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Franklin Elementary School students parade across the athletic field in the hat of the iconic Dr. Seuss cat for Read Across America on March 5. (Photo by Michael Crane)

A Seussian day in Kensington

Volunteers use Dr. Seuss to teach Franklin Elementary students the joy of reading

By Michael Crane
SDUN Reporter

"You're off to Great Places! Today is your day! Your mountain is waiting. So... get on your way!" So goes the oft-quoted phrase by Dr. Seuss, from his beloved "Oh, the Place You'll Go!"

It's just one of the many Seussian mantras that could be heard floating through the halls of Frank-

lin Elementary School last week, as well as thousands of other schools across the nation.

Just a few days after what would have been Dr. Seuss's 110th birthday, students, teachers and community members honored his legacy at Franklin Elementary in Kensington as part of the annual Read Across America day. Volunteers from all walks of life gathered at the school on the morning of

March 5 to read their favorite Dr. Seuss books aloud and participate in a school-wide parade.

"It's an opportunity for all of us to gather as a community to read something together and to write about something," said Principal of Franklin Elementary Magdalena Tavasci. "Literacy is huge. We want all our kids to be strong, proficient

see Seuss, page 3

Centennial spending woes

Planners of the celebration spent \$2.6 million prior to disbanding

By Margie M. Palmer
SDUN Reporter

The 2015 Balboa Park Centennial has been billed as a yearlong celebration designed to captivate visitors from around the globe. Less than two weeks ago, the group charged with producing the event disbanded amid allegations of fiscal mismanagement, raising questions about legal liabilities for the lost funding.

Planning for the celebration began during Mayor Jerry Sanders' tenure. He envisioned a Centennial celebration that came with a \$20 million production price tag. When Bob Filner took office, he wanted a production five times that size.

The City outsourced its plans for the event in 2011 to 501 (c) (3) nonprofit Balboa Park Celebration, Inc. (BPCI). The agreement was that BPCI would organize, promote and implement all aspects of the celebration events. They also agreed to another



The fountain between the Natural History Museum and the Reuben H. Fleet Science Center in Balboa Park (Courtesy Balboa Park Marketing)

heavy-lifting task: securing sponsorships.

The fundraising, however, didn't start until just last year.

More than \$2.6 million was spent by the group prior to the March 4 announcement that BPCI would be turning their operations over to the City.

"This decision was the result of long and careful

see BalboaPark, page 5

North Park Planning Group to hear PSA Flight 182 memorial proposal

Residents connected to 1978 plane crash renew effort

By Hutton Marshall
SDUN Editor

On the morning of Sept. 25, 1978, two planes collided in mid air over North Park, resulting in the most fatal airline crash ever to take place in California. PSA Flight 182, a Boeing 727, crashed at the residential corner of Dwight and Nile streets, while Flight 172, a two-person Cessna, fell to the pavement at 32nd Street and Polk Avenue on the opposite side of the 805 freeway.

The catastrophic accident resulted in 144 deaths and 22 destroyed homes. At the time, no crash had ever been deadlier in the U.S.

Though this crash occurred more than three decades ago, little exists today to memorialize the tragedy. There are two plaques honoring the memory of those lost: one at the North Park Library and another at the San Diego Air & Space Museum. Each year on the anniversary of the crash, attendees gather at the intersection of Dwight and Nile streets. Some in the quiet crowd decorate the neighborhood sidewalk with chalk. Others lean flowers against a chain-link fence.

A group of residents, known as the PSA Flight 182 Memorial Committee, are now pushing for a more visible memorial where mourners can gather in remembrance, and community members can learn about what took place.

Myra Pelowski hopes the site will be a place where families can visit for peace and reflection. Her brother was the final person to board PSA Flight 182 that day, hurrying back to San Diego for his first day at UC San Diego. He was 18 years old — 13 months Pelowski's senior. She was especially close to him ever since the early death of their parents in a car accident in France when she was five months old. Pelowski said her brother's

see PSA182, page 7

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Shawn Murphy reads a Dr. Seuss book to a classroom at Franklin Elementary for Read Across America on March 5.
(Photo by Michael Crane)

FROM PAGE 1

SEUSS

readers, and this is one way that we do it to make it fun for kids.”

The weeklong event started with the children writing and illustrating their own stories. Each classroom then selected their favorite story from the class to be read before the entire school at an assembly.



Bob Holmes, a retired 33-year teacher at Franklin, recounted his many experiences at the school at the event
(Photo by Michael Crane)

“We know that many times when you have good readers they’re not always good writers, but the opposite is true,” Tavasci said. “Research shows that if you’re a good writer you become a good reader.”

For Wednesday’s event, community volunteers read aloud to groups of students before the entire school paraded around the athletic field in their “Cat in the Hat”-styled caps.

In addition to the more than 20 volunteer readers in attendance, Bob Holmes, a 6th grade teacher at Franklin from 1957

to 1990, was present and spoke briefly about his love for Franklin.

“It’s a fantastic place to teach — the best school in town,” said Holmes, who began at Franklin when the original principal was still in charge. The school has changed a great deal since Holmes’ tenure, he said, but countless memories still come flooding back with each visit.

Two of Holmes’ former students, Milt Keller and his daughter Jeanete Pryor, joined him at Read Across America. With the addition of Chris Pryor, Keller’s grandson who will be starting at Franklin next year, it made for three generations of Franklin students in one place.

Speaking before a crowd of community members, Tavasci also praised of the recent federal grant provided to Franklin by the Magnet Schools Assistance Program. Franklin was one of four elementary schools in San Diego County to be included in the \$10 million grant, which will be rolled out over the course of three years as part of the (STEAM) science, technology, engineering, art and mathematics curriculum, which promotes a cross-disciplinary approach across all subjects.

“The beauty of it is that our children, our students, are going to have this magnificent opportunity to be on the cutting edge of this new 21st century education through the vehicle of STEAM,” Tavasci said. “It’s something as educators we’ve talked about for a long time, but now we have the opportunity to actually have it come to fruition. It’s hands-on, it’s not just learning from a textbook. It’s a lot of project-based learning.”

Tavasci said Franklin will be spending the grant funds on new technology for the school, professional development for teachers and more up-to-date textbooks and other classroom materials. She also anticipates Franklin will be hiring more teachers soon in an effort to bring more local students back

to the school.

“We could take probably 300 more students,” Tavasci said. With current Franklin enrollment sitting at just around 255, Tavasci hopes the STEAM funds will attract more students from the nearby area, as well as other communities across San Diego. She sees volunteer efforts, such as those at Read Across America, to be an essential part of developing Franklin into a larger, 21st-century community school.

Interested volunteers are invited to attend a school tour at Franklin on the second and fourth Wednesdays of each month. To learn more, call 619-344-3000. ♦



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An inside look at Spark in the Uptown District

By Frank Sabatini Jr.
SDUN Reporter

A new “shot bar and lounge” opened in Hillcrest with a guarantee that you won’t end up with a hangover after indulging in the liquids.

Modern and spa-like, Spark sets itself apart from drinking establishments by greeting patrons with vitamin formulas, syringes and leather IV recliner chairs instead of booze, martini glasses and bar stools. The facility, located at 1010 University Ave., #C-201, marks the first advanced natural medicine clinic to arrive in Uptown.

Popular with the rich and famous for years, the “injectable cocktails” administered in this stylish suite flood the body with various combinations and C vitamins, minerals and

amino acids. Unlike swallowing supplements or eating vitamin-rich foods, naturopathic doctors assert that our bodies wholly absorb such nutrients when shot directly into muscles or veins, thus leaving recipients feeling both physically and mentally revitalized afterwards.

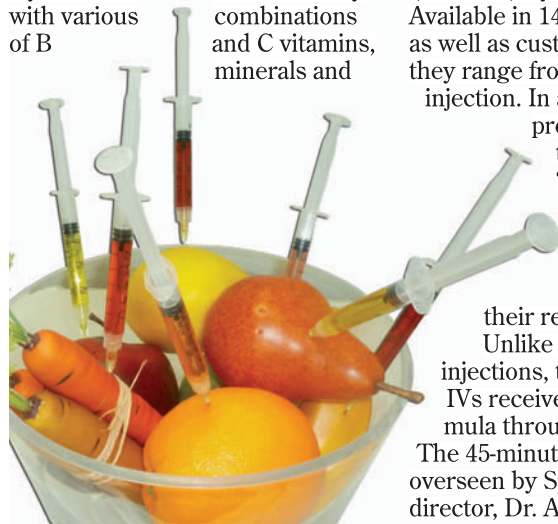
The injection and IV menus at Spark read like a ticket to the Fountain of Youth. They’re tailored to everything from jetlag recovery and pre-sport endurance to increasing brain power, enhancing libido and relieving hangovers, all without relying on hormones or drugs in their various formulas.

The shots contain three cubic centimeters of nutrients, administered into the glute muscles (buttocks) by a medical assistant. Available in 14 different formulas, as well as customized versions, they range from \$25 to \$40 per injection. In an eyebrow-raising

promotion, however, the clinic features “happy hour” from 3 to 6 p.m. on Wednesdays and Fridays, when the shots are \$10 off their regular prices.

Unlike the quick needle injections, those opting for IVs receive 300ccs of formula through the forearm.

The 45-minute treatments are overseen by Spark’s medical director, Dr. Aliza Cicerone, who earned her Doctorate of Naturopathic Medicine from the National College of Natural Medicine in



The clinic’s nutrient-rich injections are reflected in a decorative fruit bowl at the front desk. (Photo by Frank Sabatini Jr.)



Dr. Aliza Cicerone is the medical director at Spark. (Photo by Frank Sabatini Jr.)

Portland, OR.

Licensed through California’s Naturopathic Medicine Committee, she is also a fellow of the American Board of Naturopathic Oncology.

Recipients of the IVs must first submit to a detailed blood profile, which is provided by the clinic and covered by Medicare and most private-insurance carriers.

“We want to know our patients’ medical histories through in-depth consultations before giving them the IV treatments,” Dr. Cicerone said, adding that their vital signs are checked before, during and after the hookups.

The IV cocktails are also available in 14 types, such as “Energy Boost,” “Cellular Detox” and “Deep Sleep,” designed to calm the central nervous system while balancing cortisol levels. Some of the formulas contain up to 18 ingredients that could include a range of B vitamins mixed with different ratios of selenium, magnesium and calcium for example, or the potent antioxidant synthesized from amino acids, called glutathione.

Both the shot and IV formulas used at Spark are proprietary, which means their contents are conveyed to patients in general

terms. They were devised by Dr. Paul Anderson, an authority in IV nutrient therapy based in Seattle. Compared to the popular four-ingredient “Myers cocktail” (magnesium, calcium, B and C vitamins) established some 40 years ago by Baltimore physician John Myers, the mixtures at Spark are customized for specific outcomes.

Bypassing the chic IV lounge marked by silver orbs affixed to mossy green walls, I entered into a small, sunny room for the maximum allowance of two injections per visit.

I randomly chose the “B-Well” and “Zen Master” shots, leaving with a painless butt load of B vitamins and amino acids that included glycine, known for converting glucose into energy as well as repairing damaged muscle tissue and balancing brain chemistry.

Skeptical about detecting any effects, I soon felt simultaneously relaxed and energized. My appetite was mildly curbed for the remainder of the day. More obvious was the chill that had infiltrated my body on this cool, cloudy morning dissipated within 20 minutes without the support of a hot beverage, a sweater, a hike or anything.

Was this the placebo effect? Or was it my body genuinely responding to these concentrated nutrients with the brevity of a dry sponge engulfing water? I’d like to think it was the latter.

“Nobody has come back and said they didn’t feel any benefits from our shots and IVs,” said Dr. Cicerone, touting the feedback of a patient who recently received the “Body Recovery” shot after a weekend involving a CrossFit competition and snowboarding.

“We gave him the shot on Monday and by Wednesday he reported that it made a huge difference in eliminating the soreness and inflammation that he would normally expect,” she added. In the world of naturopathy, his speedy rebound could be partly credited to the inclusion of acetyl L-carnitine in the formula, an amino acid critical for muscle function and repair.

