Hall, 750 B St., (619) 235-0804, www.sandiegosymphony.com, \$10-\$15



31

Trick-or-Treat on India Street, 5:30 to 7:30 p.m., India and Fir streets, safe trick-or-treating experience and costume march, (619) 358-9512, www.littleitaly-sd.com, free



NOV.
1

Little Italy Board of Directors meeting, 8:30 a.m., Little Italy Association, 2210 Columbia St., (619) 233-3898, chris@littleitalysd.com, free

Sogetsu-style Ikebana class, 9:30 a.m., Japanese Friendship Garden, 2215 Pan American Place, Japanese flower arrangement, (619) 232-2721, www.niwa.org



2

"Kid City," 10 a.m. to 5 p.m., Reuben H. Fleet Science Center, 1875 El Prado, (619) 238-1233, www.rh-fleet.org, adults \$11.75, children 3 to 12 and seniors 65 and older \$9.75

Balboa Park Architectural Heritage Tour, 9:30 a.m., House of Hospitality, 1549 El Prado, (619) 239-0512, www.balboapark.org



3

Dia de Muertos gala concert, 7:30 p.m., Balboa Theatre, 868 Fourth Ave., (619) 570-1100, www.sandiegotheatres.org, \$25-\$75



4

Hornblower singles cruise, Hornblower ticket booth, 1066 N. Harbor Drive, (619) 686-8715, www.hornblower.com, \$25

Jacobs Masterworks: Liszt's Piano Concertos, 8 p.m., Copley Symphony Hall, 750 B St., (619) 235-0804, www.sandiegosymphony.com, \$29-\$96





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One man's trash is another man's art

By MARIKO LAMB | DOWNTOWN NEWS

On Oct. 15 from 10 a.m. to 4 p.m., The New Children's Museum (NCM) will host a free block party for the grand opening of "Trash" — a kid-friendly, participatory exhibit showcasing the works of 12 international artists who have transformed trash to an entirely new realm.

The action-packed street fair will feature food-truck fare, interactive demonstrations, environmental information booths, a flash mob and the opportunity to view the new exhibit. Entertainment will be provided by Junior Crew Stomp, The Platt Brothers' comedic dance and acrobat trio, and Ozokidz — a family-friendly adaptation of the renowned ten-piece Latin, hip-hop and rock fusion band Ozomatli.

The exhibit itself is just as action-packed as the block party, with educational information for parents and kids, as well as inventive ways for children to participate or interact with each exhibit.

"For kids to really understand something, they've got to be able to manipulate it, do it themselves and really dig in," said NCM executive director and chief curator Rachel Teagle.

Participatory activities include the opportunity for kids to craft their own plastic pieces of art for the "Midden" installation, play in a futuristic fortress made of Styrofoam and create plays within the "Three Horned Beast (and Baby Beast)" using props and costumes that change every six weeks.

Teagle said the inspiration for the "Trash" exhibit was multi-faceted.

"There are a lot of different roads that led us to 'Trash.' One is that it's a really interesting and important current issue," she said. "We're having trash facts related to each artist's installation, and one of the lead trash facts is that the average Amer-

ican produces four and a half pounds of trash each day."

On the ground floor, the museum will feature a wall telling the story of where trash goes after it is thrown out on the curb, a process Teagle said many kids — and even adults — do not know much about.

The "Midden" by the Institute for Figuring, was a true eye-opening endeavor for its creators — sisters Margaret and Christine Wertheim — who collected their plastic trash for just one week and were shocked to discover the amount they had collected.

In the installation, a variety of plastics are crocheted and transformed into an artistic rendition of the Great Pacific Garbage Patch, or "Pacific Trash Vortex" — a gyre of 3.5 million tons of marine litter roughly the size of Texas floating in the North Pacific Ocean.

"It is an issue that is really important to contemporary artists," said Teagle. "All of the artists who are in this exhibition have a passionate environmental issue they want to draw attention to."

Materials used by the artists include everything from recycled electronics to discarded clothing to repurposed metals which the artists manipulate into unimaginable works of art that will not only awe and entertain children at the museum, but also teach them the meaning of recycling and conse-

quences of littering and wasteful actions on a deeper level.

"Every child knows we need to recycle, but that's where it ends. 'Trash' empowers kids with knowledge behind the issues to better appreciate and understand the complexity of waste, to act as agents of change in their households and educate their families," she said. "It's going beyond the five 'R's' and going a little deeper."

The "Trash" exhibit will be on display until October 2013. The block party will take place outside of the New Children's Museum, located at 200 W. Island Ave.



The "Three Horned Beast," by Emily White and Lisa Little of Layer, was made from reclaimed aluminum, which White and Little chose for its light weight and ability to maximize space while minimizing material waste.

PAUL HANSEN | Downtown News

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Coconut Flan with Banana Carmel Essence
Pear Tart with Plum Ice Cream
Kaffir Lime Pie with Graham Cracker & Marshmallow
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REYES

CONTINUED FROM Page 1

perfectly tells — and shows — what life was like in that part of San Diego you won't find on visitor's guides.

"I wanted to take it to the streets and I wanted it to embody that lifestyle," he said. "And I wanted to pay homage to all the real San Diego graffiti crews that I knew growing up, not the newer ones."

The book is of a decidedly adult nature — it won't be found on any high school reading lists. But it is clearly told from the perspective of an eyewitness to much of what goes on in San Diego behind the scenes. And it certainly contains a lot of heartfelt emotion, despite the violent backdrop.



Reyes, whose family owns Pokez Mexican Restaurant at 10th Avenue and E Street, has found creating the book has given him more than just another creative outlet.

"This book has been kind of liberating. It is changing my life in many ways — more than how I imagined it would initially," he said. "It's a story about the dynamic of human duality, how we all feel we can be greater and do more, but we get stuck in a rut because of our surroundings."

Reyes is now working on getting the self-published book out there. Because of its adult nature, he hasn't had much luck with more traditional means of distribution, but getting it into people's hands, he said, is "the fun part."

"The best thing I can hear about it is that it's raw," he said. "I wanted it to be real. I didn't want to sugarcoat it. I wanted people to be shook up, kind of scared, because I wanted people to understand what San Diego graffiti culture is like. It wouldn't do it justice if I didn't paint a

real picture of that." It's the real picture, however, that Reyes said brings understanding.

"Underneath all that violence," he said, "is an undertone of love."

Currently, "Living Dangerously" can be found at Pokez Restaurant and at Flying Panther Tattoo, 2323 Broadway Suite 101. Reyes is in the process of building a website and will be selling the book at www.theldbook.com in the near future. For more information, email Reyes at electricmary@gmail.com.

Reyes grew up among the graffiti crews that mark their territory with tags like the one below. Left, Reyes depicts the violence he witnessed growing up in a scene from his book. Courtesy photos



ART EN VILLE



Minimal art

Downtown art scene guru Alexander Salazar has London artist Palo Uber's exhibit, "Antithesis to Art," picture above, on display at his White Box Contemporary Gallery, 1040

Seventh Ave. The minimalist expressionist's sculptures and paintings stand in stark contrast to the blank canvas of the gallery.

Art news:

Salazar is hosting "San Diego Dances" at the gallery Oct. 7 and 8, a contemporary dance showcase featuring the choreography of Peter G. Kalivas of The PGK Project.

Salazar is also offering a reduced rate for charities to rent out spaces at two of his downtown locations, 640 Broadway and 1040 Seventh Ave. Instead of the normal rate of \$3,500-\$5,000, 501(c)(3) charities can rent the spaces for only \$500.

Photos by PAUL HANSEN | Downtown News

Advertorial

Windermere Welcomes New Agents To Team



Jeff Douglass, Managing Broker of Windermere Signature Properties (WSP), is proud to introduce 2 new agents to the downtown office. The addition of these seasoned agents is a great endorsement of the caliber of agent WSP recruits to their already

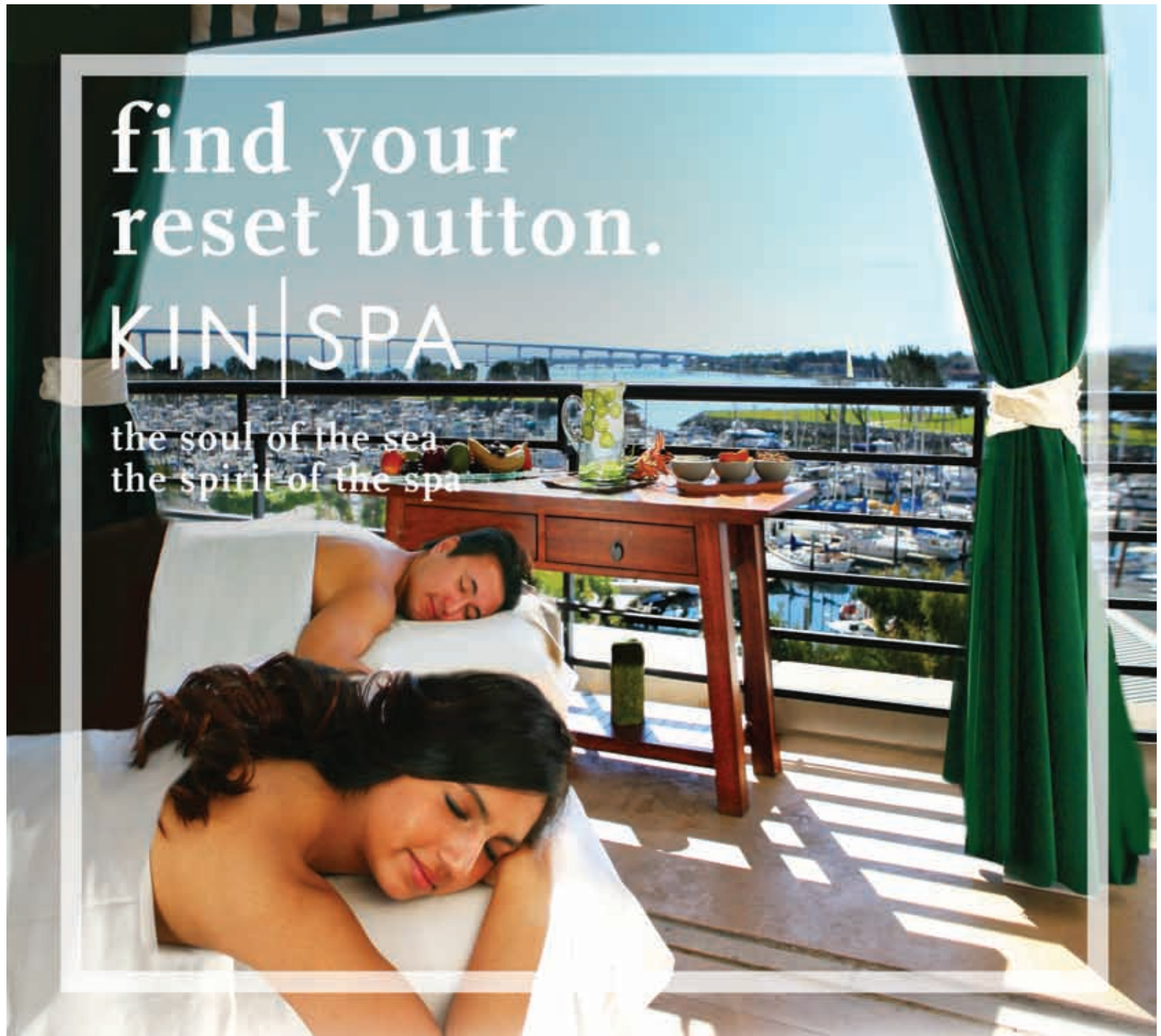
impressive roster.

