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Cathy Mendonca (with megaphone) leads a chant during the march against human trafficking. (Photo by Eva Posner)

Day of Action Against Human Trafficking rally attracts dozens of San Diegans

Radical Feminists of San Diego organize protest

By Eva Posner
SDUN Reporter

The Radical Feminists of San Diego organized a Day of Action Against Human Trafficking, inviting several local anti-trafficking organizations to participate in an effort to raise awareness about all forms of human trafficking.

The event took place on Saturday, April 7. Beginning at noon at the intersection of 30th Street and El Cajon Boulevard and ending at the Boulevard Transit Plaza, nine speakers from various advocacy organizations addressed the crowd on the complexities of human trafficking.

Groups represented at the rally included Af3rm San Diego, the Center for Social Advocacy, Border Angels, the Women's Museum of California, Unchained, Occupy San Diego and the National Association of Human Trafficking Victim Advocates.

Men and women of all ages and ethnic backgrounds held signs with messages that read, "Children are not for sale," "Real men don't buy girls" and "Human trafficking = slavery." As they marched on El Cajon Boulevard toward the Transit Plaza, the group chanted, "Human lives are on the line; now's a time to organize."

see Trafficking, page 3

Urban Agriculture Initiative stirs up some noise

By Monica Garske
SDUN Reporter

With District Three Councilmember Todd Gloria's Urban Agriculture Initiative now in effect, allowing Uptown residents to raise certain farm animals in their backyards, some residents are concerned over the potential increase in noise.

The new initiative allows single-family homes to keep and maintain beehives, a chicken coop with up to five chickens but no roosters, and a shed with up to two miniature goats, provided City regulations for animal care are followed.

City regulations state a chicken coop must be located at least five feet from side property lines and 13 feet from the rear property line. Mini goats must be dehorned, kept in a shed that is easily accessed and cleaned by owners, and male goats must be neutered. Each shed must provide a minimum of five square feet of space per goat.

The initiative touts one significant benefit associated with raising chickens and goats at home: having fresh eggs and milk. Five healthy hens could supply approximately 30 eggs per week, meeting the needs of a family of four, according to City documents.

Gloria said the idea was brought to him at a Coffee with your Councilmember meeting in 2009.

"A couple of North Park neighbors told me

see Agriculture, page 4



Mission Hills resident Rachel Smith's chickens play with neighbor Chloe Gladish. (Photo by Rachel Smith)

Big Sister League celebrates 70 years of service to women

loving safe place to be," Emerald said.

"I know that as long as programs like this exist, other daughters, other sisters [and] other mothers will find hope and a second chance, so thank you for what you do every single day," she said, adding that seventy years is a great milestone.

The Big Sister League of San Diego celebrated their 70-year anniversary of service to women in the community and received a proclamation from the City. Councilmembers Emerald and Todd Gloria presented the League with a proclamation designating April 2, 2012 as "Big Sister League of San Diego Day" in San Diego, signed by all the City Councilmembers.

"I am really honored to be part of this proclamation," Emerald said.

Gloria, the Council District Three representative, said he was impressed the Big Sister League has stayed in the same location for 70 years. Named for the organization's founder, the League's Frances Woods House is located at 115

see League, page 4



(From left) Marti Emerald, Big Sister League Executive Director Nakosha Embry, Todd Gloria and others. (Photo by Daniel Solomon)

By Ashley Mackin
SDUN Editor

For 70 years, the Big Sister League of San Diego has worked diligently to improve the lives of women in the community.

District 5 Councilmember Marti Emerald said she knows first-hand the deeds of the organization asset, noting that her daughter, who was diagnosed bi-polar, stayed briefly at the League's Frances Woods House.

Emerald said the Big Sister League helped her daughter through "the most difficult time of her life."

"This is a big piece of the network of services and protection for women who are vulnerable, who have mental health issues, that just need a

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FROM PAGE 1
TRAFFICKING



Women aren't the only ones standing against human trafficking. (Photo by Eva Posner)

Cathy Mendonca, a residential advocate at the YWCA of San Diego County and a member of the Radical Feminists, organized the event.

Mendonca said. "That is a huge part of it but it is a very complex issue involving many marginalized groups, [including] women, children, LGBT youth, immigrants and men forced into horrible labor conditions."

Ruth Inacay, a University of San Diego Rainbow Educator, spoke at the rally about the vulnerability of LGBT youth to be trafficked. "They are often kicked out of their homes or run away because their identity is not accepted by their families," she said.

Inacay said the National Center for Missing and Exploited Children estimates that one in three homeless teens will be approached by traffickers within the first 48 hours of being on the street.

Dilkhaz Ahmed, a Kurdish woman from Iraq and Executive Director of License to Freedom, also spoke at the event. License to Freedom is a nonprofit organization seeking to end domestic violence in San Diego County. Ahmed spoke on forced marriages, a form of exploitation most people may not recognize as trafficking.

Ahmed said many young girls are taken from their homes against their will and married to men many years their senior. Sometimes the girls are taken out of the U.S. for fear of retribution, never to see their families again and are forced to be subservient to husbands they did not want to marry.

"One girl was 13 years old and her parents practically sold her to a 37-year-old man," Ahmed said.

"We can't stand for that. America is better than that."

Other topics discussed included the role of the U.S. military in trafficking abroad; the profit made from trafficking by companies like craigslist.org and backpage.com; the trafficking of immigrants; and the need for shelters and services for victims in San Diego County.

John Brooks, a congressional candidate for District 51, was present to support the cause.

"Human trafficking is a big, big problem in the world," Brooks said. "I've been to places you would normally associate with it, like Thailand and Vietnam, and it's evident there. ...It's [also] right here in the United States, on the streets of our city and cities like ours, and many Americans aren't aware of that."

Statistics from the United Nations Office on Drugs and Crime state that 2.4 million people around the world are victims of human trafficking at any one time; 80 percent are exploited for sexual purposes and 17 percent are used for forced labor.

"I want to debunk the idea that trafficking is only sex slavery and prostitution"

-Cathy Mendonca

At the end of event, Kari, a 20-year-old survivor of sex trafficking, shared her story. She said she was kidnapped at age 14 from a San Diego sidewalk when someone asked her for directions. Kari said she was raped and spent the next several months being forced to perform sex acts for clients.

One of the girls Kari was held with was 8 years old at the time, Kari said. The two eventually escaped out of a small window in a bathroom.

"I just want people to know this is real," Kari said. "I suffer from PTSD [post traumatic stress disorder] from this. I wake up from night terrors on a regular basis. I wanted to kill myself for such a long time. ... Now I know I lived so that I could help raise awareness for



Kari, a survivor of sex trafficking, shares her story with the crowd. (Photo by Eva Posner)

this issue. I just don't want to another person to have to go through what I went through."

For people who want to get involved in the fight against human trafficking, Mendonca suggested writing letters to local and state politicians, starting petitions and donating to advocacy groups that are working on behalf of victims.

"This isn't a quick fix," Mendonca said. "A rally is a great start to raise awareness but it doesn't end there. California needs legislation that doesn't criminalize victims. San Diego needs more education on the issue and more services for the victims, but it all starts with action by the people of the community." ♦



Men and women of all ages participated in the rally against human trafficking. (Photo by Eva Posner)

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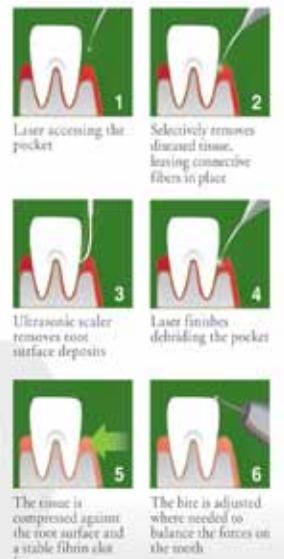
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FROM PAGE 1

AGRICULTURE

about the challenges they faced because they wanted to raise a couple chickens for eggs in their small yard. I looked into the matter further and realized many San Diegans were dealing with similar problems," Gloria said. "I am incredibly proud that [this

initiative] will allow more people to keep small numbers of animals on their property and strengthen their connection to their food."

Some Uptown residents are concerned about animal noise in their neighborhoods, but Gloria said he does not see that being an issue.

"Chicken and goat noise will be treated the same as cat and dog noise is currently. Noise that is a

nuisance would be addressed by the Neighborhood Code Compliance Department," Gloria said.

Neighborhood Code Compliance Department Project Supervisor Tony Khalil, who handles animal noise complaints, said no farm animal-related complaints stemming from the new initiative have been filed with his office.

If someone wants to file a complaint about goat or chicken noise coming from a neighboring home, Khalil said a formal animal noise complaint form must be completed and turned in, just as someone would with a complaint about a noisy cat or dog.

Khalil said the process requires at least three adjacent property owners to support the noise complaint, at which point the animal noise is considered a "public nuisance." After the group files the complaint, the City reviews it and the owner is notified. If the proper steps are followed, Khalil said a complaint could be typically resolved within 10 days.

Currently there are no special regulations regarding goat and chicken noise, nor plans to revise the current animal noise regulations to include farm animals, Khalil said.

Hillcrest resident Angela Pennella said she recently finished dealing with a longtime animal noise problem in her neighborhood that

left her with a major headache.

Pennella, who works from home, said her next-door neighbor owned a cat that would meow at all hours. She said the cat was kept outside in a cage on the neighbor's balcony, and everyone in the area could hear it.

Pennella and her roommate called the City to make an animal noise complaint, but she said the process took a long time to get resolved.

"Ultimately someone came to haul the cat away, but for a long time, the noise interrupted my ability to focus and work from home. It was a total disruption to our lives," she said.

Pennella said she is concerned that if it was complicated to file an animal noise complaint against a cat, taking action against a goat or chicken could be even more difficult for residents.

Mission Hills resident Rachel Smith started raising chickens on her residential property two weeks ago and said she is taking every precaution to keep her coop from disturbing her neighbors.

"I've already talked to all my neighbors about our chickens and they're okay with it. I'm very conscious of the fact that we live in tight quarters and the last thing I want to do is disturb others," Smith said.

Smith and her husband own

two chickens and said their family is looking forward to having fresh eggs.

"A lot of the appeal for us is freshness, but we also want our kids to see and understand where their food comes from. As for the noise, it's really not an issue for us, other than some mild clucking. I can't imagine our chickens are louder than the noise a dog, cat or person might make," she said.

Smith said for now she's sticking to raising two chickens, but if she gets more backyard space, she might consider adding a mini goat to her family. "I've heard chickens are the gateway farm animal, so we'll see," she said.

For more information about the Urban Agriculture Initiative, visit sandiego.gov.

FROM PAGE 1

LEAGUE

Redwood St. in Hillcrest.

"I love this organization because I think it's really reflective of the district I get the opportunity to represent, where there [are] really kind and compassionate people who want to help our neighbors out," Gloria said.

Frances Woods, a suffragist, started the organization in the 1940s with the original purpose of providing a space for women who had been jailed for breaking curfew laws. In 1942, the year the League began, laws stated any unescorted woman on the street after 10 p.m. would be arrested. Woods arranged with the local sheriff to provide beds for the arrested women, if the sheriff released them into her care.

As laws changed, the organization evolved to serve as a temporary care facility for women with mental illnesses. Nakosha Embry, executive director of Big Sister League, said the purpose of the organization today is to teach life skills such as cooking, showering and taking medications properly, with the end goal of re-integrating participants into the community.

Embry said the April 2 event helped to inform the community of their services. "It's letting everyone know this is a safe place for women; [and is available] for more women to come and live here and take more steps to get back into the community," she said.

Embry said nine women are currently living at the Frances Woods House, though it can hold up to 15. There is also a Big Sister League house in Bankers Hill, located at 3360 Fourth Ave. that can also accommodate 15 women.

Residents can stay up to 18 months at the Frances Woods house and up to three years at the Bankers Hill location, Embry said. However, she added, "As long as they [need] us, they can stay."

In honor of the 70th anniversary, the San Diego Roofing Contractors Association donated time and materials to replace the roof of the Hillcrest house.

Additionally, throughout the month of April, the Big Sister League has partnered with San Diego restaurants to fundraise for the program. For example, Slater's 50/50 will be participating on April 16. By visiting bigsisterleague.org, participants can view participating restaurants and dates. Visitors must download and print the program's flier and take it into the participating restaurants on the corresponding date to participate.

If the flier is presented on that date, 20 percent of the purchase will go to the Big Sister League.

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Uptown farmers markets expanding to the community and giving back



(Photo courtesy of Cat White, SD Weekly Markets)

By Margie M. Palmer
SDUN Reporter

San Diego has some of the most exquisite weather in the country, so it's not surprising that area farmers have a harvest season that spans longer than most. The city's numerous weekly farmers markets provide these farmers opportunities to sell their wares and integrate with the community. Farmers markets in Hillcrest and North Park have added two new programs to extend their community involvement in their weekly markets.

The Hillcrest farmers market, open on Sundays from 9 a.m. - 2 p.m. on Lincoln Street at Normal Street, offers approximately 125 weekly vendors who sell fruit, vegetables, arts, crafts, pre-prepared foods, beverages and more.