Spark’s co-founder, Aaron Keith, said he launched the clinic based specifically on results from vitamin injections he received after “traveling excessively, eating badly and enduring huge amounts of stress” from his primary job as

see Spark, page 5

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FROM PAGE 4

SPARK

a business coach.

“I was gaining weight around the mid-section and running on low batteries no matter what I did,” Keith said.

So he turned to Bloom Natural Health in Encinitas and was given a treatment plan based on blood work that included a few dietary changes and vitamin shots to help boost his nutrient levels quickly.

“By the end of the first week I felt so different, with more energy than I had in years,” he said, citing that he now receives the “Max Nutrition” IV at Spark every other week to maintain wellbeing.

Injectable and IV vitamin therapies are ubiquitous in cities like Los Angeles and New York and remain a growing trend in clinics around the globe. Conventional doctors vary in their endorsements for them, with some insisting that the regimens are not magic bullets for combating anxiety, weight gain, fatigue and other ailments — at least not without the support of an all-around healthy lifestyle.

Dr. Cicerone agrees: “Our patients are well educated and understand the importance of combining good nutrition and exercise with our services. It isn’t as though they get a shot, go eat at McDonald’s and think they’ll get skinny. We help people become active players in their health.”

The company also operates a mobile clinic for shots, select IV treatments, blood draws and consultations. For a complete list of Spark’s services, call 888-207-1555 or visit mysparkhealth.com. ♦

FROM PAGE 1

BALBOAPARK

consideration of the obligations spelled out in the BPCI Memorandum of Understanding (MOU) with the City of San Diego and, most importantly, our responsibility to the people of San Diego,” wrote BPCI Co-Chairs Ben and Nikki Clay in a statement.

Among the expenses were approximately \$8,000 per month in allocations to consulting firm Gerry Braun and Associates and more than \$33,000 per month marketing firm Loma Media Partners. The group’s former CEO, Julie Dubick, who resigned in February, was compensated at approximately \$15,000 per month.

A recent article by U-T San Diego found that BCPI exaggerated funding applications about having key partnerships that didn’t actually exist. It also reported that in January, the City tabled a request for an additional \$3.2 million in funding saying the group had not exhibited they could pull off an event of this size.

The MOU, which outlined the terms and conditions of BCPI’s working relationship with the City, was signed into agreement on Oct. 25, 2011. The agreement largely protects BPCI board members from liability, but local attorneys say the board could face legal action if serious misconduct is shown.

The crux of the issue relates to the agreement’s “Indemnity Clause and Hold Harmless Agreement,” which legal experts say essentially serves

as an immunity clause for BCPI. Unless the City can prove BCPI engaged in embezzlement or fraud, they can’t be held liable.

Local criminal defense attorney Alexis Scott said there are a few possible outcomes moving forward.

“Indemnity and immunity clauses don’t protect against willful misconduct or negligence of a board member,” Scott said. “As a whole, board members of a nonprofit are typically safe from personal liability, but they could be held liable if they’ve done something that is intentionally fraudulent, illegal or clearly wrong.”

The primary question lies in whether illegal activity, including breach of duty, took place.

“In sum a board member’s central purpose is to ensure that the organization’s resources are used to achieve its purposes,” Scott said. “In this situation it is clear that this board did the exact opposite. It looks like a few people and a couple companies made a lot of extra income with nothing to show for it.”

The City may also be able to file a lawsuit based on allegations of embezzlement.

In this case, Scott said, the question is whether the taking of donations and other funds and using them as salaries qualifies as embezzlement.

If it can be proven that board members acted dishonestly by withholding and/or converting assets that were supposed to be used for one purpose to another — namely, high salaries and consulting fees that were dishonest or unjustified — they could be liable.

Issa Abuaita, another criminal defense attorney in San Diego, also stated that legal action could ensue if misconduct is shown with respect to how the funds were used.

“If the board members were taking enormous salaries and paying for things like their trip to Panama as part of the planning for the event, just to benefit themselves, then this would be a pretty big issue and embezzlement comes into play,” Abuaita said. “The District Attorney is going to need to take a look at that and this could become a federal issue, especially if wire fraud comes into play.”

Council President Todd Gloria said in an emailed statement that it’s important for the City and the community to better understand “how we ended up in this position,” although Gloria’s spokesperson Katie Keach said she was unaware of any legal action being considered against the BPCI by the City.

“I am confident that clarification will come as we delve further into the financial documents and consider the changes of leadership at the City and within the organization since BPCI’s inception,” Gloria stated.

“I have been involved throughout the planning process for the 2015 Centennial and was well aware of the difficulties BPCI and its board had securing sponsors. I was not fully aware of how funds were being spent until I reviewed the financials when they became public this week. Further, the City Council’s Natural Resources and Culture Committee heard multiple updates on the Centennial planning efforts at its public meetings, where assurances were made and reasonable plans were discussed.”

Gloria said he is working closely with Mayor Kevin Faulconer, City Special Events staff and organizations within and outside of Balboa Park. While a Faulconer spokesperson said the mayor’s office wouldn’t on potential or pending litigation, he said that “BPCI is working with the City to turn over the documents so they can be thoroughly reviewed.”

“We want to make sure we have a workable plan to extend the legacy of our predecessors and use the 2015 Centennial of the Panama-California Exposition to reinvest in our Park and invite San Diegans back to the park,” Gloria stated. ♦

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Editorial

A street for all of us

Last month, pedestrian Aaron "Curtis" Voorhies was killed while crossing University Avenue between Vermont Street and 10th Avenue. The driver did not stop. The incident occurred near an opening in the Uptown District plaza that funnels pedestrians to the street at mid-block, where they often wait in the median before crossing the south side. Voorhies was leaving the median when he was hit.

From Sixth Avenue eastward, University Avenue is up to eight lanes wide: four lanes dedicated to auto through-travel, up to two turn lane pockets at intersections, and two lanes for street parking. Although this is the main commercial thoroughfare in Hillcrest, the number of auto lanes and their width encourages driving speeds that endanger pedestrians and bicyclists.

Many have pointed out that Voorhies was jaywalking when hit, therefore no changes are required; pedestrians just need to be more aware of vehicles. While pedestrians should follow the law, analysis of Statewide Integrated Traffic Records System data reveals that in nearly two-thirds of the collisions on University (from Washington to Normal streets) they were doing exactly that, and the driver was at fault. Further, pedestrian injuries are more

likely to be fatal as average speeds increase, from a fatality rate of five percent at 20 MPH, to 40 percent at 30 MPH, to a whopping 80 percent at 40 MPH.

The dangers to pedestrians and cyclists in Hillcrest are not new. Walk San Diego performed a pedestrian survey of Uptown over 10 years ago for the Uptown Parking District, identifying multiple problem spots throughout Hillcrest. Apart from installing a few sidewalk bulb-outs and pedestrian lead-time crossing signals, little has been done. Another life-threatening injury occurred at Sixth Avenue and Evans last year. In the nine years following the 2003 Walk San Diego survey (1/2004 to 11/2012) there were 48 reported pedestrian collisions on University from Washington to Normal. And San Diego is one of the most dangerous places in the country for pedestrians.

Is a lack of funding to blame for the inaction on University? If so, then community leaders such as Uptown Parking District, Uptown Planners and the Hillcrest Business Association would welcome funds that protect pedestrians and bicyclists. The proposed SANDAG Uptown Bike Corridor on University Avenue does exactly this. It will reduce auto speeds by narrowing travel lanes, shorten crosswalk distances and provide the only safe

east/west travel route for bicyclists in all of west Uptown. Hillcrest's own Councilmember, Todd Gloria, has lobbied extensively for SANDAG regional bike route funding. Yet instead of embracing the project's beautification, placemaking, traffic calming and business/neighborhood benefits, these community groups have focused the discussion solely on parking.

Uptown Parking District Director Tim Gahagan said this week he is will to lose "less than 15" on-street parking spaces for the project, and the district is exploring legal action against SANDAG to prevent bike lanes. Your public parking meter fees would be used for these wasteful efforts. Meanwhile, more than 900 off-street parking spaces exist within one block of University. Further, Uptown Parking District recently gained nearly 300 off-street evening parking spaces nearby (the DMV and IBEW lots). That's more than three times the worst-case scenario of spaces lost under the SANDAG plan.

Hillcrest's streets don't have to be this dangerous. In many countries, pedestrians have a greater right to public street space. For example, in the UK, where jaywalking is legal, road fatalities are one-fourth the rate of the U.S., and in Sweden, roads are built for safety, not speed and convenience ("We simply do not accept any deaths or injuries on our roads," a Swedish National Transport Agency representative told The

Economist.) That approach is known as Vision Zero, which new NYC Mayor Bill DeBlasio is implementing.

Cities around the country are implementing protected bike lanes to provide traffic calming as part of complete streets projects. Even in the world's most bike-friendly cities, the car has not been banned, but people have more choices to get around. Expanding Hillcrest business's customer base beyond drivers, especially for alcohol-providing establishments (and to address expensive DUI law enforcement) is not only smart, but the right thing to do. And since slower drivers see more businesses, traffic calming increases business revenue, along with residential property values.

Hillcrest is being offered an unprecedented opportunity to improve the safety and walkability of University Avenue. This is a public space that belongs to all of us, not just business owners and the parking district. I hope the community's leaders will reconsider their opposition and acknowledge that pedestrians and bicyclists have a right to a safe University Avenue.

—Paul Jameson, SD Urban

A version of this piece originally appeared on sdurban.com. If you have any information regarding Aaron Voorhies' death, please call the San Diego Police Department Traffic Division number for Hit and Run Collisions at 858-795-4805.

UptownBriefs

ADAMS AVENUE UNPLUGGED ANNOUNCES KICKSTARTER CAMPAIGN

In an effort to generate funding for Adams Avenue Unplugged, the Adams Avenue Business Association (AABA) recently launched a Kickstarter campaign before the free music festival returns at the end of April.

Kickstarter is a crowd-funding website where anyone may learn about projects and make monetary contributions to them. The campaign raised \$1,222 as of March 13. It hopes to raise \$10,000 by April 18.

Adams Avenue Unplugged will be comprised of more than 150 performances at venues stretched out along Adams Avenue on April 26th and 27th. The festival's 40-year history dates back to The San Diego Folk Festival and Adams Avenue Roots Festival. This year, Unplugged features national touring acts: Chris Hillman & Herb Pedersen, Peter Case, Willie Watson, Jonny Fritz, The Sumner Brothers, The Good Luck Thrift Store Outfit and The Shaggy Manes.

The AABA stated that it is committed to paying musicians at the festival, and receiving

donations from the community assists them in doing so. To find out more about Adams Avenue Unplugged or the Kickstarter campaign, visit adamsavenuebusiness.com.

CITY COUNCIL PASSES FOOD TRUCK ORDINANCE

On March 3, the City Council approved a new ordinance outlining zoning rules for food trucks operating within the city. The new regulations limit the hours food trucks may operate in residential areas to 6 a.m. to 10 p.m. Sunday through Thursday, and until 11 p.m. on Fridays and Saturdays. It also requires private property owners to obtain an over-the-counter permit in order to host food trucks. San Diego CityBeat reported that the permit is estimated to cost \$935 for the first year and \$132 to renew. Permits are not required for food trucks, property owners in industrial areas, or at schools, hospitals, religious facilities and construction sites. Many food truck owners have criticized the ordinance as a ban from high-traffic areas where they do the most business, but city officials claim the regulations are necessary for public safety. City Council will review the policy in one year.

BICYCLE ADVISORY GROUP APPROVED

On March 4, City Council voted to create the City's first Bicycle Advisory Committee, which will provide recommendations to the

City on local bicycle projects and its Bicycle Master Plan Update. The committee will be comprised of local bicycle advocates and residents. The formation of the committee comes just before the impending implementation of SANDAG's planned construction of bicycle corridors throughout San Diego's urban areas, which is expected to begin early next year.