Jaz Cook brings over 30 years experience in real estate with her and a fascinating history of travel and hobbies. She has lived in San Diego for the past 11 years and prior residences included India and Toronto, Canada. In addition to English, Jaz speaks fluent Punjabi and Hindi. She has won 22 awards in National Photography in Canada and combines her love of photography with exotic vacations in African rain forests, hiking in Borgarfjörður, Iceland. Jaz has amazing energy and vitality and dedication to her clients and the pursuit of success.

Craig Sulfarro is a recent transplant from Providence, Rhode Island. Born in Princeton, New Jersey, Craig lived in several Mid-Atlantic States before settling in San Diego. Real estate is a family tradition with both his mother and grandmother as role models. Craig has recently returned from a 14 day Italian adventure with his brother and mother to celebrate her 72nd birthday! He is also the proud father of 5 year old Dominic. Developing his real estate network is a primary focus for Craig and in between he enjoys relaxing by traveling, scuba diving and rock climbing.

We welcome these new agents to the Windermere family — Congratulations!

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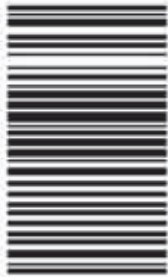
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Celebrity chef transforms HOB menu

By MEAGHAN CLARK | DOWNTOWN NEWS

There are a few sureties when heading to the House of Blues San Diego — inevitably you're going to get great music and a great time. But great food? That might have been stretching it before. But since the House of Blues' team partnered with celebrity chef and Food Network star Aaron Sanchez, the menu at House of Blues San Diego has completely changed tunes. After all, Sanchez is not only a Latin star with his own TV show, but he is also the part owner of New York's Centrico and a James Beard nominee.

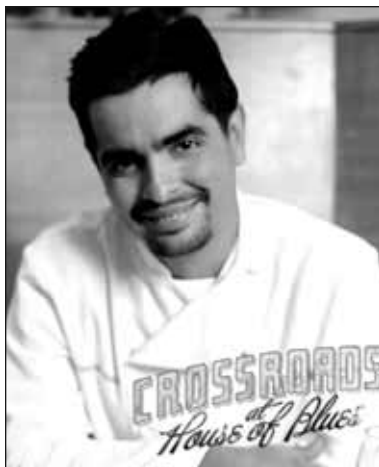
Last month, House of Blues officially launched the new "Crossroads at House of Blues" — offering items that had already premiered at the Los Angeles and Las Vegas locations. It's obvious Sanchez didn't have trouble putting a spin on old traditional HOB menu items, adding a whole lot of "wow" with Latin flavors and spices to reveal a personal twist on the chain-restaurant quality cuisine the restaurant was known for. It's not difficult to see where Sanchez packed a few

more ingredients into favorites, like the jambalaya and buttermilk fried chicken — but the dishes that stood out were new additions like pulled pork sliders, St. Louis Ribs and chile-braised short ribs.

House of Blues San Diego has never had trouble getting foot traffic, with Gaslamp residents and tourists traipsing through its downtown doors at all hours of the night. But with this new inventive menu from such an experienced chef, who not only transformed the entire properties site menu but also added a few signature dishes to the San Diego location, there should be even less of a problem gaining traction.

In particular, starters might just be the highest note of them all. Melding with today's foodie trend, Sanchez delivers stereotypically chic comfort food like lobster mac and cheese. The surprise factor comes in sensationally crispy, hand-stretched flatbread topped with prosciutto and exotic cheeses, or the melt-in-your-mouth short ribs that have been left simmering for hours.

The only downside to the unusually energetic atmosphere might be its prox-



Aaron Sanchez overhauled the House of Blues' menu, bringing chic comfort food to the downtown venue. Courtesy photo

imity to the House of Blues bar — while diners mesmerize over the new cuisine or sip on signature cocktails, enthusiastic karaoke patrons might be belting out tunes or a rowdy bachelor party might have just started. Luckily for locals, San Diego's near-perfect weather calls for an active outdoor space, so if you're inclined for a little breeze and Gaslamp character spying, the patio might just be the place to savor.



The main dining room of Saltbox Dining and Drinking, located in the newly named Palomar Hotel. Courtesy photo

Kimpton Hotels and Restaurants announced the grand opening of Saltbox Dining and Drinking — a new American gastro-lounge featuring a synergy of one-of-a-kind menu items and an extensive cocktail list on Sept. 23 at

Sleek hotel fuses creative fare and cocktails

Hotel Palomar, formerly the Se hotel.

The restaurant boasts a menu of affordable "social plates" by Executive Chef Simon Dolinky to encourage a fun, social environment of sharing menu items such as lobster corn dogs with ginger remoulade, beef cheek tacos with snap pea kim chee and crispy fried asparagus with a poached egg and paprika vinaigrette.

Dolinky's accessible and inspiring debut menu featuring fresh, farm-to-table ingredients will coincide with handcrafted cocktail menu selections by in-

house master mixologist Erin Williams, formerly of the renowned Pegu Club in New York City.

The 175-seat restaurant includes a bar, lounge, main dining room and patio options within a sophisticated space that merges sleek, high-design aesthetics with classy comfort for its guests.

Hotel Palomar is located at 1047 5th Ave. For more information about Hotel Palomar or Saltbox Dining and Drinking, visit www.hotelpalomar-sandiego.com or call (619) 515-3000.

— Mariko Lamb

Spotlight on Seaport:

The ice cream man divulges info on sweet treats this season

Peter Mackauf, owner of both Ben and Jerry's in Seaport Village, is living out every child's fantasy of owning not one, but two, ice cream shops.

More than 20 years ago, Mackauf was invited by his best friend, Larry Krasnow, to partner with him in the Ben and Jerry's business just as the franchise was getting started. The duo opened a number of community stores from 1988 to 1991, including the two at their harbor front location in Seaport Village.

"Seaport Village is a perfect place for an ice cream shop," he said. "All the visitors are out to have a fun time, and what can be a better time than strolling the village or boardwalk while licking the finest ice cream taking in America's finest city's delights?"

The shops feature new holiday flavors including spiced chocolate and pumpkin pie as well as some unique takes on pop culture, such as Schweddy Balls — a fair-trade vanilla flavor with fudge-covered malt balls and a hint of rum named after a Saturday Night Live skit with Alec Baldwin.

The noteworthy smell that wafts in the air and entices guests to follow their noses into the shops is the sweet smell of the ice cream's handmade containers.

"One of our best complementary products is our handmade fresh-baked waffle cones which we bake all day," he said.



Above, the ice cream store's East Plaza location with the world's largest Woody Jackson cow. Below, the West Plaza location's staff has a blast on free cone day. Courtesy photos

"They come in vanilla as well as an assortment of original dipped chocolate designs."

Ben and Jerry's is dedicated to fair-trade practices, community and volunteer outreach efforts and staff benefits.

"Our business philosophy is shared prosperity," Mackauf said.

Each spring, Ben and Jerry's puts on their famous promotion — "free cone day" — to benefit local nonprofits.

"This past year, we served over 14,000 free cones and partnered with National Foundation for Autism Research (NEAR) to raise awareness of autism and donations for research," he said. "Other organizations we have partnered with over the years include Child Abuse Prevention Foundation, Canine Companions, Becky's House and Mama's Kitchen."

Both locations in Seaport Village will be celebrating their 20th anniversary celebration on Nov. 12 from noon to 2 p.m. with a 20-scoop team "Vermmonster" sundae eating competition with 20 percent of the proceeds to benefit NEAR.

— Mariko Lamb



Parents: take advantage of free education with 'Kids Free in October'

The San Diego Museum Council is helping families celebrate Arts and Humanities month by offering free admission for children 12 and under with a paid adult ticket at 24 museums in San Diego County during the entire month of October.

"The collaboration of member museums of the San Diego Museum Council allow us to create programs that bring us closer to residents and tourists," said Danielle Susalla, director of exhibits and communication at Oceanside Museum of Art and marketing committee lead for San Diego Museum Council. "We're expecting to see a bump in families heading to museums to check out a

new or favorite exhibit."

Participating museums include some of kids' favorites such as the Reuben H. Fleet Science Center, San Diego Model Railroad Museum and The New Children's Museum, among many more.

The offer is limited to two children per paid adult admission and does not apply for special events or field trips.

To participate in the freebie, download the coupon available on the San Diego Museum Council's website, www.sandiegomuseumcouncil.org, and present it at the museum.