Hillcrest Business Association (HBA) Marketing and Communications Director Lisa Weir said she believes this market stands out because it has that "true community feel."

"When you go to the Hillcrest farmers market you feel like you're part of something," she said.

Weir said the HBA recently hired farmers market regular Jamie Weisman to blog regularly about the market's current and upcoming happenings. Weisman's blog, Market Girl, can be



(Photo courtesy of Cat White, SD Weekly Markets)

found on the Hillcrest farmers market website.

"We thought to ourselves that from a communications standpoint that it would be great if we could replicate that [community feel] in a virtual communication space so as to mirror what happens every single Sunday," Weir said.

"She's a foodie but someone who isn't out of touch. She's in her 20s, loves to cook and she even teaches children's cooking classes in the area," Weir said. "We thought she'd be the perfect person to expand the conversations that were happening on Sunday and bring them online."

Feedback thus far has been positive. "I think at first we wondered... who is going to read this, but as it turns out there are a lot of people who are reading and commenting," Weir said. "People are e-mailing us directly asking if they can contact Market Girl directly. She's someone who knows a lot about food and farmers markets and her work is accessible and applicable to a lot of different folks. This blog has been a great way to integrate the market- feel and to expand and mirror that every day online."

North Park's weekly market, held Thursdays from 3 p.m. to 7 p.m. on 32nd Street at North Park Way, has expanded into something beyond vendors and patrons by working with local schools. SD Weekly Markets, which took over running the farmers market approximately 18 months ago, wanted to make the market a little more family focused.

"We realized a great way to do that would be to form partnerships with local schools. All of these families already buy fresh produce, but now, if they do their shopping at the farmers market we will make a quarterly donation to the local school of their choice," SD Weekly Markets representative Catt Fields White said.

For each dollar spent at the farmers market, vendors will

provide the purchaser with one ticket. Patrons can then drop those tickets into a bucket with a participating school's name it. White said at the end of each quarter, five percent of the value of tickets dropped for each school will be donated to that school's Parent Teacher Association.

Although the program is still fairly new, she said, approximately \$600 has been donated thus far.

"The schools have been great about getting the word out on this program," White said. "Everyone seems very excited about it."

District Three City Councilmember Todd Gloria, whose district includes North Park and Hillcrest, said that District Three markets are not just retail outlets, but community gathering points and social destinations.

"The farmers market movement has grown exponentially in popularity and success over the course of the last decade," Gloria said. "I love that Mission Hills' market is personal and somewhat small; Hillcrest's is booming and attracts San Diegans from other neighborhoods; and others are similarly appropriate for their neighborhoods. Beyond these benefits is the fact that the markets bring local goods to San Diegans, which strengthens our connection to our food and reduces environmental impacts." ♦



(Photo courtesy of Cat White, SD Weekly Markets)

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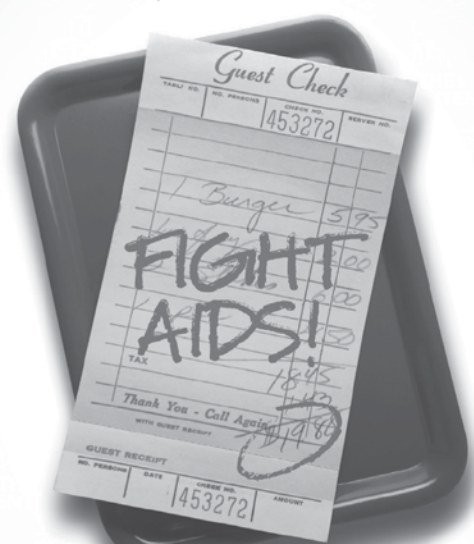
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Hillcrest 2.0 to host nationally recognized speaker

Charles Marohn of Strong Towns to speak on community development



At a Hillcrest 2.0 forum, participants experimented with building blocks to explore urban development. (Photo courtesy of Ben Nicholls, Hillcrest Business Association)

By Dave Schwab
SDUN Reporter

Hillcrest 2.0, the umbrella under which several community meetings have been held to discuss future development, is hosting a curbside chat.

Organized by the Hillcrest Business Association (HBA), feedback from these meetings will be included in the input of Hillcrest businesses in rewriting Uptown's neighborhood plan.

At the curbside chat, developers of Hillcrest 2.0 will discuss its progress on Tuesday, April 17, at 5 p.m. The forum will take place at the Bamboo Lounge, located at 1475 University Ave.

Charles Marohn, executive director of Strong Towns, will give a presentation at the forum. Strong Towns is a national nonprofit offering a growth model to help communities become fiscally stronger.

"It's a small idea that sort of grew," said HBA Executive Director Benjamin Nicholls. "Part one was the basic operations. Hillcrest 2.0 is the next generation."

With two years of planning, organizing, gathering speakers and hosting community meetings, Hillcrest 2.0 has involved a series of workshops attended primarily by Hillcrest business owners focused on formulating a collective vision for future redevelopment. The ideas from these forums are included in the HBA recommendations to the revised Uptown Community Plan.

"We had five forums over the course of 14 months, each with a different topic," Nicholls said. "We've invited speakers to come from academia [and] from industry."

Noting business owners typically focus on the short term rather than the long term, Nicholls said Hillcrest 2.0 is a way to broaden and lengthen their perspective about long-term community development, while allowing their input into the City's ongoing Uptown neighborhood plan update.

"The way that Hillcrest grows and develops over time will be critical for [businesses]," Nicholls said. "They want to see Hillcrest encourage small business."

Nicholls said Hillcrest 2.0 forums have been run more like business mixers than formal city planning functions. That, he said, adds to their interactivity and the free exchange of ideas between business owners and community members.

At one 2.0 forum on planning



Charles Marohn (Courtesy of Strong Towns)

density, Nicholls said attendees fashioned their own scale models for future development using building blocks. "Each participant had to find room for their building, where new apartments and other buildings would go to further growth in

Hillcrest, while preserving neighborhood character," Nicholls said.

Community members are invited to the April 17 curbside chat to learn how to apply these ideas to their own businesses.

Marohn said his presentation will be about the "new realities" of post-World War II development, using a growth model for economic redevelopment.

"We recommend the first step is to stop building in this [suburban] development pattern," he said. "Communities need to reevaluate their capital improvement plans ... look through the lens of return on investment [and ask] how [to] make your places more valuable."

Marohn said the new model concentrates on quality rather than quantity. "Instead of focusing on how much new growth we can create, we show how much value can be squeezed out of our existing investment [and] how we make those investments go further," he said. ♦

SIDEBAR:

Following the first series of Hillcrest 2.0 forums, the HBA released 17 recommendations it is asking the City to consider in the revision of Uptown's neighborhood plan, expected to be released later this year.

Some of those recommendations include:

- Encourage a diverse mix of businesses providing a variety of goods and services
- Encourage sidewalk cafes and other businesses that utilize the public right-of-way
- Increase street security to address issues related to homelessness
- Create a "National Main Street" on University Avenue that draws together both ends of the neighborhood
- Develop a specific entertainment district
- Development of a restaurant marketing district
- Set aside developer impact fees for transportation, open space and parking infrastructure
- Include inventive, mixed-use design elements that create harmony between uses in new development
- Place retail and office space between street front uses and residential spaces for noise control and other buffering purposes
- Encourage alternative public and private transportation elements
- Create a transportation hub connecting travelers to other modes of transportation such as bike routes
- Create incentives for private developers to fund open spaces and parks
- Create developer incentives to encourage private investment in public spaces and streetscape furnishings such as public art, patterned sidewalks, trash cans, solar trash compactors, benches, trees, banners and water fountains

Improved Sixth Avenue Playground open



Mayor Jerry Sanders (left), members of the Friends of Balboa Park and District Three Councilmember Todd Gloria (last adult on right) celebrate the dedication of the Sixth Avenue Playground on March 28. (Photo courtesy of Councilmember Todd Gloria)

By Ashley Mackin
SDUN Editor

The Friends of Balboa Park recently completed Phase I of the Sixth Avenue Playground Enhancement Project with a ribbon cutting ceremony for new play equipment on March 28. The organization dedicated and opened the play area, which is located in Balboa Park between Thorn and Spruce Streets along Sixth Avenue.

As a part of the Enhancement Project, the existing play equipment was replaced with newer structures that are coated in plastic to prevent them from overheating in the summer. Other improvements include angled shaped play structures to make them more accessible to people with physical disabilities and new swings, as well as rubberized padding installed on the ground to make a potential fall less harmful.

The new additions quadruple the amount of play space available at the park, and organizers of the project said a new slide will be installed shortly. Friends of Balboa Park are waiting until summer to evaluate whether they will plant trees for shade.

Jim Hughes, chair of Friends of Balboa Park and project manager for the Enhancement Project, said, "What we're trying

to do is breathe life back into the playground by enhancing it, which we've clearly done."

District Three Councilmember Todd Gloria attended the ribbon cutting and said "While Balboa Park is acclaimed as a regional park, many of the neighborhoods in my district rely on Balboa Park to meet their neighborhood park needs as well. It is clear that the new equipment is a hit with both the region and the neighborhood."

Phase II of the Enhancement Project will make the area more accessible to people with disabilities, becoming compliant with the Americans with Disabilities Act (ADA). Part of these improvements include making the surrounding sidewalks wheelchair accessible and renovating the existing bathroom and water fountain for ADA compliance.

Of the planned improvements, Hughes said there will be a walkway that goes around the play area leading to seating so those with mobility disabilities would not have to cross soft surfaces to reach the seating area.

The original equipment was installed in the 1950s and 1960s when there were few regulations that would conform to today's ADA standards. The biggest violator, and the first thing on the Phase II list, is the nearby restroom facility.

"[We will] replace the bathroom that's there with something that's modern, efficient, attractive and, most important, ADA compliant," he said.

Hughes said the improvements are not directly related to the 2015 Balboa Park Centennial Celebration, but they are part of enhancement projects across Balboa Park in preparation of the event.

"I see this as a down payment, one of hundreds, toward... [the] 2015 celebration," Hughes said, adding the new play structure is just one improvement Friends of Balboa Park has focused on. "[We] have something, it seems like, every single month where we're doing something that's an improvement to make the park better, more usable, more people friendly [and] prettier," he said.

Phase I of the Enhancement Project was privately funded and managed independent of the Department of Parks and Recreation. Friends of Balboa Park were granted right on entry by the City, which entitled the organization to work on public land to complete the project.

From there, Hughes said, Friends of Balboa Park hired a contractor, playground designer and material suppliers. When Phase II of project is complete, the Friends of Balboa Park will donate the play area to the City. ♦



Some of the new play equipment installed through the Sixth Avenue Playground Enhancement Project. (Photo by SDUN)

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Letter to the Editor

Climate change threatens our San Diego lifestyle

Sunny skies, warm temperatures, and gentle breezes – this is the climate for which San Diego is so justly famous. Much of our lifestyle and our local economy depend on that climate. Whether it is the lineup of surfers on their boards off our coast every morning, the huge economic impact of visitors to our region, or our local maritime businesses such as ship building and repair – they all will be negatively affected by climate change.

The average temperature of the planet has increased in recent years and there is consensus among scientists that emissions from human activities are largely responsible for that change. One impact of climate change that will be particularly significant for San Diego is the rising sea level, which is caused by the expansion of warming ocean waters and the melting of global ice masses.

If current trends continue, according to a San Diego Foundation report, San Diego's Changing Climate: A Regional Wake-Up Call, by 2050 sea level will be 12-18 inches higher along our 70 miles of coastline. That means shrinking beaches, collapsing cliffs, and elimination of tide pools and wetlands. It also means flooded transportation corridors and threats to homes, businesses, hotels, the Port of San Diego and even the airport. Communities expected to be particularly affected include Imperial Beach, Coronado, Mission Beach, La Jolla Shores, Del Mar, and Oceanside. More information about sea level projections and other impacts of climate change, including the San Diego Foundation report, is available from the Scripps Institution of Oceanography at <http://www.sio.ucsd.edu/>.

The California Ocean Protection Council, on which I

represent the State Assembly, is working to provide guidelines for protecting coastal properties, such as building sea walls and breakwaters and replenishing beach sand. But these steps will be costly. While we probably cannot completely prevent climate change, there are steps we can take to reduce it and the costs associated with it. Policies that reduce greenhouse emissions, including support for mass transit and smart growth communities, can make a real difference.

On an individual level, this month's Earth Day observance is a great opportunity for renewing our commitment to saving the planet. My San Diego office can provide you with a brochure of helpful hints for reducing your carbon footprint, as well as a climate change coloring book for kids. Please call 619-645-3090 to request them.

—Warm Regards,
TONI

Golden Hills MAD elimination responses

This indeed is a sad time for Golden Hill.

A small group of shortsighted property owners have unfortunately forced the Golden Hill Assessment District to be dissolved.

As a resident and property owner in Golden Hill for over 40 years, I have never been so proud of my neighborhood's resurgence over the past five years, sparked by the accomplishments of Ben Verdugo and the assessment district through their services such as litter and graffiti removal as well as landscaping services. At the very best, this misguided decision has stalled the restoring of Golden Hill to its once-held position as a crowned community of San Diego.