MUSIC FOR A NEW AGE

The First Unitarian Universalist Church of San Diego will host a two-night music celebration on March 22 and 23 entitled "Circus From Another Planet: Play, Players, Playing & Playfulness." This unique musical event will explore man's instinctive desire to play. Organized and presented by San Diego State Professor of Music Joseph "Jozefius" Waters, the concert will be held in two separate locations.

The first night will take place at the church located at 4190 Front St. in Hillcrest, and feature musicians playing violin, melodica and panpipes along with percussion. The second performance will take place at the Reuben H. Fleet Science Center's Heikoff Dome in Balboa Park. This event will include local exotic musicians improvising short musical numbers to images projected onto the theater's dome.

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OPINIONS/LETTERS

San Diego Uptown News encourages letters to the editor and guest editorials. Please email both to hutton@sdenn.com. Include phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

SUBMISSIONS/NEWS TIPS

Press releases and story ideas are welcomed. Send press releases, tips, photos or story ideas to hutton@sdenn.com.

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FROM PAGE 6

BRIEFS

Tickets are available for \$20 general/\$10 students and seniors for one night, and \$35 general/\$15 students and seniors for both nights. For more information, visit nweamo.org.

UNION BANK SURVEYS SAN DIEGO

Union Bank recently announced the results of its annual small business survey. This year, the bank asked San Diego-centric survey questions so local, small business owners could compare the results to the rest of the state. On the national economic outlook, 31 percent of San Diego business owners believe that the U.S. economy is heading in the right direction, while 69 percent said the opposite. Outside of San Diego, 42 percent of small business owners had positive views of our economy, while 58 percent were negative.

On a state level, 49 percent of San Diegans believe that California's economy is headed in the right direction, while 51 percent disagree, which were identical to the average response from the rest of California. These numbers were up 12 points from last year and 26 points from 2012.

As for job growth, 86 percent of San Diegans plan to maintain stable staffing in 2014, while statewide, 76 percent plan to maintain their staff levels.

GUARDIAN ANGELS NOW OVERSEEN EXCLUSIVELY BY GLENNER

The Glenner Memory Care Centers is now the sole administrator of the San Diego County Guardian Angels Program. Since 2001, they have supported and overseen the growth of this program that connects isolated seniors with volunteers sponsored and funded by San Diego County Aging & Independence Services. Founded in 1982, the Glenner Memory Care Centers are a non-profit organization with three specialized, life enriching adult day program and family resource centers for those living with dementia and Alzheimer's disease in San Diego County.

"Not every senior has the benefit of a loved one nearby and that's where we come in," said Anette Asher, CEO of The Glenner Memory Care Centers. "It's a privilege to take sole responsibility of this countywide treasure that truly transforms the lives of lonely seniors by linking them with kindhearted volunteers who answer their silent cry for companionship."

Michael Kimmel
Psychotherapist



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The Guardian Angels Volunteer Program is currently seeking volunteers for the following positions:

—Senior Visitor: Visit with seniors who may be in need of friendly chat, social stroll or just a listening ear.

—Activities Assistant: People willing to lend their time and creativity to call numbers for things like bingo or a friendly game of bridge.

—Pet Therapy: Volunteers with pet therapy-certified furry companions.

—Social Media/Communications: Help manage The Guardian Angels Facebook page, write articles for the newsletter or visit facilities and interview seniors.

—Community Outreach: Provide information at health and community fairs or help with trainings and recruitments.

—Event Coordinating: Assisting to plan, oversee and implement events such as leisure sports and senior socials.

Interested volunteers are asked to fill out an online application and complete the other steps listed here: guardianangelvolunteers.org/get-involved/. There is also an immediate need for more high school and middle school volunteers who must be accompanied by an adult.

For more information visit guardianangelvolunteers.org or glenner.org

WHICH WICH SUPPORTS THE CENTER

The Hillcrest Which Wich, located at 3825 Fifth Ave., is turning five years old on March 19 and will host a birthday celebration. As an anniversary special, food lovers can enjoy a sandwich and large drink for the special price of \$5. Additionally, as a thank you to the community, owner Dennis Holland has pledged to donate 50 percent of the days proceeds to the San Diego LGBT Community Center. Which Wich is relatively new to the San Diego area, and allows patrons to custom order sandwiches from a vast menu of fresh ingredients.

POWERS PLUMBING CELEBRATES 100TH ANNIVERSARY

Having opened their doors in 1914, Powers Plumbing is celebrating 100 successful years of business with a free, public event in Mission Hills. Their Innovation and Restoration Cel-

ebration is taking place on April 5 from 11:30 a.m. to 3:30 p.m. at 1705 West Lewis St. out in front of the Power Plumbing shop in the West Lewis Shopping District. Powers Plumbing requests that guests bring food or donations to support the event's beneficiary, Special Delivery, a local nonprofit providing food and meal services to the medically challenged.

The event will also include short walking tours, a photo booth, a raffle and live music by Hot Pstromi and Lou Fannuchi. For more information, visit bestsandiegoplumber.com/100.

UNIVERSITY HEIGHTS GARDEN TOUR TICKETS GO ON SALE

On May 17, the San Diego Floral Association will hold its Annual Historic Garden Tour at the garden marketplace in Old Trolley Barn Park, 1998 Adams Ave., from 10 a.m. – 4 p.m. Tickets for the event go on sale on March 15.

The annual "garden tour with a difference" celebrates the 125th anniversary of University Heights, one of San Diego's most distinctive and historic neighborhoods. On the day of the tour, Old Trolley Barn Park will feature a welcoming marketplace of artisans and garden vendors.

Maps will be available and tickets will be sold at the park the day of for \$25, or prior to the event for \$20 at local plant nurseries and online at sdfloal.org.

FREE Creativity Workshop

If you are a female adult caregiver helping a parent and longing for some "me time," then enjoying art, listening to ancient stories, and writing about your experiences may be a positive choice. Using your imagination leads to rejuvenation. Starts March 22. Pre-registration required. No experience necessary. 858-405-7503

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The proposed site for the PSA Flight 182 Memorial at the intersection of Boundary, Felton and Dwight streets (Courtesy PSA Flight 182 Memorial Committee)

FROM PAGE 1

PSA182

death affected her greatly; so much so that she avoided visiting the crash site for 35 years.

"What I didn't realize until I got to the memorial on the 35 anniversary is that a lot of other people felt the same way about not having something to visit besides a fence," Pelowski said. "So it was really about creating a landmark not just for my brother, but for the 144 people who died."

The proposed memorial site is just a block away from the accident site at a small, triangular traffic island (about 900 square feet), where Felton Street forks off from Boundary Street at Dwight. The location is currently filled with plant life cared for by its surrounding residents with no assistance from the City. Similarly, a memorial at the site would come at no cost to the City, with the committee planning to fund the entire project with private donations.

Local architect Peter Noll

volunteered his expertise to the proposal, which would include a design contest inviting local architects, students and designers to submit proposals for the site's design. Noll proposed that the traffic island be expanded, reducing Felton Street from 45 to 36 feet wide, increasing the site's square footage to 1,582.

The North Park Community Planning Group will hear this proposal at their next meeting on Tuesday, March 18. While the presentation is an information item, the board is expected to provide feedback and refer the group to a subcommittee with specific instructions. The memorial committee will also distribute a petition at the meeting to garner community support.

"We're trying to take a respectful approach to this by opening up to feedback from the neighbors and give them the opportunity to provide input on their design," Pelowski said.

For more information on the Flight 182 Memorial, visit psaflight182memorial.com.



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Spring is in the air

Just in time for the South Park walkabout

By Morgan M. Hurley
SDUN Assistant Editor

Though the South Park Business Group (SPBG)'s upcoming "Spring Walkabout" won't have a specific theme this year, that doesn't mean there won't be a lot happening. Each year, more and more of the area's businesses line up with their own creative ways to grab a little of the attention and the foot traffic this popular event brings to the neighborhood every quarter.

Defined on the SPBG website as "a fun-filled evening festival to introduce you to the unique and independent boutiques, cafes and taverns of South Park," the Spring Walkabout will again take place along the 30th and Fern street corridor between Kalmia and Beech streets.

South Park's first walkabout was launched in 2002 as an annual event, but after steadily gaining popularity, it was refashioned into a quarterly event in 2005. In more recent years, each walkabout held throughout the year — there is one in each of the four seasons — has taken on a different theme, but organizers said this year's March 22 affair will be theme-less.

Nestled between North Park and Golden Hill and just east of the Balboa Park golf course, business in this festive little enclave has continued to boom year-after-year, thanks in part to these walkabouts and other innovative marketing initiatives of the SPBG.

Each of the four annual walkabouts run from 6 – 10 p.m. regardless of the season and currently draw hundreds of diners and

curious shoppers from not only the area's surrounding neighborhoods, but other parts of the county as well.

Visitors to this bustling family- and dog-friendly business district will find everything from upscale dining and wine bars; burger joints and taverns; yoga and fitness studios; arts, pottery and craft galleries; clothing, gift and nick-nack boutiques; a chocolate bistro; a dog wash; and a host of other unique and independent undertakings that each add to this small neighborhood's charm and character.

As usual, attendees can catch the free trolley — this time sponsored by Ed Landsberg — to help make their way around the nearly mile-long route. The familiar, orange and black Old Town Trolley Tour shuttle will circle the neighborhoods the entire four hours, offering stops near the corners of Juniper and 30th streets, 30th and Grape streets, Beech and Dale streets, and Fern and Grape streets.

Those interested in attending are encouraged to come early to find a place to eat and leave plenty of time to browse, as some businesses will be offering activities before the walkabout's official 6 p.m. start time.

The business owners near Beech and 30th streets will again join forces for their popular street BBQ and local musician Steph Johnson will provide entertainment.

For more information, visit southparkscene.com. ♦



SOUTH PARK'S SPRING WALKABOUT

SATURDAY, MARCH 22, 6 – 10 P.M.

Walkabout Info Booth:
3010 Juniper St.

Free Trolley:
Juniper & 30th, Grape & 30th,
Beech & Dale, Fern & Grape

Participating businesses and activities (not meant to be all-inclusive)

Baby Garten Studio

1947 1/2 30th St. | 619-987-4834

babygartenstudio.com

Free demo classes for parents and kids starting at 5:15 p.m.

Beech Street BBQ

Hosted on the sidewalks at Beech and 30th streets

BBQ will include items from Grant's Marketplace, Alchemy and Hamilton's Tavern as well as a healthy bake sale at G-Fit and live music featuring Steph Johnson.

Graffiti Beach

2220 Fern St. | 858-433-0950

shopgraffitibeach.com

Two Trunk Shows featuring the newest collections of local jewelry company Ardent Reverie and a charity-driven poster company Help Ink. Meet the owners and designers.

Gingerly Wax

2226 Fern St. | 619-521-2899

gingerlywax.com

Enjoy complimentary mini massages by April Williams and a raffle for a free wax service.

Goldline Salon

3009 Beech St. | 619-255-2477

goldlinesalon.com

Offering a fun photo room with props and a raffle for Goldline products.

The Grove

3010 Juniper St. | 619-284-7684

Grove.lucyslist.net

Conducting an art show with 40 percent off Kathleen Cline paintings and local vendor Hey Bud will display and sell floral arrangements.

Left Hand Black Tattoo

1947 Fern St. #5 | 619-546-6555

lhblk.com

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olivershairdesign.com

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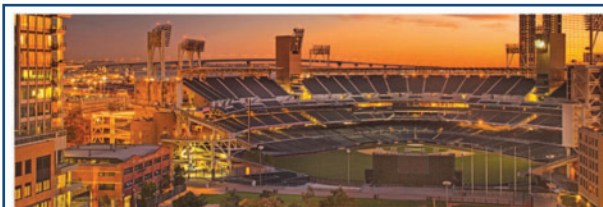
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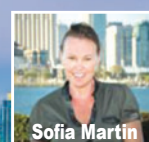


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JG Jim Greer

Interfaith worker advocacy group expands with new North Park location

By B.J. Coleman
SDUN Reporter

An established organization has landed in North Park to promote worker's rights throughout the city, and they bring some religion to the discussion as well.

