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San Diego Community News Network

Local artists volunteer to give North Park a facelift

By Michael Crane

Since July, brightly colored murals of aliens, geodes, enraged octopi and more have taken over utility boxes across North Park. If Jason Gould has anything to say about it, there will be a lot more where that came from.

Gould, owner of art supply shop Visual, is bringing a wave of fresh public art to North Park in coordination with non-profit business association North Park Main Street (NPMS). Dubbed the VISUAL Public Art Project, the effort has led to nearly 30 new murals on utility boxes across the neighborhood, and Gould hopes to do even more with some funding.

"We're hoping to be able to parlay this into not only more boxes, but more public spaces projects and ideally some murals," Gould said. "We've got a plethora of artists who are ready and willing but we just can't keep expecting artists to do stuff for free."



(Photo by Jason Gould)



A utility box in North Park painted by Hunter Holthaus (Photo by Jason Gould)

In order to raise funds for more art and give local artists a stage to show their work, Gould and NPMS are hosting "Outside the Box: A Group Exhibition" on Nov. 6 at Union Cowork in North Park. The exhibition will feature art from the 30-plus artists who have decorated a utility box through VISUAL, as well as local restaurants and breweries raising money for future projects.

"These kinds of beautification projects take resources and without a source for funding neighborhoods don't have a way

see Artists, page 4

One hour at a time

Uptown TimeBank uses barter system to assist the mentally ill, elderly

By B.J. Coleman

Times change. Terms change. Manic depression is now called bipolar disorder, the result of diagnostic research to create a more accurate term. The psychological condition is characterized by wild swings



Kerry Martin plans to start an Uptown time bank. (Courtesy Kerry Martin)

between high energy, euphoria and self-confidence at one "pole" versus near incapacity to act, depressed mood and self-deprecation at the other "pole."

With such whipsawed emotional states, is it any wonder that about half of those diagnosed as bipolar attempt suicide? Fortunately, not all succeed. And now, increasing efforts in Uptown are geared toward making the current suicide rate of 20 percent among bipolar sufferers diminish, ideally until bipolar suicide vanishes completely from the community.

Kerry Martin moved to University Heights in 2013 after living with her parents for a time in order to survive a major depressive episode caused by her bipolar disorder.

The condition is no respecter of persons. Martin is a highly accomplished business and marketing professional with a Harvard degree, yet

see TimeBank, page 8

CicloSDias takes Hillcrest

Bicycling festival to close Uptown streets Nov. 9

Hutton Marshall | Editor

Every Sunday, Bogota, Columbia, turns its streets into the most bike-friendly city on the planet.

Known as Ciclovia, the city-run event closes down traffic lanes weekly to create a 120 km network of car-free streets. Two million people (one-third of the city's population) participate regularly.

The celebration of active transportation has spread globally, especially in South America. The U.S. and Canada both have regular events in many major cities, although none with Bogota's expanse.

Last summer, San Diego held its inaugural CicloSDias beginning in City Heights

which moved down 30th Street through North Park, South Park and into Sherman Heights. Under the guidance of the newly elected — and soon-to-resign — Mayor Bob Filner, his bicycle initiatives manager, and the San Diego County Bicycle Coalition (SDCBC), 5.2 miles of city streets were completely closed off for cyclists, runners and any other human-powered mode of transportation.

The bike coalition held a similar event earlier this summer in Pacific Beach, and now, the organization has teamed up with the Hillcrest Business Association (HBA) to do the same on the streets of Hillcrest Nov. 9.

see CicloSDias, page 5



Bicyclists and walkers enjoy a recent CicloSDias in Pacific Beach. (Courtesy SDCBC)

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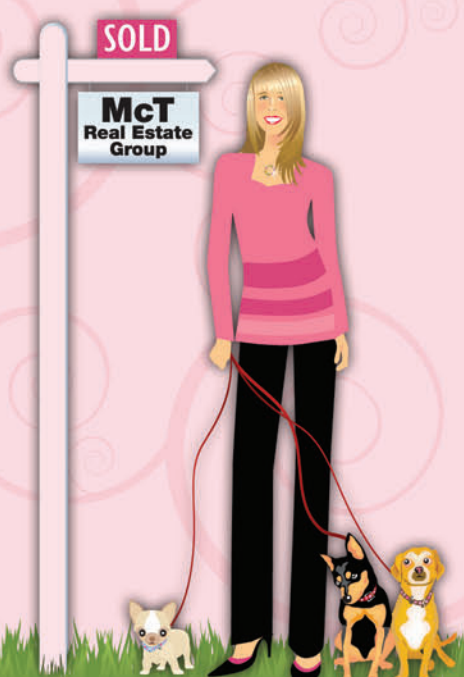
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Dad becomes author with help of autistic son



(l to r) Rusty Trimble and his sons Tyler and Andrew (Courtesy Rusty Trimble)

By Hoa Quách

In 2009, six words changed Rusty Trimble's life.

"Daddy," said Andrew, Trimble's son, "can you write a book?"

It was Andrew's response to a bath-time puppet show Trimble had put on for him every day. The puppet show, complete with five to 10 different characters, was conceived by Trimble to keep Andrew entertained in the bath and interested in stories.

Adhering to his toddler's request, Trimble got to work and wrote his first book, "Andrew's Great Train Adventure," in just three months at the age of 38.

"Ever since I was kid I liked writing stories," said Trimble,

a San Diego native. "I kept thinking I'd write a book and I never did. It was as simple as Andrew saying those words. The only thing I wasn't sure of was whether to draw it or write it. I decided to do both."

Today, Trimble is the author of 13 books, with the most recent being "Andrew and the Pirate Cove."

But Trimble didn't just write books to keep Andrew entertained. He wrote books to engage Andrew, who was diagnosed with autism at the age of 3.

"When my wife, Nickcole, called me and told me they wanted to test him for autism, I just started crying," Trimble said. "I kind of knew [he was autistic] but it didn't occur to me until the

diagnosis came. He's still the same kid but we just need to do a little more work."

For Trimble, the extra work included writing books that would spark Andrew's interest.

"At the time he was diagnosed, he didn't like reading books, but he did like illustrated books with animals," Trimble said. "He goes through the motion of reading the books, but he takes a more direct interest with my books. He speaks about it with a high level of interest. But if he has trouble remembering a book, I know it's because he had trouble reading it."

Using Andrew as his inspiration, Trimble has also made it a goal to donate 50 percent of his book's proceeds to the National Foundation for Autism Research.

Trimble said he hopes to end the stigma against autism and raise awareness about what the disorder really is.

"A lot of people tend to throw autism into one bag and I was one of them, and now I'm able to see the bigger picture," Trimble said. "The biggest road block for autism are the misconceptions. It creates a barrier for understanding."

Trimble recalled a time when he and Andrew were shopping at Target last year. Andrew was occupied with the CD sampler box, listening to the music. Another customer then told

Trimble he "had a lot to learn about being a dad."

In other surroundings, he's had other experiences.

"People find out he's autistic and they shy away from him," Trimble said. "I get the 'He doesn't look autistic' comment a lot. It's something I take very personally."

Despite the challenges, Andrew is earning high marks at school and loves to socialize with people he encounters. He also has a little brother, 2-year-old Tyler.

"He's very friendly, very outgoing and very cheerful," Trimble said of Andrew.

Andrew continues to inspire his father to continue his writing

career. He'll release the sequel to "Andrew and the Pirate Cove" in November.

"Andrew has been my inspiration for all of it," said Trimble who works full-time in IT. "He's already asking me about the third and fourth books. He's keeping me busy. If I'm still doing the same thing I am doing today, I'll be happy. As long as Andrew still likes the books, I'll be happy."

Trimble will be at the Mission Hills Branch Library for a meet and greet at 6:30 p.m., Wednesday, Nov. 12. For more information, call the library at 619-692-4910.

—Contact Hoa Quách by visiting her website, hoawrites.com. ♦

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Matthew Agcoliol paints utility boxes in North Park as part of the collaborative VISUAL Public Art Project. (Photo by Jason Gould)

FROM PAGE 1 ARTISTS

to see them to fruition," said Angela Landsberg, executive director of NPMS. "Our hope is that we can raise the funds at the Nov. 6 event to begin paying the artists who are working to make our community a more beautiful place to be."

Photographs of the VISUAL projects will be on display at the exhibition as well as other works of art for sale by each of the artists, who include Katy Yeaw, Absorb81, Chris Konecki, Jorge Gutierrez, Nomad, Matthew



Painting by Eyegato and Buffalo (Photo by Jason Gould)

Agcoliol and many others. The event is free to attend and will run from 6 - 10 p.m.

"This is a great opportunity to literally be in the same room with some of the more notable contemporary artists that are doing relevant and current work in San Diego — North Park especially," Gould said.

To-date, none of the artists have been paid for their work on the utility boxes, and Gould has donated most of the supplies from his shop. Although the boxes had already been painted more than ten years ago, most of the murals were peeling off or covered in graffiti. Some of the artists collaborated on their murals while others worked alone.

"I've been trying to be open to a wide range of artists and experience

levels," said Gould. He says he has received an overwhelmingly positive response to the project on social media and from local business owners. In the event that a property owner is unhappy with the artwork, he is open to changing the design.

With enough momentum from the Outside the Box exhibition, Gould plans to set an even higher standard for public art in North Park.

"Look what we can do without money — just think what we could do with a budget," Gould said.

To learn more about the VISUAL Public Art Project or Outside the Box, contact Jason Gould at 619-501-5585 or jason@visualshopsd.com.

—Contact Michael Crane at mcrane30@gmail.com. ♦



Painting by Nick McPherson (Photo by Jason Gould)




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Photo by Raymond Elitrad

FROM PAGE 1

CICLOSDIAS

From 10 a.m. to 3 p.m., a two-mile route running along Sixth and University avenues and Normal Street will be dedicated exclusively to cyclists and pedestrians. Three “Periodic Crossings” filled with various physical activities and displays will be placed along the way.

CicloSDias wears a few more hats than one might think: The event is part exercise, part advocacy and part small business promotion. Each component affects where and how it all takes place.

Similar to the Pacific Beach CicloSDias, the Hillcrest route will pass nearly 300 storefronts along the bustling Hillcrest business corridor. SDCBC Executive Director Andy Hanshaw said a business community engaged with active transportation is crucial to the event’s success.

“What we’re really trying to do is engage the businesses and get them involved with this — and they’re excited about it — because there’s going to be thousands of people outside their doors, and they’re coming from all over and may never have seen their business before — it’s an opportunity,” Hanshaw said.

HBA Executive Director Ben Nicholls said local businesses are already onboard.

“When Andy held the first [CicloSDias] ... [the HBA] sent him a letter saying ‘please consider Hillcrest for future events,’” Nicholls said. “So this event came here at the request of Hillcrest businesses.”

Nicholls cited the Uptown Parking District’s devotion of meter revenue to bicycle infrastructure like bike corrals as an example of the neighborhood’s support of bicycle initiatives. He said the HBA has long been a leader in this regard.

“The HBA is the biggest supporter of bicycle infrastructure in Hillcrest,” Nicholls said. “We’ve done more than any other group to promote this as a bicycling neighborhood.”

Both Hanshaw and Nicholls acknowledge the unique situation of hosting this CicloSDias in Hillcrest. SANDAG, a regional planning agency, plans to install a massive network of bike lanes throughout San Diego during the next several years, and its path through Hillcrest continues to face considerable opposition from the community.

Business owners have expressed concern over parking spaces that may be sacrificed to install the protected bike lanes. Others worry about impact on traffic congestion. A Hillcrest CicloSDias may give businesses an opportunity to see the impact of an increase of cyclists around their storefronts.