But as one door closes another can open. Now is the time for our Councilman Todd Gloria to rise to the occasion and step forward to see that these type of services will continue, for his district

of Golden Hill, to maintain the momentum of these tremendous strides made thus far. We will be supporting and watching you Mr. Gloria.

—Barry Stinson
GH Resident

Hurrah to the Superior Court for cancelling the Golden Hill Maintenance Assessment District (MAD) tax to fund upkeep services in the neighborhood.

I live just south of Juniper Street, which, officially, puts our neighborhood in the Greater Golden Hill District. This location has received none of the services MAD was providing to other areas of Greater Golden Hill. If I cross to the north side of Juniper, I am in North Park and not considered eligible to be a volunteer officer for certain committees of the North Park Community Association. So, I'm kinda feelin' left out by both of these communities!

In my neighborhood we all pick up our trash, paint over the graffiti, landscape City property, sweep our own sidewalks and don't dump our old couches in the streets. Mark Catrambone, supervisor for Harvest Landscape, the company contracted to provide service for the MAD project, stated that his crew received only positive feedback from residents. Sure, I would have positive feedback for services too. But I didn't get any. All I got was an additional tax to pay.

I would suggest that now the neighbors in Greater Golden Hill have incentive to get off their couches (in or out of the street), ban together, and have a good time meeting, greeting and sprucing up their hood together. It's a wonderful way to meet one's neighbors and gain the satisfaction of contributing to this great community. That's how we do it just south of Juniper (AKA South Park).

I gotta go now to sweep the sidewalk, pick up a bunch of candy wrappers and say "Hi" to my neighbor. Oh, and another thing. I want my tax money back!

—Connie Dahl,
GH Resident

Meetings regarding Normal Heights Elementary

Your article on the protest at Normal Heights Elementary School (Uptown News, March 16–29, 2012) quoted Lisa Ames: "...that the park, in its proposal stage, was never brought to the parents or the community for input."

Ames is wrong; there was input from the community.

Fact: November 13, 1999: Public Facilities Workshop. The school and the park were included in a larger discussion of the area from 40th Street west to Hawley Blvd. A capacity crowd filled the Normal Heights Community Center.

Fact: November 22, 2002: Master Planning Workshop, Franklin/Adams Elementary School. A charrette, attended by community members, that focused on the school and its connection/relationship with the park and the surrounding area.

Fact: During 2003, the architect hired for the project and SDUSD held three design meetings with the community. Joint-use was always part of the discussions.

Fact: June 16, 2005: Ground-breaking ceremony for Normal Heights Elementary School. The program listed 16 campus features, one was the joint-use field; the other was the curving sidewalk to provide after-hours access from the west.

The community was certainly asked for input during the entire process; I cannot speak for parents, who may or may not have attended any of the six meetings or events mentioned above.

—Suzanne Ledeboer
NH Resident

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TASTE OF HILLCREST IS BACK

The 12th annual Taste of Hillcrest is back April 21 from noon to 4 p.m. This self-guided culinary tour allows participants to taste from over 40 Hillcrest restaurants. Tickets to the Taste of Hillcrest are \$30 in advance and \$35 on the day of the event. Proceeds will benefit the Hillcrest Business Association. To purchase tickets or see a complete list of participating restaurants visit fabulouhillcrest.com or call 619-233-5008.

GRAFFITI BEACH OPENS IN SOUTH PARK

On Saturday, April 7, Graffiti Beach hosted a grand opening party to celebrate its first permanent boutique in South Park. The boutique is located at 2220 Fern St. The grand opening hosted over 200 guests and featured a runway show including a range of clothing and accessories for men, women and children, with what designers are calling a “beach meets street” feeling. Emerging brands that were showcased included: Ani Bikini, 10AKbySara, Chime Designs, Beatrice Holiday, Little Rockers, Redhawk Brigade, Cameron Hawaii, JammyPack and Jasmine Honey.

MISSION HILLS HERITAGE HOSTS ‘CRADLE TO THE GRAVE’ WALKING TOUR

“Cradle to Grave,” a docent-led walking tour hosted by Mission Hills Heritage, will explore a core area of Mission Hills. The tour is April 21 from 1 to 4 p.m. The “cradle” element of the tour centers on the 102-year-old Mission Hills Nursery. Grant Elementary School, built in 1914, is also included in the tour. Docents will discuss the evolution of this 98-year old institution, and Grant graduates are invited to share stories. Also featured will be the Calvary Cemetery that at one time served as a playground. Tickets are \$10 for Mission Hills Heritage members, \$15 for non-members and may be purchased the day of the tour at 12:30 p.m. at the parking lot in Pioneer Park off Washington Place. For more information, email info@missionhillsheritage.org or call 619-497-1193.

ION THEATER ANNOUNCES PRODUCTION OF TOPDOG/UNDERDOG

Ion Theater recently announced their production of TOPDOG/UNDERDOG, starting April 14. Ion theater press material described the production as “Suzan-Lori Parks’s darkly comic fable of brotherly love and family identity is a riff on the way we’re defined by history. The play tells the story of Lincoln and Booth, two brothers whose names were given to them as a joke, foretelling a lifetime of sibling rivalry and resentment. Haunted by the past, the brothers are forced to confront the shattering reality of their future.” Running through May 12, TOPDOG/UNDERDOG runs Thursdays through Saturdays, and tickets start at \$10. The ion theater is located at Sixth Avenue at Pennsylvania Street in Hillcrest. For more information visit iontheatre.com.

FANTASTIC SAM’S IN HILLCREST RENAMED

The hair salon that was previously Fantastic Sam’s, located at 1262 University Ave., de-franchised and owner Deborah Calamia turned to the community to rename the salon. After a month of suggestions, patrons Aaron Detty and

Glenn Maddock suggested the winning name, Haircrest. The pair will receive six months of free hair care each.

LOCAL LANDSCAPE ARCHITECT TO HOST WALKING TOUR OF BALBOA PARK

April is Landscape Architecture Month and across the country landscape architects will hold special events to raise awareness and understanding of the role of landscape architects. In San Diego, the American Society of Landscape Architects (ASLA) is offering a free walking tour of Balboa Park on April 26 at noon, inviting everyone to discover spaces and trails designed by landscape architects. The tour will last approximately one hour. Mike Singleton, Principal at KTU+A Planning and Landscape Architecture, was responsible for the preparation of trail maps for information kiosks in Balboa Park to help guide park visitors to the numerous trails in the park from several gateway locations. He will host the tour. The tour begins at Sixth and Upas Streets in Balboa Park.

ST. PAUL’S SENIOR HOME GETS FIVE STARS FROM U.S. NEWS

St. Paul’s Senior Homes and Services, with several locations in Bankers Hill, has received a ranking of five stars overall in U.S. News & World Report’s annual Best Nursing Homes. Homes earn an overall rating of one to five stars, as well as up to five stars in each of three underlying categories: health inspections, nurse staffing and quality of care. Of more than 15,500 homes rated on the U.S. News web site, St. Paul’s was among the fewer than one in eight that received a five-star overall rating in all four quarters of 2011.

OLD GLOBE BOARD OF DIRECTORS CONFIRMS DUAL LEADERSHIP

The Old Globe Theater’s board of directors named Michael G. Murphy as managing director on April 4. Murphy was appointed interim managing director in October 2011 after the resignation of CEO and Executive Producer Louis G. Spisto, who oversaw both the artistic and administrative operations of the theater. As previously announced, executive search firm Albert Hall & Associates has been retained to conduct a nationwide search to identify artistic leadership for the company. The Globe’s Transition Committee, chaired by board Vice Chair Elaine Bennett Darwin, will continue to work closely with the firm to enlist an artistic director.

DINING OUT FOR LIFE COMING TO HILLCREST

The LGBT Center’s sixth annual Dining Out for Life San Diego will take place at more than 30 Hillcrest restaurants, bars, coffee houses, nightclubs and more on April 26. Different restaurants have pledged different donation amounts, but on average, between 25 and 100 percent of sales will benefit The Center’s HIV/AIDS services and prevention programs. For example, R-Gang Eatery will donate 100 percent of brunch, cocktail and dinner purchases to the cause. For more information, including a full list of participating restaurants and how much they will be donating, visit diningoutforlife.com/sandiego/restaurants.

HILLCREST TOWN COUNCIL HEARS HOMELESS INITIATIVE REPORT

At the Hillcrest Town Council meeting on Tuesday April 10, a presentation was made about a new homeless initiative. After meetings with local representatives, including District Three Councilmember Todd Gloria and the San Diego Police Department Homeless Outreach Team, designers of the project have summarized their recommendations that encourage Hillcrest residents to take independent stops at ending homelessness. These recommended steps include residents doing their own recycling, supporting a new meter donation system and consider developing a “Clean & Safe” committee modeled after one used in the downtown partnership.

TASTE OF MORENA BACK FOR FIFTH YEAR

The fifth annual Taste of Morena is back April 24 from 5 to 9 p.m. The Morena district includes Morena and West Morena boulevards south of Clairemont Drive, Napa Street and West Linda Vista Road. Tickets are \$15 and are available at Cole’s Fine Flooring, Jerome’s Furniture and City Chevrolet on West Morena Boulevard and the US Bank at the corner of Napa Street and Linda Vista Road. Free Old Town Trolley shuttles will transport diners to participating restaurants, which include: Andre’s Cuban, Baci Ristorante, Bay Park Fish Co., Bull’s Smokin’ BBQ, Caffe Vicino, Iowa Meat Farms-Siesel’s Meats, J.V.’s Mexican, N.Y. Giant Pizza, Offshore Grill & Tavern, Plaza Donuts, Sardina’s Italian and Tio Leo’s Mexican.

COUNCILMEMBER GLORIA SECURES \$51,000 FOR NEEDLE EXCHANGE PROGRAM

District Three Councilmember Todd Gloria announced on Wednesday, April 11 that he secured \$51,000 to keep the local syringe exchange program Safe Point operational. Safe Point San Diego, which is run by Family Health Centers of San Diego, accepts used syringes and provides clean ones for community health benefit at two weekly clinics, one in North Park and one Downtown. Councilmember Gloria accumulated funds from the Community Projects, Programs and Services (CPPS) accounts of his council colleagues. Councilmember Gloria contributed \$11,000, Council President Tony Young, Council President Pro Tem Kevin Faulconer, and Councilmembers Marti Emerald and David Alvarez each contributed \$10,000. The City Council approved the allocation to Safe Point San Diego by a vote of 7-1 on Tuesday, April 10.

THE RANGE TO HOST PROHIBITION PARTY

The Range Kitchen & Cocktails has partnered with Dining Out For Life and Batch 19 pre-prohibition style lager for a prohibition party on April 26. The Range will donate 25 percent of all profits made from the event to support The San Diego LGBT Community Center. The Speakeasy opens at 7 p.m. with an 8 p.m. “rally” against prohibition and costume contest for best 1920 attire. The costume contest winner will receive a \$1 Batch 19 at The Range every day in the month of May. RSVP at bit.ly/BATCH19. Participants will be emailed the password, as the event date gets closer. ♦

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

**Uptown's
Sudoku
Puzzle**

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

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Sudoku

Answer key, page 20

Uptown Crossword

IG Test

1	2	3	4	5	6		7	8	9	10		11	12	13
14							15					16		
17							18				19			
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22	23					24				25				
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58					59					60				
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CREATORS NEWS SERVICE

By Charles Preston

ACROSS

1 Carpenter's tool
7 Frees
11 Just kidding!
14 Delphic medium
15 Author Elias
16 Benz ending
17 Official seal
18 Kitchen adjuncts
20 Salt crystal parts
21 Some atoms
22 Roxana novelist
24 ___-jongg
25 Gulf Arab
26 Nutmeg covering
27 Road curves
29 London park
30 Blow an opportunity
32 Four Weddings ___ Funera l
34 Garden bloom
35 Lunchtime, for some
39 Plant pod
40 Facial squinter
41 Actor Cobb
44 India's neighbor
46 Overwhelmed with jokes
47 Sea swoopers

49 Turndowns
50 Made___of things
51 Sculptor's begin-ning?
53 Throaty amphibian?
54 Shares
55 Overhaul
58 One-time link
59 Buggy item
60 Kerr and Gillette
61 Phone cut-in
62 Tolkien tree-men
63 Lippizaners

DOWN

1 Fox sitcom
2 Novelist Wolfert
3 Conscientious objec-tor
4 TRIG
5 Coeur d'___
6 Totally saturates
7 Angle of a circle
8 JIGS
9 Cartoon pet
10 Deal with
11 Salary less deduc-tions
12 From ___ to the other
13 Comedienne O'Shea

19 BIG
22 Like some base-ments
23 Mule Sal's canal
24 SPRIG
27 Word with well or over
28 Act hoity-toity
31 Palindromic songstress
33 Happy associate
36 Convention attendee
37 Parliamentary stands
38 Trees for archers' bows
41 Go for the jugular
42 Slips on a slip?
43 Antonym of release
45 Office honchos
48 School board
50 ___ we devils?
52 Related to
53 Monks' titles
56 Nuts or crackers
57 Ltrs.' appendages

IG Test

Answer key, page 20

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The proposed location for a VA rehabilitation and treatment center (building on left) is across the street from the Old Town Academy (building on right) at 2121 San Diego Ave. (Photo by SDUN)

Proposed Old Town VA Rehabilitation Center Could Force Closure of Old Town Academy

By Margie M. Palmer
SDUN Reporter

Tensions ran high during the April 2 Uptown Planners meeting, where representatives from the Old Town Academy (OTA) and Veterans Affairs (VA) Healthcare System of San Diego presented arguments regarding a possible rehabilitation and treatment facility.