— Mariko Lamb



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Breast Cancer Awareness Month

An agent of change

Over the next three months, executive chef Daniel Barron of Blue Point Coastal Cuisine will host a Chef Charity Dinner series — a series of three exquisite, four-course “Menus with Meaning” with 20 percent of the proceeds benefiting local charities.

In October, Barron will serve up a special “Ode to Lobster” menu to raise funds for Susan G. Komen Foundation’s breast cancer awareness and research. The menu includes fried lobster ravioli, a choice of lobster bisque or Tanimura Farms mixed greens with chilled Maine lobster, a choice of lobster Fra Diavolo Spaghettini, butternut tempura Maine lobster tail or a decadent lobster risotto and a chocolate lava cake with mandarin ice cream to top it all off.

The hearty meal is \$75 with the option to add a \$15 wine pairing to complement each course throughout the meal.

Each month, Barron’s specialty menu and charity benefit will change. Proceeds from his November menu will benefit Big Brothers Big Sisters Foundation and earnings from December’s menu will benefit the hunger-relief charity, Feeding America.

Blue Coastal Cuisine is located at 565 Fifth Ave. Dinner hours are Sundays through Thursdays 5 to 10 p.m. and Fridays and Saturdays from 5 to 11 p.m. For more information or reservations, call (619) 233-6623 or visit www.bluepointsd.com.



Chef Daniel Barron of Blue Point Coastal Cuisine will host a series of charity dinner menus over the next three months. Each month the menu will support a different charity, starting with the Susan G. Komen Foundation. Courtesy photo

Promoting health — all of it

To celebrate Breast Cancer Awareness month in October, Curves of San Diego is offering a great deal for women who are good to their bodies or do good for others. For this month only, the women’s fitness club is waiving new member fees for women who show proof they got a mammogram within the past year or gave at least a \$25 donation to a breast cancer research organization.

“Curves’ mission has always been to strengthen women,” said officials at Curves of San Diego. “Typically, women are caregivers, but when it comes to breast cancer, women need to understand how important it is to take care of themselves.”

Curves is dedicated to helping women learn the facts about breast cancer and the importance of early detection, encouraging women to workout three times per week to reduce their risk of developing breast cancer and participating in fundraising efforts to support research and outreach efforts of the American Cancer Society.

Curves officials recommend that women schedule annual doctor visits, perform monthly self-breast exams, eat a nutritious diet and make time for regular exercise to stay strong and reduce the risk of developing the disease.

“Everyone here at Curves of San Diego is proud of the role we play in helping to educate women about breast cancer risk factors and the importance of maintaining a healthy weight, exercising regularly and making their own health a priority,” Curves officials said. “Our goal is to see breast cancer statistics continue to reflect the positive impact that education and awareness can have.”

To take advantage of the Curves special this month or to find a Curves location, visit www.sdcurves.com or call (858) 430-1010.

— Mariko Lamb

Samba in San Diego

By BART MENDOZA | DOWNTOWN NEWS

With the melting pot that is San Diego, it’s only natural that “world” music has such a strong hold here. Aficionados of Brazil’s samba-inspired music can catch a full concert production from one of the country’s biggest stars, Daniela Mercury on Oct. 15 at 4th & B.

Mercury has sold more than 20 million albums worldwide since her 1991 solo debut, with 14 No.1 hits at home. She is currently touring behind the album, “Canibalia.” Originally released in 2009, Mercury notes the delay in getting the music to U.S. fans was down timing, explaining the album comes out at different times in different parts of the world and that she prefers to take the staggered release approach so she can devote proper time to promotion and touring.

“The distances are completely huge and I have to concentrate my energy in each place,” she said. “I’m a little girl and the world is so big.”

The album is primarily sung in Portuguese, mixing in touches of R&B, hip-hop, indigenous sounds, electronica and more, but there is samba at its core. One of its key tracks is a duet, “O Que É Que A Bahiana Tem?” with the late film legend Carmen Miranda, using a 1939 recording.

“She’s my inspiration,” Mercury said. She notes that she and Miranda are both from the Brazilian state of Bahia. “She recorded sambas than anything and that’s the base of my work. But also, she’s a Bahiana like me and she recorded very important composers from my city.”

Concertgoers will see Mercury interact with Miranda via video screens, backed by her 10-piece band and four dancers.

Although she does have a few English-sung tunes in her repertoire, she acknowledges that foreign language recordings face an uphill battle in the U.S.

“We have media that creates a market that is sometimes hard to penetrate,”

she said. “But it’s not the people. When they hear good music, when they hear my music, they understand, they enjoy the samba rhythms, even though I don’t sing very much in English or Spanish.”

She considers the language barrier easy enough to get around through performance.

“I play all over the world — Turkey, Europe, different parts of Latin America,” she said. “They don’t always know exactly what I’m talking about, but they understand the feeling of my art. I also dance so this communication comes through my form of expression, music and choreography.”

She notes that when playing cultural events, sometimes audience members hadn’t previously heard her music.

“We are strangers at the time but when you see a few songs, I’m not, or my music is not so strange as they thought,” she laughed.

Perennially on the road for the last 25 years, Mercury is still thrilled to have a life in music. She sees it as a platform to entertain as well as educate and inform.

“[One of] my motivations is to make my country stronger and confirm that we have important culture. We all have different things to give to the world,” Mercury said. “We have to believe in our culture. I’m talking about Brazil in all our albums because we need to understand who we are. I use it to bring self esteem to our people, because we need it to get more opportunities as a people.”

As for making the music itself, Mercury considers that to be the reward for hard work.

“To be in the studio is to be on vacation. I’m always so excited to create, to use my intuition, to write about new subjects,” she said. “I have a lot of things to tell to the world.”

Daniela Mercury: Saturday, Oct. 15 at 4th & B, 345 B St. 8 p.m. 21 and up. \$25-\$35. www.4thandbevents.com



Daniela Mercury will perform at 4th & B on Oct. 15. Her music, a mix of R&B, hip-hop, indigenous sounds and electronica with a samba base, is inspired in large part by Carmen Miranda, she said. Courtesy photo

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The Port of San Diego greeted three cruise ships and more than 6,300 passengers on Sept. 29 to kick off the start of the cruise season. In a brief ceremony, representatives from the ships — the Sapphire Princess, the Westerdam and the Statendam — were greeted by Port Commissioner Bob Nelson. “It has been a while since we’ve had three



ships in port, and we wanted to kick off the 2011-12 cruise ship season by welcoming you and thanking you,” Nelson said. “Your business means a lot to the region.”

Photo by PAUL HANSEN, Downtown News

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Jump on the bandwagon: barrel-aged cocktails



Downtown Drink Shrink

Adam Stemmler

The only constant in the universe is change, and as time progresses, we consistently find new and innovative ways to put new twists on old traditions that are tried and true. This renders a nearly endless landscape of options for the way that we currently consume food and beverages.

Although the discovery of barrel-aged spirits and wine is nothing new in the world of alcohol, barrel-aged cocktails are finding their way into most major cities with respectable cocktail culture, and San Diego is no exception.

Because the oak staves used to make wooden barrels have a natural tendency to lend flavors of vanilla, caramel and butterscotch when interacting with alcohol in any form, barrels have been used for softening adult beverages for hundreds of years. Mixologists all over the country are now using this same philosophy to put a new twist on spirit-forward cocktails.

Navigating one's future starts with having a strong mastery of the past, and the first mixologist in San Diego to bring this trend to our fine city was Jeff Josenhans. Jeff teamed up with the first legal distillery in Utah since prohibition, better known as the High West Distillery. Marking the 100th anniversary of the US Grant (where Jeff is a sommelier and

director of outlets), the Manhattan he created is comprised of High West Rye, Dolin red vermouth and Fee Brothers Old Fashioned bitters and aged for 100 days before being bottled and sold. In addition to being the first in the city, this program was actually one of the first in the world.

Talking about cocktail culture in San Diego without mentioning the names Tim Stevens and Levi Walker is like talking about Christmas with no Santa Claus or presents. Their approach to barrel-aging cocktails is to simply add a component that would be missing traditionally. Teaming up with owner of Hamilton's, Small Bar, Eleven and the newest addition to the east end of downtown, Monkey Paw, the duo behind the bar at Prohibition made their own contributions to the barrel-aged movement. The bitter-tasting Knox cocktail comprised of rye whiskey, bourbon, Campari, Cio Ciara Amaro and maraschino liqueur has a new sweeter and softer presence on the palate, thanks to the flavors the oak added.

At Vin de Syrah, The Blind Tiger Cock-

tail Co. has curated a play on a Vieux Carre, but swapping out rye whiskey with Fortaleza Anejo tequila and adding a house-made truffle honey bitters. This has now become one of the top-selling cocktails on the beverage list — due largely to the visual presence of a small oak barrel behind the bar.

Don't think for a second that craft cocktail bars are the only ones joining this new trend. At local beer bar The Knotty Barrel, a barrel-aged Manhattan program that revolves around changing base spirits, vermouths and flavored bitters is giving customers a new way to look at their old habits of opting for a beer and shot.

This cocktail innovation is giving a new take on the favorite drinks of bar goers, so be sure to ask if there is anything being served out of a barrel at your favorite watering hole.

— Adam Stemmler is a sommelier and mixologist at Vin de Syrah downtown. He is the winner of numerous awards, including the U.S. Bartenders Guild regional competition.

Up next month: Downtown's other Drink Shrink, Jeff Josenhans, gives his two cents on San Diego's cocktail culture.



Jeff Josenhans used High West Distillery's High West Rye Whiskey for his barrel-aged Manhattan, seen in the background. The drink is sold exclusively at the US Grant. Courtesy photo



ON THE MENU: NEW DELIGHTS WITH AN OCEAN ON THE SIDE.

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Enjoy Haunted Halloween Activities in Old Town

Get a good fun scare and a bit of history with the lineup of spooky events this Halloween season at one of the most haunted areas in San Diego, Old Town San Diego State Historic Park and Fiesta de Reyes.

"WHOOO'S THE WICKEDEST GHOST? A SPOOKY TRIAL"

DATES: Oct. 14, 15, 21, 22 at 7:30 p.m. On Oct. 28, 29, 30, and 31 two performances will be held: the first at 6 p.m. and the second at 7:30 p.m.