“I think this has the ability to demonstrate that people do want to bike and walk in the neighborhood ... because it’s a chance to give things a test run and look at the possibilities,” Hanshaw said.

In response to the SANDAG Uptown bike corridor, local architect Jim Frost created an alternative bike plan, though “alternative” is technically a misnomer as SANDAG has yet to unveil the specifics of their plan.

KTU+A, a local architectural firm, will create temporary protected bikeways replicating those planned for both SANDAG’s and Frost’s corridors within the CicloSDias route, giving the neighborhood a visual of what such plans may look like if put into place.

The plan calls for University Avenue to be reduced to a single lane of traffic through much of Hillcrest in order to create more space for parking and pedestrians. The HBA,



Six legs and two wheels at a recent CicloSDias event in San Diego (Courtesy SDCBC)

the Hillcrest Town Council, the Uptown Planners and the Uptown Community Parking District have all requested that SANDAG perform a feasibility study on the plan.

KTU+A will also create a temporary outline of the Pride Plaza design, a pedestrian space envisioned around the Pride flag monument at University Avenue and Normal Street.

With one CicloSDias in 2013 and two this year, Hanshaw hopes to continue steadily increasing their frequency, although that growth may be difficult to sustain if funding continues to depend on nonprofits like the HBA and the bike coalition. Bogota’s massive, weekly event is possible partially because of public

funding. The county government did, however, provide funding to the bike coalition for the event through its Community Enhancement Program. According to the county’s website, the program awarded the bike coalition \$4,500 during the 2013-14 period.

Hanshaw said that while the event does not currently bring in any revenue to counterbalance the cost of hosting it, sponsorship interest has been increasing with the event’s growth. Hanshaw also has a policy to keep CicloSDias vendor-free.

“We don’t bring out vendors, we encourage people to eat, drink and shop at the local businesses,” Hanshaw said.

He added that both the city and

the county have been very supportive of the bike coalition’s efforts with CicloSDias and other active transportation initiatives throughout the city. Hanshaw also pointed out that Mayor Kevin Faulconer is a known cyclist, and that the CicloSDias got a much-appreciated mention in the city’s Bicycle Master Plan.

San Diego State and UC San Diego co-authored an evaluation

of San Diego’s first CicloSDias event, which they released earlier this year. The report states that approximately 8,311 people attended, half of which got their recommended 150 minutes of physical activity during the event. Eighty-four percent of attendees shopped or purchased food or drink during the event, and 50 percent of businesses reported the event had a positive impact on their business.

When attendees were asked why they attended, 70 percent said it was the ability to bike without traffic, only 31 percent attended to “support bicycling” and 18 percent to “visit store/restaurant.” Attendees were allowed to select multiple answers.

A citywide survey conducted in the report found overwhelming sup-

port for improving the city’s bicycle infrastructure. Latinos, non-whites and lower-income respondents showed slightly stronger support (87 percent) than white and higher income respondents (84 percent).

The former subgroups were also found to be significantly more likely to use a bicycle share program. DecoBike, the city’s bicycle sharing program expected to be unveiled in the coming months, will have a display at CicloSDias.

But when the Hillcrest streets are temporarily closed off on Nov. 9, city initiatives, traffic congestion and bike lane shortages can be temporarily forgotten, because more than anything, Hanshaw said, CicloSDias is simply about the community enjoying public space in a rare, relaxed way.

“This is about more than just biking and walking: It’s about the communities of Bankers Hill and Hillcrest,” Hanshaw said. “It’s about getting out and enjoying the streets.”

Visit ciclosdias.com to learn more about the event.

—Contact Hutton Marshall at hutton@sdenn.com.



A mini cyclist at CicloSDias (Courtesy SDCBC)

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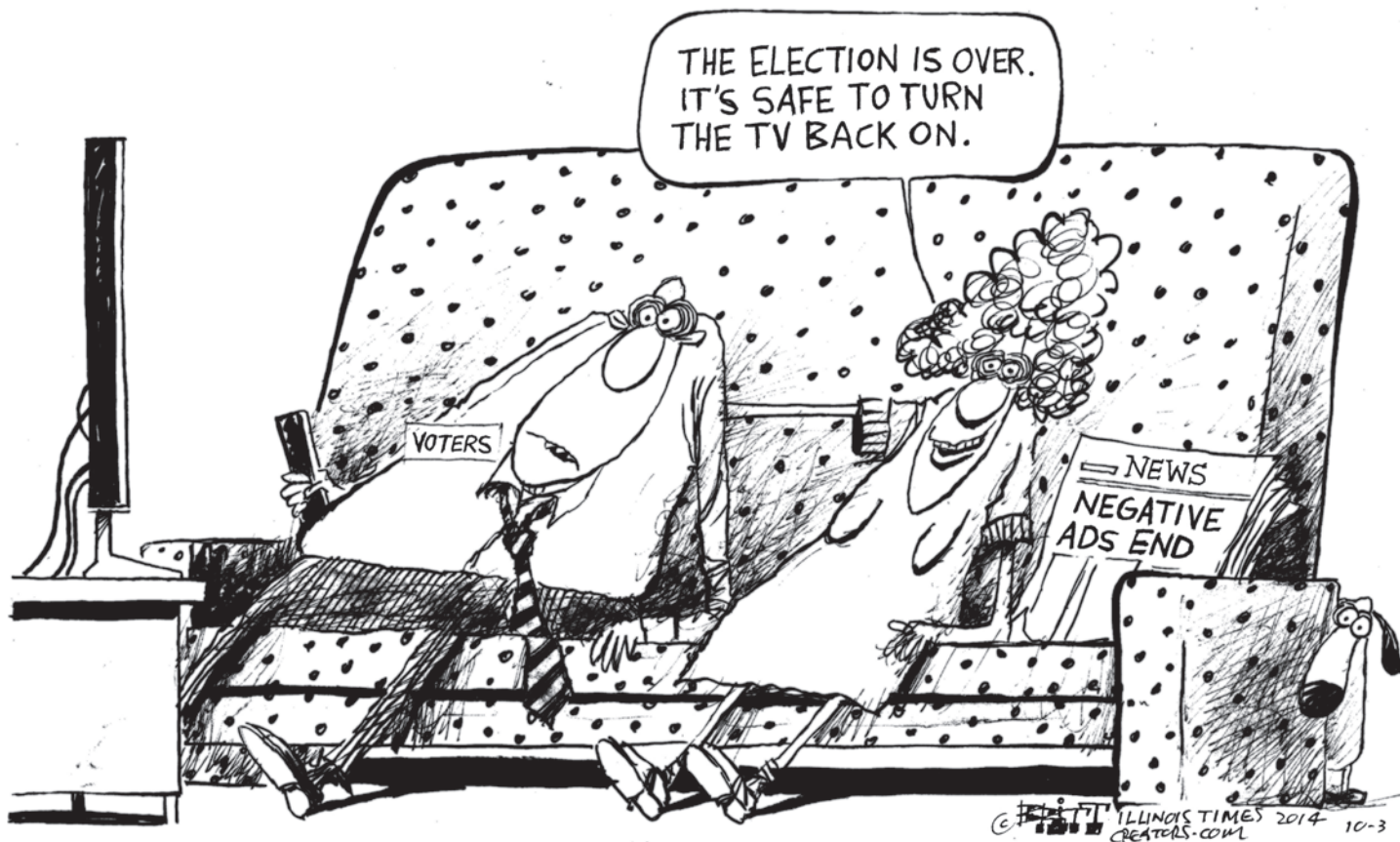


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EDITORIAL

How to guard against child identity theft

By Bill Spaniel

Your child begins to receive offers for pre-approved credit cards. It sounds annoying, but nothing to be worried about, right? In fact, it could be one of the warning signs that your family is the victim of child identity theft.

Nearly 3 percent of U.S. households with children under 18 — or one in 40 households — has been struck by child identity theft, according to the Identity Theft Assistance Center. The California Society of CPAs explains how to prevent or respond to this crime.

Adults aren't the only victims

Each year, scammers use confidential financial information stolen from roughly 12 million people to commit crimes. They may, for example, use your Social Security number to apply for a credit card or charge purchases to you after stealing your credit card number.

Unfortunately, children can also be victims. What's worse, they may not know it has happened until years later, when the bad credit history that the scammers have established in the child's name prevents them from getting a student loan, apartment lease or credit card.

Be aware of the warning signs

In this type of crime, a child's information may be used to develop an identity for a fictitious adult. As a result, one surefire warning sign would be a notification from the Internal Revenue Service regarding, say, failure to pay taxes when your child has had no income or from a financial institution regarding an account your child doesn't have or a purchase he or she never made.

Keep an eye on accounts

As with any kind of identity theft, prevention requires close monitoring. Regularly review the statements your child may receive from any savings or other financial accounts they have. Ensure that all checks or withdrawals are accurate and that there aren't any unauthorized charges.

When your children are old enough, discuss your reviews with them. Explain the importance of keeping tabs on their money so that they are better able to protect their accounts, manage their money and stay on budget as an adult.

LETTERS

No to name change

I am opposed to changing the name of Florence Elementary School [See "Effort to rename Florence Elementary takes flight," Vol. 6, Issue 21].

The proponents of the change have not explained what is wrong with the original name.

The new name would be that of a living politician. What if there is a future scandal involving that politician? Will the name have to be changed again?

What real connection does that politician have to the school? None that I can discern.

And who would want the name of a school they attended long ago to have its name changed without their knowledge?

Protect their privacy

You can safeguard your entire family's privacy by properly maintaining the confidentiality of all your paper and electronic financial and other records, and shredding documents with personal information before you discard them. Keep Social Security cards in a safe place, not in your child's wallet. Warn your children to restrict their online purchases to reliable web sites that feature online security and privacy protection.

In addition, advise them not to divulge information about their financial accounts or Social Security number in response to any email, no matter who sent it or how legitimate it may look. Since an identity thief can even use a birth date to access a birth certificate and create a phony profile, discourage them from revealing this information online.

Respond to thefts

If you believe your child has been the victim of identity theft, contact the three major credit agencies — Equifax, Experian and TransUnion — to see if they have a fraudulent credit history on file. If they do, ask the agencies to remove the incorrect accounts and other information and issue a fraud alert on their account.

Follow up with each creditor and let them know that the account in your child's name is fraudulent. You can also file a fraud report with the Federal Trade Commission and a police report.

Turn to your CPA

Your local CPA can offer a wide range of advice on the best ways to protect your money, whether that means addressing tax concerns, implementing smart saving habits or responding to identity theft. Be sure to contact him or her with all your financial questions.

To listen to podcasts with more financial tips, go to <http://tinyurl.com/calcpafinem>.

—Bill Spaniel is the public relations manager for the California Society of CPAs / CalCPA Institute. ♦

I live within four blocks of Florence Elementary School. Nobody informed me of the "community meeting" that your newspaper reported on.

The activists and politicians might think they can fast track this deal behind the community's back. I hope they do not succeed.

And enough of these name changes that honor activists and politicians.

Change the name of the school to that of a parent volunteer or distinguished teacher or alumnus if it must be changed at all.

—Andrew Towne, via email

see Letters, page 7

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FROM PAGE 6

LETTERS

Changing the name of a school that has had the same name for 100 years would cost a lot of money and not produce anything solid. Yes the petitioner, the GLBT Historic Task Force, would be responsible for raising the \$50,000=plus to compensate for things like new school signs, the value of the existing printed materials and forms that would have to be tossed, the cost of redesigning and replacing them, the cost to reimburse the school district for staff time to change all online data and websites with any reference to the existing name, and the cost of holding meetings and hearings to discuss the idea.