More than 100 parents and community members attended the standing room only meeting, oftentimes lending applause and, in some cases, objection to the various speakers discussing the Domiciliary Residential Rehabilitation and Treatment Program (DRRTP).

OTA co-founder and Executive Director Tom Donahue said if the VA is successful in its bid for a conditional use permit for a property at 2121 San Diego Ave., the school might be forced to close its doors.

The proposed location is across the street from the Academy. OTA cofounder and chair of the board of directors Chris Celentino said if the center opens, "196 of 217 students enrolled at OTA will leave."

Citing concern over the close proximity to the school, Celentino said, "The parents of these children have signed petitions against [the DRRTP] saying they will leave our school because they don't believe its proximity to OTA is safe."

Celentino then said, "If [the students leave] the cost to cover expenses for the school will skyrocket. In addition to losing the per-student funding provided by the state, our insurance will increase two to five times over its current amount. That's a potential six-figure increase in our insurance alone if this center opens."

Donahue said while the staff has tried to keep an open mind, he thinks the decision to open a DRRTP 22 feet from an elementary school was poorly constructed.

"If even 20 students are lost, the school will be in peril," Donahue said. "We never would have sought to open OTA at this location had the VA facility been



The standing room only Uptown Planners meeting on April 2 heard arguments for and against the proposed location for a VA rehabilitation and treatment center. (Photo by Margie M. Palmer)

there first."

In a September 2011 application prepared for the City of San Diego Development Services Department, the VA requested permission to utilize the property as a DRRTP facility.

VA San Diego DRRTP Chief Debbie Dominick attended the Uptown Planners meeting and said the facility would focus on the rehabilitation of veterans impacted by mild to moderate brain injuries, Post Traumatic Stress Disorder (PTSD) and possible substance abuse issues.

"The DRRTP would have a total of 40 beds and [more than 26] full-time employees," the application states. "Services offered would include neuropsychological and mental health assessments, cognitive rehabilitation, evidence-based psychotherapy for PTSD, medication management, occupational therapy, seizure stabilization maintenance and vocational and occupational assessment, among others."

In a Feb. 29 letter sent to the City of San Diego Development Services Department, OTA's attorney, Cynthia Morgan, voiced opposition to the project. Morgan said the facility poses a detriment to public health, safety and welfare.

Morgan said at the meeting, "Statistics show that veterans who suffer from PTSD exhibit on average 13.3 violent acts per year, as opposed to 3.5 to 4 violent acts

per year for non-PTSD sufferers. We feel the location of this facility is unsafe and it is not appropriate at this location."

Dominick, however, said the VA's goal is to be a good neighbor and does not believe the DRRTP and OTA are incompatible in any way.

"There have not been any issues in communities in which these clinics already operate," she said. "We keep hearing from many of you that you believe this would be a great program, as long as it is in someone else's backyard."

While a vote was scheduled for the April 2 meeting, the Uptown Planners decided to postpone the vote on whether they will endorse the VA's request to May 1. ♦

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Fitness Together**4019 Goldfinch 92103****(619) 794-0014****fitnessstogether.com/missionhills
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Need a motivation jolt to shake things up, and pick up your fitness pace, heading in to Spring? Not a fan of big gyms or the group approach? Perhaps you are new “on the market” returning to the dating scene, or about to get married, or just tired of the extra’s you see in the mirror. Maybe it’s just time for a personal “comeback”. Whatever your situation, or fitness level, Fitness Together provides an enhanced private suite setting in a one on one, or tandem focused approach to your fitness needs. Train solo, one client one trainer, or two to one with a spouse, partner, fitness buddy or friend, and see accelerated results through greater personalization and focus.

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Dr. William Heimer specializes in giving his patients the healthiest, most beautiful skin possible. He uses the latest medical technology, combined with a refined eye for detail and beauty, to provide his patients with natural-looking rejuvenation.

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Contact Dr. Heimer’s office today to find out how we can beautify and rejuvenate your skin!

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William L. Heimer II, M.D.
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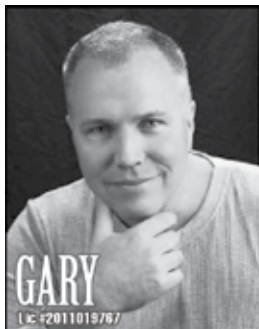
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FROM PAGE 11

H&F

C.A.S.H. Fit Living
Eunis “WildFire!” Christensen
721 Pennsylvania Ave., #1, 92103
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fitliving@cashfit.com
Office Hours: 9 a.m. to 6 p.m.

Good news for those who do not like to exercise! Zumba Gold® low impact, easy-to-follow Latin-rhythm group fitness classes now are being held at Queen Bee’s Art & Cultural Center, 3925 Ohio St. in North Park, on Wednesdays and Fridays at 11a.m..

Instructor, Eunis “WildFire!” Christensen, owner of C.A.S.H. Fit Living, group fitness services, understands how daily life can interfere with developing a fun, effective fitness routine. Many newly retired Boomers, active seniors and stay-at-home moms have found the 11 a.m. Wednesday and Friday Zumba Gold® classes an easy, convenient introduction to cardio dance-fitness. Every session leads to getting in shape!

Cost is only \$7 per class. Queen Bee’s also features higher impact Zumba® classes at 6 p.m. on Tuesday, Wednesday, Thursday and 11 a.m. on Saturday.

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A+ Family Dentistry is proud to announce the Grand Opening of our new, state of the art office. Our office was part of the City Heights Redevelopment program allowing us to get help from the city to build an aesthetically pleasing office to better serve the redevelopment area. We have been actively practicing for the last ten years and are happy to move into an office that will allow us to better serve our patients. We offer our patients the best treatment by utilizing the latest in dental technology. Our dentists Dr. Justene Doan and Dr. Janice Doan both graduated from USC School of Dentistry. The Doctors have continued to advance their skills post-graduation by attending

trainings to keep up to date on the latest in dental technology and procedures. We are always accepting new patients and would love to hear from you, just give us a call at (619)265-2467.

Casa De Luz
2920 University Ave – North Park
(619) 550-1857
www.casadeluz.org

Casa De Luz knows what you eat directly impacts your mood, well-being and quality of life. So they offer you only the best quality grains, beans and produce. No chemicals, preservatives, meat, dairy or refined products are ever used in their kitchen. With the connection between food, health and the environment, we are all becoming increasingly aware of the value in a vegan diet. Casa De Luz exists to aid in that awareness. Not only do they have a expansive dining and lounge area, but they also have a school covering a wide range of topics from Macrobiotics to EMF’s. Their one goal is to continually improve upon their high standards and Macrobiotic principles while bringing forth community awareness. Casa is a great place to meet your friends for breakfast, lunch or dinner. It’s also a friendly place for lounging about or dining alone. Need to get some work done? They invite you to crack open your laptop, have some tea or fresh squeezed juice and jump on their free Wi-Fi. Need something to take home? Casa has a grab ‘n go section located to the left the pastry display. Everything from berry “cheese” cake to quinoa. Casa De Luz is located in the heart of North Park (right next to the NP sign) & is open 7am-10pm, 7 days a week. See you there.

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The safe access to medical marijuana has drastically changed in San Diego over the past months. Many storefront dispensary’s have shuttered their doors following the illegal and unwarranted tactics of the federal government. The biggest impact of the closures has been the patients who need their medication and want to be able to get it safely

see H&F, page 13

Can your **genes** affect your **weight loss**, and the way you respond to **food** and **exercise**?
Science says **yes**.



By examining DNA from your saliva, Pathway can provide you with scientifically-advanced recommendations on diet, nutrition, exercise, eating behaviors and weight-related health conditions.

Pathway Connect is a directory of local service providers that can help you order testing services from Pathway and put the information from your genetic tests into personalized action plans that can help you to improve your health.

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To connect with a local provider, or for more information about Pathway’s genetic testing services, visit connect.pathway.com.

Present this coupon to your provider. To be eligible for the above promotion, all orders must be accompanied by this coupon.

The performance characteristics of this test were established by Pathway Genomics and validated according to the requirements of CLIA (Clinical Laboratory Improvement Amendments of 1988) as Pathway Genomics’ CLIA accredited laboratory. The test has not been cleared or approved by the U.S. Food and Drug Administration. ©2012 Pathway Genomics

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FROM PAGE 12

H&F

and legally. The fact remains the same in California in that medical marijuana is legal under state law as long as you have a valid prop 215 doctors recommendation and are a California resident. Babylon's Garden was a very reputable and highly recommended dispensary when their doors were still open. Nominated for best new collective in 2010 by weedmaps and being the highest rated collective on weedmaps as well really confirmed what all our patients consistently tell us. That we provide the best patient service and have the best quality Meds anywhere! And now that we take our services straight to your door, rest assured that you will never be disappointed. We are a very discreet, professional, and exclusive collective. Now accepting new patients for a limited time. Get ready for the Babylon's Garden experience. Free delivery and \$150 minimum for all orders. (619)794-4445 for registration and menu.

Pathway Fit
(877) 505-7374
connect.pathway.com

Can your genes affect the way you respond to food and exercise? Science says yes.

Have you ever wondered why a friend or colleague can eat what you eat but not gain weight? Or, why that same friend seems to respond faster than you do to specific exercise regimens? As it turns out, your genetics may hold the answers to these age-old questions.

For a long time, we have known that our genes affect traits such as eye color or height. Recent discoveries in nutrigenomics – the study of the interaction between genetics and nutrition – have revealed a great deal about how our genes impact our response to foods and exercise, as well as how we lose and maintain weight. Recent nutrigenomic studies have brought significant attention and interest to this field. In fact, a recent Stanford University study demonstrated that people who follow a genetically appropriate diet can achieve 2.5-fold improvement in weight loss and a 2-fold reduction of waist measurement compared to those who follow a genetically inappropriate diet.

In 2010, Pathway Genomics, a genetic testing laboratory based in San Diego, released the Pathway Fit® genetic testing service. This cutting-edge test examines over 75 genetic markers associated with diet, nutrition and exercise. Developed with input from medical and scientific experts from Harvard University, Salk Institute for Biological Studies, Scripps Clinic, UC Berkeley, UCLA, UCSD, and the Veterans' Affairs (VA) Medical Center, Pathway Fit is the most comprehensive test of its kind.

By examining DNA from a person's saliva – there's no blood test required – the company screens specific genes and provides scientifically-advanced recommendations on diet, nutrition, exercise, eating behaviors and weight-related health conditions.

"Pathway Fit confirmed some of my bad eating behaviors, which has caused me to make big changes in my life," said Susan Tafra of California, who works for a company that markets the genetic test. She took the test and discovered that her genes may play a role in increasing her snacking behavior and tendency to overeat. "I'm shifting my snacks to healthier options like almonds and apples. I'm also more likely to have eating disinhibition – now that

I know this, I immediately store my leftovers so that I'm not tempted to keep eating."

The Pathway Fit test evaluates several genes to suggest one of four main diets (low fat, low carb, Mediterranean or balanced), and whether an individual will get an enhanced benefit from endurance or strength training exercise. The test must be ordered by an authorized health care practitioner, and the results come in the form of an easy-to-read report with actionable recommendations on diet, eating behavior traits, food reactions, nutritional needs, exercise, body and weight, as well as metabolic health factors.

Pathway also knows that it takes more than a laboratory test to improve your health, and recently launched the innovative Pathway Connect San Diego website. Available at connect.pathway.com, the website provides information on a variety of service providers trained in the Pathway Fit report, and who may be able to help personalize a health and wellness program that incorporates information from the report. The list of service providers includes doctors, nutritionists, fitness coaches, food vendors and more.

"We are very excited to add the Pathway Fit genetic test as a major component of our nutrition and fitness program. Genetic testing is the wave of the now, and it finally gives us the solution to the one major component that we couldn't answer for our clients – their specific genetic exercise and nutrition predispositions and what recommendations will work best," said exercise physiologist Derek Heintz, a certified personal trainer and the owner of Edge Fitness in San Diego. "Our clients are now more motivated than ever, and they now realize that what we are telling them to do is not based on what we 'feel' is best for them, but what has been predetermined by their personal genetics."

If you're interested in learning more about Pathway Fit and finding a qualified wellness provider in your neighborhood, visit connect.pathway.com, or contact Pathway Genomics directly at clientservices@pathway.com or (877) 505-7374.

New Me Tj
(619) 571-6125
www.newmetj.com
ABD ETCHING

Abdominal etching takes liposuction to the next level. It is a form of liposculpting that removes excess fat between the abdominal muscles, creating indentations that resemble those seen on a six-pack or washboard stomach. With ab etching, your stomach can appear tighter, firmer and more muscular.