The Interfaith Center for Worker Justice (ICWJ) advocates for the same initiatives as before, but under a new name. The organization's banner used to fly as the Interfaith Committee for Worker Justice, with its members working out of a Mission Valley office shared with the Center on Policy Initiatives; however, the Foundation for Change, another sister group, decided to vacate its storefront offices at 3758 30th Street. The Foundation's first offer to transfer of the facility went to the ICWJ, which subsequently moved to the North Park site in mid-September. They immediately laid plans for enlarging its operational scope and outreach, becoming the Interfaith Center for Worker Justice at the end of January.

The newly reinvigorated ICWJ initiated its first-ever "Lunch & Learn" seminar series on March 4th, opening the first discussion of five weekly sessions on "Faith and Social Justice in Diverse Traditions," with a joint presentation by Reverend J. Lee Hill, Jr. and Reverend Wayne Riggs. These ministers were on hand to outline the perspectives of Protestant and Evangelical Christianity. The new offices have made such talks possible.

The ICWJ's executive director, Rabbi Laurie Coskey, started the meeting by teaching participants how to sing "Amen" in response to blessings and prayers. She noted that the meeting's goal was to "delve more deeply into faith traditions and their link to social justice."

The initial gathering drew an unexpectedly large crowd of approximately 40 attendees, who spanned such diverse occupations as pastors, psychologists,



Rabbi Laurie Coskey, executive director of the ICWJ, in front of the center's new location in North Park (Photo by Hutton Marshall)

church planters, and social workers, and who derived their religious views from a variety of faith traditions. Riggs spoke of how "theology does and should affect behavior," describing his early ministerial work in an African-American prison cell block and his military service as a Navy chaplain. Hill remarked that Jesus was among the marginalized of his day, comparing the execution method of crucifixion then with lynching in the 20th century.

The ministers' presentation included a lengthy passage from the Poverty and Justice Bible. Riggs said the mission of evangelism should be to "involve and engage everyone for their own personal good and the good of humanity."

Hill concurred, "Our responsibility is to get out of the churches and into the world."

Coskey, known around the group as "Rabbi Laurie," has been with the organization since 2001. She is enthusiastic about

the ICWJ's new "safe space" where people of varied backgrounds and cultures can learn together.

"We have renewed energy to stand in solidarity with working families," Coskey said. "Having our own space has expanded our ability to fulfill the mission of connecting working people and people of faith, with the goal of ending poverty."

She noted that the new offices unite individuals from notably different faiths around a "center" of caring action. As one seminar attendee from the religiously divided Belfast Ireland put it, "Common ground is sacred ground."

The ICWJ was established in San Diego County in 1998. The center's new slogan is "Changing the future for workers and their families!" The center invites attendees to bring "inquisitive minds" along with their brown bag lunches every Tuesday at noon through April 1 for its ongoing five-part winter session, with subsequent presenters

discussing the views of Catholicism, Islam, Judaism and Unitarian Universalism on fairness for workers and related social-justice concerns.

The center adopts campaigns so as to "walk the mission" and put "faith on the streets." Among other ongoing activities is participation in "Raise Up San Diego," which kicked off with a gathering on Wednesday, March 12th, at the Downtown Civic Center Plaza, urging support for earned sick days and increase in the minimum wage for workers.

Other current campaign action deals with immigration reform. The organization is also available to provide information to other groups about the Patient Protection and Affordable Care Act (ObamaCare). The Golden State's "insurance exchange" under the ACA is called Covered California, and the ICWJ can educate audiences about choices in the exchange's insurance options. ♦



Residents and members of various faith organizations gather for the "Lunch and Learn" series at the ICWJ on March 4. (Courtesy ICWJ)

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(l to r) Andrew Oswald and Anthony Methvin in Boys & Girls (Photo by Ken Jaques)

The chaos of words and worlds

By Charlene Baldridge
Theater Review

"Spiraling comedy" and "chaotic comedy" are descriptors used by two local theaters to entice audiences to works currently on their boards. Sitting in the dark Saturday night (March 1) at the opening of Diversionary Theatre's production of Tom Donaghy's 2002 off-Broadway play, "Boys & Girls," the question posed to self was: "What gave me the idea this was a comedy?" Hence the term "chaotic comedy."

By definition, someone dies (or many people die) in a tragedy — think the body count at the end of Shakespeare's "Hamlet," for instance. By strict definition that leaves the term "comedy" to describe everything else, so "Boys & Girls" is indeed a comedy. The chaos, partly character driven, partly the writer's style, spans two hours with what's got to be the largest word count in captivity. The chaos is increased by the fact that many of the words are spoken simultaneously by two, three and even four characters. Obviously this is the playwright's intent and not the imposition of director Shana Wride. In real life, we do talk at once, trying to make our point, ignoring or not fully hearing what the other is saying.

None of this is to dissuade attendance. Just go with your ears screwed on straight, your discernment burnished and primed for a plethora of cultural references. These are upper-class Manhattanites with plenty of

"Boys & Girls"

Through March 23
Diversionary Theatre
Thur - Sat 8 p.m.

Sun. 2 p.m.
4545 Park Blvd.
(University Heights)

\$25 - \$39

619-220-0097
diversionary.org

disposable income.

The rewards are many. Donaghy writes great dialogue. His people — two gay couples — create the chaos. Not one is especially likable. All whine. Some grow up. Others become more intractable and childish. One is downright hateful.

To paraphrase, protagonist Reed says we've all been mistreated during our growing up; that's no excuse to fall into a life of self-pity and addiction. Reed's words are aimed at his on-again, off-again lover, Jason (appealing Andrew Oswald), who has a drinking problem. A marvelous vehicle for the astonishing talent of actor Anthony Methvin, Reed wants everyone to shape up, including Bev (Chrissy Burns), who was his youthful partner in carousing

and even sex. Bev's wife is Shelly (Faeren Adams), with whom she shares a 5-year-old son.

Blame it on the unseen child, whom Shelly has decided needs a strong male presence in the household. Despite the fact that Shelly envies Bev and Reed's easy friendship to the point of disliking him intensely, Reed becomes a means to an end. Shelly relies on reason, careful planning and the imposition of will to achieve her goals, personal and professional. Reed moves in. Add a bit of homophobia to Shelly's attributes, and you've got a character to despise.

Sadly, despite his witty dialogue, the playwright has bitten off more than he can chew, and his meal is a tough chew, despite our fondness for Reed and Methvin's winning portrayal. Long before the play's gentle and loving denouement, we want to torch the whole whining lot of them.

The compulsion to grow up in order to parent more effectively is not unique to gays and lesbians. It's one of the few jobs in life that most are ill prepared to assume. It's amazing that Donaghy addressed these challenges in the gay community way ahead of marriage and adoption rights, further legislation and norms.

From the décor and design standpoint, Matt Scott's scenic design captures Manhattan's high and low-end opulence. Other designers are Kate Bishop, costumes; Melanie Chen, sound; Luke Olson, lighting; and David Medina, props. ♦

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University Heights Community Organizations



- University Heights Community Association
- North Park Community Planning District
- Uptown Community Planning District
- University Heights Community Parking District & Maintenance Assessment District

We now take a look at University Heights for this week's installment of our community organizations series, where we continue to travel neighborhood by neighborhood to highlight the organizations they are comprised of.

The area was founded in 1888, named for both its proximity to University Avenue and as the future site for the University of Southern California College of Fine Arts, but construction for that was fell through because of a recession. The San Diego Normal School — an early incarnation of San Diego State — then planted its roots there in 1897.

Today, the neighborhood bundles itself around an active business district on the north end of Park Boulevard. Coffee shops and hipster watering holes have made the corridor a popular weekend spot, and its quaint residential area has a number of historically designated homes. Those involved in the community say that this is quite a different neighborhood than the one that existed three decades ago, prior to the formation of the now-active organizations below.

—Hutton Marshall, SDUN Editor

UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION (UHCA)

Among the most active community associations in Uptown News' coverage area, the UHCA has long advocated for community involvement, creating safe residential areas and fostering ties within its close-knit boundaries.

Like most community associations, it connects residents directly to their elected officials; however, due to the revenue generated from its membership dues, the UHCA is able to tackle several initiatives in the community as well.

The two operations that appear to take a large portion of its volunteers' time and resources are its newsletter and its community watch.

The newsletter is an immense operation compared to most. It produces 4,000 issues each month in newspaper format rather than a single piece of paper commonly seen.

Its neighborhood watch appears equally well organized, dividing the area into zones with semi-autonomous groups of volunteers coordinating in each one. Longtime members of the UHCA said their efforts have transformed the neighborhood, closing down drug houses and turning Park Boulevard into the welcoming community we see today.

It also puts on several regular events, such as a floral garden tour in May (see "Briefs" on pages six and seven) and a caroling event around the winter holidays.

As for its 2014 goals, its leadership has long desired official non-profit status, and President Bernie Horan said he hopes the UHCA will be officially designated as a 501(c)(3) this year. This would allow them to apply for state and federal grants, as well as accept tax-deductible donations, both of which would enable them to tackle larger



Park Boulevard in University Heights (Photo by Hutton Marshall)

projects and events.

The association has also been vocal in the area's community plan updates. University Heights is in a unique position in that it is split between two community planning districts, North Park and Uptown. UHCA members have voiced their desire to have University Heights — as far east as Texas Street — wholly adopted into the Uptown planning area, but this has grown into a contentious issue with many implications. It is unclear whether the UHCA's efforts to change the planning boundaries —ultimately

the decision of the City Council — will be successful.

The UHCA can be reached at info@uhsd.com or 619-301-0835. For more information, visit uhsd.com.

UNIVERSITY HEIGHTS COMMUNITY DEVELOPMENT CORPORATION (UHCDC)

When the University Heights Community Association got off the ground, they wanted an official funding arm to be able to apply for grants and receive donations to fund community

projects, thus they oversaw the creation of the University Heights Community Development Corporation, a 510(c)(3) non-profit organization. This was done in 1985, and since then, the UHCDC has become a markedly independent organization with its own agenda.

It now oversees the larger events in the neighborhood, such as the Taste of University Heights event, the University Heights Arts Open (which is now done in conjunction with the

UPTOWN FOOD BRIEFS

By Frank Sabatini Jr.
SDUN Reporter

After a short run, **French Concession** at 3671 Fifth Ave. has closed. Owner Alex Thao, who recently transformed **Celadon** into the dim sum restaurant, said a rent hike prompted him to pull out. He has since opened another dim sum house in the Gaslamp District called **Lucky Liu's**: 332 J St., 619-255-5487.

Everything from braised octopus and grass-fed brisket to roasted tofu and cauliflower "steaks" can be found at the new **JUKE**, a small farm-to-table café hidden in the back of **Bottlecraft** in North Park. Launched by Juan Miron and Kevin Ho, the foodie entrepreneurs semi-retired their MIHO Gastrotruck in lieu of an actual address. Their culinary concept remains the same with a "neo-traditional" menu highlighting international street foods. Seating is limited to a couple of communal tables outside the store. 3007 University Ave., 619-501-1177.

From an agricultural research assistant at Washington State University to a dough tosser in Little Italy, San Diego native Miguel Valdez has become the new executive chef at **100 Wines** in Hillcrest after helming the kitchen at **The Red Door** in Mission Hills and working at the former **Anthology**. He's refreshed the menu, adding more than a dozen dishes that reveal California twists on Mediterranean-style fare. 1027 University Ave., 619-491-0100.



Chef Miguel Valdez is the new executive chef at 100 Wines in Hillcrest (Courtesy Cohn Restaurant Group)

What gets wetter and wetter as it dries? The riddle is among numerous questions you might hear tossed out from 7 to 9 p.m. on Tuesdays at **Wine Steals** in Hillcrest during its newly introduced trivia nights. The games, led by former employee and London native Justin McIntyre, feature six rounds each in various subject categories. Participants enter for free with a chance of winning Wine Steals gift cards valued at \$20 for first place, \$15 for second and \$10 for third. In regards to the question above, the answer is "a towel." 1243 University Ave., 619-295-1188.