Wouldn't it be better to spend \$50,000 building something solid that we could name for Christine [Kehoe], like a new children's playground? We already have schools, but we don't have enough playgrounds and parks in Uptown. Think of all the children who would benefit from a new playground. Wouldn't that be a better way to honor Christine?

—Christine Supporter, via sduptownnews.com

Marrow matrimony

Dianne is my bone marrow recipient [See "Bone marrow recipient officiates donor's wedding" Vol. 6 Issue 22]. She's an incredible person with a big heart. We have such a terrific relationship, being around Di you can see why she has such a positive impact on people's lives.

Great writeup, Hoa – thanks for capturing our story on a very special day for us all!

Best,

—Kevin Zempko, via sduptownnews.com

I have just recently had the pleasure of spending time with Dianne. She is an amazing, creative, funny and kind person. I am lucky to know her and the world is a better place with her in it.

—Cathy, via sduptownnews.com

I know Dianne, and she is incredibly giving and kind, has time for everyone (even if she doesn't really), and is a loving mom, friend, great cook, and creative to boot. Love her.

—Maryam Doucette, via sduptownnews.com

Hillcrest Town Council Update

By Kath Rogers, vice chair

The Hillcrest Town Council's next meeting is Tuesday, Nov. 11 at 6:30 p.m. at Joyce Beers Community Center at The Hub Hillcrest Market, formerly known as the Uptown Shopping District. The meeting will feature special guest speaker Port Commissioner Rafael Castellanos. Mr. Castellanos will give an overview of how the Port works and will answer questions from the public.

Do you have an issue or question about Hillcrest? Whether you are new to the neighborhood or have lived here for years, we would love to hear from you during public comment!

Do you have a cool Hillcrest photo to share? The town council's Facebook page will feature interesting photos from the neighborhood. Whether it's a picture of the Hillcrest sign, people enjoying the neighborhood, your garden, a sunset, a lawn gnome, a canyon — if you have a photo to share, email it to us (kath.rogers01@gmail.com) or post it on the Hillcrest Town Council's Facebook wall.

—Community organizations interested in writing a monthly column in Uptown News may contact editor Hutton Marshall at hutton@sdenn.com.

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FROM PAGE 1
TIMEBANK

she nearly hit bottom without a bounce back. She had support from her parents, who reside in nearby Orange County, and her large family of five siblings. Martin fears for those without strong familial and social connections to fall back on, the forgotten ones she calls "untethered."

Now recovered from that extreme low with the support of her partner, she is initiating a neighbor-to-neighbor community effort to empower individuals perceived as marginalized or disconnected — such as bipolar people — to help themselves. In early October, Martin announced creation of the Hope Xchange Uptown TimeBank, in conjunction with the Bipolar Parenting Foundation and an online crowd-funding campaign, to raise awareness and funds for this mental-wellness initiative in San Diego's Uptown communities.

Why Uptown? Martin explains that this area in the greater San Diego urban region is "friendly, open and receptive." She also notes that the area is home to a population of varied individuals who can mutually participate and benefit from her efforts. The persons she envisions empowering are vulnerable and socially isolated by age, disability or mental illness. Moreover, Martin points to Uptown's numerous non-profit organizations that work to improve the lives of the mentally ill.

A "time bank"? In an era of limited money and few jobs, exchanging volunteer work hours directly from person to person instead of mediated through financial exchanges, which may distort personal contributor value, is revolutionary and egalitarian in comparison.

The hour-for-hour swap through time banking means that everyone's time is equal, and each individual is treated as an equal to every other. One hour's work "paid" into the time bank yields a one-hour time credit that may be claimed and "spent" from another volunteer worker participating in the collaboration. A severely impoverished person can join without expending scarce cash. This works for the person who has nothing but time.

The model for time banking was pioneered by Edgar S. Cahn, who saw the potential for time as a medium of exchange capable of bypassing economic valuations harmful to distressed populations. Martin cites studies indicating that the people benefitting most from time banks are elderly, mentally ill or disabled. Furthermore, the greatest levels of participation in time banking come from military veterans and seniors. Overall, participants

typically put in more volunteer hours to the bank than they consume. The result: Time-bank participants experience better physical and mental well-being, and they become more employable in the process.

Kerry Martin believes that the Hope Xchange Uptown TimeBank will make it possible to rebuild the community from the ground up, one person at a time, one hour at a time, to "reweave community ties binding neighbors to neighbors."

Martin envisions a re-creation of the caring, small-town networks of bygone days, in which neighbors naturally intervened when anything seemed amiss with another member of the community. She understands that overcoming "trust issues" will be one hurdle, which

"Nothing is so empowering for people who feel diminished as being able to give something of value in exchange for their own needs." —Kerry Martin

is why the project will include a physical presence to humanize and demystify the online presence, and begin the person-to-person reconnection.

"Hope is what makes all the difference, in my mind," Martin said. "Nothing is so empowering for people who feel diminished as being able to give something of value in exchange for their own needs."

The technical build for the project will require an estimated \$105,000. An early need will be a storefront office to serve as a drop-in center for enrollment in the program and for special events like monthly potluck dinners. Martin has her eye on a "dream house" on 30th Street to welcome possible participants, answering their questions and overcoming any doubts about the safety of exchanges with unknown neighbors.

The Uptown TimeBank is expected to launch in early November. Visit the beta site at hopexchangep-towntimebank.org. To learn more about the Hope Xchange program, visit hopexchangenonprofit.org. Those interested in donating or corporate sponsorships may visit bit.ly/donateforhope.

—Contact B.J. Coleman at barshajo@netscape.net. ♦

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UptownBriefs

LOCAL MINIMUM WAGE INCREASE SENT TO VOTERS

The minimum wage ordinance passed earlier this year by the City Council will now require passage by San Diego voters in June 2016. After a successful petition campaign led by the right-leaning San Diego Chamber of Commerce to block the ordinance, the City Council was forced to either rescind the measure or put it on a citywide ballot; they chose the latter.

“Minimum wage opponents delayed the implementation of the minimum wage increase by funding a deceitful referendum campaign,” Council President Todd Gloria, who authored the ordinance, stated in a press release. “The result is that 172,000 San Diegans will have to wait at least two years to get these necessary raises that will help them keep a roof on their heads and food on their tables. I look forward to a campaign based on facts, rather than the lies told during the signature gathering process.”

The ordinance would raise the minimum wage to \$11.50 over a three-year period and guarantee employees the right to earned sick leave. Meanwhile, the statewide minimum wage, currently \$9 per hour, will bump up to \$10 per hour on Jan. 1, 2016.

NORTH PARK SONIC TO OPEN NOV. 10

Sonic, “America’s Drive-In,” will open its second San Diego location on Nov. 10 in North Park. Located at 2829 El Cajon Blvd. near Utah Street, the franchise will have an interior dining space, in addition to the typical carhop and drive-in.

Sonic originated in Oklahoma City, Oklahoma, in 1953 and now has over 3,500 restaurants in 43 states. This will be Sonic’s eighth location in San Diego County.

The location’s franchisee Max Gelwix also opened a National City location in June, reported the San Diego Business Journal.



San Diego’s newest Sonic at 2829 El Cajon Blvd. (Courtesy Sonic Corp.)

JAMES IRVINE FOUNDATION ISSUES \$1M GRANT TO ENHANCE BALBOA PARK

On Oct. 29, it was announced that funds from a \$1 million grant issued by the James Irvine Foundation would go toward several technology upgrades in Balboa Park.

Money will be used by the Balboa Park Online Collaborative (BPOC) to double the size of the park’s Wi-Fi network, enlarging it to roughly 250 acres. The increase will make the network “one of the largest and fastest free public Wi-Fi spots on the West Coast” according to a press release from Mayor Kevin Faulconer.

The BPOC and the Balboa Park Cultural Partnership will also use the funds to create a smartphone app offering self-guided tours around the park, its museums and cultural institutions. Several other tech-related upgrades are also slated to utilize the grant money.



The Kensington Commons (Courtesy Werners Multi-Family Corporation)

KENSINGTON COMMONS NOW OPEN

Last month, tenants began moving into the 47,000-square-foot Kensington Commons mixed-use apartments, located on Adams Avenue in the heart of Kensington’s commercial district.

The first floor of the building will be devoted to commercial tenants: UPS, Pacific Dental and Stehly Farms Market, which sells local, organic produce.

The development, owned by Werners Multi-Family Corporation, faced opposition from surrounding residents when its plans were first unveiled in 2006. After a lawsuit settlement, plans were ultimately revised, reducing the project’s overall square footage and removing an underground public parking lot. Tenants will still be provided with parking.

The development was designed by Kensington architect Allard Jansen, who resides in the adjacent Kensington Park Plaza, which he designed and constructed in 1999, according to UT San Diego. Rent prices for the 34 one- and two-bedroom apartments range from \$2,350 – \$2,700.

‘MUSEUMS ON US’ PROGRAM GRANTS FREE ADMISSION TO PARTICIPATING INSTITUTIONS

Bank of America and Merrill Lynch credit and debit cardholders can now take advantage of a free program, “Museums on Us,” the first full weekend of each month. By showing a credit or debit card from either financial institution (along with photo ID) park visitors will get free general admission to participating museums, aquariums and more. In San Diego, Birch Aquarium at Scripps (2300 Expedition Way, La Jolla), the Museum of Photographic Arts (1649 El Prado, Balboa Park) and the San Diego Museum of Art (1450 El Prado, Balboa Park) are part of the program, which has 150 participating locations nationwide. To see upcoming “Museums on Us” dates and a full list of participants, visit museums.bankofamerica.com.

see BRIEFS, page 23

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Zinfandel and brew bread (Photo by Dr. Ink)

One out of a hundred

Come On Get Happy! Dr. Ink

What do you get when mixing farmhouse memorabilia and rustic fare with tons of vino and the high energy of Hillcrest? It's the successful recipe for 100 Wines Kitchen, located on one of the busiest blocks of University Avenue.

Its happy hour, ironically, focuses more on cocktails than it does wine. For \$7, drinks such as Svedka-infused "herbal smashes" and tequila-grapefruit "Paloma negras" (also made with spicy blackberry puree) are in the offering, along with a few equally tempting wine-distracting libations.

From a large inventory of wine that rotates through the regular menu, happy hour highlights one red, one white and a house champagne, any of which are priced at \$5 per glass.

Intent on staining our lips purple (it was Halloween weekend), a friend and I said "absolutely yes" to the day's selected red, 7 Deadly Zins. This cult-turned-mainstream favorite by Michael David Winery in Lodi consistently smacks of

deep fruit and hints of saddle leather.

On a warmer day, the available white wine would have sufficed, an Italian Pinot Grigio, as would the pink bubbly also in the offering.

Because we arrived before the dinner rush, our "brew bread" from the \$7 food list came out in lightning speed. Served as a square loaf on a board, the autumn-y cornbread tasted noticeably hoppy from the Manzanita Rustic Brown Ale in the recipe. Rosemary and smoked paprika added further dimension while the generous honey glaze connected seamlessly to the sweetness of our wine. The overall pairing turned particularly supreme after spreading soft butter onto the bread.

Owned by the Cohn Restaurant Group, 100 Wines is essentially a restaurant that happens to have an extensive wine list, although the front room greets patrons with an actual bar, should you want to talk grapes with the occasional oenophile that drops in.

We sat on the back patio, a prime piece of real estate within the restaurant that features a custom-made fireplace as well as a continuation of vintage barn-house

elements that exemplify the establishment's Old World focus.