Ab etching can be performed with traditional liposuction or abdominoplasty, but differs from these two procedures. Liposuction of the abdominal area removes pockets of fat, but does not involve the same level of detailing as ab etching. Abdominoplasty, or tummy tuck, removes extra fat and skin and tightens the muscles in the abdominal wall, but it is also less effective than abdominal etching for fine-tuned sculpting.

Abdominal Etching: Is It Right for You?

This liposculpting procedure may be the final step in a dramatic transformation that starts with massive weight loss and other cosmetic surgeries, or it may be the sole procedure necessary to do what all your Pilates and stomach crunches can't do.

Abdominal etching is not for everyone. The ideal candidate should be physically fit and have naturally athletic-looking abdominal muscles but with relatively small pockets of fat in the abdominal area. If your total body fat is more than 18 percent, you are likely not an appropriate candidate for abdominal etching.

The best way to assess your candidacy is to schedule a consultation with Dr. Alfredo Harris a board-certified plastic surgeon. Start this process now.

The Abdominal Etching Procedure

Abdominal etching is performed in our surgery center. Time in surgery is about one hour. The procedure is performed with "twilight" anesthesia (you are awake but not fully aware) regional. You may be asked to contract your abdominal muscles before the procedure so your surgeon can locate and mark the areas where he or she will create the indentations.

Next, your surgeon will create several one- to two-millimeter incisions in your belly button or within the natural creases of your abdomen. He or

she will then insert a cannula (a tube-like instrument) to remove excess fat and sculpt grooves in the remaining fat to emphasize your natural musculature.

After Abdominal Etching Surgery

Following your treatment, expect some pain, swelling and bruising, all of which can be managed with medications and proper care. Your surgeon will fit you with a medical compression garment that you must wear for about three to six weeks. This will help minimize swelling. Your surgeon will give you specific instructions about what you can and can't do in the days and weeks after abdominal etching. This will include not lifting anything that weighs 10 pounds or more. You will be allowed to shower within 48 hours after ab etching surgery. Follow Dr. Harris's instructions to minimize your risk of complications.

You can resume normal activities within one to three weeks. The full

results of abdominal etching are visible within six months, but you will start seeing some positive changes earlier.

Complications and Risks of Abdominal Etching

Abdominal etching risks include infection, bleeding and excessive scarring. There are also risks associated with general anesthesia. Discuss all the possible abdominal etching and liposuction risk scenarios with your surgeon.

Abdominal Etching Cost

Abdominal etching cost includes three fees: anesthesia fees, facility fees and surgeon's fees. If you undergo abdominal etching during traditional liposuction, you pay only one anesthesia fee and facility fee for both procedures. Average total fees range from \$1,800 to \$3,000. Prices vary based on the liposuction technique — that is, whether you opt for tumescent liposuction, laser lipo or another method of fat extraction. ♦

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FRANK SABATINI JR. / RESTAURANT REVIEW



(Above photo) The new Casa de Luz greets with a large and modern industrial design. (Left photo) Vegan enchiladas with a beet-corn patty and sweet potato puree was a lunch entrée last weekend. (Right top photo) Lightly sweetened, no-cheese berry cheesecakes are among the dessert offerings at Casa de Luz. (Right bottom photo) Chunky guacamole augments a piling of organic greens topped with apple-pecan dressing. (Photos by Frank Sabatini Jr.)

Plant-based meals sprout in North Park



2920 University Ave. (North Park)
619-550-1857

Prices: Breakfast, \$8.50; lunch and dinner entrees, \$10 ala carte or \$16.75 including soup and salad

at 619-550-1857.

Casa de Luz occupies the former Salvation Army building in the heart of North Park. Its name translates to “house of light,” and the sunny, smartly designed interior proves it. The lower level opens to ample community seating on heavy wood tables, both circular and elongated, while the second floor operates as a cooking school. Metal and wood flow from the front patio to the back walls along with chalkboards used for menu displays and inspirational proverbs pertaining to nutritional well-being. A quick look around verifies that you’ve entered a meat, fish and dairy-free zone.

Visiting for lunch with a mostly vegan friend, we opted for the complete meal, which allows for a onetime self-serving of soup and salad before the entrée is delivered to your table. The soups were miso with daikon radishes, and a hearty puree of yams, broccoli and squash with pieces of spiral-shaped Romesco cauliflower floating within. The miso raised our curiosity because it wasn’t salty in the least, but rather earthy and low-key. Though enjoyable on its own, we nonetheless reached for the gomasio (crushed sesame seeds with sea salt) that was sitting on the table.

From the salad section, we each filled our plates with all three

offerings, which we were told is permissible. Guacamole was among them, a chunky citrus-spiked version that paired amicably with the abutting cucumber-daikon salad and a piling of organic spring greens that we topped with lovely apple-pecan dressing. Leave it to the vegan restaurants to come up with excellent and unique salad gravies.

The entrée that followed conformed to the weekly Latin theme occurring on Saturdays. On this day it was a duo of enchiladas using Swiss chard instead of tortillas. Both the filling and squiggles on top consisted of “cheese” made from macadamia nut milk and mushrooms. To our delight, it was as creamy and flavorful as mascarpone.

The entrée was plated prettily with other components as well, such as a corn cake stained red by beets and flavored largely by cilantro sauce. A puddle of sweet potato puree proved more exciting as did the frilly stack of bright wilted greens coated lightly in Dijon-maple dressing. With a kaleidoscope of flavors, textures and colors springing forth, it became apparent that a good deal of ingenuity went into the dish. Whether or not it ever repeats as I described is anyone’s guess since the menus are dictated by the current market and whatever is leftover from previous meal cycles.

The food themes, however, stay in place: Italian on Mondays; California-style on Tuesdays; raw foods on Wednesdays; Indian on Thursdays; Asian on Fridays; African on Sundays.

Beverages are plentiful. They feature exotic teas, organic wines, beer and sake and an ever-changing selection of house-made “agua frescas” that included a vivacious pineapple-ginger blend on our visit. Equally stimulating was the berry “cheesecake” from Casa’s impressive dessert case, made obviously with nut cream to achieve its credible silken texture. Drinks and confections are not included with cost of the meals.

Eating a full lunch absent of saturated fats challenged my dietary sensibilities in that it didn’t cause fatigue or indigestion afterwards. Admittedly, I could dabble more often in this world of veganism without complaint, provided the creativity that Casa de Luz demonstrates doesn’t get lost in a rabbit hole. ♦

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The Tractor Room3687 Fifth Ave. (Hillcrest)
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Happy Hour: 5 to 6:30 p.m., Monday through Friday

Plowing for cocktails

Come On Get Happy! Dr. Ink

Don't let the rustic farm theme at The Tractor Room fool you into thinking that overalls and plaid shirts are required. Despite the old, clunky tractor parked out front and a taxidermist's touch looming over the interior threshold, this loungy watering hole took easy root among martini-smart urbanites in the heart of Hillcrest several years ago.

Just past the front door, you maneuver through a heavy black curtain that leads into a tenderly lit, den-like space replete with dark leather banquettes, a cozy bar and antler chandeliers. An ambitious cocktail list and a crafty food menu, however, confirm that you haven't stepped into some hunting lodge in Podunk.

Happy hour is held only on weekdays. Shortly before it starts, staffers decide which drinks will go on special. The price breaks usually apply to a particular wine, beer and mixed drink so no boozier is left behind.

Visiting with a couple of Tractor Room loyalists, the day's deals pointed to a Santa Barbara syrah by Consilience; Allagash Black ale on tap and any standard cocktail made with organic Lixir Vodka. The latter was punched down from about \$9 to \$5 per drink, a swell bargain considering that the high-octane vodka is said to be distilled 88 times during its making.

I took the wino route via a generously filled beaker of the Consilience syrah priced at \$4, sold outside of happy hour for \$10. The juice lived up to its expectations, offering lush, dark cherry notes that continued blossoming as it aerated. You'll be hard pressed to find a decent label such as this selling elsewhere for under \$5.

The drinks are complemented by an established menu of reduced-priced appetizers that reflect The Tractor Room's penchant for game meats. Keep in mind that the kitchen doesn't open until 5:30 p.m., a half hour after the bar kicks into gear. Among the \$3 small plates are elk ravioli and wild boar spring rolls served over chopped salad; perfect vittles for a modern-day prairie picnic. We tried the spring rolls and savored the mulched, softly spiced boar meat within. The peanut sauce on top added a wisp of sweetness.

For the same price, we picked from a pair of fleshy pork ribs draped in a homey tomato-based barbecue sauce. Good eats, but even better was the freshly fried bacon protruding from a mini BLT (\$4) and tasting as though it had leapt directly from smokehouse to skillet. Other choices include salmon-shrimp cakes, brie cheese with crostini and tomato salad with griddled Parmesan.

While The Tractor Room scores high for breaking the bar-grub mold, we commend it also for its creative mixology and



An old tractor marks the spot for meaty appetizers and attractive drink deals. (Photos by Dr. Ink)

reputable beer and wine choices that often find their way into the weekday happy hour. ♦

RATINGS:**DRINKS:** ★★★★★

Redundancy is avoided with daily bargains offered in three main categories: wine; beer; and cocktails, all of them usually bearing reputable labels.

FOOD: ★★★★★

Forget cheese sticks and chicken wings. The Tractor Room's happy hour menu offers more adventurous fare in the form of elk ravioli, wild boar spring rolls and mini BLTs using thick, smoky bacon.

VALUE: ★★★★★

A hard day's work in the field rewards you with food and drink discounts averaging 30 to 50 percent.

SERVICE: ★★★★★

The bartenders are experienced and gracious, though at times slowed down by some of the labor-intensive cocktails they assemble.

DURATION: ★★★★★

Throughout the weekdays, the drink deals last 90 minutes while the food bargains are available for only one hour within that time frame. As fans of The Tractor Room, we vote for rounding off the whole shebang to two full hours and adding happy hour on the weekends.

Expanding a Stone

By Ashley Mackin
SDUN Editor

Stone Brewing Co., the Escondido-based craft beer company, is expanding. The company opened a filling station in South Park and is working on a Liberty Station location opening this year, with other projects in the works.

Saying that Stone Brewing opened as craft brewing was just starting out, co-founder Greg Koch said times have changed dramatically.

When Stone Brewing first opened as a production-only brewery in 1996, Koch said people didn't know what to make of them. "When I would tell people I worked for a small local brewery, they would say, 'oh what kind of food do you serve,'" he said. "Because that's what people's perceptions were... and other than AleSmith, which had opened up the year before us, I can't recall if there were any other strictly production breweries."

Now, San Diego is considered a leading authority in beer production. "San Diego won more medals in the last World Beer Cup, which is judged primarily by European judges," Koch said, adding that the competition featured more European beers than those from any other region. "Yet San Diego won more medals than the [United Kingdom], Belgium and Germany combined," he said.

With San Diego craft brewing becoming more common in recent years, Koch knew it was time to expand.

For one of their expansion projects, Stone Brewing opened a fill station in South Park at 2215 30th St. in June 2011 for those with a Stone Brewing growler, a 64-ounce sealable jug, who want to fill it with the company's beers.

Koch said the inspiration was simply to make beer more accessible to the Uptown communities. "I like the idea of our local growler customers not having to drive all the way to the brewery every time they want to get their growler filled," he said. "It's just part of being part of the neighborhood."

Another expansion project is the Liberty Station restaurant, a 22,000-square-foot restaurant and brewery, which will

have 40 beers on draft. While similar in design to the Stone Brewing World Bistro and Gardens, at 1999 Citracado Parkway in Escondido, the new location will be all its own.

"We weren't just looking for a new location for another restaurant," Koch said. "We built the one in Escondido to be unbeatable. I didn't want to create a cookie cutter or stampable style."

However, the company has faced some challenges in getting the Liberty Station restaurant built.

Koch said he wants the same open space one would find at the Escondido location because, "you have to have a space that feels good for people to want to come back and visit," he said.

Achieving this at the new location would require removing drywall to open up the ceiling. However, the building that will house the new restaurant is historically designated, so the required state approval to make the proposed changes will not happen. "We don't want to do one single thing that would cause any permanent change to the historical structure," he said.

At the same time, several other projects are in the works, including a 19-acre plot with five farmable acres at Stone Farms, nine miles from the Escondido brewery, which will provide produce for the Stone Brewing



World Bistro and Gardens; the Stone Hotel, which will offer rooms, event space as well as a barrel aging room; and the Stone Packaging Hall to expand their kegging and bottling practices, both in Escondido.

Koch said the beer industry is valuable to the San Diego economy, and he is happy to be a part of it. "What we've developed is a tremendous local resource for tourism and our economy," he said. "We have an opportunity as a community to foster this local pride."

He added Stone Brewing has been able to work with local restaurants to carry their beers. "What they do is they look at [breweries] as sources for bringing in people from the outside, and [as] sources of local pride that actually help increase the number of tourism dollars we get," he said. "It's a significant contribution to our local economy, which is great. We are really proud to be doing that."