Old Town San Diego State Historic Park will hold an evening of scary, funny and tragic stories of people

who once lived in early San Diego during the 1800s. Spirits will answer to the comical judge Oliver Weatherby with the audience as their jury to determine "Whooo's the Wickedest Ghost." An hour-long walking tour will be given with the performers. For information, call 619-220-5422 or www.brownpapertickets/event/195947

GHOST TOURS

DATES: All October long

Michael Brown leads San Diego's only real ghost tours. During his 90-minute walking tours, guests will get

to visit various paranormally active places in Old Town such as a park that used to be cemetery and a haunted brothel located on the Whaley House property. He shares tips, tricks and techniques to find ghosts and other paranormal happenings in Old Town. Each tour includes photos, voices of the dead and a video vortex. His tours are every Thursday through Sunday in October. Walking tours begin at 9 p.m. in front of the Fiesta de Reyes fountain and no reservations are necessary. Adult tickets are \$19 and children 6-12 are \$10.

Kids 5 and under are free. For more information, visit <http://www.oldtownsmosthaunted.com> or call 619-972-3900.

OLD TOWN'S FALL FESTIVAL

DATES: Saturday, Oct. 29

Fall crafts and children's activities at la San Diego in the 1870s will be held from noon to 4 p.m. in the central plaza at Old Town San Diego State Historic Park. Many merchants surrounding the park will have activities as well. For more info, visit www.fiestadereyes.com.

OLD TOWN THEATER: DANSE MACABRE BY WRITE OUT LOUD

DATES: Monday, Oct. 31

Write Out Loud will present "Danse Macabre" in the Old Town Theatre on Monday, Oct. 31 at 7 p.m. Danse Macabre will feature stories of magic and mystery brought chillingly to life by professional actors. Tickets cost \$15 for adults and \$13 for students, seniors and active military. For more info, visit <http://writeoutloudsd.com/> or call 619-297-8953.

TRICK-OR-TREAT

DATES: Monday, Oct. 31

Trick-or-treaters are invited to come out Monday, Oct. 31, from 4 p.m. to 6:30 to collect goodies from participating shops and museums throughout Old Town San Diego State Historic Park. Admission for this is free.

DIA DE LOS MUERTOS

DATES: Nov. 1 and 2

The premier Day of the Dead event

in San Diego County, Old Town's Dia de los Muertos is designed to celebrate the history, culture and heritage of the region. Old Town's predominantly Mexican, Spanish and Native American and legacy makes it the best site in San Diego to hold this special and beloved celebration. There will be a tour of more than 30 altars, a candlelight procession and live music. At Fiesta de Reyes in the state park, five life-sized Catrina dolls in historic dress will delight visitors as well as altars in nearly every store. Face painting and an after party are also planned for Nov. 1. This two-day-long activity will also feature workshops, performances and lectures.

For more information, visit facebook.com/DiaDeLosMuertosOTSD or call (619) 297-7511.



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TROLLEY RENEWAL

WEEKEND TROLLEY CLOSURES

Trolley service ends at 9 p.m. on Fridays and resumes normal service on Monday morning.

October 21-23 and October 28-30

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Bus shuttle service will be provided
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No bus shuttle
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OCTOBER 2011 | VOL. 12, No. 10

FESTA!

The annual festival celebrating Italian culture goes all out for the 150th anniversary of the Italian Republic

By KAI OLVER-KURTIN | DOWNTOWN NEWS

The 17th annual Little Italy FESTA! will bring more than 120,000 people to the neighborhood on Oct. 9 from 10 a.m. to 6 p.m. for a free festival honoring the cuisine, art, music and sports traditions of Italy.

In celebration of the 150th anniversary of the Republic of Italy, about 140 artists representing 40 teams across the country will use gesso Italiano or "Italian chalk" to embellish the streets of Little Italy, including a replica of one of Michelangelo's most famous works of art.

"This year, there are two parts to 'Gesso Italiano,'" said Cecelia Linayao, artist team lead. "The first is the regular street painting event for artists who applied and are assigned separate spaces to create individual pieces. The second and special part is the re-creation of the Sistine Chapel ceiling. This is a team project — all the artists work together in a collaborative effort to create a single painting."

Although participating artists range in experience from professionals to students, Linayao's portfolio includes participation on the team creating the world's largest chalk drawing in 2008

as recorded in the "Guinness Book of World Records" and on the team that brought street painting to the 2008 Olympic Games in China.

"Since this is a very complicated piece, careful, painstaking control is extremely important," said Linayao. "Public support is the street painter's version of applause."

The artists will get a jumpstart on FESTA! by beginning their work the day before the event, and the artwork on the city streets will be washed away once the event concludes.

"Street painting is, by its very nature, a temporary art form," said Linayao. "That's why witnessing it in person is so important. Photos are great documentation, but seeing it with your own eyes at the time of creation is an amazing experience. Those treasured experiences negate the sound of the inevitable street sweeper."

Michelangelo took more than four years to complete the ceiling of the Sistine Chapel, but the Gesso Italiano artists will only have two days and one city block to reproduce his masterpiece.

"The team must finish by Sunday," said Linayao. "Therein lies the challenge — both artistically and logistically. I have to edit the original so that it can be completed within this time-frame. The final painting will be 18 by 46 feet."



Artists create chalk masterpieces on the sidewalks of Little Italy during last year's FESTA! celebration of Italian culture. This year, to mark the 150th anniversary of the Republic of Italy, about 140 artists representing 40 teams across the country will recreate Michelangelo's most famous work of art: the Sistine Chapel. The chalk replica will be spread across a city block, and unlike the four years Michaelangelo took to create the real thing, these artists will have two days — and their hard work will be washed away by street sweepers after the festival is over. Courtesy photos

Embracing another favorite Italian pastime, chefs from popular Little Italy restaurants can be found at the FESTA! Italian Table, providing cooking demonstrations, recipes and free samples to attendees.

"Italians have pride in their heritage and what they brought to the American table," said Deborah Scott, presenting chef. "There's so much history in Little Italy, all beginning with the tuna fishermen."

Scott has been a member of the Little Italy community since 1994 with her restaurant Indigo Grill, located at 1536 India St. This year will be her first time participating in the cooking demonstrations at FESTA!

Scott will show festival guests how to prepare Veracruz tamales, made with maize and guajillo chile sauce, and will be offering tastes of shrimp and scallop ceviche, made with an Italian twist.

Other entertainment will include classic and contemporary Italian-inspired music on three different stages — and for the sports fans, an Italian stickball exhibition game will showcase the traditional urban sport resembling baseball.

FESTA! serves as a fundraiser for the Little Italy Association in support of its continued beautification, safety and development efforts.

For more information, visit www.littleitalysd.com.



Local jazz artist, law student opens for Grammy Award-winning musician

By MARIKO LAMB | DOWNTOWN NEWS

The San Diego Youth Action Board (SDYAB) will host "Embracing the Dream" — a gala and concert to benefit its nonprofit organization on Oct. 21.

Featuring dinner, cocktails, a silent auction and musical entertainment by Grammy Award-winning artist Jill Scott, the formal gala will raise funds to enrich the lives of struggling San Diego youth. The SDYAB will also recognize local youth who are already making a difference in the community.

Local jazz saxophonist Brandon Primus will open for the award-winning headliner with a fusion of his soulful contemporary and smooth jazz sounds, funk, hip-hop and R&B.

Primus said his style is "basically a historical culmination of styles that black musicians have pioneered."

The three-time "Showtime at the Apollo" winner has performed at numerous venues across the nation, playing with renowned recording artists such as Rahsaan Patterson, Jeffery

Osborne, Jody Watley and Walter Beasley.

Primus, originally from Shreveport, La., lives in downtown San Diego and is pursuing his law degree at Thomas Jefferson University.

Although balancing musical endeavors and law school is difficult, it is rewarding, he said, and he attributes much of that balance to his manager, Janet Walters.

"As a politically engaged law student, I intimately understand the value in having an education and the need to have more educational opportunities for children from at-risk communities," he said. "I admire the programs that YAB has put in place, and I look forward to supporting YAB in all of their future endeavors."

Despite being at the height of the semester, Primus said he looks forward to performing at the benefit concert.

"The most exciting thing about playing this concert is being in a position where I can offer the talents that God has given me and inspire others to do

the same for a great cause," he said. "And yes, it's pretty awesome that [Jill] Scott will be there."

The Youth Action Board is dedicated to helping San Diego youth become leaders by spearheading positive change in the community. The gala takes place at the Town and Country Resort, 500 Hotel Circle North.

Tickets prices start at \$60 and are only available until Oct. 14. For more information or to purchase tickets, visit www.sandiegoyab.org or call (619) 655-1198.

Brandon Primus will open for Grammy Award-winning artist Jill Scott at the Youth Action Board's "Embracing the Dream" gala and concert to benefit the nonprofit organization on Oct. 21 at the Town and Country Hotel. Courtesy photo



LIVEMUSIC

By BART MENDOZA | DOWNTOWN NEWS

Pioneering synth pop artist Howard Jones stops in at 4th & B on Oct. 12 at 8 p.m. Jones scored nine chart hits during his 1980s prime, with key tracks like "No One Is To Blame" and "Like to Get to Know You Well" among the radio classics. Both those songs will be featured this night, as Jones performs his first two albums, "Human's Lib" and "Dream into Action," in their entirety. Jones' music was omnipresent between 1983 and 1985, and this is a great opportunity for long time fans to relive the memories or newcomers to see and hear what the fuss was all about.

Howard Jones: Wednesday, Oct. 12 at 4th & B, 345 B St. 8 p.m. 21 and up. \$25-\$45. www.4thandbevents.com

Anyone needing proof that San

Diego's music scene is exploding need look no further than the Local Brews Local Grooves showcase Oct. 21 at 7 p.m. A total of 14 artists will perform, alternating between two stages. Highlights include bluesy folk rockers The Tilt, a solo set from Get Back Loretta front man Kevin Martin and singer-songwriter Carl Durant. The latter, originally from Belgium, has particularly taken the local music scene by storm, part of a growing pool of international talent now calling San Diego home. \$5 is a bargain for this much entertainment, but there are also free tickets available directly from any of the bands.