In addition to happy hour, bargain hunters can enjoy various weekday specials that include a bottle of wine and an entrée during "cheap date night for 2" on Tuesdays; half-price flat breads on Wednesdays; wine flights for under \$20 on Fridays, and more. ♦

100 Wines Kitchen
1027 University Ave.
(Hillcrest)

619-491-0100
Happy hour: 5 p.m. to
closing on Mondays;
and 5 p.m. – 7 p.m.,
Tuesday – Saturday

RATINGS

DRINKS: **★★★★**

Select wines and several inventive cocktails comprise the happy hour list, although beer goes mysteriously missing

FOOD: **★★★★**

Sweet and savory flavors unite in the honey-coated, ale-infused brew bread. Other discounted eats include crispy cauliflower, roasted bone marrow and lamb meatball sliders

VALUE: **★★★★**

According to our waitress, we saved about \$1 on each glass of wine. Cocktails and snacks result in slightly bigger savings.

SERVICE: **★★★★**

Happy hour menus were provided upon walking in, and our waitress promptly took our order while knowing off the top of her head various specs about the wines on special.

DURATION: **★★★★**

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Piacere Mio Ristorante Italiano in South Park (Photo by Frank Sabatini Jr.)

Restaurant
Review

Frank Sabatini Jr.

Another exceptional Italian restaurant has sprung into South Park, although unlike its fabulous, friendly competition at nearby Buona Forchetta, it doesn't serve pizza. But most of the pasta is made from scratch from a small subway-tiled room off the main kitchen.

Before re-opening its doors in early summer, Piacere Mio operated as a coffeehouse. A very cool remodel ensued along with a couple of words tacked onto its original name (Ristorante Italiano) to tell us that the property is now a full-service restaurant.

Piacere Mio translates to "my pleasure," which aptly relays the ownership's eagerness to feed you. But it's really our pleasure in the end, starting from the moment complimentary bread is brought to the table with a ramekin of lentils and olive oil.

Italian designer Mariapaola Miele of Los Angeles executed a relaxing, inspired look that includes a large map of the world done in tapestry and an interior wall using bricks from an old Chicago warehouse. Hanging above the center of the dining room is an abstract arrangement of hanging

lights and picture frames.

Our lunch trio started with baked eggplant wrapped around ricotta and young mozzarella. Resembling lightweight lasagna, and without the carbs, it rivaled all other rollatini-style recipes in that the thin sheets of eggplant were strikingly tender and didn't carry the



House-made angel hair pasta with pesto (Photo by Frank Sabatini Jr.)

extra weight of being initially fried in bread crumbs common to other versions. The rolls were draped in mellow red sauce that revealed discernible measures of fennel seed.

Sliced even thinner was aged, marinated beef, served carpaccio style with arugula and shaved Parmesan. No surprises here, but so damn good that it disappeared within minutes.

The lemon vinaigrette house

'My pleasure'

Piacere Mio
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(South Park)
619-794-2543
Prices: Appetizers,
salads and soups,
\$5 – \$8.95; pasta and
entrees, \$12 – \$15.95

salad was beautifully simplistic, containing only arugula and olives encircled by large wedges of ruby-red tomatoes, possibly heirlooms. It was crowned with a few wide shavings of Parmesan. In traditional Italian style, the ingredients were dressed lighter than what most American palates might prefer. The tradeoff is that you can actually taste the vegetables.

Arriving with a strong hankering for pasta, we ordered three different types and shared them equally. The menu features a "make your own" section that allows you to pick the cut and match it to a sauce. With the exception of spaghetti and a gluten-free option, it's all house-made.

We chose large, flat pappardelle noodles with Bolognese. The tomato sauce is made with red wine, which added a rustic flavor while tenderizing the clumps of ground beef and pork strewn throughout. It was delightfully classic-tasting.

We also paired capellini (angel hair) to pesto sauce that adheres to true Roman standards, meaning that the garlic factor dances softly in the background opposed to the loud performance it tends to give in Americanized versions. Here, you taste the basil first, the pulver-

ized pine nuts second and the Pecorino and Parmesan cheeses third.

My all-time favorite Italian dish is spaghetti Carbonara, a rarity in many restaurants due to the tricky maneuver of adding eggs into the scheme without cooking them into scrambled form.

It's an established entrée on Piacere's menu and worth every calorie. The eggs are whisked into a fair amount of rendered pancetta to create a rich, invisible sauce thickened further by Pecorino Romano cheese. Unless you're an Italian farmer cultivating a hilly plot of land all day, chances are high that you won't be able to eat the whole portion in one sitting.

Needless to say, you'd deprive yourself room for the tiramisu made in high gourmet fashion with dark chocolate and coffee liqueur.

The restaurant is co-owned by a young and charming Marco Fontana from Rome, along with two business partners, one from Naples and the other from Genoa.

Aside from pasta, the team tempts with other dishes such



(top to bottom) The house salad; beef carpaccio; pappardelle with Bolognese sauce (Photos by Frank Sabatini Jr.)

as Sicilian-style chicken served in wine sauce and topped with tomatoes, eggplant and smoked Mozzarella; fresh swordfish with olive oil and rosemary; and pork scaloppini in lemon and white wine sauce, which I've pre-chosen for my next inevitable visit.

—Frank Sabatini Jr. can be reached at fsabatini@san.rr.com. ♦

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Step up your beer game in Uptown during San Diego Beer Week

Suds in the city

Cody Thompson



Across the country, craft beer fans might say that every week in San Diego is beer week. Some may even argue that we are spoiled by the many world-class crafts at our fingertips, many of which are made right here in San Diego. Mike Sardina of Societe Brewing said it best on my podcast this week: We have the ability to “pass over Sculpin and Pliny to drink an Alpine Beer.” Needless to say, we are pretty lucky in San Diego.

So how does America's craft beer capital celebrate a full week devoted to #AllTheBeers? By taking our devoted beer fandom and blasting it out of this world with craft beer and food events hosted by some of the finest restaurants, bars and breweries in the city. From beer dinners to tap takeovers, San Diego is gearing up to become an even greater craft beer wonderland. Looking to get in on the action in the area? We put together this list of some of the great events coming your way.

Bikes, Brews and Brats hosted by Green Flash Brewing Co.

Saturday, Nov. 8, 10 a.m. – 2 p.m.

Cal Coast Cycles to the Regal Beagle (begins at 3020 Adams Ave., Normal Heights)

Biking and craft beer are a classic pairing in San Diego, so join Green Flash, Regal Beagle and Cal Coast Cycles for a scenic trip through Balboa Park and Mission

SD BW

SAN DIEGO BEER WEEK 2014

Hills. The trip will begin at Cal Coast and conclude at Regal Beagle, where riders will be greeted with craft beer from Green Flash and delicious brats. \$50 gets you into the party and includes everything mentioned plus a t-shirt. Proceeds will benefit the San Diego Mountain Bike Association. For more information and tickets, visit GreenFlash-Brew.com

Sour Monday!

Monday, Nov. 10, 5 – 10 p.m.

Local Habit (3827 5th Ave., Hillcrest)

Even Mondays are great during Beer Week. Thanks to Local Habit, you can break out of your Monday rut by filling your gut with fantastic sour beers. You will have the opportunity to sample a flight of six California sours. The flight includes Reserve Wheat Ale from Telegraph (which won Gold at this year's Great American Beer Fest); Red Poppy, Spontaneous Cheer and Biere De Gourde with Brett from our very own Lost Abbey; Hottenroth from The Bruery; and Second Chance

Sour from Coronado Brewing. Can't make it on Monday night? They will repeat this lineup the following Sunday for — wait for it — Sour Sunday.

World's Largest Bottle Share

Tuesday, Nov. 11, 12 p.m. sharp

30th Street (South Park, North Park and Normal Heights)

Do not miss this one-of-a-kind opportunity to take part in what is projected to become the World's Largest Bottle Share. How does this work, you ask? Grab a couple of your craft beer fanatic friends and line up along 30th Street with a bottle worthy of such an occasion in hopes of making history, as Guinness Book of World Records will be on hand to document the event. After a massive photo opportunity, guests will make their way into designated locations to share bottles brought by participants. Tickets are \$20, which come with an event exclusive t-shirt, glass and a wristband giving you unlimited rides up and down 30th Street to share craft beer. This part festival, part bar crawl

will stretch from Adams Avenue to Beech Street. For more information on how you can be a part of San Diego craft beer history, visit SDBottleShare.com.

Brewmaster Dinner with Societe Brewing

Wednesday, Nov. 12, 6:30 p.m.

Waypoint Public (3794 30th St., North Park)

Waypoint Public is at it again, putting together a craft beer and dining experience that is sure to shake Beer Week to its very core, thanks to the help of the ever-debonair Societe Brewing Company. \$55 gets you a five-course meal, with each course paired with a world-class craft from our friends at Societe. Look forward to pairings that include Fanny Bay Oysters with the 2014 World Beer Cup Silver Medal Winner, the Pugilist Dry Stout, or the smoked veal tongue and sweetbreads paired with the 2013 Gold Medal-winning The Butcher Imperial Stout, just to name a couple. Whatever flavors you may

crave, this dinner is sure to satisfy. Email events@waypointpublic.com for reservations.

Meeting of the Guilds

Friday, Nov. 14, 6 – 10 p.m.

Toronado (4026 30th St., North Park)

Take your palate and your mind on a flavor trip when three California Brewers Guilds join forces for a massive tap takeover at Toronado. Taste your way through San Diego, Los Angeles and San Francisco with 15 of the best craft beer representatives from these three regions. Of course, a little friendly competition never hurt, right? After sampling craft beers from each region, vote for which region should take home the prized Golden Keg. The list of breweries from each region is massive, and includes San Diego's Societe, Monkey Paw, Pizza Port, Bagby Beer and more. Los Angeles will bring El Segundo, Smog City, Eagle Rock and Monkish to name a few. San Francisco's list will include beers from Almanac, 21st Amendment, Cellarmaker and, of course, Anchor Brewing. For more information, visit SDBW.org

Man the Victory at Sea Fleet

Sunday, Nov. 16

Hamilton's Tavern (1521 30th St., South Park)

A San Diego favorite every year, Hamilton's Tavern will again host Man the Victory at Sea Fleet. Serving up some of the most exclusive and specialty versions of Victory at Sea by Ballast Point Brewing, easily one of the most loved and fantastic dark ales in San Diego. For \$7, you will be able to dive into one of two separate "fleet" flights containing six different 2-ounce tasters. Fleet 1 will include Nitro, Horchata, Barrel Aged Rye, Reese's PB Cup, Maple Bourbon Oaked and Peppermint variations. Fleet 2 includes 2014 Original Victory at Sea, Bread Pudding, Cask Conditioned with Rum-Soaked Oak and Tart Cherries, Fennel & Orange, Barrel Aged Four Roses and Mole variations. No, there's no reason you can't try them all. Secondly, 5-ounce pours of each will be offered that day only. Get there early, this event is always a huge hit and people will line up beforehand. Hamilton's opens at 1 p.m. For more information, visit HamiltonsTavern.com.

For more San Diego Beer Week events throughout the county, visit SDBW.org.

—Contact Cody Thompson at cody@threebzine.com.

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'Camp X-Ray' humanizes Guantanamo detainees

Kristen Stewart plays a Guantanamo Bay prison guard

Hutton Marshall | Editor

Someone made a movie about Guantanamo Bay starring Kristen Stewart.

Throughout next week, "Camp X-Ray" (2014) will screen at The Digital Gym in North Park. In it, writer/director Peter Sattler puts a dramatic spin on an often-unexplored cinematic subject, the high-security Camp X-Ray in the infamous Guantanamo Bay.