For more information about the Stone Brewing expansion projects, visit stonebrew.com/projects. ♦

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Listen to Wini!



The Pride

By Charlene Baldrige
SDUN Theater Critic

Diversions Theatre currently presents a fine production of British playwright Alexi Kaye Campbell's 2008 work, "The Pride." The primary reason to see the play before it closes May 6 is to catch some of the city's finest actors - Francis Gercke, Jessica John and Brian Mackey - on the same stage, sensitively directed by Glenn Paris.

The play presents characters - Philip, Sylvia and Oliver, respectively - in two eras, 1958 and 2008, which alternate scenes throughout the play. One would think that sexual attitudes might change over 50 years. Indeed, that hope is expressed; however, these are people of a country and a class accustomed to hiding sexual feelings and liaisons under layers of decency and decorum.

In 1958 Philip (Gercke) and Sylvia (John) portray a married couple, he a stuffy estate agent and she, a former actor now a

children's book illustrator. She seems fragile, and he is paternal in his attitude towards her. Sylvia works with Oliver (Mackey), illustrating his book, and since they get along so splendidly, she invites him over for cocktails and dinner.

At Sylvia's insistence, Oliver tells Philip of an epiphany he had at Delphi, where a voice told him that 50 years hence there would be greater understanding and fewer sleepless nights. Philip is intensely attracted to Oliver and at the same time repelled. Evidently, Philip endures many sleepless nights.

In the 2008 settings Oliver and Philip are a gay couple. They break up because of Oliver's numerous affairs. Sylvia is Oliver's best friend. Other than identical names, there is no connection between the eras. These are not the same people. Even though 50 years have passed, nothing has really changed. There is no epiphany.

Dangerfield G. Moore portrays ancillary characters in

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both eras. The doctor, who runs an aversion therapy clinic, is especially adept and chilling.

Paris, the producing artistic director of Hillcrest's award-winning ion theatre



(from left) Jessica John as Sylvia and Brian Mackey as Oliver. (Photo by Ken Jacques)

company, has an exceptional ability to elicit breakthrough performances from his actors, and thus the primary attraction of this Olivier Award-winning play is the acting. The characters and

their situations are fascinating and just inscrutable enough that logical conclusions are elusive.

Matt Scott's scenic design is beautiful and gracious and in the first act detailed. The second

act is more spare, taking place as it does in numerous locales. Trista Roland's costume designs enhance character, Michelle Caron is lighting designer; Omar Ramos, sound designer. ♦

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Adams Avenue UNPLUGGED

In with the new, out with the old as a new music festival replaces Roots Fest

By Logan Broyles
SDUN Reporter

After a successful eighteen-year run, the Adams Avenue Roots Festival has been put on hold due to financial concerns. Yet music lovers in Normal Heights and surrounding neighborhoods will be happy to know that a new music festival has risen up to fill the void.

On April 21 - 22, local bars and restaurants along a two-mile stretch of Adams Avenue will be converted into concert venues featuring a varied lineup of bands for the first Adams Avenue Unplugged. Attendees will be sure to get their fill of live music at this two-day event that will feature more than 170 performances across twenty-four separate stages.

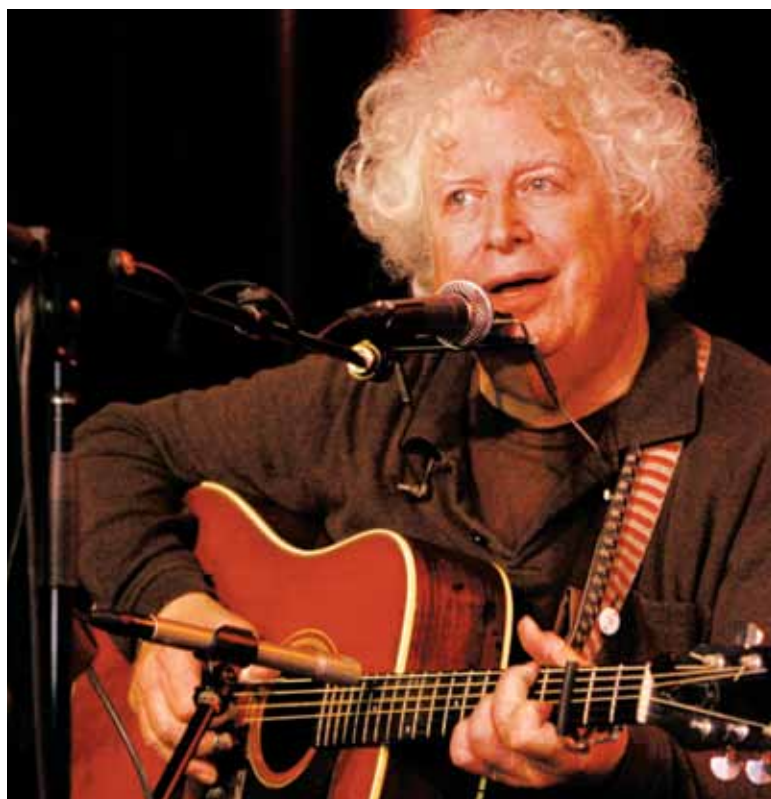
The event is being hosted by the Adams Avenue Business Association (AABA) and will take place from 11 a.m. to 9 p.m. on Saturday, and from noon to 7 p.m. on Sunday.

Unlike the Roots Festival of years past, which had more of a street fair vibe to it, Adams Avenue Unplugged will feature smaller venues with more acoustic sets, which will allow musicians and audiences to connect in a more intimate setting.

"We are excited about doing it this way because it gives people an opportunity to hear more musicians, experience the Adams Avenue Business District and provides a totally different atmosphere from the usual street fair format," said AABA Executive Director of Judy Elliot.

The music will mainly be acoustic and cover a wide range of genres from jazz to blues, to Mexican folk and Country. The lineup includes San Diego regulars such as Gregory Page, Tomcat Courtney and Sara Petite, along with Roots Fest alums EZ Mark and the Budapest Brothers, and a special performance by Oscar nominated actor John C. Reilly of "Talladega Nights: The Ballad of Ricky Bobby" and "Walk Hard: The Dewey Cox Story" fame.

"The majority of the bands are local, that was one of the things we wanted to do going into this whole new venture," Elliot said. "It's like a taste of Adams Avenue in music, we wanted to create an event that would showcase local musicians. For us it



A performer at the 2011 Roots Festival. (Photo by Dennis Anderson)

is like using locally grown food in restaurants, we are just substituting locally grown talent."

This free event is open to music lovers of all ages. In addition to a healthy dose of live music, Adams Avenue Unplugged will feature vendors with an emphasis on arts and crafts, food trucks and vendors, face painting and a beer garden that features local beers from Stone Brewing and Karl Strauss.

The beer garden will double as a hospitality stop for the festival's musicians, some of whom will participate in songs swaps throughout the day.

The festival's new format will save the AABA money since it will no longer have to pay to power multiple outdoor stages, and will make things easier on the local neighborhood since it will no longer need to close streets and reroute buses. Festivalgoers are encouraged to carpool, take the bus, ride their bike or walk.

"We hope that folks will see all that Adams Avenue has to offer and will come back to shop and dine and just plain enjoy themselves," Elliot said. "We think Ad-

ams Avenue offers that neighborhood experience where you can know the folks you do business with. For urban neighborhoods this just might be a great way to connect people to businesses." ♦

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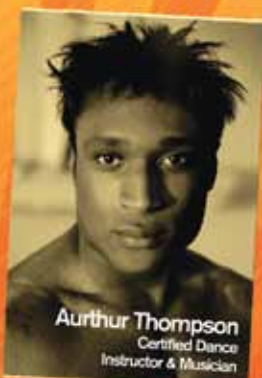
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IG Test
Crossword from page 9

R	I	P	S	A	W	R	I	D	S	N	O	T
O	R	A	C	L	E	A	R	I	E	E	N	E
C	A	C	H	E	T	D	I	N	E	T	T	E
		I	O	N	S	I	S	O	T	O	P	E
D	E	F	O	E	M	A	H	O	M	A	N	I
A	R	I	L	B	E	N	D	S	H	Y	D	E
M	I	S	S	O	U	T	A	N	D	A		
P	E	T	U	N	I	A	N	O	O	N	D	A
		B	O	L	L	C	O	C	K	E	Y	E
L	E	E	J	T	I	B	E	T	S	L	E	W
E	R	N	E	S	N	O	S	A	M	E	S	S
A	R	T	C	L	A	S	S	F	R	O	G	
P	A	R	T	A	K	E	S	R	E	V	A	M
A	T	A	T	I	R	E	A	N	I	T	A	S
T	A	P	E	N	T	S	S	T	E	E	D	S

Sudoku
Puzzle from page 9

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

New joint-use park opens in North Park



Jefferson Elementary School students run onto the newly opened field at Jefferson, which will double as park space. (Photo by SDUN)

By Ashley Mackin
SDUN Editor

After a ribbon cutting ceremony on Thursday, April 12, North Park got a little more park space. Community leaders launched an inaugural event for a new multi-use field at Jefferson Elementary School and announced the field will open as a joint-use park on Monday, April 16 after school ends.

The school's new field and play equipment will be open to the public when school is not in session in the evenings and on weekends due to a joint-use land agreement between San Diego Unified School District (SDUSD) and the San Diego Park and Recreation Department. The gates leading to the field

area will be unlocked, but the gate that separates the park from the school buildings will be locked.

Jefferson Elementary School Principal Francisco Morga said he was excited to have more play space for the students. "This truly is a memorable day for our school, our students and our North Park community," he said.

Morga said he calls the synthetic turf field a "field of dreams," which was the theme for the jog-a-thon the school held that day. Acting as the inaugural activity for the field, students participated in the jog-a-thon to raise money for the school.

"This field of dreams [is] for both our students and the community to be able to enjoy; [and] this

field not only benefits our school, but is in line with all the great changes happening in... the community and the city," Morga said.

SDUSD Superintendent Bill Kowba spoke at the park opening, saying this was the 76th joint-use facility brought about by the partnership between the city of San Diego and the school district.

"That is clearly a history of collaboration that I honor and appreciate for all the goodness that our two institutions can collectively bring to our neighbors," he said.

Kowba then said he looks forward to opening more schools as joint-use parks.

District Three Councilmember Todd Gloria agreed and said he looks forward to opening the play areas of McKinley Elementary School in North Park and Florence Elementary School in Hillcrest as similar parks in the future.

Gloria continued to thank the school and the community, saying, "I want to thank the members of the North Park community who have been wonderful collaborators with the school district to invite this new asset to the community."

Gloria said projects like this are examples of government, in partnership with SDUSD, doing what it does best. "This is two organizations leveraging their minimal resources to make more of an impact on a community," he said.

At a recent opening of a joint-use park at Normal Heights Elementary, parents protested, citing concerns over their children's safety.

SDUSD Communications

Supervisor Cynthia Reed-Porter said parents are fully supportive of the Jefferson Elementary joint-use park, and none have expressed concerns over safety. "It's not an issue... there's a lot of support from the community and parents are completely supportive," she said.

Director for the San Diego Park and Recreation Department Stacey LoMedico said, unlike the Normal Heights Elementary campus, the

Jefferson campus is rectangular, leaving only the joint-use field and play equipment open to the public. The field encompasses 1.5 acres.

Mayor Jerry Sanders said he was thrilled with the arrangement and told of his frustration with finding the field locked when school was not in session. Calling it a wonderful addition to North Park, Sanders said, "This is a tremendous asset to our community." ♦

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Annual Kensington Garage Sale reaches a milestone with 14th year

More than 100 Kensington households participate in effort each year



(Photo courtesy of Councilmember Todd Gloria)

By Dave Fidlin
SDUN Reporter

The annual Kensington Garage Sale, an event designed to give residents an opportunity to part with unneeded belongings and meet with fellow neighbors, is returning for its 14th year from 8 a.m. to noon on April 21.

Participants can sell items at their homes, creating a neighborhood storefront feeling.

Local Realtors Afton Miller and Linda Artiaga started the organized garage sale with the intent of creating a community event that drew people together. Miller and Artiaga operate their realty business through a Coldwell Banker office on Camino del Rio North. Miller has been the organizer since the event's inception.

"It's come to a point where there actually has been pent up demand for the sale," Miller said. "We get people asking about it at the beginning of every year."

Miller said there are 1,500 to 1,600 homes in Kensington. On average, 120 to 160 households participate in the garage sale.

"It creates a lot of community

spirit, which is exactly why we set out to do this in the first place," Miller said. "Some of the people go to the sales looking for good deals, while other people simply use this as an opportunity to talk to their neighbors. It's turned out to be a lot of fun. There's quite a bit of energy."

The demand has become so great that some residents make it a habit to arrive well before the official 8 a.m. start time.

"We'll have some people showing up as early as 6:30 that morning," Miller said. "Some of the people will start putting their stuff out around that time."

Miller and Artiaga provide the marketing muscle behind the community event. Their efforts include publicizing it with signs and fliers.

Miller said to look for signs along Adams Avenue and throughout Kensington as a guide for participating households.

"Really, the best way to find out who's participating is to simply walk up and down each street," she said. "You can't help but notice it if you're in the area."