Up in North County, in the **Torrey Highlands Village Center**, comes the first kitchen in San Diego County specializing in exotic cuisine from southeastern Africa. The 3,000-square foot restaurant, **Peri Peri**, reflects the namesake chili pepper indigenous to Mozambique, and it shows up in signature plates incorporating chicken or shellfish. The menu also features meat skewers, curries and vegan-friendly dishes. 7845 Highland Village Place, #C101, 858-538-2282.

The smoked marlin tacos and fish stew made famous by **Oscar's Mexican Seafood** in north Pacific Beach have arrived to Hillcrest. The eatery opened an additional location on Feb. 22 in place of **Tiki Taka Grill** next door to **Uncle Biff's Killer Cookies**. Red meat is a footnote on the menu, which primarily focuses on shrimp, scallops and marlin appearing in tacos, tortas, ceviche and stew. There are also zesty house-made sauces presented in squirt bottles that include creamy chipotle. Get there between 2:30 and 5:30 p.m. Monday through Thursday, and the regular fish tacos made with mahi are only 99 cents. 646 University Ave., 619-798-3550.



Smoked marlin and spicy shrimp tacos at Oscars Mexican Seafood (Photo by Frank Sabatini Jr.)



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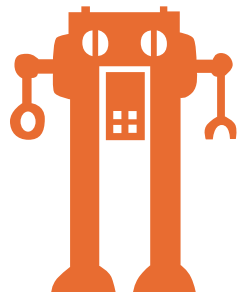
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Pot pleasures

FRANK SABATINI JR. | Restaurant Review



(l to r) The "monk's stone pot" with beef; Kimchi-chive pancakes; Spicy Korean noodle soup with shrimp (Photos by Frank Sabatini Jr.)

When restaurateur Daniel Bohlen opened East Village Asian Diner in Encinitas several years ago, he decided to break a few rules in Korean cooking that carry over to his subsequent location in Hillcrest.

Rather than offering a traditional Korean restaurant experience you'd find on Convoy Street, he skipped the bamboo décor and shook up the menu with unexpected items like carnitas "dynamite" fries and beef-kimchi burritos. Even his version of Korea's wildly popular bibimbap receives a modern, California spin.

The dish typically involves a sizzling medley of white rice, seasoned vegetables, an easy-over egg and chili paste served in super-heated bowls. Here, they're called "monk's stone pots" and feature slightly unconventional options of brown rice along with proteins such as salmon, chicken breast and tofu. Or if you opt for rib eye, the meat is marinated differently compared to what you'll find in hardcore Korean kitchens, tasting a little more savory than sweet thanks to wine in the recipe.

In addition, organics such as spinach, mushrooms, zucchini and bamboo shoots are tossed into the pots fresh, with little or no seasoning except for

marinated bean sprouts mingled in. Bohlen also tones down the chili paste squiggled on top by cutting it with vinegar to reduce the tongue shock, thus naming it "monk's sauce."

"Just like you can have a million versions of pizza, our stone pots aren't so different that a Korean wouldn't recognize them," he said, citing his half-Korean roots and his mother's trusty Korean cooking. Bohlen is also a graduate of the French Culinary Institute in New York, meaning that he isn't some wannabe chef experimenting zanily in the kitchen.

Crackles and pops ensue when forking into the pots, which are heated to 400 degrees. Essentially, everything in them continues cooking, especially the rice at the bottom, which turns delectably brittle as you go along. But dress lightly if you order one of these hearty meals because they emit sauna-like heat during an entire sitting.

My companion chose salmon in his, a subtler accent compared to the ribbons of tangy rib eye strewn throughout mine. Give the absence of salt (ap-

plause) or brined vegetables I've encountered in other versions of bibimbap, we applied varying measures of monk's and soba sauces on the table for extra acidity.

this fresh and wholesome, you can eat rather lawlessly without stroking your stomach on the way out.

The gently fried pancakes were greaseless and mild tasting. They're made with mung bean powder, not potatoes as some might guess without looking at the menu description.

Served with a stimulating soy sauce, we polished them off with gusto.

The soup was medicinal, a fragrant porridge of Japanese chilies, baby corn, zucchini, bean sprouts and thick udon noodles — all the better with the sweet shrimp we chose to have added in. The broth (vegetarian) was clean and a little gingery, but not over-the-top spicy.

In keeping with the fusion concept, the menu trots through Asia with Thai peanut noodles, sweet-and-sour chili shrimp and Mandarin chicken salad. I'm reserving those dishes, and possibly the aforementioned burrito, for another visit.

As for desserts, Bohlen prefers them "with a Western slant," meaning brownie-chunk or chocolate-chip cookies that his wife makes. A little espresso

goes into the latter, which were particularly toothsome. There are also Belgian chocolate brownies a la mode and apple wontons.

Robots and Japanese action figures cram a few shelves throughout the restaurant, which formerly housed The Pink Noodle.

"I've always been into Japanese anime and Kung Fu movies," said Bohlen, who completely gutted the dining room and kitchen after taking over the space. The result is an oddly warm, industrial design marked by retro diner tables, red vinyl upholstery and a bar stocked with microbrews of local, national and European origins.

"East Village" in the restaurant's name is equally curious, given there is no connection to San Diego's Downtown neighborhood. It relates instead to the East Village in Manhattan, where Bohlen ate out regularly when attending culinary school. ♦

East Village
asian diner

406 University Ave. (Hillcrest)
619-220-4900

Prices: starters and salads, \$3.75 to \$9.75; entrees, \$7.95 to \$13.75

Forgetting about the weighty volume of food contained in the pots, which generated a meal's worth of leftovers the following day, we began with kimchi-chive pancakes and a big cast iron bowl of spicy Korean noodle soup. When ingredients are



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We were pleasantly confused when deciding what to order at Bino's Bistro & Creperie, which just added Tuesday to its happy hour program. The deals on wine, beer and food run through Sunday each week.

To our surprise, the creperie's gustatory offerings aren't exclusively French. Aside from a lineup of titillating crepes on the regular menu, none of which appear on the happy hour list, you're afforded a succinct selection of wine, beer and sustenance that darts adventurously around the globe at 20 percent off.

From the drink list you'll find Belgian wheat beer, Chilean malbec, German Riesling, Italian pinot grigio and icy house-made sangria constructed with Spanish wine, lemonade and fresh fruit. I'm normally not keen on sangria, but one sip from my cohort's glass led to several others, as the sugar and tannins struck a fine, crafty balance.

With our hopes dashed for crepes, we were faced with such choices like chipotle meatballs, hummus, cured salmon and cheese boards — the latter two items speaking more directly to Francophiles. Particularly unexpected, however, is a dish popular in Austria, called Berner würstel. It's basically grilled sausages

stuffed with cheese. We couldn't resist.

The version at Bino's comes with a few good twists. Instead of classic bratwurst, the kitchen uses spicy andouille sausage. Served in a pair over French fries, they're stuffed with Swiss cheese and wrapped in thin bacon strips. German-style mustard comes on the side.

We also noshed on cured salmon draped over toasted baguette. But even that dish jumped countries — to Italy — with the addition of pesto mixed into the goat cheese that was spread over the bread pieces. Both dishes were substantial in size, each priced below \$10 with the happy hour discounts applied.

I looped back to American soil with a generous pour from a freshly opened bottle of Simi Cabernet from the Alexander Valley in Northern California. It was served in a peasant-style drinking glass, although our enthusiastic waiter, dressed in an artist's cap and suspenders, says the bistro gladly accommodates customers who insist on stemware.

RATINGS:

Drinks: 
The house-made sangria is fruity without tasting overly sweet. Though the wine selection is concise, it includes choices from several different countries, including France. Local and international beers are also available.

Food: 
Judging from the salmon tartine and Austrian-style sausages, everything tasted of top quality. We were also impressed by the portion sizes.

Value: 
Draft and bottled beer, plus wines by the glass and select food items are 20 percent off their regular prices.

Service: 
Drinks and food were delivered in timely fashion, and our waiter was quick to greet us at the door and supply us with menus when we arrived.


Duration: 
Happy hour is offered six days a week, including weekends, which we like.

Austrian-style sausages with a glass of California cabernet
(Photo by Dr. Ink)





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Five local shows over the next two weeks

By Jen Van Tieghem
SDUN Reporter

In addition to having a fantastically vibrant local music scene, San Diego also attracts bands from all over the country and beyond. These picks include some SD favorites to put on your radar and visiting bands you don't want to miss. The beauty in it being that you can kill two birds with one stone — our local artists welcome out-of-towners with open arms and we should too.

Action Andy and the Hitones, Rykarda Parasol, and The Palominos at Black Cat Bar 9 p.m., Saturday March 15 \$5

This one has a whole lotta genres on one bill, but one singer

stands out: Rykarda Parasol. The San Francisco native offers up throaty vocals and an avante-garde style that has earned her international attention. It will be interesting to hear how her intricate melodies play out at this solo acoustic performance. The other acts — all local — fall on the folk/country side of things with male vocalists and more upbeat tunes. Of course, ain't nothin' wrong with an eclectic



Rykarda Parasol
(Photo by Kristin Cofer)

lineup and seeing it all for just a five spot.

Solander, Defero, Creature and The Woods, and Mire Kay at Tin Can Alehouse 9 p.m. Wednesday, March 19 \$5

TheTincan1.Wordpress.com

An interesting night of music with two local acoustic rock performers along with two similar acts from Sweden. One of the visiting bands, Solander, presents a softer side of pop-folk with sparse male vocals reminiscent of Tame Impala.

The other Swedes on the bill, Mire Kay, follow the same vein with delicate feminine harmonies over romantic piano playing. Seems these bands will be a great fit for the locals in the lineup. Creature and The Woods is a folky trio

comprised of terrifically talented vocalists including Shelbi Bennett of The Midnight Pine, Leanna May Patterson of The Whiskey Circle and Roger Molina. Also playing is one-man band Defero, who also presents stripped down acoustic folk with a tinge of Americana. Overall this is a mellow lineup for those of us lyric lovers who get sucked in by a great set of pipes.

Lydia Loveless and Nena Anderson at Seven Grand 8:30 p.m. Thursday, March 20 \$12 - \$15
SevenGrandBars.com

At the ripe ol' age of 23, the wickedly talented Lydia Loveless is garnering rave reviews for her new album, "Somewhere Else," from everyone including Rolling Stone and the ever-coveted Pitchfork.com. Her country-soaked music manages to appeal to fans of rock and alternative with powerful guitar riffs. But the truly intoxicating part of the songs is Loveless' vocals with a deep moodiness reminiscent of classic country stars Loretta Lynn and Patsy Cline. In a perfect pairing, San Diego's own siren Nena Anderson will be opening the show accompanied by guitar virtuoso Adrian Demain. With Loveless'

star on the rise and Anderson's well-earned local following this show is sure to sell out. Don't miss your chance to see these sultry songstresses and toss back some of the killer whiskey Seven Grand is known for.

Roger! and Foreverever at Rosie O'Grady's 9 p.m. Saturday, March 22 Free
RosieOGradyspub.com

Celebrating the release of their sophomore effort, "Wishing for Boredom" Roger! will headline this free show. Their music is reminiscent of '90s alternative bands like Soul Asylum with added mellow ambient rock sounds that point to The Beatles as an influence. The juxtaposition of the male and female lead vocals adds dynamic character to their debut record and I'm intrigued to see what the new one brings. Oakland band Foreverever will start this show off — also with an indie-pop style.