The 117-minute film follows a new army private, Amy Cole (Kristen Stewart), as she adapts to a short stint as a Guantanamo Bay guard. Through it, she learns the world isn't as black and white as she perceived, as she comes to understand the mindset of one particular detainee with a rebellious streak.

A quick glance at the title, however, may hint at a grittier movie than the actual product. Camp X-Ray did indeed exist at Guantanamo Bay (GTMO), but only for a short, three-month period in 2002. It was a temporary camp meant to hold the worst of the worst while the larger Camp Delta was being constructed. The film itself uses the military prison as a backdrop for a more personal drama, rather than an examination of the facility itself.

In "Camp X-Ray," the film, Cole



Private Amy Cole's abrasive commanding officer, Ransdell (Lane Garrison) (Courtesy IFC Films)

is assigned to the camp around 2010, eight years after its fictional opening and actual closing. The setting seems more likely based off one of the higher-security camps within Camp Delta, although the historical inaccuracy is of little consequence here.

Upon arriving for assignment, she first encounters her crass and boisterous commanding officer Ransdell (Lane Garrison), who becomes a source of hostility after a short-lived personal connection. Embodying all the popular critiques of GTMO — bigoted, cruel, blindly patriotic — Garrison's one-dimensional portrayal is perhaps the film's most believable.

Guantanamo Bay, for those who have avoided the subject, is a military prison based in Cuba that opened in 2002 following the 9/11 terrorist attacks and the subsequent conflict in the Middle East. President George W. Bush opened the base in Cuba reportedly to elude U.S. legal jurisdiction, which guarantees protections under the Geneva Convention (international law dictating humanitarian treatment of prisoners of war). The U.S. Supreme Court partially ruled against this Geneva Convention loophole, and President Barack Obama has scaled back the camp's operations since taking office, but it continues to remain a source of controversy for interrogation methods and conditions that detainees are subjected to.

Through the media, our glimpse into the hearts and minds of detainees — not "prisoners," as Ransdell



Kristen Stewart (right) leads the charge as Private Amy Cole in "Camp X-Ray." (Courtesy IFC Films)

clarifies during Cole's orientation — is fragmented and brief. It's hard to picture these men and boys as more than numbers — faceless names we've wronged in the name of national security. This film seeks to remove that facelessness, and it does so through Detainee 471, or Ali (Peyman Moaadi), the inmate who penetrates Cole's icy, mumbling demeanor.

Ali is far from what one would consider a typical GTMO resident. He is an Arabic Muslim, sure, but he also hails from Germany, speaks English fluently, is a big Harry Potter fan (an overplayed plot device of the film), and mysteriously maintains a well-trimmed beard and short, combed hair. The majority of current GTMO detainees come from Yemen, where just 9 percent of the population speaks English.

When Ali, a middle-aged, eight-year veteran of GTMO, first encounters Cole, or "Blondie" as he quickly nicknames her, he's affable and talkative, downright cheery even. Soon, however, Cole gets an unsavory taste of his rebellious side when he flings his feces onto her after a minor dispute. She then takes a probably illegal gander at his files to find a long history of rebellion dating back to his detainment in 2002.

The feces flinging is forgiven, and the two quickly forge a friendship that leads to newfound understanding, exploration of right and wrong, and inevitably, an ample serving of GTMO drama.

Moaadi, with his ability to switch from bright and funny to manic and sordid, is by far the film's strongest presence. Best known as a screenwriter in his parents' native country

of Iran, he provides needed depth to allow the narrative to do more than skim the surface of a tough subject.

Finally, let's speak briefly about Kristen Stewart. Her temperament and emotional range do not differ considerably from past roles: She is still awkward, frigid and uncomfortable. The thesis for her character seemed to be: "What if we plopped in an insecure college freshman to play a Guantanamo Bay prison guard?"

Private Cole looks and feels out of place throughout the movie, and her attempts to fit into Guantanamo Bay's inflexible system fail quickly. These qualities are what make her character endearing. She's how we'd imagine ourselves in such a situation, faced with carrying out an inhumane task for the sake of a greater, unknown good. Sure, she's her usual, flinching self, but that's the point: She's relatable.

Some may have liked to see the film explore the military prison's more controversial practices, such as its interrogation methods or forced feedings, in more than a peripheral way, but the attempt of "Camp X-Ray" to humanize America's forgotten prisoners of war is a commendable focus.

Finally, kudos to Kristen Stewart for emerging from the cultural desert of "Twilight" to make a movie on such a deserving subject.

"Camp X-Ray" plays at the Digital Gym, 2921 El Cajon Blvd. (North Park), from Nov. 7 – 13. For showtimes, tickets and further information, visit digitalgym.org.

—Contact Hutton Marshall at hutton@sdcnn.com. ♦

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Steve Blanchard. Photo by Henry DiRocco.

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New Fortune Theatre Company: auspicious advent

Theater Review

Charlene Baldrige



On St. Crispin's day, Oct. 25, a certain corner in Hillcrest rang with the sound of bagpipes; to be precise the one-night-only pipes and drums of the Cameron Highlanders. Inside ion theatre's black box theatre at Sixth and Pennsylvania avenues, the New Fortune Theatre Company, instituted by Richard Baird and Matthew Thompson, was about to unveil its inaugural production, William Shakespeare's "Henry V."

Baird and Matthew Henerson co-direct the history play and also portray the lead characters. Baird provides an admirable, heroic and human King Henry V, who sports so real a wound under his left eye that one worries for the actor. Henerson assays the devious Archbishop of Canterbury and the Welsh captain, Fluellen, Shakespeare's fictional, pedantic and lovable comic relief at the Battle of St. Crispin's Day. Historically, the battle was waged at Agincourt, France, in 1415. In New Fortune's production it takes place anywhere in time, yet is resonant with WWI, and has accouterments of modern warfare.

The young Henry, having eschewed his youthful escapades with John Falstaff (an off-stage character in this play) — and the Eastcheap characters; Nym, Pistol, Mistress Quickly and Bardolph (who appear in "Henry V") — leads his army into battle with French forces that far outnumber his. They should be massacred, but they are not, and meanwhile Henry delivers some of Shakespeare's greatest speeches and charmingly woos and wins the French princess, Katharine (Amanda Schaar, who also presents a fetching Boy on the battlefield).

Boy is part of Fluellen's cadre, along with the aforementioned reluctant and incompetent Nym (Marcus L. Overton), Pistol (John Tessmer), Bardolph (Walter Murray) and Nell Quickly (Dana Hooley). Adeptly, all play additional roles, most of them excep-



Henry V's Richard Baird (Courtesy NFTC)



(top, l to r) Dana Hooley, Amanda Schaar, Richard Baird; (bottom, l to r) Ed Hollingsworth and Jake Rosko (Courtesy NFTC)

"Henry V" by William Shakespeare

Through Nov. 9

Wednesdays – Saturdays, 8 p.m.
Sundays, 3 & 7:30 p.m.ion theatre company
3704 Sixth Ave., HillcrestTickets \$35 at
newfortunetheatre.com

tionally well. Overton impresses as the French king, and Hooley and Schaar excel in the endearing scene in which Katharine attempts to learn English. Others in the company are Ed Hollingsworth, J. Tyler Jones, Neil McDonald, Jake Rosko, Matthew Thompson, and Rachael VanWormer.

Depending on one's point of view, "Henry V" is a great antiwar play and its title character, a hero. The opposing view is that he was a cruel warmonger.

Baird's emotionally involved

Henry embodies the former view, especially when his Henry reads out the list of the French who died at Agincourt. Shakespeare seemingly takes no side in the matter, merely presents the circumstances, voiced by a Chorus of one (Jessica John, in a series of imaginative costumes), who invites us to see and judge for ourselves.

Justin Lang's scenic design consists of a bare, textured playing surface enhanced by the addition of an occasional throne, battlefield sandbags and Kacia Catelli's props. Aaron Rumley's lighting design, Matt Lescault-Wood's sound design, and Castelli's costumes consistently support the production.

In the best of all worlds, the 14-person company's diction would be on the same page. That happens rarely, however, even in the world of lavish, professionally produced Shakespeare. As related to a friend, one hardly ever sees a perfect Shakespeare company, especially when celebrities are cast in hopes of attracting an audience. Closest to perfection was the Shakespeare Globe's gender-crossed 2003 "Twelfth Night," starring Mark Rylance as Olivia and seen at UCLA. Such repertory companies that consistently work together have the best shot at unity.

Meanwhile, let us hope that New Fortune finds the financial support to assure future productions. Meanwhile, they intend to produce a series of readings while in residence at ion, where "Henry V" plays through Nov. 9 only. Do not miss their inaugural effort.

— Charlene Baldrige has been writing about the arts since 1979. Her book "San Diego, Jewel of the California Coast" (Northland Publishing) is currently available in bookstores. She can be reached at charb81@gmail.com. ♦

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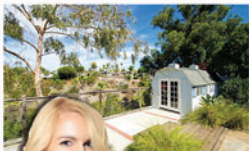
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Speaking of Spanish

The style we call ‘Spanish’ draws from a world of influences

House Calls
Michael Good

Mary was losing it. OK, past tense. She'd already lost it, in a fairly public way.

"I sent them all home!" she said of her contractors. "I told them, 'I'm trying to restore this house. Trying to bring it back. And every time I walk in here, you've destroyed something else!'"

I'd been trying to help Mary (not her real name) with some color choices — stain and paint — trying being the operative word. The next morning, Mary texted me. She had regained her wits and made some decisions. There had already been some realignment of priorities, some scaling back of ambitions. A week ago she had decided to go with a simple knock-down texture for the walls, rather than try to recreate the more dramatic, original texture we had found under some molding. Now she was opting for just white paint, rather than trying to do something like the original ochre. And she was skipping the stain on the floor. It would only delay things.

And so it goes, and has gone, for the last 90 or so years, as homeowners, investors, landlords, house flippers and even true believers try to do the right thing — or at least the expedient thing — with their Spanish-style home. Repeat this process some 3,000 times and you have San Diego's version of the Spanish Eclectic style, circa 2014: white painted walls, natural wood floors, semi-smooth knockdown plaster texture. Gone are the rich colors; vibrant textures; the art deco, Moorish, Spanish and Mexican bathroom and kitchen tile; the hammered hardware and iron lighting. Instead, safe, fallback measures have created a false impression of what Spanish-style houses originally looked like. We live in a multi-cultural, multi-colored society, but we've turned our classic Southern California houses into pale imitations of themselves. In our hands, Spanish style has become something it was never intended to be: boring.

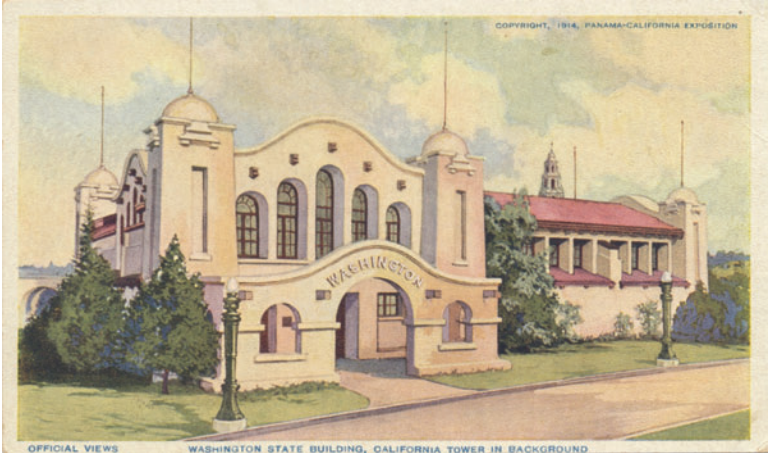
The Spanish style as it developed in the streetcar suburbs of San Diego in the mid-1920s was, unlike Craftsman or Prairie, not really a pure architectural style. It was a copy of a copy of a copy.