Miller said each household keeps the proceeds from the

"AT A GLANCE"

WHAT: The annual Kensington Garage Sale

WHEN: 8 a.m. to noon Saturday, April 21

WHERE: Throughout Kensington



(Left) Coldwell Bankers Afton Miller and Linda Artiaga will host the Kensington Garage Sale.

(Photo courtesy of Afton Miller)

individual sales. In years past, some participants use the proceeds from the sale to benefit a particular cause. Miller said she encourages the philanthropy, but does not directly advertise any such efforts in her marketing materials.

"It doesn't seem to matter what the economy is ..." Miller said. "The participation level, in terms of the people selling and the people buying, has always been pretty strong."

Participants such as Louise Guarnotta and Gayle Trempe have been selling at the community garage sale for many years. Guarnotta, who has been participating for 12 years, said, "It's so much fun and it's a great way to get a little money for my junk. We enjoy going around, seeing what everybody else has, sometimes it's just an opportunity to trade treasures with people."

Trempe, who has been selling for four years, said it's a great way to have a garage sale without paying for an ad. She also said, "it's just a fun neighborhood activity where you get to see lots of people and it's an enjoyable day to clean things out."

Miller is spearheading a similar effort in Talmadge on May 19. ♦



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North Park's Art Produce gallery presents: Eat Here Now

Exhibit imagines urban landscape as a place to grow fresh, local food



Image depicting the message of Art Produce's Eat Here Now exhibit. (Image by Kyle Preish)

By Monica Garske
SDUN Reporter

Imagine strolling through the bustling streets, alleys and parking lots of North Park. Now, imagine that same urban setting covered in orchards, fruit trees and vegetable gardens ripe for the picking that produce fresh food for your consumption.

That's the basic idea behind "Eat Here Now," the latest exhibit at the Art Produce Gallery at 3139 University Ave. in North Park.

The exhibit – which kicks off April 14 with an opening reception from 6 p.m. to 9 p.m. – is truly a collaborative effort. It's spearheaded by curator Leslie Ryan, chair of the Architecture Landscape Department at NewSchool of Architecture and Design (NSAD), and features graphic designs and artwork by various NSAD students and professors. The exhibit runs through May 15.

Ryan said the objective of the exhibit is to help people visualize North Park as more than an urban landscape, but rather as a neighborhood that can be repurposed into an area for fresh, local, sustainable food production.

Ryan said the graphic designs displayed at the Art Produce exhibit depict innovative ways of turning streets, vacant lots and empty rooftops in North Park into gardens and greenhouses where locally grown food can be produced. It's the "farm-to-table" concept catered specifically to North Park.

"We want to open up our ability to imagine North Park as an urban farm," Ryan said. "We want people to envision North Park's 50- to 60-foot-wide streets as serving a dual purpose. Imagine orchards lining 29th Street or along 32nd Street or Illinois Street; think of community gardens intertwined throughout. It's very possible. In some cases, this urban farming movement has already begun."

In addition to dozens of graphic renderings of urban spaces turned green, Ryan said "Eat Here Now" will also display the testimonials and stories of locals who are already producing their own food.

"There are many people who are already doing this in the area – growing their own fig and fruit trees, [having] herb gardens and raising chickens in their yards. I've interviewed all sorts of locals who do it," Ryan said. "This is what's currently happening and we want the concept to continue to grow as a normal part of everyday life here in North Park."

She said she thinks urban agriculture addresses several issues of living in urban areas. "Gardening helps us get exercise, helps us obtain fresh, nutritious food and helps

us connect as a community. People stop to ask about someone's garden. Also, selling locally grown produce at farmers markets can help give the local economy a boost. There are so many benefits," Ryan said.

Lynn Susholtz, owner of the Art Produce Gallery, said Ryan's exhibit goes hand-in-hand with what Art Produce is really all about: food, art and sustainability.

"Food brings people together. It's a shared experience. If we can show people how local food production works, then they can begin to imagine it as part of their daily lives," Susholtz said.

Susholtz knows about growing her own food in an urban setting. The Art Produce Gallery features a community garden in the back, which used to be an asphalt parking lot two years ago before she repurposed the space.

"Everything in the garden is edible. I have fruit trees, vegetables, herbs and flowers on raised beds out there," she said. "The transformation over the past two years has been amazing."

Susholtz said she also has a system set up in her garden that captures rainwater and recycles it to water her plants. As a result, she said she hardly uses water from the City.

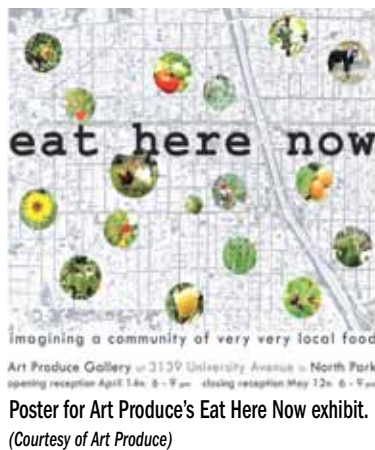
She hosts several community events each month in her garden,

including a "backyard farmer's market food exchange" where locals can trade different foods they've grown among each other.

Susholtz said the garden will be open throughout the "Eat Here Now" exhibit, giving visitors another first-hand look at what really could be in spaces around North Park.

"I hope people walk away from this exhibit seeing the potential and validity of growing food locally, in substantial quantities, in an urban setting. I want people to know they can make a social and ecological difference; this isn't a fad that's going away – it's here to stay," Ryan said.

For more information about "Eat Here Now," visit artproduce.org.



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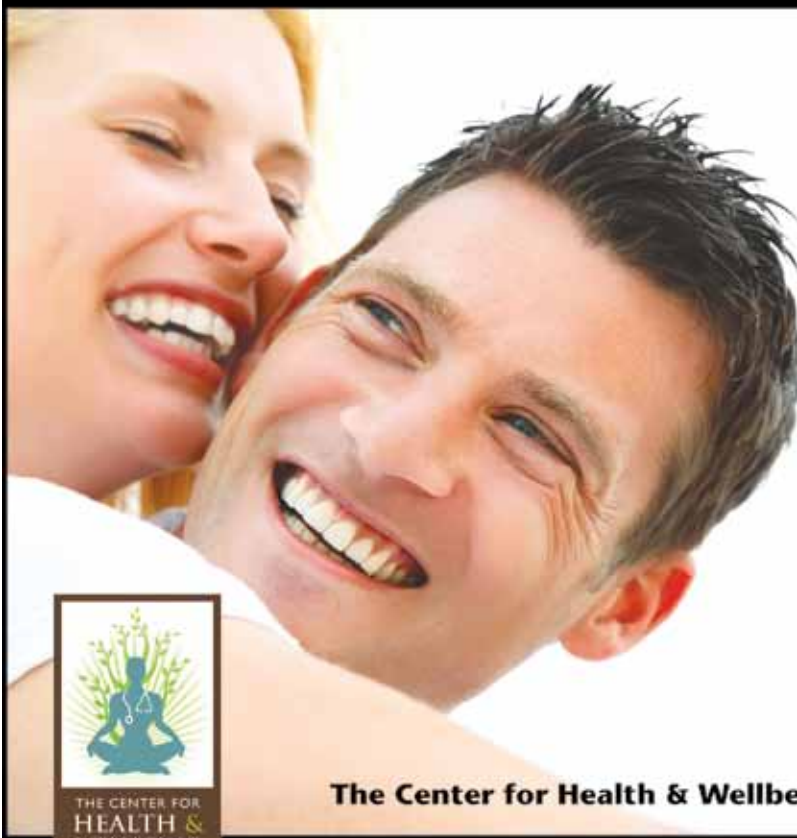
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APRIL 13

Preschool storytime: 10:30 - 11 a.m., Mission Hills Library, 925 W. Washington St., 692-4910, tinyurl.com/missionhills, free

The Brilliance of Mexican Composers: 8 p.m., spotlighting Mexican music with a jazz twist, Cosmopolitan Hotel and Restaurant, 2660 Calhoun St., \$15

Parade: 8 p.m., Parade tells the true story of Jewish factory manager Leo Frank, accused and convicted in 1913 of murdering thirteen-year-old, Mary Phagan in Atlanta, Georgia. Cygnet Theater, 4040 Twiggs St, tickets start at \$30

Art Alive: 9 a.m., local floral designers interpret works of art from the San Diego Museum of Art permanent collection, San Diego Museum of Art, 1450 El Prado, for full schedule of

events, visit sdmart.org/programs-events/art-alive-2012, \$15

APRIL 14

Golden Hill Farmer's Market: 8 a.m. to noon every Saturday, B St. between 27th and 28th Streets, free

Old Town Farmer's Market: 9 a.m. to 3 p.m. every Saturday, Harney Street, free

Children's Craft Time: 10 a.m., craft projects for 3 – 8 year olds, Mission Hills Library, 925 West Washington St., 692-4910, tinyurl.com/missionhills, free

Discover Historic North Park: 9 a.m., guided tour of the Dryden District, including the exterior of 30 featured homes, meet at 28th and Upas streets, \$10

Ray at Night Art Walk: 6 p.m., Ray Street between University Avenue and North Park

Way, free

Olé! Olé! Olé!: 8 p.m., San Diego Gay Men's Chorus season kick off, Balboa Theater, 868 Fourth Ave., tickets start at \$25

College Neighborhood Homes Tour: 10 a.m., featuring the historic Rolando community, this self-guided tour looks at 1930s – 1950s architecture, as homeowner participants open their homes. Tickets start at \$15 in advance, for more information, visit CollegeNeighborhoods.com

Art Alive: 9 a.m., local floral designers interpret works of art from the San Diego Museum of Art permanent collection, San Diego Museum of Art, 1450 El Prado, for full schedule of events, visit sdmart.org/programs-events/art-alive-2012, \$15

APRIL 15

Hillcrest Farmer's Market: 9 a.m. to 2 p.m. every Sunday, Hillcrest DMV, 3960 Normal St., free.

La Fierce: 8:30 p.m., 20-dancer cast performance, 21 and older event, Numbers Night Club, 3811 Park Blvd., \$5

Art Alive: 9 a.m., last day, local floral designers interpret works of art from the San Diego Museum of Art permanent collection, San Diego Museum of Art, 1450 El Prado, for full schedule of events, visit sdmart.org/programs-events/art-alive-2012, \$15

The Future of San Diego Soccer Forum: 3 p.m., clubs, fans and coaches come together to discuss the state of soccer and the ways to grow the sport in San Diego. Guest panelists include Fox Soccer's Warren Barton. San Diego Hall of Champions, 2131 Pan American Plaza, Balboa Park, free

Anna Christie: 2 p.m. and 7 p.m. shows, final day, Eugene O'Neill's drama about the "knotty relationship between an old sailor and his estranged daughter." Old Globe Theater, 1363 Old Globe Way, tickets start at \$29

A Room with a View: 2 p.m., final day, based on E.M. Forster's novel about a freethinking girl in a corseted age, Old Globe Theater, 1363 Old Globe Way, tickets start at \$45

Art Alive: 9 a.m., local floral designers interpret works of art from the San Diego Museum of Art permanent collection, San Diego Museum of Art, 1450 El Prado, for full schedule of events, visit sdmart.org/programs-events/art-alive-2012, \$15

San Diego's Craft Revolution: 10 a.m., final day. This

exhibition reveals important contributions of San Diego craftsmen to the post-war Southern California art scene. Daily, except Mondays, Mingei International Museum, 1439 El Prado, free - \$7

Ponce's fundraiser for Franklin Elementary School: noon – 3 p.m., all proceeds go to Franklin Elementary. Ponce's Mexican Restaurant, 4050 Adams Ave., no cover

APRIL 16

Ripples from Walden Pond – an evening with Henry David Thoreau: 7:30 p.m., opening night, Cygnet Theater 4040 Twiggs St., \$44

Middle-Eastern Drum and Belly Dance Class: 6 p.m., Doumbek drumming class for all levels taught by Frank Lazzaro from 6 – 7 p.m., followed by tribal belly-dance class taught by Sabrina Fox with live drumming from 7 – 8 p.m. 2100 Park Blvd, \$12 per class.