The Matt Smith Neu Jazz Trio at 98 Bottles 8 p.m. Thursday, March 27 \$12 - \$15
98BottlesSD.com

I'm admittedly a newbie to the genre of jazz. I'm typically in tune with lyrics first and foremost, but over time listening to instrumental music has become more appealing and watching jazz performers has made me a convert. The Matt Smith Neu Jazz Trio brings a youthful sensibility to the style with fun arrangements and experimentation. 98 Bottles is no stranger to jazz and their swanky back room is a sweet spot to relax with a cocktail while you keep an eye on these up-and-coming gents. ♦

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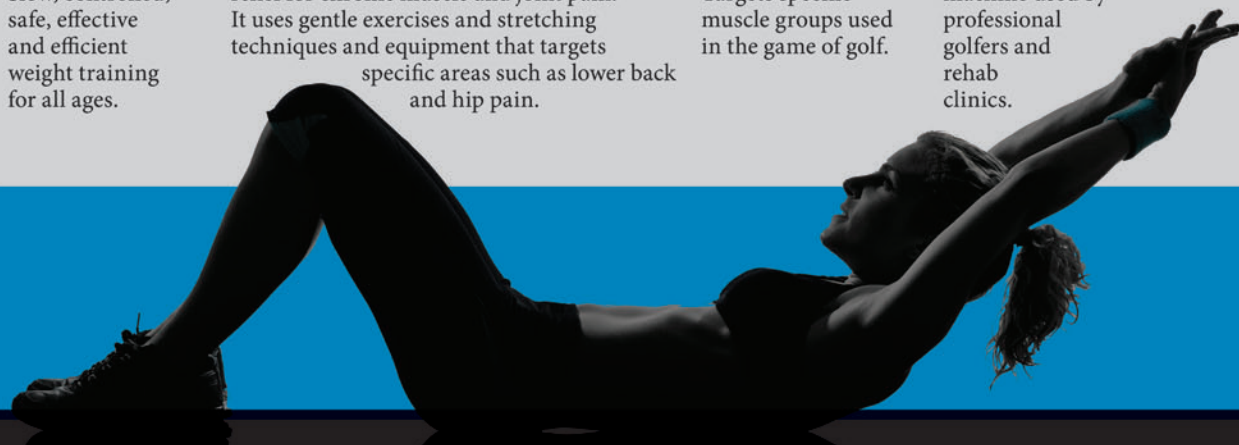
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The Sycamore Den in Normal Heights (Photo by John Audley)

'The Den' dances to a new tune

Sycamore Den adds live music to its intimate interior in Normal Heights

By Jen Van Tieghem
SDUN Reporter

It's been said that the job of a writer is to make the familiar new and the new familiar. The same could be said for Sycamore Den's task as it tackles the craft cocktail scene in Normal Heights refurbished with musical entertainment.

San Diego has seen the rise of handcrafted drinks make success stories out of places like Craft and Commerce and The Lion's Share. Sycamore Den isn't reinventing the wheel by offering high-quality craft cocktails, but they are taking careful consideration in giving it their own flavor (pun intended). Handcrafted syrups, juices fresh-squeezed daily and talented mixers behind the bar have made the spot a quick favorite for those that have discovered it.

Co-owner and cocktail curator Eric Johnson — who was recently named one of America's 25 Best Bartenders by TheDailyMeal.com — enjoys mixing up the menu with seasonal changes in fall and spring.

"We stick to basic ingredients but we do everything fresh," Johnson said, adding that his prep guy already spends two hours a day preparing cocktail ingredients. "I don't want to get too crazy and make that four hours [laughs]."

One upcoming cocktail will have extra local appeal due to a collaboration with Dark Horse Coffee, also located on Adams Avenue. The coffee house has created a coffee syrup which Johnson and company will be blending with a Jamaican rum, sweet vermouth and whiskey bitters for a Manhattan knockoff they hope to debut on a new menu around the end of the month.

While the cocktails put "the Den" on the map, there's now a new reason to wander down Adams for a stiff drink: live music. The bar has a '70s-style hunting lodge motif and its multi-level seating gives patrons their choice

of being intimate or social; the plan is for the music to add to this ambiance.

Tucked into one corner is a refurbished player piano made in 1905, which, by all accounts, works beautifully. On Thursday and Sunday nights, bands set up shop in front of the vintage instrument.

sphere — it's lighting, it's smell, it's taste ... what you hear is one of your senses and if that's something I'm not controlling at this point — it takes a lot to let go of that. That could change everything. But the response has been really good."

"So far, everything seems to be going great," Breunig reported. "I have heard nothing but good feedback. My plan is to just add to what Sycamore Den has become to Normal Heights. I love working with bands and I love to help people to have fun, and that is what I will keep doing, all while keeping the venue and its creators in mind."

Shelbi Bennett of Creature and the Woods and The Midnight Pine (playing at the Den on March 16 and 20, respectively) is among the local musicians excited to see a new location entering into the scene.

"I'm really excited that there is an up-and-coming venue in Normal Heights," Bennett said. "Sycamore Den has a great atmosphere, and I like both playing there and just coming to watch or grabbing a drink. So many great acts are lined up, it seems like it happened over night."

Creature and the Woods will share the bill with Erik Canzona, best known as the front man for local alternative rock mainstay The Heavy Guilt. Canzona also played the Den last month and is looking forward to coming back for another solo performance.

"It's about time Normal Heights stepped it up in the live music department!" Canzona exclaimed. "The room has a cool 'Twin Peaks' vibe to it. The piano is also a nice touch. In tune and everything."

Sycamore Den plans to stick with the current music schedule with live bands at 9 p.m. on Thursday and Sundays. Members of the Euphoria Brass Band warm up crowds from 5 to 7 p.m. on the first and third Sundays. Mondays and Wednesdays feature DJ sets which Zanoni assured is more ambient than dance oriented.

For more information, visit sycamoreden.com. Bands may contact peacockbookingsd@gmail.com for booking information. ♦

THIS MONTH AT

Sycamore den

MARCH 16: Creature and the Woods and Eric Canzona

MARCH 20: The Midnight Pine and John Meeks

MARCH 23: G Burns Jug Band

MARCH 27: The Cutaways and Ben Powell

MARCH 30: Scott Mathiasen and The Shifty Eyed Dogs

For the most part the bands booked are in the folk and mellow rock vein of things, but that's not to say other types of bands won't be welcome. Kelsey Breunig, the Den's exclusive live entertainment booker, was brought on board after success with many great venues including Tin Can Alehouse and Soda Bar, and is the guiding hand in Sycamore's music events.

"[Breunig] was probably the first person I think we were able to give creative control to outside of our group," co-owner Nick Zanoni said. "So far she has completely nailed it — great music, great crowds."

Zanoni said he was nervous about what the added element of live performances might do for business.

"You put so much in to this business and this is definitely an artistic expression," he explained. "We really try to set the atmo-

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

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 19

Uptown Crossword

Economics

1	2	3	4		5	6	7		8	9	10	11	12		
13					14			15		16					
17					18					19					
20					21				22						
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28	29	30	31			32	33			34					
35					36		37			38					
39					40	41				42					
43					44				45	46					
47				48				49		50					
51					52				53	54					
				55					56			57	58	59	60
61	62	63				64				65					
66						67					68				
69							70					71			

CREATORS NEWS SERVICE

By Charles Preston

ACROSS

1 Ernest Hemingway FEB0790

5 Donkey

8 Telephones

13 Ben Adhem

14 Money: Ger.

16 Maxim

17 "___ a song go out of my heart ..."

18 Apartments in a harem

19 Alcott topic

20 Marketing studies

23 Fleming or McShane

24 Financial letters for your future

25 Mineo

28 Building contractor's papers

32 Informal, unofficial poll

35 Form of security

37 Soc. Security status

38 Hamlet part

39 Nothing to do

40 Spice

42 Half of Cato's CVI

43 Neat

44 Ex-76ers coach

45 John ___ Mill

47 Retail and supermarket

targets

50 Bobbery

51 HUD part

52 Met

53 Article

55 Use indicator

61 Floral bit

64 Prison sector

65 Scent

66 Sheer fabric

67 Editorial mark

68 Family rooms

69 Helpers

70 Draft letters

71 Venetian noble

DOWN

1 Put down the money

2 Ready and willing

3 Mending Walls, e.g.

4 Stutz, for one

5 Marketplace

6 Cars with four doors

7 Kind of stick?

8 Cry of the Rook

9 Stirs

10 Something to take it on

11 Sweater size: abbr.

12 Dole or Byrd title

15 Popular summer wear

21 Drift

22 Decrees of a sultan

25 Pleasant event

26 Dress

27 Biblical worker in a tabernacle

28 TV series

29 Names for some seniors

30 Municipal borough west of London

31 Kadiddlehoffer's namesakes

33 One who essays

34 What one wants for one's money

36 Neighbor of Carthage

41 Doctrine of axioms

46 Govt. workers

48 Practices

49 Modes

54 Parts of epees

55 Sharpen

56 Permits

57 Zip ___

58 Keats and Horace created these

59 ___ Blanc

60 Gael

61 Depot: abbr.

62 Luau delicacy

63 Banish

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An expert in the analysis and valuation of properties, Dick has broad experience in the valuation of residential, commercial, industrial and marine properties in all value ranges. Many of his transactions have been international in flavor and many of his clients have been business executives and high net-worth individuals.

Dick is a senior staff member at Coldwell Banker and has the unique distinction of being designated by the company as both an accredited residential real estate agent and as a certified commercial real estate agent. His practice is focused primarily on the North Park neighborhood extending to Bankers Hill.

Dick is a long-time owner and breeder of registered standard bred horses. Over the years, he has owned and developed two world champions, three national season champions and five track record holders. In 2008, his filly "Exotic Destination," won the World Trotting Derby in record time.

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Tamara holds a BS in Business Management, is current chair of the Greater San Diego Association of REALTORS Grievance Committee, and former chairperson and current board member of the Metropolitan Realty Organization. Professional designations include Graduate, REALTOR® Institute (GRI), ePro, and Certified Negotiation Expert (CNE).

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Sudoku

Puzzle from page 17

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

Economics

Crossword from page 17

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

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You need professional help

Determining if your house is historic can be a test of nerves

HouseCalls Michael Good

I recently had the discomfiting experience of taking my motorcycle-driving test at the DMV. Although I'm pretty comfortable on a motorcycle (I got my first one at the age of 12), I'm not so comfortable with driving tests (I took my last one during the Coolidge administration). So I did what any modern parent would do for his teenager faced with the SAT or any other test-of-passage. I hired a tutor.

His name was Brian, and he met me at the DMV at the ridiculous hour of 7:30 in the morning with an embarrassing little motorcycle that he had tuned especially for the test. Brian introduced me to the bike and explained the test, the most imposing part of which involves maneuvering between tiny orange cones placed closely together like a slalom course. You have to navigate the cones without stopping, putting your feet down or running into the test examiner, a stern woman with a haircut like a helmet and the personality of a drill instructor.

I sat on the bike and Brian explained: "Don't worry about the clutch, don't worry about the throttle — it will drive itself." He showed me a diagram of the test route. There were cones. There were a couple of U-turns. He



A photograph of the historic McGinley House in its original condition
(Courtesy Bruce Coons)

warned that the instructor would be abrupt. She would bark commands: "Turn Signal! Horn Button! Key Switch!" Then he gave a riding demonstration without actually going anywhere: "This is all you need to do to pass the test," he said. He took a slow deep breath, he looked straight ahead and he opened his left fist as if letting out an imaginary clutch lever.

I rode around the parking lot, never looking down, hardly touching the throttle, my hand off the clutch. I breathed in. I breathed out. And then I came back. Brian seemed satisfied. "This is not a test of your riding ability," he said. "This is a test of your nerve."

As I watched the examiner turn the guy in front of me into a puddle of self-doubt, I pondered Brian's words of wisdom. On reflection, the DMV's approach

made sense, since a major contributor to motorcycle accidents is panic. The rider loses traction and overreacts. Then he gets violently thrown to the ground. If the DMV offered a real-world driving exam, with the examiner on the back of the bike, shouting instructions, they would quickly run out of examiners.

At last, my time arrived. I took a deep breath, I looked straight ahead, I let out the clutch and things just happened. It was a Zen sort of experience. Zen and the art of motorcycle riding. Behind me the examiner barked instructions — not at me, but at someone who dared to walk through the examining zone. She was failing pedestrians for their walking skills. Me? I passed.

Many homeowners have come to view the Mills Act as the test



These historic documents were found hidden inside the 130-year-old Victorian.
(Photo by Michael Good)

of their house's historic qualifications. And when their house doesn't qualify, they become as petulant as teenagers at the DMV with the word "FAIL" stamped across their test form. The Mills Act isn't a test of historic qualification. It's a test of your application for the Mills Act. Like the SAT, it tells you how good you are at doing the very thing you're doing. But because "historic designation" is a by-product of the process, the Mills Act has come to determine what is historic and what is not in San Diego.