In Southern California, the first Spanish houses were places of worship: The Catholic Friars arrived here in 1769. These multi-talented men were military, civic and religious leaders, as well as architects and designers. The soldiers who accompanied them were also multi-talented. They were carpenters and plasterers and decorators, as well as swordsmen. Most were from Andalusia. So the first missions and outbuildings had characteristics of the traditional Andalusian farmhouse, circa 1700.

There wasn't a proscribed architectural style for the California missions (unlike in the Southwest), so the designers used their imagination — and design books that they brought with them from Spain. Without a lumber mill or modern carpentry tools, they used

paint to represent wainscoting, baseboards and decorative trim. The mission outbuildings were constructed in a similar style, with courtyards and surrounding walls. The missions needed frequent maintenance, and with each remodel and repair, they, too, lost a little something. In the early 20th century when historians began restoring the missions, they removed crumbling white plaster walls to find brightly painted decoration underneath. Even the missions had been remuddled.

The Spanish dons (many of them retired soldiers) built Andalusian-style haciendas for themselves, usually in an L- or U-shaped design. John D. Spreckles bought one (Casa de Estudillo in Old Town) in 1906 with the intention of turning it into a tourist trap. Irving Gill's protégé Hazel Waterman restored it in time for the 1915 Panama-California Exposition, and it became a tourist attraction called Ramona's Marriage Place. Ramona hadn't gotten married there — in the book, in real life or in the movies. But that didn't stop future homeowners and homebuilders from visiting the house and getting



The Mission-style Washington State Building (Courtesy Michael Good)

ideas about creating their own romantic little haciendas. In the early thirties, Cliff May, a descendent of the Estudillo family, began building his version of the Estudillo house, which was based as much on Hazel Waterman's version as the original.

Meanwhile, down Mexico way, a different sort of Spanish architecture was being constructed, based on Spain's gothic cathedrals. Some of these buildings, such as the Metropolitan Cathedral in Mexico City, took centuries to complete (from 1573 to 1813). Bertram Goodhue, who designed the signature buildings of the 1915 exposition in Balboa Park, borrowed heavily from Mexico's Cathedrals. The other expo architects largely ignored Goodhue's lead, however. They built in a variety of styles: Moorish, Italianate, Pueblo, Greek, Roman, Mission.

The Panama-California buildings continued to influence builders and buyers long after the fair closed. They were widely photographed. Soldiers were stationed there, movies were shot there and builders in the 1920s couldn't help but drive over the bridge and past the California Tower on their way to work in neighborhoods like Kensington, Mission Hills, North Park and Loma Portal.

In addition to being prolific plagiarists, early 20th century architects were well traveled. San

Diego's Frank Meade didn't just "take the tour" — he went native, exploring North Africa in an open wooden cart in 1903. Meade lived and dressed like the locals. When he returned to San Diego, he shared his newfound sensibilities with both Irving Gill and Richard Requa (he was partners, consecutively, with each). The influence of North Africa can be seen in the buildings Meade and Gill designed together, as well as in Richard Requa's designs for Kensington Heights (Requa himself went to Spain twice, photographing extensively).

Requa was scholarly and authoritative. He wrote a popular column for the San Diego Union on home design and interior decorating. Considering the eclecticism of the age, Requa came down squarely on the side of "less is more," criticizing in his column builders who failed to reign in their exuberance. In a column dated Oct. 4, 1925, he recommended, "avoiding shams in constructing homes." He ran photographs of what not to do, including one house that "has Moorish elements all over the front, and Spanish features too numerous to mention." He wasn't pleased, either, by the "window frames in olive and geegaws in tobacco brown."

But Requa was just tilting at windmills. Eclecticism was what architecture was all about in the 1920s, combining various influ-

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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.

©2009 CNS/websudoku.com

Answer key, page 18

Uptown Crossword

Wildean Credo

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1 Monk
4 Author of the quote
9 False god
13 Ali, once
14 Kitchen emanations
15 Butter alternate
16 With 35 and 55 Across, quote by 4 Across
19 Table scrap
20 Honest one
21 Understand
22 Diamond item
23 Violinist Isaac
25 Water
26 Had a little lamb
27 Jane of fiction
28 Actor James
30 Cupid
31 Reviewer Bliven
33 Paired
35 See 16 Across
37 Cave
39 Miser
40 "___ perfumed sea": Poe
41 Rumble
42 Aware
46 P.I. yam

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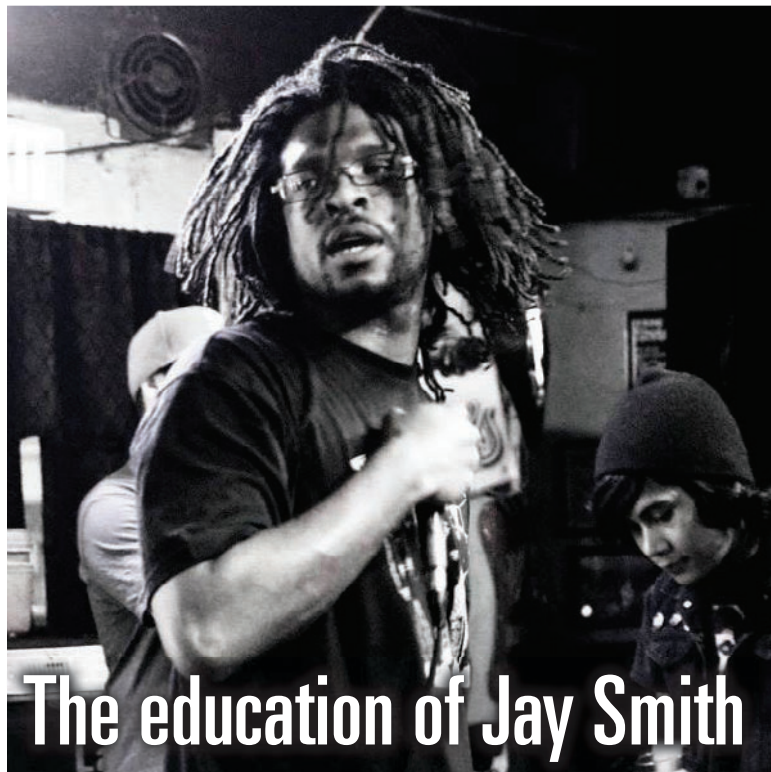
47 Hard fat
49 Where Greek met Greek
50 ___ *Miserables*
51 Harding or Sothern
52 TCU rival
54 Shooting match
55 See 16 Across
59 One's, in Le Havre
60 Like most TV shows
61 Shape
62 Queen of the gods
63 Marry in haste
64 Compass reading

17 Fleming
18 Nice season
24 Scotto or Tebaldi
25 Shave's partner
28 Perry of song
29 Latin I word
30 Parallel
32 Skill
33 Heat measures: abbr.
34 German pronoun
35 Spotted moth
36 Interrogative interjections
37 Hungarian dish
38 Dreaming
41 Kind of fatigue
43 Idea
44 Toy
45 Went boating
47 Waterston or Neill
48 Join
49 Strauss's ___ Italian
52 One or two follower
53 Persian
56 Ms. Balin
57 Mil. address
58 K-O connection

By Charles Preston

Wildean Credo

Answer key, page 18



The education of Jay Smith

Jay Smith, 10-19 The Numberman (Courtesy Smith)

Album Review Dustin Lothspeich



Jay Smith is a student of music. Not so much in the way of reading clefs on sheets of paper or delving into heady theory, but rather from

a purely appreciative perspective. As a man who has firmly established his reputation in the San Diego music scene as one of the premier rappers to ever hit our sandy shores, Smith has a breadth of musical knowledge that few can match.

Known by his professional moniker, 10-19 The Numberman,

Smith is one half of the San Diego Music Award-winning hip hop trio Parker & The Numberman. He's just as likely to wax poetic on Metallica's "Master of Puppets" album ("I used to think it was about the controlling hand of God. It's not — rather, the controlling hold of drugs and addiction") as he is Duke Ellington's "Money Jungle" ("When I came across this one, I was amazed at how modern it sounds.")

For some artists, separating their influences from their own work is nearly impossible. Thankfully, on Smith's new solo effort, "The Natalie Rose EP," he's channeled his all-encompassing love of everything musical into a surprisingly refreshing style, albeit one ultimately inspired and bookended by personal grief.

"Natalie Rose was my grandmother's maiden name," Smith said. "She passed away last year and I had a really hard time with it. Some of the songs on the EP are about loss. Her passing really personified that feeling for me — that sense of loss. So I named it after her."

The mournful atmosphere blankets the record's four tracks. The EP opens with "Popular Opposites," a slow, minor-key dirge centered on a winding bass line, heaving orchestral strings and guest vocalist Abby Dearden's mantra-like phrasing. That song

gives way to an acid-rap reimagination of the Parker & The Numberman track "Farmer's Heart," off their 2012 album, "SM57." In this version, a wild, stutter-step beat and distorted electric guitar noodling run amok under psychedelically echoed stream-of-consciousness verses — it's beat poetry under the stoned guise of jam-band trip hop.

The EP represents a slight stylistic departure for Smith — one that he welcomes. A team of impressive producers (Open Optics, Room E, Andy Matsunaga, Psycho Pop) replaced routine programmed beats with live drumming, organic instrumentation (courtesy of members of local experimental psych rock band A Scribe Amidst the Lions), deftly placed samples, fuzz-out bass lines and mind-bending vocals. "H.D." bounces along with an exotic, Middle Eastern feel (shades of Mos Def's "Auditorium"). Smith staggers through "Untitled," the tape's minimalist, smooth-burning closing track, with a guest verse from Rune Orfeus; its beat is seemingly on the verge of unraveling altogether, like a dangling thread caught in a washer machine.

"It's definitely different. But that's what I was going for," Smith

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"The Natalie Rose EP" by 10-19 The Numberman (Courtesy Jay Smith)

said. "I wanted to use this opportunity to stretch some, and work outside of my normal parameters: work with different people, play with different sounds, etc. I feel like I'm more personal on this project. I'm usually not like that at all."

For someone who counts The White Stripes' "White Blood Cells," DJ Shadow's "Entroducing..." and OutKast's "Aquemini" in his current top five favorite albums of all time, it's no surprise that "The Natalie Rose EP" plays like a musical trivia game. But for all the influences that could pepper Smith's diverse lyrical flow, perhaps his greatest talent is not saying anything at all. The temptation to cram anything and everything into any open spot available within a song has long been the downfall of countless musicians. A who's who of music's true legends are known for what they don't play rather than what they do, a fact that isn't lost on Smith.

"I like how guys like Miles Davis used space. My favorite skateboarders, basketball players and musicians all use it as a tool. I was definitely trying to emulate them and let shit breathe, you know."

Emulation achieved: Smith literally lets the music do the talking for him. A collaborative work of creative genius, it's almost a shame that the EP has seen only a limited, cassette-only release. In an age of market oversaturation where artists are desperately trying to get their music heard by any means possible, Smith had a grand design from the beginning.

"I've had people pass on it simply because they don't have a tape player," he said. "I didn't even consider that before the project came out. I just wanted it on cassette."

For those who prefer to feel the bass in their chest, rather than in their headphones, City Heights' Til-Two Club is the place to be on Nov. 14. 10-19 The Numberman will be performing a solo set comprising "The Natalie Rose EP" selections and other material, and you'll be able to purchase a copy from him in person.