Local Brews Local Grooves: Friday, Oct. 21 at **The House of Blues**, 555 Fifth Ave. 7 p.m. 21 and up. \$5. www.listenlocalsd.com/LBLG-All-Access.html

Long-running Latin jazz combo Agua Dulce performs at Croce's on Oct. 22 at 8:30 p.m. Formed in the mid-1990s, the band has not been prolific in the studio but has remained one of the area's

hottest club bands. Agua Dulce's expansive sound has enormous crossover appeal, and its take on jazz includes elements of everything rhythmic from cumbias to reggae to funk. The band's lineup includes renowned trumpeter Bill Caballero and Dante Thomas of the Southtown Generals, but all six musicians hit virtuoso level on their extended jams. If you like music with a surplus of rhythm, this is your group.

Agua Dulce: Saturday, Oct. 22 at **Croce's Jazz Bar**, 802 Fifth Ave. 8:30 p.m. 21 and up. www.croces.com

On Oct. 30 at 7 p.m., Dizzy's features an incredible team-up of two of San Diego's top guitarists — Mundell Lowe and Jaime Valle. Each is a legend in his own right; Lowe has been the player of choice for many of jazz's biggest stars since the 1930s, recording with scores of artists including Billie Holiday, Charles Mingus and Harry Belafonte. Meanwhile, Valle has been an in-demand sideman for a list that includes John Lee

Hooker and Sammy Davis Jr. His own recordings have netted him a record 14 San Diego Music Awards, the most by any artist in the event's 21-year history. Guitar or jazz aficionados won't want to miss this performance. On their own, these two musicians are superb, but when they team up, it's truly something special.

Mundell Lowe & Jaime Valle: Sunday, Oct. 30 at **Dizzy's**, 200 Harbor Drive. 7 p.m. All ages. \$15. www.dizzys-jazz.com

Fans of roadhouse R&B already know that any performance from Lady Dottie & The Diamonds is an instant party, but place the show on a Halloween night at the intimate nightspot Patrick's II, and the results should be explosive. The band mixes garage rock with seventies soul, mixing evergreen tunes like "Have Love Will Travel" with originals like "I Ain't Mad At Ya," which sound like they are favorites from the same era. Costumes are optional at this party, but this should

still be one of the hottest Halloween night events downtown.

Lady Dottie & The Diamonds: Monday, Oct. 31 at **Patrick's II**, 428 F St. 9 p.m. 21 and up. www.patrickssii.com



Carl Durant will perform at the Local Brews Local Grooves showcase Oct. 21 at The House of Blues. Courtesy photo

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MUSTHEAR

Formed in 1996, power-pop heroes Fountains of Wayne are now five albums into their career, with tunes just as strong ever, thanks to

founding members and songwriters Chris Collingwood and Adam Schlesinger. The band stops in at Anthology on Oct. 11, supporting their new album, "Sky Full of Holes." A more acoustic guitar-based disc than previous outings, the album is still full of gems, such as the understated "Action Hero," showcasing the duo's knack for hook-filled melodies. Though techni-

cally Fountains of Wayne has only scored one hit single — 2003's "Stacy's Mom" — the group has an arsenal of well-known near-misses, such as 1998's "Leave the Biker," that should inspire a mass sing-along at this show among the band's faithful following.

Fountains of Wayne: Tuesday, Oct. 11 at Anthology, 1337 India St. 7 p.m. 21 and up. \$10-\$39. www.anthologysd.com



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Marc & Darlynn Menkin

We've lived in San Diego for more than 20 years and to this day, we still get a kick out of discovering cool, unique places. So imagine our delight when we came across a brand-new neighborhood pub called Monkey Paw located on 16th and F streets. Longtime San Diegans will probably recognize this address as the former Jewel Box. Scot Blair, the man behind Hamilton's, Small Bar and Eleven, said he is excited about his newest bar.

"This will be what a pub downtown should be," Blair said. "There are no velvet ropes, no gimmicks and nothing is pretentious. It'll be quality in a nice, neat package. Everything will be high end, other than our attitude. We're going for a colorful old world feel, with the monkey character, plus the crests, shields and chalices."

San Diego resident Melani Miron couldn't agree more.



"I'm a huge fan of what Hamilton's and The Small Bar have done," she said. "The Small Bar's bloody Mary is one of my favorites and I hope it's also featured at this new downtown bar."

The bloody Mary looks like a drink that you

could eat, with shrimp, olives, celery and other great garnishes. Football fans will be especially pleased as the Monkey Paw offers up some killer deals like 50-cent chicken wings and \$3 chips and dip on Sundays and Mondays during NFL games.

"You can't get any better than this," said patron Jason Swanson. "The ambience is great and it's nice and open. It doesn't have a cluttered feel. And the cheese steak sandwiches are the best!"

In addition to good comfort food, Blair said the 30 taps will feature rotating brews and a small brewery will be part of the scene later this year. Interesting tidbit: in some cultures, monkeys are considered good luck. Looks like their cute little monkey is working its magic!

Speaking of magic, chef Deborah Scott has come up with another winning combination at Indigo Grill. "Brunch, Boards & Bloody Mary's" is Scott's newest mouth-watering brunch menu.

"There are so many wonderful people who enjoy walking around Little Italy early in the morning and going to the farmer's market, so it felt only natural to launch a brunch menu," said Michelle Kveen, operations manager of Indigo. Kveen said it took about a year to develop the brunch menu, but now that it's done, they're "thrilled" with the finished product. Judging by some of the guest's expressions as they sampled the popular pineapple upside down French toast, they looked pretty happy! The French toast platter comes with dark rum syrup, cardamom ice cream and Jimmy's Chicken Sausage. Need we say more?

If sweet dishes aren't your thing, there's always the trout BLT, featuring several great tastes that taste great together. It's served on a roll with apple wood smoked bacon, tomato, arugula, horseradish aioli



Darlynn and the chocolate/bacon pancakes at the Indigo Grill. Left, Monkey Paw, a new pub at 16th and F streets.

and herb fries. We also tried Scott's "chocolate bacon pancakes" with sweet maple syrup, fried egg and fresh fruit. It was a perfect blend of a sweet and salty treat. Our favorite was the jalapeno cornbread skillet with chipotle butter — yum. As for their brunch cocktails, there's a whole array of morning libations from the Crater Lake bloody Mary charcuterie to the blueberry pomegranate margarita or the lime coconut caipirinha. Bottoms up!

— 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

We want to hear from you!

Pay a visit to the San Salvador and take a creative photo of you and one other person. The Maritime Museum of San Diego is building a full-sized, fully functional and historically accurate replica of Juan Rodriguez Cabrillo's flagship, San Salvador.

Hair, strings and a cross-country road trip

Catch the "beyond" in San Diego Symphony's "Celebrate 100 & Beyond" when acclaimed violinist Pinchas Zukerman picks up the baton for a Jacobs Masterworks concert. He both plays and conducts Johann Sebastian Bach's Violin Concerto in E Major and then conducts Amanda Forsyth and the orchestra in performance of Robert Schumann's Cello Concerto in A minor. Also programmed are Richard Strauss' magnificent "Metamorphosen, a Study for 23 Solo Strings" and Wolfgang Amadeus Mozart's Symphony No. 35 in D Major, "Haffner." 8 p.m. Friday and Saturday, Oct. 14 and 15 and 2 p.m. Sunday, Oct. 16, Copley Symphony Hall, Seventh Avenue and B Street.

Don't forget the Winter Pops series, presenting "Music of the Bee Gees" at 8 p.m. Friday and Saturday, Oct. 28 and 29 and the annual Family Festival presentation, Symphony Spooktacular, at 2 p.m. Sunday, Oct. 30. Ticket information with a wide range of pricing for all concerts at www.sandiegosymphony.org or (619) 235-0704.

Let the sun shine in when Broadway San Diego presents "Hair," the original tribal love musical (see www.hairontour.com/tribe.php) Oct. 18-23 (tickets start at \$20) at the Civic Theatre, 1100 Third Ave., www.broadway-sd.com or (619) 570-1100. For mature audiences: brief nudity, suggestive situations and lyrics.

Through Oct. 16, San Diego Repertory Theatre presents Joe Colarco's hilarious "Walter Cronkite Is Dead," a play about two outrageously dissimilar women, strangers stranded by weather shutdown in the last two seats available in



THE LIVELY ARTS

Charlene Baldrige

the lounge. One is from a red state, the other from a blue. San Diego Rep, 79 Horton Plaza, www.sdrep.org or (619) 544-1000. Park at Horton Plaza, bring your ticket to the Rep for a validation good for free four-hour parking.

Through Oct. 23, Mo'olelo Performing Arts Company presents Maria Alegria Hudes' gripping and magical new play, "26 Miles," directed by Seema Sueko. It tells the story of a half-Cuban, half-Jewish 15-year-old girl, kidnapped by her estranged mother, who takes her on a cross-country search for antiques, buffalo and each other. Plays Wednesdays through Sundays at the 10th Avenue Theatre, 930 10th Ave., www.moolelo.net or (619) 342-7395. Reserve tickets, frequently sells out.