In my experience, the main component of the Mills Act is a reduction in property taxes in exchange for a contractual obligation to restore and maintain certain historic components of your house. There are other ways to determine if a house is historic, however. And many houses are historic even if some government body has not yet declared them to be.

The real test of whether your house is historic is something you and your house must go through

alone. There is no historic house without an historic homeowner. Ultimately, you will be the one to decide whether you and your house have what it takes to be historic.

Recently, the Save Our Heritage Organisation (SOHO) updated its resource guide, which is chock-a-block with experts, advisors and history tutors to help you make the right decisions about your old house, including whether it's historic (and whether you have the nerve and resolve to restore it). There are contractors, architects, designers, craftsmen and artists listed. You've met many of them in this column. Others are new to me, but are worth your consideration because SOHO has put them through its vetting process. (Although, I should note, technically speaking, SOHO doesn't endorse anyone listed in the directory.)

A good place to start is at the front of the book, with the historical researchers and architectural historians. These are the people who can help you determine what is original and what is worth saving as well as what is missing and how to recreate it. Although most of these historians prepare Mills Act applications, some, such as Ron May at Legacy 106, also offer less expensive, in home, consultations.

The resource directory also has some good advice for researching your house, and makes a good case for historic preservation. Maintaining the historic character of your house usually makes financial as well as esthetic sense. It increases the value of your house, and it has led to a renaissance of the bungalow suburbs of San Diego, which are now recognized as among the more fashionable (and hippest) places to live in Southern California.

Perhaps the most qualified of the history experts in the resource directory is Bruce Coons, executive director of SOHO. If you're looking for a bargain — and what homeowner isn't? — he will do a "three hour, in-depth historic home analysis" for a \$300 donation to SOHO. Bruce's knowledge is, to use an obsolete term, encyclopedic. An example from my own experience: When I told Bruce about a Victorian house I had visited recently, he not only knew the house I was talking about, but he also had a photo of what it looked like originally. That photograph was a revelation — never in a million years would I have guessed that this was what the room originally looked like. You may find some similar surprises when you research and restore your own house.

A digital copy of SOHO's Old House Resource Directory is available online at sohosandiego.org. You'll also find information there about making an appointment with Bruce Coons. ♦

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James Hebert, U-T San Diego

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FROM PAGE 12

UNIVERSITYHEIGHTS

Taste of UH event), the summer concert series in Trolley Barn Park and its newest project: the weekly University Heights Open Air Market.

In addition to those three events, the all-volunteer non-profit also manages the community parking district, the area's historical society and the Maintenance Assessment District; the latter of which is technically an independent organization.

The community-parking district is a subsidiary of the Uptown Community Parking District. Technically, its borders only surround the north end of Park Boulevard where a parking space after 5 p.m. is a rare find, but the UHDCDC said it seeks to improve parking in other parts of University Heights on a regular basis.

The Maintenance Assessment District is also contained within the dense business corridor at the end of Park Boulevard. Though it is administered by its own board of directors, UHDCDC president Christopher Milnes said the two organizations work very closely with one another.

Like the UHCA, the UHDCDC does an impressive amount considering there isn't a single person on its payroll.

The UHDCDC's offices are located at 4452 Park Blvd., #104. They can be reached at 619-297-3166 or uhcdc@netzero.net. For more information, visit uhcdc.netzero.net.

BETWEEN THE HEIGHTS COMMUNITY ASSOCIATION (BEHI)

This group is perhaps too informal to be considered a community organization, but the advocacy they promote embodies what this series hopes to highlight.

Created by a small group of residents, the purpose of BeHi is to draw attention to what they claim to be a neglected neighborhood in the North Park area.

The area is roughly confined between Texas St. and the 805, and requests the City officially recognize them as University Heights.

If you look at the area as its own entity, it lays east of University Heights, west of Normal Heights and north of North Park. The group claims it was unfairly cut out of University Heights during the last round of community plan updates, which took place in the 1980s.

Staff in the City Planning Department said neighborhood lines (which are distinctly different from planning boundaries) often change too frequently to be clearly defined, so the neighborhoods recognized in the community plans are not set in stone.

BeHi members said that they deserve to decide which neighborhood they want to be included in, which City staff has agreed with, but this could complicate the effort by the UHCA to have University Heights wholly adopted into the Uptown planning district, as it would extend University Heights much further east into North Park's territory.

It's a complicated problem, but BeHi serves an important role in ensuring the issue gets addressed.

For more information, visit betweenheights.mynetworksolutions.com or weareuniversityheights.weebly.com.

Why does my pet do that?



Ann Eliopulos
Pets

Do you stock your house with cat scratch posts, only to have your couch shredded beyond shabby chic? Or do you have a dog that howls every time they hear a siren, but your neighbor's dog doesn't make a peep? Some of our pet's behaviors are explainable from a medical or psychological perspective, while some may forever remain mysteries. Here are some of the questions I've been asked most frequently.

Why does my dog howl at sirens?

I used to have a dog that howled whenever I sang. I like to think that she had my back and tried to cover for me,

because I have one of the worst singing voices ever, but in reality, she was exhibiting a normal dog behavior: the group howl. Our dogs all share the wolf as a common ancestor. Wolves and dogs communicate with sound and body language. Dogs hear frequencies and pitches undetectable to humans. Sirens may have a pitch that some dogs mistake for another dog, so they join in. Of course, only your dog knows for sure, and they aren't telling.

Why did my cat start peeing all over my house?

Inappropriate urination may signal medical or behavioral issues in a cat. Non-cat lovers think all cats have behavioral issues, but those of us who love our cats know that feline stress has specific causes. New pets or people in the house, strange cats outside of the house, new objects, new cat litter, furniture or other items can cause psychological stress, resulting in unwelcome pee.

Medical problems with varying severity, such as Diabetes, can also cause cats to urinate in the wrong place. Since some of the medical causes can have disastrous consequences if left untreated, an exam, blood work and urinalysis are recommended before concluding that the cat is acting out. Cat pee is no fun in the box, much less outside of it.

Why does my neutered or spayed female dog hump?

There are many reasons for this behavior. Dogs can and do masturbate, so the simple answer is because it feels good. Some dogs assert dominance with mounting and humping, while others may be acting out conflict such as anxiety or uncertainty. But, since this behavior can have a physical cause, it's important to sort it out.

Genital inflammation or infection (yes, you'd rub it too if it were yours), excessive steroid production, certain tumors or exposure to testosterone can also cause humping. A veterinary exam is recommended if the behavior is frequent, or just embarrassing.

Why does my cat ignore the scratch post and use my furniture instead?

Oh, if I could find the one answer to this question, I'd be famous. Scratching objects does two things for the cat. It

allows them to shed their claws and also mark their territory. Cats may also scratch if they are anxious. Yes, we've established that cats can stress out on occasion.

Cats are tactile creatures. Some textures appeal to them, and others, not so much. My one cat loves the sisal rope posts, but hates the ones with carpeting or cardboard. If your cat is rejecting your posts, and preferring your furniture, it may be that they just like that material better. Try duplicating it on the post.

Feliway, a feline pheromone spray or infuser, and catnip on the post, may calm the cat and direct them to the post. Frequent nail trims and Soft Paws, vinyl kitty nail caps, can help mitigate damage when all else fails.

Finally, the perennial question I'm asked most frequently is, why does my dog lick their genitals?

Granted, there could be infection, or inflammation or other medical conditions. However, barring physiological causes, I think we all know that the one real answer is this: because they can! ♦

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Calendar of Events

FRIDAY, MARCH 14

Preschool storytime: 10:30 – 11 a.m., Mission Hills Branch Library, 925 W. Washington St., free.

Fridays on Fifth: 4 – 9 p.m., every Friday restaurants and bars offer discounts and specials for a social hour in Hillcrest on Fifth Avenue between Washington street and Pennsylvania avenue.

Cinema Under the Stars: 8 p.m., screening "The Hunger Games: Catching Fire" 4040 Goldfinch St., tickets start at \$14.

SATURDAY, MARCH 15

Classical Melodies in Balboa Park: 8:45 a.m. – 7:15 p.m., every Saturday and Sunday the San Diego Youth Symphony and Conservatory's ensembles fill Casa del Prado with classical music, 1549 El Prado in Balboa Park, free.

St. Patrick's Day Parade & Festival: 9 a.m. – 5:30 p.m., parade starts at 10:30 a.m., annual celebration for St. Patrick's Day in Hillcrest at Fifth and Sixth avenues between Juniper and Upas streets, free.

Old Town Farmers' Market: 9 a.m. – 3 p.m. every Saturday, Harney St., free.

University Heights Open Aire Market: 9 a.m. – 1 p.m. every Saturday, 4100 Normal St., free.

Get Fit: 9:30 – 10:30 a.m., fitness experts Leah Francis and JJ Brawley lead workouts encompassing cardio, strength, agility, balance and coordination. Bird Park at 28th and Upas St. Call 619-800-3480 to register, free.

Golden Hill Farmers' Market: 9:30 a.m. – 1:30 p.m. every Saturday, B Street between 27th and 28th streets, free.

Children's craft time: 10 a.m., Mission Hills Branch Library, 925 W. Washington St., free.

UH Library Children's Program: 10:30 a.m., arts and crafts event for children, University Heights Library, 4193 Park Blvd., free.

Organ Concert: 2 p.m., music by organist Carol Williams, Spreckels Organ Pavilion, Balboa Park, free.

A Man for All Seasons: 7 p.m., presented by the Saints Players at Academy of Our Lady of Peace, 4860 Oregon St., \$15 or \$12 for parties of 10 or more. Tickets available at showtixforu.com.

Cinema Under the Stars: 8 p.m., screening "The Hunger Games: Catching Fire" 4040 Goldfinch St., tickets start at \$14.

Comedy Heights Comedy Show: 8 – 10 p.m., every Saturday local comedians take the stage in University Heights next to Twigg's Coffeehouse at 4590 Park Blvd., free.

SUNDAY, MARCH 16

Hillcrest Farmers' Market: 9 a.m. – 2 p.m., every Sunday under the Hillcrest Pride Flag, Harvey Milk St. and Normal St., free.

Classical Melodies in Balboa Park: 1 – 5 p.m., every Saturday and Sunday the San Diego Youth Symphony and Conservatory ensembles fill Casa del Prado with classical music, 1549 El Prado in Balboa Park, free.

A Man for All Seasons: 2 p.m., presented by the Saints

Players at Academy of Our Lady of Peace, 4860 Oregon St., \$15 or \$12 for parties of 10 or more. Tickets available at showtixforu.com.

Organ Concert: 2 – 3 p.m., music by organist Carol Williams at the Spreckels Organ Pavilion, Balboa Park, free.

MONDAY, MARCH 17

Signs at Play: 11:30 a.m. – 12:30 p.m., teach your baby to sign, first and third Mondays of the month, Mission Hills Branch Library, 925 Washington St., free.

Bankers Hill Residents: 6:30 – 8 p.m., third Monday of the month at the San Diego Indoor Sports Club, 3030 Front St.

Open Mic Night: 7:30 p.m., every Monday night at Lestat's Coffee House, 3343 Adams Avenue, free.

TUESDAY, MARCH 18

Old Mission Rotary: 12 p.m., regular weekly meeting of the Old Mission Rotary Club, Best Western Seven Seas, 411 Hotel Circle South.

Hillcrest Business Association Sustainability Committee: 2:30 p.m., third Tuesday of the month meeting of the HBA office at 3737 Fifth Ave., Suite 202.

Tasty Truck Tuesdays: 6 – 9 p.m., every Tuesday night Smitty's Service Station hosts several food trucks under their well-lit shade structure, live music, 3442 Adams Ave.

Pajama Story Time: 6:30 – 7 p.m., every Tuesday children are invited for story time fun with books, singing and puppets. Feel free to come dressed in your pajamas! Mission Hills Branch Library, 925 W. Washington St., free.