Better dust off that cassette player.

—Contact Dustin Lothspeich at dustinlothspeich@gmail.com. ♦

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Ten steps to avoiding common running mistakes


Fitness
Blake Beckcom

What does it take to be a runner? Short shorts, bright socks, \$100 shoes, a GPS watch and personalized playlists? Maybe a dog, water bottles attached to your hips and joining a running gang that meets before sunrise to get mileage in? Well, in reality, being a runner only means putting one foot in front of the other, again and again, until the next thing you know you've put together enough continuous steps to run one mile, then two, three and four. It really is that simple.

If you are new to running and not sure where to start, follow these 10 simple steps to make running fun, enjoyable and part of your regular fitness routine.

One, two, lace up your shoes
One of the great things about running is the equipment you need: just a good pair of running shoes. While there are many different brightly colored pairs of shoes to pick from and running-shoe philosophies to adopt, it's important to not obsess over picking the best shoe. When you are just getting started, visit your local running store for a stride assessment. Your community's running shoe experts can be a great resource for helping get you into a good starter shoe. As you progress in your run lengths and mileage, you may choose to switch up your shoes or try a new style. The good news is that a pair of shoes only lasts a couple hundred miles anyway, giving you the opportunity to shop around until you find the perfect shoe for you.

Three, four, get yourself out the door
If you are feeling overwhelmed about incorporating running into your workout routine, the first step is to walk out the door and head down your street for a run around your neighborhood. It's important to remember that you don't have to run a marathon to be a runner. New runners make the mistake of heading out for a run that is too far, too intense and too much for their bodies. Warm up your body before heading out on a run and build up your mileage in gradual stages. Run your first mile; next time, maybe add one more, but don't add two or three miles all at once. Take your time building up and enjoy the journey of wherever your running route may take you.



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Don't try to just go out there and run, run, run. It's important to find a schedule where you start out at a comfortable level then slowly increase your mileage. If your muscles aren't used to the trauma of running, you risk injuring yourself by doing too much initially.

Five, six, pick a routine that sticks
Just because your co-worker or neighbor runs marathons and seems to be running every single day doesn't mean it's a good idea for you to hit the pavement every day, too. In fact, solely focusing on running and not including cross training into your workout routine may end up causing more harm than good.

Follow a routine that alternates a consistent running schedule with resistance training exercises to not only help you run stronger but also to minimize pains, strains and injuries. Any type of strength building exercises such as squat or lunge movements can help runners get better control of their legs and build a stronger base; however, you might consider staying away from any type of jumping due to the movement's increased stress on the knees.

If you supplement running with resistance training, you will build muscle and strength that can help improve your running results. With simple exercises like resistance band abduction and adduction, wall sits and body weight squats, strengthening of the knees can be accomplished, which substantially reduces the risk of injury. The runners you see who have the best results are those who cross train.

Seven, eight, stretch your muscles straight
Long, lean muscles are a runner's best friend. When you get caught up with squeezing in extra mileage and cross training exercises into your workout routine, though, maintaining your muscles' length, flexibility and longevity can quickly fall to the wayside.

Prior to a run, you can warm up

your muscles with dynamic moving stretches such as walking quad stretches, leg cradles and straight-leg toe touch marches. After a run, static stretches such as runner's lunge, bird dog and stationary calf stretches are good for cooling down your body and preparing your muscles for the next run.

To help reduce the risk of some of the most common running injuries — plantar fasciitis and Achilles tendon strains — focus on stretching all of your leg muscles to not only increase flexibility, but also to reduce joint pressure. By setting aside a few minutes out of your day to stretch your legs' main muscle groups — glutes, hamstrings, quadriceps and calf muscles — you will set yourself up for being a consistent runner for a longer period of time.

Nine, ten, grab your friends and do it again
After you have been running for a while, the monotony of clicking off mile after mile can quickly lead to a plateau both mentally and physically. To keep running interesting and fun, mix up your routine by adding a little variety into your routes. Trail running can take you to new, undiscovered territory, a beach run on sand or hilly terrain in the mountains can offer new challenges both mentally and physically, and grabbing a buddy to chat the miles away can be a welcome change to running solo. Pick whatever works for you to keep running enjoyable and rewarding.

If you are getting into fitness for the first time, focus on getting into a routine of doing something you enjoy. Getting yourself in to a habit first is the most important thing to establishing a healthy lifestyle. If you don't enjoy it, you won't keep doing it. The key is one workout, one meal at a time. It is a marathon, not a sprint.

—Blake Beckcom runs *Fitness Together Mission Hills* with his wife Gwen. Contact them at fitness.together.com/missionhills.



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Puzzle from page 15

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

Wildean Credo
Crossword from page 15

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

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Horse carriages are a fun way to see the sights in Dublin. (Photo by Ron Stern)

Dublin, Ireland adventure

By Ron Stern | Global Gumshoe

If you've never been to Ireland, now is the perfect time for a visit. With a new daily route from San Francisco on Aer Lingus, you can conveniently pop over for a visit to Dublin and get a slice of the Irish life in under a week.

Here are some of the best things to see and do:

There are several ways of transferring to Dublin's City Centre, normally a 25-minute drive. A round-trip bus ticket costs around €10 (\$13) while a taxi costs approximately €30 (\$38).

Start at Saint Stephen's Green and stroll around its lovely manicured grounds and fountains. You'll find that the Irish are friendly and engaging, and don't be surprised if you hear the common phrase, "céad míle fáilte" (a hundred thousand welcomes).

From the green, follow a circular route around Kildare Street to Trinity College. Here, you will want to take a quick tour of the campus and its most valuable asset, the ninth century Book of Kells, located in the Old Library. The vellum manuscript, one of the oldest surviving books in the world, contains the lavishly illustrated gospels in Latin, with vibrant colors derived from plants and stones like yellow from the arsenic plant and blue pigment from lapis lazuli. Plan for about an hour for your visit.

Next, walk along Dame and Lord Edward streets until you hit Christchurch Place; you will see the Christchurch Cathedral on your right. If you continue to

head counterclockwise on Nicholas and Patrick streets, you will come to St. Patrick's Cathedral.

This parish church of St. Patrick, the Anglican Church for all of Ireland, was founded in 1191 and restored by the Guinness family in the 1850s. There is an

impressive exhibition of stone memorials, busts and crosses dating from the 10th century as well as important figures of those who contributed to Ireland's history.

Grafton Street is a beehive of

see Dublin, page 21



The ancient monastery of Clonmacnoise, a day trip from the city (Photo by Ron Stern)



A street performer in Galway, a pleasant two-hour drive from Dublin (Photo by Ron Stern)



FROM PAGE 20

DUBLIN

activity with street musicians — some of whom are quite good — entertaining passersby, along with loads of retail shops, pubs and restaurants. One of the notable landmarks is a life-sized bronze statue of Molly Malone, reputed to be a fishmonger by day and lady of the night in the evening, pulling her cart along the Dublin streets.

The Temple Bar is famous for its bright red façade and cool pints of Guinness. It was originally owned by Lord Temple and was where merchants offloaded their ships by the River Liffey.

While lesser known, the one-off boutiques, sidewalk cafes, pubs and alfresco dining on

William, Drury, Fade and Georgia streets provide visitors with a new, hip and trendy vibe.

The Guinness Storehouse is one of the most popular sites in Dublin. With seven stories of history, the storehouse is a must-see. The Gravity Bar on the top floor, with spectacular views of Dublin, is the perfect spot to enjoy a pint of what is arguably one of the most famous brews in the world.

As the sun sets and you head back to your hotel, you will no doubt feel that your short visit is but a prelude to another venture exploring the country's rich heritage. Until then, Ireland bids you "slán abhaile" for a safe journey back home. ♦



16th Century grave markers in Clonmacnoise (Photo by Ron Stern)



Trinity College, home to the famous Book of Kells (Photo by Ron Stern)

Resources

- Currency:** The euro is used in Ireland.
- Voltage:** You will need to bring appropriate converters with you. Here is a website that may help: dochara.com/info/electricity/electricity-in-ireland
- Rental Car:** Check with your insurance company before you leave about renting a car in Ireland. Make sure you know what is and isn't covered. Check out autoeurope.com for pricing and location information.
- Other:** Ireland Tourism ireland.com
- Where to Stay:**
The Shelbourne Hotel theshelbourne.ie
The largest 5-star hotel in Dublin, The Shelbourne is celebrating 190 years of distinguished service. From the drafting of the Irish Constitution in one of its rooms to playing host to celebrities such as John Wayne and Grace Kelly, this hotel is the perfect way to begin your whirlwind tour of Ireland.
- The Fitzwilliam Hotel** fitzwilliamhotel.com
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MID-COAST TROLLEY FINAL ENVIRONMENTAL DOCUMENT AVAILABLE

The Mid-Coast Corridor Transit Project will extend Trolley service (light rail) from the Santa Fe Depot in Downtown San Diego north to the University City community, serving major activity centers such as Old Town, UC San Diego, and Westfield UTC.

The San Diego Association of Governments (SANDAG) and the Federal Transit Administration (FTA) have released the final environmental document analyzing potential impacts of the project. Called the *Mid-Coast Corridor Transit Project Final Supplemental Environmental Impact Statement/Subsequent Environmental Impact Report (SEIS/SEIR)*, this document contains all comment letters and responses to comments received on the Draft SEIS/SEIR (dated April 2013) and the SEIS/Supplement to the SEIR (dated July 2014).

Please visit sandag.org/midcoast to view the Final SEIS/SEIR and see a list of locations where printed copies are available. The document also is available free of charge on compact disc, upon request.

The FTA issued a Record of Decision for the Mid-Coast Corridor Transit Project on October 15, 2014, and the SANDAG Board of Directors is scheduled to take action on the project at its regularly scheduled meeting on November 21, 2014.

For more information, please visit sandag.org/midcoast, email midcoast@sandag.org, or call (619) 595-5620.

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Come enjoy lunch or dinner at one of San Diego's best pizza places. Sicilian Thing Pizza is located in North Park. 20% of all food purchases goes to the Music Program. Dine in, take-out and deliveries included! To make a donation for instrument repair and other music related expenses, please email Jose Diaz at: jdiaz2@sandi.net

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Calendar of Events

FEATURED EVENTS

Saturday and Sunday, Nov. 8 and 9

University Christian Church's holiday bazaar

This event will include a wide range of goods for sale, including jewelry, handcrafted items, home-made jams and jellies and more. A bake sale sponsored by the Disciples Women church group will also take place. Proceeds from the event will support the local Salvation Army and The San Diego Rescue Mission. The bazaar will be open from 9 a.m. – 4 p.m. each day at the church's Friendship Hall (3900 Cleveland Ave., Hillcrest). For more information, email Janet Fox at janetcf0602@gmail.com or call 619-295-4146.

Sunday, Nov. 9

Taste of University Heights

University Heights Community Development Corporation (UHCDC) presents this annual event with over 15 restaurants participating this year. Each will offer small tastings of their cuisine to ticket holders from noon – 3 p.m. Tickets are \$20 in advance, available online at uhcdc.org or at the UHCDC offices (4452 Park Blvd. Suite 104) or \$25 the day of the event, available at the information booth at DeMi Café Café (1735 Adams Ave.). A raffle will be held at 3:30 p.m. at the information booth with prizes from local businesses up for grabs. Each ticket includes one raffle entry, with additional raffle tickets available for \$1 each. A free shuttle will ferry tasters between locations. Participants include Plumeria Vegetarian Restaurant, Flavors of East Africa, Circa, Pizzeria Luigi and more. For the full list of restaurants, tickets and more visit uhcdc.org.