Tai Chi Chuan: 6 p.m., Qi Gong/Taoist meditation classes, Taoist Sanctuary of San Diego 4229 Park Blvd., free

APRIL 17

Residents Free Tuesdays in Balboa Park: hours vary by museum, participating museums include San Diego Art Institute, Mingei International Museum, San Diego Museum of Art, San Diego Museum of Man, Japanese Friendship Garden. Free for San Diego Residents with ID, active military and dependents

Pajama Storytime: 6:30 p.m., children are invited to an evening storytime with books and possibly singing and puppets. Feel free to come dressed in your pajamas. Mission Hills Branch Library, 925 West Washington St., free

Drop-in knitting club: 5 p.m., reservations are not required and supplies are not provided, North Park Library 3795 31st St., free

I.C.S.C. (Irish Congress of Southern California) board meetings: 6 p.m., Imperial House, 505 Kamla Ave, free

North Park Planning Committee meeting: 6:30 p.m., 2901 North Park Way, free

APRIL 18

Mission Hills Farmer's Market: 3 to 7 p.m. every Wednesday, 4050 Falcon St., free

Homework helpers: 6 – 7:30 p.m., North Park Branch Library, 3795 31st St., free

Lego playtime: 5 p.m., Mission Hills Branch Library, 925 West Washington St., free

Children's Art and Crafts: 6 p.m., different themed crafts every month, North Park Branch Library, 3795 31st St., free

Coral Reef Adventure: 10 a.m., final day, From Australia's Great Barrier Reef, to a coral reef-sustained village in Fiji, diving expeditions show a range of coral reefs and features music by Crosby Stills & Nash and narration from Liam Neeson, Rueben H. Fleet Science Center, 1875 El Prado, adult tickets \$15.75

The Healing Energy of Color: 5 p.m., final day, The artworks of San Diego artists Desolina and Christina Thomas embody the concept of healing with their language of color, Glimpse Gallery, 3813 Ray St., no cover

Write Out Loud presents The Big Read - Shades of Poe: 6:30 p.m., Edgar Allan Poe and other gothic literature, Kensington Library, 4121 Adams Ave,

free

Write Out Loud presents The Big Read - Shades of Poe: 8 p.m., Shot by Shot film series will show the 1950s animated "Tell Tale Heart," Whistle Stop, 2236 Fern St., free

APRIL 19

North Park Farmer's Market: 3 to 7 p.m. every Thursday, parking lot behind CVS at 32nd St. and University Ave., free

Book Discussion Group: 3 p.m., North Park Library, 3795 31st St., monthly books will be available for checkout at the circulation desk, free

Salon – What's next for the Middle East: 6 p.m., Panel Discussion with two conflicting perspectives Iran, the Israeli-Palestinian issue and prospects for peaceful resolution. San Diego Diplomacy Council, 3604 30th St., RSVP by April 16, \$10

Héroes de la Salud! featuring Los Lobos: 6 p.m., San Diego County Medical Society Foundation fundraiser with proceeds going to Project Access San Diego program, Anthology, 1337 India Street, \$100

Kensington-Talmadge Community Association Dinner: 6:30 p.m., featuring speaker Drew Schlosberg of the San Diego Union Tribune, Kensington Community Church, 4773 Marlborough Dr., RSVP by April 17 to 619-284-2477, tickets start at \$12

APRIL 20

Golden Hill Farmer's Market: 8 a.m. to noon every Saturday, B St. between 27th and 28th Streets, free

Old Town Farmer's Market: 9 a.m. to 3 p.m. every Saturday, Harney Street, free

Preschool storytime: 10:30 to 11 a.m., Mission Hills Library, 925 W. Washington St., 692-4910, tinyurl.com/missionhills, free

Pacific Horizons: 10 a.m., "Melanesian Art from the Valerie Franklin" Collection final day, San Diego Museum of Art, 1450 El Prado, free - \$12

To the Arctic: 10 a.m., opening day, never-before-experienced journey into the lives of a mother polar bear and her two seven-month-old cubs as they navigate the Arctic wilderness, Rueben H. Fleet Science Center, 1875 El Prado, adult tickets \$15.75

Twilight Tour and Reception: 6 p.m., the rescheduled event will include hors d'oeuvres and wine, the chance to spend time with like-minded individuals, architecture aficionados, and historians at the Marston House, 3525 Seventh Ave., \$45 for SOHO members \$55 for non-members

An Evening of Broadway fundraiser: 8 p.m., featuring San Diego's young musical talent, the fundraiser will help fund T3 Triple Threat Youth Mentors, a non-profit arts and education organization offering low-cost classes. Lion's Club 3927 Utah St., \$20 suggested donation

APRIL 21

Hillcrest Farmer's Market: 9 a.m. to 2 p.m. every Sunday, Hillcrest DMV, 3960 Normal St., free

Golden Hill Farmer's Market: 8 a.m. to noon every Saturday, B St. between 27th and 28th Streets, free

Old Town Academy wine and dine benefit: 6 p.m., Old Town Academy Campus, 2120

see Calendar, page 25

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FROM PAGE 24

CALENDAR

San Diego Ave., for more information, including participating wineries, visit OTAfoundation.org, \$100

McKinley Elementary School Casino Royale: 6:30 p.m., benefiting the McKinley Elementary School music and art programs with casino games, raffle prizes live music and more, Sunset Temple, 3911 Kansas St., \$35

Mission Hills Community Garage Sale: 8 a.m. - noon, map and addresses available at 7:30 a.m. at the Coldwell Banker office at 1621 West Lewis St., no cover

Tiempo Libre: 8 p.m., presented by the La Jolla Music Society, Birch North Park Theater, 2891 University Ave., tickets start at \$35

Delving into Imagination and Inner Self opening reception: 5 p.m., a talk by the artists on their inspiration. Glimpse Gallery, 3813 Ray St., no cover

Spring Cleaning: 9 a.m., dumpsters available for spring cleaning, Juniper at Commonwealth Street

Write Out Loud presents The Big Read - Shades of Poe: 1 p.m., "Cask of Amontillado," Brick by Brick Reading at Quilt Gathering in Old Town San Diego State Historic Park, 4002 Wallace St., free

APRIL 22 Hillcrest Farmer's Market: 9 a.m. to 2 p.m. every Sunday, Hillcrest DMV, 3960 Normal St., free

La Fierce: 8:30 p.m., 20-dancer cast performance, 21 and older event, Numbers Night

Club, 3811 Park Blvd., \$5
Earth Fair: 10 a.m., features more than 350 exhibitors, special theme areas, a Food Pavilion, a special Kids' Activity Area, three entertainment venues, the Children's Earth Parade, the eARTh Gallery art show, and the Cleaner Car Concourse, Balboa Park, free

Presto: 2 p.m., Magic show for the family, starring Charles Arlington of "Triple Espresso", Red Spade Theater, 2539 Congress St., Suite B, tickets start at \$10

APRIL 23 Drop-in Knitting Club: 5 p.m., North Park Library 3795 31st St., reservations not required and supplies not provided, free

Mini-Park Community Workshop #4: 6 p.m., input from the prior community workshops to help to finalize design of the General Development Plan for the future Mini-Park and a Streetscape Master Plan will be reviewed, 4044 Idaho St., free

APRIL 24 Residents Free Tuesdays in Balboa Park: hours vary by museum, participating museums include San Diego Air & Space Museum, San Diego Automotive Museum, San Diego Hall of Champions, certain House of Pacific Relations International Cottages. Free for San Diego Residents with ID, active military and dependents

Pajama Storytime: 6:30 p.m., children are invited to an evening storytime with books and possibly singing and puppets. Feel free to come dressed in your pajamas. Mission Hills

Branch Library, 925 West Washington St., free
I.C.S.C. (Irish Congress of Southern California) board meetings: 6 p.m., Imperial House, 505 Kamia Ave, free
Gentlemen's Martini Night: 6 p.m., evening of raffle prizes and more, Wang's North Park 3029 University Ave., \$10

APRIL 25 Old Town Community Planning Group meeting: 3:30 p.m., open participation from community members, Whaley House 2476 San Diego Ave, free
Mission Hills Farmer's Market: 3 to 7 p.m. every Wednesday, 4050 Falcon St., free
Lego Playtime at the Library: 5 p.m., North Park Branch Library 3795 31st St., free

Homework Helpers: 6-7:30 p.m. North Park Branch Library, 3795 31st St., tutoring for children of grades, all subjects, free

Lego Playtime: 5 - 6 p.m., Mission Hills Library, 925 West Washington St., free

APRIL 26 North Park Farmer's Market: 3 to 7 p.m. every Thursday, parking lot behind CVS at 32nd St. and University Ave., free
North Park Action Team: 6 p.m., public forum on North Park issues, North Park Adult Community Center, 2711 Howard Ave., free

Cocktails in Historic San Diego: 6 p.m., a brief history talk, an extended happy hour and appetizers or full-course dinners, Old Town Cosmopolitan, 2660 Calhoun St., tickets available at cocktailsinhistoricplaces.com ♦



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Why we love raising Our kids in Uptown

By Andy Hinds
Guest Columnist

In my last column here, I investigated the validity of my perception that over the last decade there has been an increase in families with young kids in Uptown neighborhoods. The results of my research of census data weren't exactly what I had expected; but they did suggest that certain demographic groups have either been moving their young families here in droves, or getting very serious about making babies during the past 10 years.

Now, I know why I love living in North Park, and why I loved living in Hillcrest before we moved here, but I wanted to see why other Uptown parents chose to live in their respective neighborhoods. So I did what any serious sociological researcher would do: I posted the question on Facebook.

I asked: "What do you love about living and raising kids in your neighborhood?"

I wasn't surprised to find that the responses were very much aligned with the reasons my wife and I love living here.

Character

One of my parent-friends who responded to my informal poll had recently moved from a condo in a gated community to a gorgeous Craftsman fixer-upper just a few blocks away from my house, and was excited to live in a place where she was surrounded by diversity in everything from the architecture to

the inhabitants. "I love that you've got old, young, gay, straight, kids, no kids and different ethnicities all in close quarters," she said. Others agreed and added that they loved the charm of their old houses, despite the creaks and imperfections.

Convenience

All the respondents mentioned proximity to fun stuff as one of their favorite things about living in Uptown. With Balboa Park and the San Diego Zoo within walking or biking distance, you could practically raise kids here without ever burning any fossil fuels. Parks and playgrounds are so plentiful that there's no reason we should ever be envious of our suburban friends' big backyards. And if our kids tire of the neighborhood haunts, our easy access to the freeways puts us within minutes' drives of beaches, hiking trails, downtown and Sea World.

But it's not just fun stuff for the kids that Uptown parents cherish about our area. Most of my friends mentioned the great adult amenities as well with hip restaurants, cafes, shops and bars that one could theoretically frequent if one had the energy to get a babysitter and actually leave the house and do grownup stuff. Thankfully, many of these spots are kid-friendly; or at least no one looks at you askance when you bring your children with you. There are very few Uptown restaurants, for instance, where I would feel uncomfortable bringing my 3-year-old twins.



Andy Hinds with his 3-year-old twin daughters at the Hillcrest farmers market. (Photo courtesy of Andy Hinds)

Small-Town Feel

Several responses cited this as one of the charms of Uptown, and I agree. As far as I'm concerned though, small-town feel is best when it exists in a big city. Neighbors who know when you come and go are great if you happen to leave the garage door open or if your kids are wandering down the block; but it's also wonderful to be able to drive

five minutes and feel like you are totally anonymous.

Another feature of our neighborhoods that makes them feel like small towns, at least the kind that exist in the popular imagination, are all the mom-and-pop businesses. Like my Facebook friends and neighbors, I love the fact that I can walk to the place where I buy drinking water, which is right next door to where I

get acupuncture.

The point is, I know my neighbors and the local merchants, and that's part of what makes our Uptown neighborhoods real communities. Even if I have to distract my kids when we walk by certain store windows, most of the people we meet are invested in the neighborhood to some extent, and those are the kinds of people I want my kids to grow up around. ♦

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Ron Stern

As everyone knows, traveling in this day and age can be stressful and expensive. Here are a few travel accessories and things that I can't do without.

An **Air Ambulance Card**, which can be obtained at airambulancecard.com.

Things can and do happen and if you are hospitalized in another country and you have to be flown back to the United States, the average price is over \$100,000. The problem with some of the medical evacuation plans on the market is that they may contain limitations such

as medical necessity or nearest appropriate facility. In these cases, they don't necessarily have to transport you back to the U.S. For a very modest price of \$195 for individuals and \$295 for families per year, the air ambulance folks will send an aircraft for you and bring you to the hospital of your choice. It also works domestically as well. Either way, this is pretty inexpensive considering the peach of mind this delivers.



Sleep Number Deluxe Travel Pillow, which can be found at sleepnumber.com.

The Sleep Number Deluxe Travel Pillow is what I take on trips to ensure a good night's sleep. This pillow fits neatly into my roller board carry-on bag, which is 14 inches by 19 inches by one inch. It is constructed of high density memory foam surrounded by a soft down alternative. The pillow is also hypoallergenic for those with allergy issues. They are priced at \$59.99 and you can also order online at sleepnumber.com or by calling (800) 753-3768. ♦

—Ron Stern (aka: The Global Gumshoe) www.ronsterntravel.com



SCOTTEVEST, which can be found at scottevest.com.

If you're like me and dislike paying for airline bag fees, then finding suitable alternatives for checked bags is a must. For several years I have been using the cleverly designed SCOTTEVEST and find it to be one of the best ways to level the playing field. Their complete line of stylish yet comfortable smart travel apparel includes a jacket that can carry a whopping amount of items in 20 interior pockets.

Always innovative, the company's newest addition is called the Transformer Jacket, owing to its ability to rapidly transform from a lightweight jacket into a vest in just a few seconds. The secret comes from 12 rare-earth magnets that are concealed in the shoulders and sleeves allowing you to simply pull on the material to create a vest. You can then hide the sleeves in a special pocket until you are ready to transform back into a jacket just as quickly. After a couple of tries, I was able to convert from a jacket to vest in about 10 seconds.

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