Curbside Bites: 5 – 8 p.m., weekly gathering of gourmet food trucks at 3030 Grape St. in South Park.

North Park Planning Committee: 6:30 p.m., third Tuesday meeting of the Planning Committee, North Park Christian Fellowship, 2901 North Park Way.

WEDNESDAY, MARCH 19

Mission Hills Business Improvement District: 3:15 p.m., a public board meeting is held on the third Wednesday of each month at The Frame Maker located at 3102 Reynard Way.

Wednesday Night Experience: 7 – 8 p.m., uplifting and spiritually inspiring experiences for all, weekly at the Universal Spirit Center, 3858 Front St. in Hillcrest.

Wednesday Jazz Jam Session: 7:30 p.m., Gilbert Castellanos hosts the Wednesday Jazz Jam Session with special guest

Second annual Café Coyote Historic Old Town Golf Classic

On Monday March 17, the Chula Vista Salt Creek Golf Course will host the second annual Café Coyote Historic Old Town Golf Classic, a tournament that raises crucial funding needed for the Old Town Fourth Grade History Program. Thousands of fourth graders in the San Diego Unified School District took weeklong field trips to Old Town each year for four decades as part of their curriculum until funding for the program was cut in 2011.

In 2013, the first installment of the tournament raised enough money to send 12,000 local fourth graders on one-day field trips. This year, the San Diego Chamber hopes to raise \$100,000 — twice last year's amount — to fund field trips for 28,500 fourth graders from throughout San Diego County.

The tournament features a four-person best ball scramble, lunch on the course and a helicopter ball drop. PGA Hall of Famer Billy Casper will attend as the celebrity guest and dinner speaker. Registration begins at 10 a.m. with a shotgun start at 11 a.m. Tickets are \$125 for individuals and \$500 for four-person teams. Dinner is included, and a dinner-only option is available for \$40. For more information, visit oldtowngolfclassic.com.

musicians and surprise guests at Seven Grand, 3054 University Ave., no cover charge.

Dynamic Night: 8 – 10 p.m., a weekly open mic night for musicians at The Merrow, 1271 University Ave., free.

THURSDAY, MARCH 20

El Cajon Boulevard Business Improvement Association: 9 – 10:30 a.m., third Thursday of the month board meeting at 3727 El Cajon Blvd.

Gentle Yoga for seniors: 2:45 – 3:45 p.m. every Thursday, presented by The Center and Silver Age Yoga Community Outreach (SAYCO). SAYCO's mission is to improve the health and overall wellbeing of all seniors, regardless of age, physical ability or financial status. The Center, 3909 Centre St. in Hillcrest, free.

North Park Farmers' Market: 3 – 7 p.m., every Thursday in the parking lot behind CVS at 32nd St. and University Ave., free.

North Park Social Mixer: 6 – 8 p.m., North Park Community Association will launch NPCA's new image at the Art Produce Gallery Garden, 3139 University Ave., free for NPCA members, \$10 for guests.

Greater Golden Hill Board Community Development Corporation: 6:30 – 8 p.m., monthly meeting is held on the third Thursday of every month at the Golden Hill Recreation Center, 2600 Golf Course Dr.

Mission Hills Heritage: 7 p.m., regular meeting on the third Thursday each month. For meeting location and additional information call 619-497-1193 or email info@MissionHillsHeritage.org.

Kirtan musical meditation: 8:15 p.m. every Thursday chant and sing contemporary mantras celebrating love and life at Pil-

grimage of the Heart yoga studio, 3301 Adams Ave., free.

Live music at Seven Grand: 8:30 – 10:30 p.m., Lydia Loveless and Nena Anderson will perform an intimate, high-energy show at Seven Grand, 3054 University Ave, tickets start at \$12.

FRIDAY, MARCH 21

Preschool storytime: 10:30 – 11 a.m., Mission Hills Branch Library, 925 W. Washington St., free.

Fridays on Fifth: 4 – 9 p.m., every Friday restaurants and bars offer discounts and specials for a social hour in Hillcrest on Fifth Avenue between Washington to Pennsylvania.

North Park Historical Society: 6:30 – 8 p.m., third Friday of the month board meeting, Grace Lutheran Church, 3967 Park Blvd.

Cinema Under the Stars: 8 p.m., screening "American Hustle" 4040 Goldfinch St., tickets start at \$14.

SATURDAY, MARCH 22

Classical Melodies in Balboa Park: 8:45 a.m. – 7:15 p.m., every Saturday and Sunday the San Diego Youth Symphony and Conservatory's ensembles fill Casa del Prado with classical music, 1549 El Prado in Balboa Park, free.

Old Town Farmers' Market: 9 a.m. – 3 p.m. every Saturday, Harney St., free.

University Heights Open Aire Market: 9 a.m. – 1 p.m. every Saturday, 4100 Normal St., free.

Golden Hill Farmers' Market: 9:30 a.m. – 1:30 p.m. every Saturday, B Street between 27th and 28th streets, free.

Get Fit: 9:30 – 10:30 a.m., fitness experts Leah Francis and JJ Brawley lead workouts encompassing cardio, strength, agility, balance and coordination. Bird Park at 28th and Upas St. Call 619-800-3480 to register, free.

Children's craft time: 10 a.m., Mission Hills Branch Library, 925 W. Washington St., free.

UH Library Children's Program: 10:30 a.m., arts and crafts event for children, University Heights Library, 4193 Park Blvd., free.

Organ Concert: 2 p.m., music by organist Carol Williams, Spreckels Organ Pavilion, Balboa Park, free.

South Park Spring Walk-about: 6 – 10 p.m., a fun-filled evening to introduce you to the unique and independent boutiques, cafes and taverns of South Park, along on 30th and Fern streets between Beech and Kalmia, free.

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FROM PAGE 22

CALENDAR

Comedy Heights Comedy

Show: 8 – 10 p.m., every Saturday local comedians take the stage in University Heights next to Twiggs Coffeehouse 4590 Park Blvd., free.

Cinema Under the Stars:

8 p.m., screening “American Hustle” 4040 Goldfinch St., tickets start at \$14.

SUNDAY, MARCH 23**Hillcrest Farmers’ Market:**

9 a.m. – 2 p.m., every Sunday under the Hillcrest Pride Flag, Harvey Milk St. and Normal St., free.

Classical Melodies in

Balboa Park: 1 – 5 p.m., every Saturday and Sunday the San Diego Youth Symphony and Conservatory ensembles fill Casa del Prado with classical music, 1549 El Prado in Balboa Park, free.

Organ Concert:

2 – 3 p.m., music by organist Carol Williams, Spreckels Organ Pavilion, Balboa Park, free.

MONDAY, MARCH 24**Open Mic Night:**

7:30 p.m., every Monday night the mic is open to you at Lestat’s Coffee House, 3343 Adams Ave., free.

TUESDAY, MARCH 25**Old Mission Rotary:**

12 p.m., regular weekly meeting of the Old Mission Rotary Club, Best Western Seven Seas, 411 Hotel Circle South.

Curbside Bites:

5 – 8 p.m., weekly Tuesday night gathering of gourmet food trucks at 3030 Grape St. in South Park.

Tasty Truck Tuesdays:

6 – 9 p.m., every Tuesday night Smit-

ty’s Service Station hosts several food trucks under their well-lit shade structure, live music, 3442 Adams Ave, free.

Pajama Storytime:

6:30 – 7 p.m., every Tuesday children are invited for story time fun with books, singing and puppets. Feel free to come dressed in your pajamas! Mission Hills Branch Library, 925 W. Washington St., free.

Talmadge Maintenance

Assessment District: 6:30 – 8:30 p.m., fourth Tuesday of the month at Franklin Elementary School, 4481 Copeland Ave.

WEDNESDAY, MARCH 26**Wednesday Night Experi-**

ence: 7 – 8 p.m., uplifting and spiritually inspiring experiences for all, weekly at the Universal Spirit Center, 3858 Front St. in Hillcrest.

THURSDAY, MARCH 27**North Park Farmers’ Mar-**

ket: 3 – 7 p.m., every Thursday in the parking lot behind CVS at 32nd St. and University Ave., free.

Kirtan musical meditation:

8:15 p.m., every Thursday chant and sing contemporary mantras celebrating love and life at Pilgrimage of the Heart yoga studio, 3301 Adams Ave., free.

Pirate Science Lecture at

theNAT: 7 p.m. Join UC San Diego history professor Mark G. Hanna as he discusses the many forbidden adventures of pirates and how these discoveries may be linked to the rise in interest in natural science during the late 17th century at The Natural History Museum, 1788 El Prado, general admission \$17; seniors (62+) \$15; youth (13-17), students and military \$12; children (3 – 12) \$11; free for members. ♦

When small, realistic changes don’t work



Brian White

Fitness

Perhaps in no other aspect of our lives do we learn to stay in a comfort zone like we do with our health. Personal trainers, nutritionists and life coaches encourage you to set small, realistic and “achievable” goals in order to build momentum, which has merit for a limited number of people. You are looking for “small wins” but what inevitably happens is the smallest of obstacles shows up and it completely derails your path.

We stay in our comfort zones by designing goals that inspire no heart, no desire and no courage. Perhaps the reason so many people fail in their weight loss attempt is because their goals are too small, too realistic and not inspirational enough.

The drive for real change

— the kind of change that gets you out of bed in the morning — comes from a deep, powerful hunger and a desire to do something big and meaningful. Maybe your goals have not been big enough, clear enough and inspirational enough for you to achieve them.

You want to change? Change your body? Change your life? Then do not under any circumstances allow yourself to settle on a goal of losing five pounds when you need to lose 50 — that is uninspiring.

If you want to be clear and driven, make the goal so big and shiny that you can’t stop thinking about it. Make it a goal that scares you a little bit, that takes you out of your comfort zone; this is the kind of change that can change your life. Be brave enough to take action, test different things, fail, get embarrassed for trying, fail more, get up and smile and keep moving. This is courage and it’s the only approach to change that will help you reach your deepest desires.

Do not be afraid to set your goals high and come up short. It is more about the daily habits and your willpower to achieve them than it is about hitting a massive goal. But, I have seen enough clients firsthand to know if they are not inspired enough they are going to let a minor roadblock halt their progress.

I want to give you some tools to help you set big, hairy, audacious goals. The first rule is you need to be crystal clear on your goal. Not only what you want, but also what you don’t want. An

example would be that I want to lose 50 pounds, but I don’t want to lose a connection with my family. You don’t want to levy an all-out assault on your goal and be miserable at the end as a result.

The second rule is the “Start/Stop.” In order to reach a huge goal you also need to be clear about what you need to start doing and what you need to stop doing. I need to begin to exercise for 60 minutes a day, and I need to stop snacking when I get home from work each night.

The third rule is to stack habits. In order to reach new goals you need to find places to stack habits each day. An example would be after I walk the dog each morning, I go directly to the gym. The more you can stack healthy habits onto habits you already have instilled, the less willpower it will take each day.

Take an hour today and sit down and come up with several rules for yourself. Write these down and keep them with you each and every day. Read them several times a day. Post them everywhere. This is your new rulebook to achieve massive results.

I hope this helps you look at weight loss and health in a different light, maybe this will be the new viewpoint you need to achieve the health and body you deeply desire. Do not heed the advice of the “realists” or let yourself be robbed of grand ambition by people who tell you to set “smart” goals. Fire up your will and create the desire that will change your life. ♦

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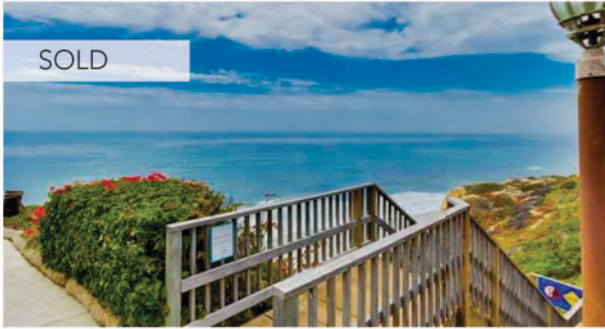
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