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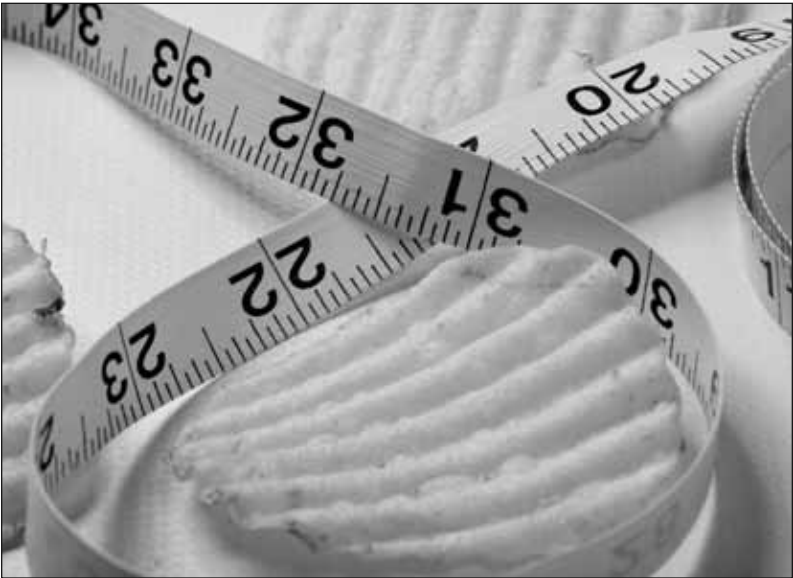
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A belly full of stress



FIT SAVVY

By Connie Cook | Guest Columnist

It's a new dawn. It's a new day. It's a new life. And you're feelin' just as stressed as you were yesterday!

You overslept. You're running late. You have no clean underwear. You can't find your keys. You drive off without your cell phone as you spill coffee in your lap pulling out of the garage.

The daily grind can get to anyone. Throw in a couple of unexpected surprise stressors and not only will your blood pressure rise, but your cortisol levels will increase as well. Whether you're stressed because of daily demands or you're truly in a "fight or flight" situation, cortisol gives you the burst of energy you need to get through it all. For this reason, it is sometimes referred to as the "stress hormone."

Does cortisol make you fat? No, not cortisol itself — it's the excess of it in your body that can contribute to weight gain. When you're faced with a stressful situation cortisol is released in your body and increases the flow of glucose (as well as protein and fat) from your tissues into your bloodstream. This gives you increased energy and physical readiness to handle the stressful situation or threat at hand.

You get to work late. Your boss is mad. Your presentation won't print. Your co-workers snicker at your dilemma, your secretary took the day off and the stain from your coffee won't come out of your pants.

The extra glucose now circulating in your body is ready to be used against the stressors, (boss, printer, co-workers and secretary) and instead of doing something active to burn it up (leave and go for a walk), you sit around and think about your stressor instead (who told her she could take the day off?) The extra glucose doesn't get burned up and instead it restores itself in the abdominal area around your organs, commonly known as visceral fat. This kind of fat is most damaging to your health and can lead to an increased risk of development of cardiovascular disease, high blood pressure and diabetes.

So will one bad day make you the Michelin Man? No. But a long string of days filled with unresolved stress can take a toll on your waistline and your overall health, depending on how you choose to handle it. Enter emotional eating.

You leave late for lunch. Forget where you parked. Order a super-size burger, fries and shake at the drive through. Head to your appointment and end up in a fender bender. Cancel your appointment. Head back to the office. Pick up a

cola and a candy bar on your way.

Chronic stress can lead to cravings for high fat, high carbohydrate foods such as cookies, candy and chips, while excess nervous energy can often cause you to eat more than you normally would. Although your dear friends Ben and Jerry may seem to ease your mind at the time, the vicious cycle of stressing and eating junk food will definitely pack on the pounds over time. Fatty and sugary foods may seem to relieve stress, but they can eventually wreak havoc on your health.

Unfortunately, in our current high-stress culture, the stress response is activated so often your body does not always have a chance to return to normal. When your cortisol level remains elevated, your body can't benefit from cortisol's usual functions, like regulating blood sugar levels, immune responses, blood pressure, heart and blood vessel

"Prolonged activation of the stress-response system can actually put you at increased risk of numerous health problems ..."

tone and contraction, and initiating anti-inflammatory response. Prolonged activation of the stress-response system can actually put you at increased risk of numerous health problems, including heart disease, sleeplessness, digestive problems, depression and memory

loss. You simply must find a way to cope with the stressors in your life.

Your 3 p.m. appointment arrives 30 minutes early. Your computer gets a virus. Your boss comments on your "production." You hit the vending machine. You work late. You go home, drained, depressed and dejected.

When your body is no longer in perceived danger or stress it begins to return to a state of physiological relaxation, where blood pressure, heart rate, digestive functioning and hormonal levels, including cortisol, return to their normal state. During acute stress (fight or flight), this occurs naturally. But for a chronic stress situation — like a high-pressure job — you may need to work it out physically at the gym or mentally with meditation.

There are lots of techniques out there to help you deal with stress including yoga, aerobic activities, deep-breathing exercises, visualization techniques or even a simple hot bath or relaxing massage (of course, there's also fist pounding, vile profanity and voodoo curses for some). Try to remove the "noise" in your life: over committing, overworking, bad relationships, debt load and so on. You have to figure out the technique that works best for you, so your stress doesn't get the best of you — or your belly.



Connie Cook "C²"
Fitness Director
Fit Athletic Club

A strut for sobriety, a beautification and the art of fashion



Fashion Files Diana Cavagnaro

A New PATH (Parents for Addiction Treatment & Healing) presented the seventh annual "Strut for Sobriety" awards ceremony and fashion show at the Sheraton Harbor Island on Sept. 10.

The celebrity honorary chair was Chuck Negron, lead vocalist for Three Dog Night and author of Three Dog Nightmare. Negron talked about his career starting at the Apollo Theater when he was 15 years old and skyrocketing to

fame with Columbia Records.

Asked how he created his image on stage, he said, "I was my own stylist and worked with a store on Santa Monica Boulevard."

He described his custom leather and suede pants cut like chaps and his vintage silk 1940s shirts. For sets, he said the band built chrome sets with "see-through drums and a white grand piano with a see-through top."

Negron has been sober now for 20 years and hopes he can be a role model for others. As a treat, he sang his hit, "One" (Is the Loneliest Number) for the audience.

The fashion show featured fashions from Macy's Horton Plaza and three tenors from Southwestern College Concert Choir sang "Besame Mucho" as the models came down the catwalk — a favorite moment of the night. All proceeds went to A New PATH. For more information, visit www.anewpathsite.org

Alexander Salazar Fine Art presented a wine reception and fashion show at 1040 Seventh Ave. The building, called White Box Contemporary, will be used mainly for exhibitions and auctions under the direction of Anjela Picard. On Sept. 14, White Box Contemporary presented Fashion in Residence Francisco Medavog. The Medavog Spring 2012 Collection, "Beautification," showcased a collection of dresses in floral prints.

The collection was a tribute to Bal-

boa Park's own artist in residence at the turn of the 1900s, Kate Sessions. The models showed off flowing silk dresses on the runway, with fabric sponsorship by Pure Fitness. Jewelry by Anjela Picard and hair and make-up by William Williams and Bellus Academy rounded out the event's look, while EDEN Hillcrest rounded out the audience's appetites.

Salazar has created an art district downtown, including the White Box Contemporary, the Alexander Salazar Fine Art Gallery at 640 Broadway and an Artist in Residence Program, located at 635 Broadway and 640 C St., which provides spaces for artists to work. After a month of painting, each artist is given a gallery exhibition at the White Box Contemporary. For an upcoming schedule, visit www.alexander-salazarfineart.com.

The Timken Museum of Art in Balboa Park featured the fourth annual Art of Fashion on Sept. 24. Students and graduates from Fashion Careers College (FCC) designed 15 clothing designs inspired by works of art in the museum. Models showed off these creations en tableaux, standing on a cube in front of each masterpiece. The designs ranged from avant-garde to classic interpretations.

Zandra Rhodes was honorary chair for the fourth year and Pat O'Connor was fashion chair. This year, Joye D. Blount and Jessie J. Knight, Jr. were event chairs and LaVonnya Fisher was the working committee chair. Dur-

ing the evening, the models joined the guests with informal modeling, showing off the intricate costumes in the crowd. Saleisha "Sal" Stowers, America's Next Top Model winner from Season 9, was on hand. Asked what was in her future, she said she just finished shooting a movie and wants to work on a career as an actress.

Timken Museum of Art may not rival the Louvre in terms of size, but it is home to the Putnam Foundation's world-class collection of European art, American art and Russian icons. The Art of Fashion exhibition will be on display from Oct. 1-30 and will feature five fashions inspired by the artwork displayed on mannequins. The museum is open Tuesdays through Sundays, 1:30 p.m. to 4:30 p.m. For more information, visit www.timkenmuseum.org.

Upcoming events:

• **Oct. 9: Thread Show** at the Horton Plaza Event Space, noon to 5 p.m., holiday shopping experience with independent designers, www.threadshow.com

• **Oct. 14: Lizz Russell Cocktails & Culture Collection**, Westgate Hotel's Grand Lobby, 6 p.m., 1055 Second Ave., (619) 557-3655

• **Oct. 20: Zandra Rhodes presents her Boho Chic Collection**, Westgate Hotel's Versailles Ballroom, 11:30 a.m., 1055 Second Ave., (619) 557-3655.

• **Oct. 22: Exhibit Ambush**, Horton Plaza



Above, a model wears a design by Hellen Nitschke inspired by Francois Boucher's painting, "Lovers in a Park." Left, Francisco Medavog's Beautification Collection at the White Box Contemporary.

DIANA CAVAGNARO | Downtown News

Event Center, 7 p.m., fashion and art show showcasing Jesus Estrada (Project Runway), ambushevents.com.

— Diana Cavagnaro is a nationally recognized hat designer and milliner, who has been operating a fashion business for 30 years.

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Puppets make a comeback

By WILL BOWEN | DOWNTOWN NEWS

"Puppetry is one of the minor arts," says puppeteer Dori Smith. "It's not like a symphony or the theater."

You might think otherwise, however, if you spent an hour with Smith, learning about how she makes her puppets from scratch — creating a life-like, tragic-comic character of wood, clay, latex and fabric — which she brings to life by way of a set of controlling strings. Lynn Jennings, president of the San Diego Guild of Puppetry, is also amazed by Smith, calling her "a consummate artist who puts tremendous effort into everything she does."

Anthony Davi, who runs Little Italy Tours, sought Smith out after returning from a trip to Italy where, in Sicily, he watched a traditional puppet show called Teatro di Pupi. Davi was inspired. He decided he was going to revive the Italian tradition stateside and make it a part of his Little Italy Historical and Cultural tours.

"I searched high and low, looking for someone who could do a traditional puppet show," he said.

According to Davi, the art of puppetry dates back hundreds, if not thousands of years.

"Italy had a rich tradition of puppetry but it is dying out and it is non-existent in the Little Italys of America," he said. "I want to bring it back to life."

Davi said in other parts of the world, both adults and children watch puppet shows, but in America, the popularity of the Muppets has shifted puppetry to the realm of children's art.

Davi hired Smith to give puppet shows at Po Pazzo restaurant and the Spagghetteria on India Street in conjunction with his tours. Smith has also performed at the Sicilian Festival in Little Italy, Cinco de Mayo in Old Town, the Downtown Branch of the Public Library and Space4Art. Her next show will be at the Rancho Santa Fe Branch of the Public Library on Oct. 18.

Smith is known for her commissioned

"Roast and Toast" puppets, modeled after famous people, which she made for Rob Appel's "Bravo" — a now-defunct benefit for the arts held at Westgate Hotel Downtown for many years. She constructed look-a-like puppets of Jung Ho Park of the San Diego Symphony, Craig Noel of the Old Globe Theater, Actress Cyd Charisse, who starred in the movie *Singing in the Rain* and George Chakiris from the film *West Side Story*.

Smith described the different types of puppets: hand puppets, rod puppets, marionettes and tabletop puppets. She likes marionettes — puppets worked with a set of strings — best. The term "marionette," she said, derives from the puppet "Little Mary," a character from the Biblical or Miracle puppet shows of the Middle Ages.

Smith's current puppet show is called "Circus Minimus" and tells the story of a troupe of circus performers, including Sparky the dancing dog, Miss Pinky Poo the acrobat, Tumbelino the tumbler, Ratonini the xylophone-playing rat, Map Cap the unicyclist, Blocko the strong man and Jelly Bean the rope gymnast.

Puppetry conveys its message through motion and movement, she said. "You convey the story and meaning through gesture rather than words, as in a play. It's a lot like pantomime. The aim is to bring an inanimate object to life — you have to give a spark of life to the puppet."

Smith's next project involves developing the characters and a show to help educate school children about how to deal with bullies. She hopes to present the show throughout the school district.

Although puppetry seems to be in decline around the world, this month will boast a plethora of puppet events in San Diego. Smith is confident that puppetry will again regain its stature, because, as she



Map Cap the Unicyclist and Ratonini the xylophone-playing rat both star in Dori Smith's "Circus Minimus."

WILL BOWEN | Downtown News



believes, "Puppetry will always have a future."

Upcoming puppet events:

International Puppet Exhibit at the Cannon Gallery, 1775 Dove Lane in Carlsbad, Oct. 1 to Dec. 30, free

Halloween Puppet Show "Goblins Night" by Kathy Felker at Space4Art, Studio #32, 325 15th St., Oct. 9, 1 p.m., \$7 adults, \$5 kids

Hobey Ford's Golden Rod Puppets, Carlsbad City Library, 3368 Eureka Place, Oct. 15, shows at 11:45 a.m. and 1:45 p.m., free.

Circus Minimus by Dori Smith, Rancho Bernardo branch of San Diego Public Library, 17040 Avenida de Acacias, Oct. 18, 10:30 a.m., free

For additional information, visit www.pigseyepuppets.info, call (619) 670-8021 or email dori.smith.ds@gmail.com

Also see www.sandiegoguildofpuppetry.org or www.littleitalytours.com or www.space4art.com.

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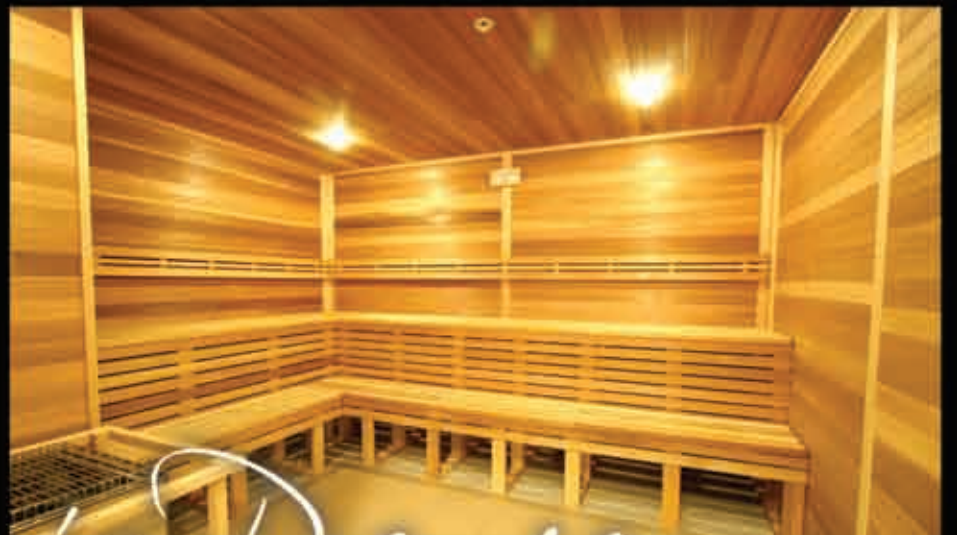
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Seaport Village offers trick-or-treat wonderland

By KAI OLIVER-KURTIN | DOWNTOWN NEWS

Rather than roaming the streets of San Diego accepting candy from strangers, parents and children are presented with an alternative option this year at the inaugural Seaport Village Halloween Bash on Saturday, Oct. 29. Providing entertainment, trick-or-treating at more than 50 shops and a costume contest exclusively for pets, the event offers something else — the aesthetic backdrop of San Diego Bay.

Entertainment will last from 3:30 to 7 p.m. and trick-or-treating will continue until 9 p.m. A disc jockey will play music inside the food court, while a living scarecrow provides spirited photo opportuni-

ties and pets unite at Pet Hideaway to vie for costume prizes.

"Seaport Village is the ideal location for an event like this," said Terry Hall, general manager. "There's no crossing the street, kids don't have to travel far and it's a beautiful, family-oriented atmosphere."

The passing of Labor Day and the start of autumn typically signify a decline in the number of tourist visits to America's Finest City. To celebrate the locals, Seaport Village will be extending special deals to residents during the week leading up to their Halloween Bash. These offers can be found at www.facebook.com/seaportvillage beginning Oct. 22 and require a valid California-issued ID or energy bill

to qualify.

"We're so grateful for all the locals who visit us and bring their out-of-town guests to Seaport Village," said Hall, "so we wanted to do something special for them once the tourists left. It should be a really fun time."

More than 20 Seaport Village shops will be participating in the local appreciation week, hosting events that include a Greek-themed hat contest and dog-friendly happy hour, as well as serving complimentary refreshments and presenting exclusive discounts.

Seaport Village is located downtown at West Harbor Drive and Pacific Highway adjacent to Embarcadero Park North. The shopping complex also hosts



Seaport Village will be the optimum place for families to be on Halloween weekend this year, with the inaugural Halloween Bash on Oct. 29. The event will feature entertainment for the whole family, as well as a locals appreciation week starting Oct. 22.

Courtesy photo

a "Surfin' Santa" parade and photo session the weekend after Thanksgiving and a busker (street performers) festival in

April.

For more information, visit www.seaportvillage.com.

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He had tears in his eyes, he had given his best.

As the "Q" was used for the evacuated and the weary.
The firefighters fought the fires with everlasting fury.

For those who suffered loss and pain.
Our prayers are with them, may their strength and hope be re-gained.

Sunday came and the game was on.
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For all the anguish the fires have caused.
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Thank you San Diego Fire Department for all that you gave.
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Sunday, October 30, 2pm
Ken-David Masur, conductor
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Perfect for ages 4 to 12.



WINTER SPECIALS
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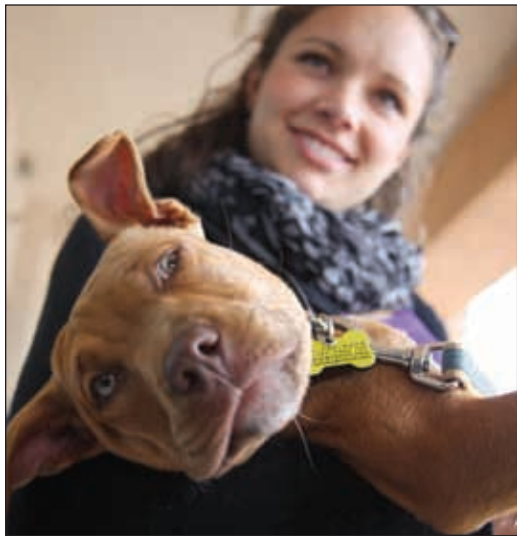


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Finding their way out of the pits



Supporters of National Pit Bull Awareness Day (Oct. 22) will find several ways to celebrate their beloved pets in San Diego, starting with a celebration in Balboa Park on Oct. 9.

From 10 a.m. to 3 p.m. at the corner of El Prado and Balboa Avenue, just west of Nate's Point Dog Park, the San Diego Pit Bull Lovers Meetup Group will host the third annual event that will feature special guest Armando "Mando" Galindo from the Animal Planet's "Pit Bulls and Parolees" (Mando is also an

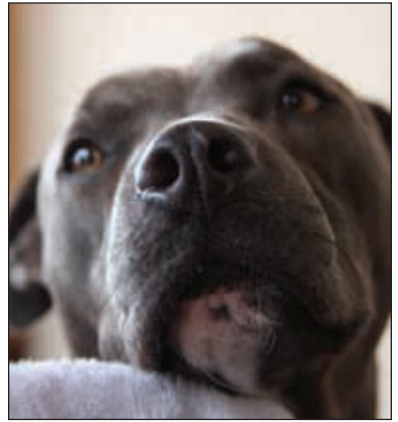
employee, along with his wife, Ruby, of the Villalobos Pit Bull Rescue Center).

The event will offer adoptable dogs from the Escondido Humane Society, It's the Pits Rescue, Puggles & Pitties and Bowman's Canine. Two certified canine behaviorists as well as trainers, photographers and more will be on hand, as will baked goods, pit bull-related items for sale, jewelry, T-shirts and stickers. Free seminars on "How to Be a Responsible Pit Bull Owner" and "Dog Bite Prevention" will be offered.

No breeders and no unneutered male dogs will be allowed, and only well-behaved dogs will be allowed entrance. For more information, visit www.meetup.com/-/San-Diego-Pit-Bull-Lovers.com.

For more pit bull fun and awareness, North Park-based Urban Body Gym is partnering with Pit Bull Rescue San Diego for a donation workout day on Oct. 22 from 7 a.m. to noon. Buff pit bull lovers will be treated throughout the day to a morning stretch, physique training, mutt run, urban yoga, boot camp and more — all free with a donation, which can be made the day of or at a donation drop at the gym, 3148 University Ave., throughout the month of October leading up to the event. One hundred percent of the proceeds will go directly to Pit Bull Rescue San Diego, and those who wish to join the gym that day will receive one month for free.

For more information, visit www.pitbullrescuesandiego.com.



Photos courtesy of Alicia Anthony

National Pit Bull Awareness Day was organized to inform the public of the true nature of pit bull-type dogs and to restore their negative reputations formed largely through misinformation.

— Kendra Hartmann



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A home tour with a furry purpose

The nonprofit Paws of Coronado will marry the best of two worlds on Oct. 16 with its Home and Garden Tour. The event, which benefits the organization dedicated to animal welfare and the adoption of homeless animals, will not be a run-of-the-mill tour of Coronado's beautiful homes and lush gardens. Instead of focusing solely on architecture and flora, the tour will include a meet-and-greet with the canine residents of the homes, satisfying guests' needs for a little puppy love while they ogle the indoor and outdoor design.

The event will include a tour of six homes, including a Spanish hacienda built in 1941, an eastern seaboard Nantucket-style home and a plantation island home. The tour will finish at the

Italian Villa Garden, where guests will have a chance to meet local author Maggie Espinosa, who will sign copies of her book, "The Privileged Pooch." Marcel, Maggie's bichon fries, will also be on hand to "paw-print" the book.

Paws of Coronado provides programs and services like adoption, fostering of stressed shelter animals and spay and neuter programs. Additionally, the organization runs public awareness campaigns focusing on public education regarding animal welfare issues and networks with animal rescue groups, humane societies and other animal care facilities throughout San Diego.

— Kendra Hartmann

Dental Care for your Pet Dr. Raffy Dorian

What is that smell? It could be your pet's breath! Dogs and cats need regular dental care just as you do. Fortunately, pets seldom suffer from cavities but gum disease and broken teeth are major concerns. Periodontal disease affects the gums, bones, and connective tissue around the teeth and can cause tooth loss and pain.

Plaque naturally forms on teeth. If it isn't removed, this plaque will turn into tartar. As the tartar builds up below the gum line, bacteria will grow. These bacteria can enter your pet's bloodstream and cause serious disease.

While hard foods and chew toys can help keep teeth clean, you need to get your pet used to regular tooth-brushing. As soon as you bring your new pet home, get it accustomed to having its mouth handled. It just takes a little time and patience but you can teach most pets to accept having their teeth brushed. Begin by running your finger gently over their gums, then wrap your finger with gauze and rub their teeth. In time, you can add pet toothpaste; do not use human toothpaste! After a few weeks, your pet should be willing to accept a toothbrush. For effective cleaning, brush your pet's teeth a couple of times a week.

If your pet won't cooperate with home brushing or if you already see tartar buildup or red and bleeding gums, it's time to get your veterinarian's advice. A professional dental cleaning with anesthesia may need to be done. The teeth will be cleaned above and below the gum line to remove plaque and tartar. They will also be polished to remove microscopic plaque and to make the teeth smooth to discourage plaque buildup.

Remember, dental care is as important to your pet's health as it is to your own. You owe it to your pet to provide regular tooth care and cleaning. It is important to work with your veterinarian to develop a dental wellness program specific to your pet's individual needs. For all that our pets give us; they deserve to have healthy teeth and gums.

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Downtown • “Electra

One of the preferred floor plans at downtown's one-of-a-kind luxury community, 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,
call 1-800-709-1995, Ext. 5629



Downtown • “The Grande North”

Boasting sweeping Northwest water views from its 30th-floor perch, this stunning, two-bedroom + den features over 1600 square feet and upgrades galore! Don't miss out!
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call 1-800-709-1995, Ext. 5349



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 • “Pinnacle”

Just listed, this incredible 20th-floor residence with panoramic water views has been remodeled from top-to-bottom in a warm Moroccan-style theme. Super special with dual terraces and parking, plus pitted Venetian textured walls, gesso-finish doors, and Byzantine lighting!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5269



Downtown • “Watermark”

Elegant and spacious, this premium Northwest corner residence in the Marina District's landmark residential community boasts an expansive terrace, stunning views directly into Pantoja Park, 2 bedrooms PLUS a full-size den/office, and 2.5 baths! Two secured parking, too!
For full details in a recorded message,
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Downtown • “Renaissance”

Boasting soaring 20+ foot ceiling in the living/dining area, this elegant town home features 2 or 3 bedrooms, 3 baths, street access + access from the interior of the community, dual parking, and over 2300 square feet of upgrades. Stunning!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5179



Downtown • “Horizons”

Boasts sweeping views to the Bay and city skyline, this lovely 2-BR/2-BA residence features an ambient gas fireplace, private view terrace, and dual parking spaces! Enjoy the lifestyle afforded at this premium Marina District locale!
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Downtown • “CityFront Terrace”

There is nothing comparable! Situated in the Marina District's only brick community, this street-level town home is reminiscent of a European chateau! Totally remodeled and re-crafted, it enjoys top-quality everything + dual terraces and dual parking.
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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 • “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,
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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!
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Downtown • “The Grande”

Stop here for the ideal first-time buyer or second home opportunity in one of Downtown's most desirable residential communities! Across from the Waterfront, this beautifully presented one-bedroom has it all for a bargain price!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5589



Downtown • “The Mark”

Ideal for first-time buyers, this unique 1-BR in sought-after community boasts almost 1000 square feet, a corner location and no shared walls, affording added privacy! You'll love the dual terraces, banks of sunny windows & the gleaming granite and stainless kitchen!
For full details in a recorded message,
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Downtown • “Alta”

You've seen nothing like this re-crafted penthouse in one of downtown's most exciting residential high-rises! You'll love the sweeping south-facing views, top-of-the-line finishes, custom appointments & dual parking, for starters!
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Downtown • “Watermark”

This top-floor penthouse beauty enjoys a sunny interior, a gleaming remodeled granite and stainless kitchen, lovely urban views, and almost 1800 square feet! How about 3 full bedrooms, all with walk-in closets (2 in the master!) and two and a-half baths?
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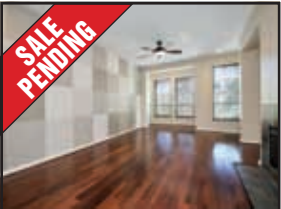
Downtown • “Union Square”

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Downtown • “Park Place”

You'll want to see this amazing 21st-floor residence with spectacular Southwest water views to Coronado and Point Loma! This popular split bedroom/ bath design enjoys a 2-sided fireplace, view terrace, dual parking, & upgrades galore! Furnishings negotiable!
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Downtown • “CityMark”

Priced to sell, this fabulous 2-bedroom row home is unlike no other! It features an oversize patio, 2-car parking with direct access, a warming fireplace, & gleaming granite kitchen. Hardwood floors, too!
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Downtown • “Park Terrace”

You'll be amazed at the Southwest-facing corner views of the Coronado Bridge and the ballpark from this 2-bedroom/ 2-bath residence, SHORT-SALE priced to sell! A large terrace and dual parking, too!
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Downtown • “ParkLoft”

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Downtown • “Palermo”

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Downtown • “Electra”

Take advantage of this super short-sale at one of Downtown's most unique and desirable luxury communities! Active city views, a split master suite design, and a spacious private terrace complete this pretty picture!
For full details in a recorded message,
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Downtown • “Atria”

Take advantage of this amazingly low-priced studio in the heart of the Marina District! This hip, urban residence is ideal for first-time buyers looking to begin their homeownership journey!
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Downtown • “Acqua Vista”

Absolutely pristine, this adorable 1-BR in the heart of Little Italy features a massive wall of windows looking onto the city streets, a resort-style community & a price under \$170,000!
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Downtown • “La Vita”

You'll want to see this super 2-bedroom in popular Little Italy community, featuring two decks for a total sq. footage of almost 400!!! Dual parking spaces and an ambient fireplace, too!
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Downtown • “The Grande”

Sold for \$525,000. 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 and dual secured parking spaces!
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Downtown • “Bayside”

Sold for \$612,000. 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!
For full details in a recorded message,
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Downtown • “Element”

Sold for \$137,500. Hurry, this is one of the lowest-priced properties currently on the market! This adorable 1-BR features a stunning granite and cherrywood kitchen, upgraded sculpted carpet, and a granite bathroom!
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Downtown • “Park Blvd East”

Sold for \$195,000. The ideal starter property, this cute 1-bedroom overlooking the quiet courtyard enjoys granite flooring and countertops and a private terrace!
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Downtown • “Gaslamp City Square”

Sold for \$380,000. Enjoy city views from this West-facing exterior residence complete with dual bedrooms and baths, granite counters in the kitchen and baths, and stainless appliances! Well-priced!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5089



Downtown • “Watermark”

Sold for \$550,000. You'll want to see this beautifully remodeled 2- bedroom with west-facing orientation in one of the Marina District's landmark residential communities, short-sale priced to sell!
For full details in a recorded message,
call 1-800-709-1995, Ext. 5019



Downtown • “The Mark”

You'll want to see this super 1-bedroom in the Northeast corner of one of Downtown's most sought-after East Village communities! Sweeping urban views and quality common area amenities, all for a price under \$400,000!
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