Sunday, Nov. 9

University Heights Arts Open

In conjunction with the Taste of University Heights, the UHCDC and the University Heights Arts Association will join several other community groups and sponsors to present the ninth annual UH Arts Open. The event will be held from 11 a.m. – 4 p.m. and is free of charge to art-lovers of all ages. The information booth at DeMi Café Café (1735 Adams Ave.) will have maps to the open art studios and artist venues for a self-guided tour. Attendees will also have access to a free shuttle between stops and are welcome at the Taste of University Heights raffle at the info booth at 3:30 p.m. Participating Arts Open locations will have various exhibitions, live art demonstrations and more. For more information visit uharts.org.

Thursday, Nov. 13

Fall Harvest Dinner

Farm Fresh to You, an organic produce delivery service, and local restaurant Fish Public (4055 Adams Ave., Kensington) will host a farm-to-fork, three-course fundraising dinner at the latter's location. The dinner, with farmer Thaddeus Barsotti and chefs Joe Magnanelli and Mark Schmitt, will take place from 6:30 – 9 p.m. Tickets are \$125 per person (including tax and gratuity) and include appetizers followed by dinner, complete with wine pairings. The menu features seasonal dishes made with organic ingredients. Barsotti,

Magnanelli and Schmitt will be on hand throughout the evening to share more information on the meal and farm-fresh ingredients. Proceeds from the event will go to the San Diego Food Bank. For more information or to reserve a spot visit fishpublic.com.

Saturday, Nov. 15

North Park: Then and Now Tour

This guided tour kicks off at the historic North Park Theatre (2891 University Ave., North Park) and explores one of San Diego's oldest neighborhoods. North Park Main Street and the North Park Historical Society will co-host the tour, informing participants about notable area homes and commercial buildings dating back to 1912. The tour will also visit several businesses including Waypoint Public, Pigment, City Tacos and Mike Hess Brewing. The tour is from 11 a.m. – 1 p.m. Tickets are \$10 and available online only at brownpapertickets.com/event/902619.

Wednesday, Nov. 19

Five-course cider pairing dinner

Sonoma's ACE California Cider Company will hold a special pairing dinner at Circa (2121 Adams Ave., University Heights.). Each of the five courses will be paired with one of ACE's hard ciders, including a pumpkin cider with apple pumpkin pie for dessert. Dinner will be served at 7 p.m. and tickets are \$40 (plus tax and gratuity). For reservations call 619-269-9152 or visit circasd.com.

RECURRING EVENTS

Mondays:

Singing Storytime: 1:30 p.m., learn what's going on inside your baby's mind, strengthen your bond and sing songs together at Mission Hills Library, 925 Washington St., Mission Hills, free. Library92103.org.

Open Mic Night: 7:30 p.m., the mic is open to you at Lestat's Coffee House, 3343 Adams Ave., Normal Heights, free. Lestats.com.

Tuesdays:

Curbside Bites: 5 – 8:30 p.m., gathering of gourmet food trucks at 3030 Grape St., South Park. Curbsidebites.com.

"Grab a Mic": 6 p.m., an open mic night hosted by singer/actor Sasha Weiss. Sign ups at 6 p.m., show at 7 p.m., Martinis Above Fourth, 3940 Fourth Ave., Hillcrest. Martinisabovefourth.com.

Tasty Truck Tuesdays: 6 – 9 p.m., Smitty's Service Station hosts several food trucks under their well-lit shade structure, 3442 Adams Ave., Normal Heights. Sdfoodtrucks.com.

Open Mic Charlie's: 7 – 10 p.m. (except the third Tuesday), open mic night at Rebecca's Coffee House, 3015 Juniper St., South Park, free. Rebeccascoffeehouse.com.

Wednesdays:

Trivia: 7 p.m., free trivia competition for prizes, tournament for \$1,000. Drink specials during trivia range \$3 – \$6. Wang's North Park, 3029 University Ave., North Park. Wangsnorthpark.com.

Wednesday Night Experience: 7 – 8 p.m., uplifting and spiritually inspiring experiences for all, weekly at Universal Spirit Center, 3858 Front St., Hillcrest, love offering requested. Univer-

salspiritcenter.org.

Young Lions Music Series: 7 p.m., each week features a new "young rising star" chosen by Gilbert Castellanos. Castellanos will also join in during the first set, the Expatriate Room, Croce's Park West, 2760 Fifth Ave., Bankers Hill, \$5 cover. Crocesparkwest.com.

Wednesday Jazz Jam Session:

7:30 p.m., Gilbert Castellanos hosts the Jazz Jam Session with special guest musicians at Seven Grand, 3054 University Ave., North Park, free. Sevengrandbars.com.

Thursdays:

Gentle Yoga for seniors: 2:45 – 3:45 p.m., presented by The Center and Silver Age Yoga Community Outreach (SAYCO) at The San Diego LGBT Center, 3909 Centre St., Hillcrest, free. Thecentersd.org.

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

Kornflower's Open

Mic: Signups at 6:30 p.m., open mic (no poetry or comedy) 7 – 10 p.m. Family friendly event at Rebecca's Coffee House, 3015 Juniper St., South Park, free. Rebeccascoffeehouse.com.

Kirtan Musical Meditation: 8:15 p.m., chant and sing contemporary mantras celebrating love and life at Pilgrimage of the Heart Yoga, 3287 Adams Ave., Normal Heights, donation requested. Pilgrimageyoga.com.

Fridays:

Preschool Storytime: 10:30 a.m., at Mission Hills Library, 925 Washington St., Mission Hills, free. Library92103.org.

Fridays on Fifth: 4 – 9 p.m., various restaurants and bars offer discounts and specials for a social hour on Fifth Avenue between Washington Street and Pennsylvania Avenue, Hillcrest. Fridaysonfifth.com.

Cinema Under the Stars: 8:30 p.m., Classic movie screenings at 4040 Goldfinch St., Mission Hills. Tickets start at \$15. Topsresents.com.

Saturdays:

Old Town Saturday Market: 9 a.m. – 4 p.m., on Harney Street and San Diego Avenue, Old Town, free. Oldtownsaturdaymarket.com.

Golden Hill Farmers Market: 9:30 a.m. – 1:30 p.m., on B Street between 27th and 28th streets, Golden Hill, free. Sdmarketmanager.com.

Children's Craft

Time: 10:30 a.m., at Mission Hills Library, 925 Washington St., Mission Hills, free. Library92103.org.

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

Comedy Heights: 8 – 10 p.m., local comedians take the stage next to Twiggs Coffeehouse at 4590 Park Blvd., University Heights, free. Comedyheights.com.

Sundays

Hillcrest Farmers Market: 9 a.m. – 2 p.m., under the Hillcrest Pride Flag, Harvey Milk and Normal streets, free. Hillcrestfarmersmarket.com.

—Email calendar items to hut-ton@sdcnn.com. ♦

Community organization meetings

Uptown Community Parking District
5 – 6:30 p.m. on second Monday
Joyce Beers Community Center,
3900 Vermont St.

North Park Maintenance Assessment District
6 p.m. on the second Monday
North Park Adult Activity Center,
2719 Howard Ave.

Normal Heights Community Association
6:30 p.m. on the second Tuesday
Normal Heights Community Center,
4649 Hawley Blvd.

Hillcrest Business Association Board of Directors
5 p.m. on the second Tuesday
Joyce Beers Community Center,
3900 Vermont St.

Hillcrest Town Council
6:30 p.m. on the second Tuesday
Joyce Beers Community Center,
3900 Vermont St.

Old Town Community Planning Group
3:30 p.m. on the second Wednesday
The Whaley House, 2476 San Diego Ave.

Ken-Tal Community Planning Group
6:30 p.m. on the second Wednesday
Franklin Elementary auditorium,
4481 Copeland Ave.

Greater Golden Hill Community Planning Group
6:30 p.m. on the second Wednesday
Balboa Golf Course Clubhouse in
Balboa Park

Burlingame Neighborhood Association
7 p.m. on the second Wednesday
Mazara Pizza and Italian Deli, 2302
30th St.

Mission Hills Town Council

Trustees Meeting
6 p.m. on the second Thursday
Francis Parker Lower School, 4201
Randolph St.

Bankers Hill Residents
6 p.m. on the third Monday
San Diego Indoor Sports Club, 3030
Front St.

Normal Heights Community Planning Group, Ad Hoc Bylaws Subcommittee
6:30 p.m. on the third Monday
Adams Recreation Center, 3491
Adams Ave.

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

Talmadge Community Council
6:30 p.m. on third Tuesday of odd
numbered months
4760 Miracle Dr. (residential address)

El Cajon Boulevard Business Improvement Association
9 – 10:30 a.m. on the third Thursday
Blvd Office, 3727 El Cajon Blvd.

North Park Historical Society
6:30 p.m. on third Thursday
Grace Lutheran Church, 3967 Park
Blvd.

Greater Golden Hill Community Development Corporation
6:30 – 8 p.m. on the third Thursday
Golden Hill Recreation Center, 2600
Golf Course Dr.

Talmadge Maintenance Assessment District
6:30 p.m. on the fourth Tuesday
Franklin Elementary Room #2, 4481
Copeland Ave.

—Email hutton@sd cnn.com for inclusion of your organization or committee meeting. ♦

FROM PAGE 9
BRIEFS

Midterm election results bring changes to San Diego

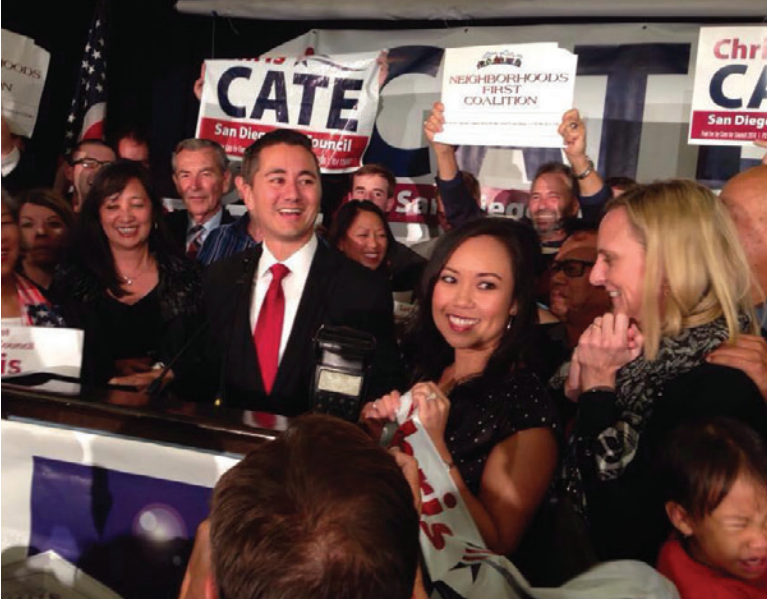
By SDCNN Staff

On Tuesday, Nov. 4, San Diego voters — or at least some of them — headed to the polls to decide state, local and national races, as well as several propositions, during the final midterm election of Barack Obama’s presidency. Only one-third of San Diego County’s registered voters submitted a ballot, and the state’s voter turnout was the lowest in decades.

San Diego’s lone City Council race went to Republican newcomer Chris Cate, who bested Democratic opponent Carol Kim by a margin of nearly 10 points. Council Democrats will now hold a 5-4 majority on the Council, a downgrade from the veto-proof 6-3 supermajority held for a brief period following Mayor Kevin Faulconer’s inauguration this spring.

Rep. Susan Davis (D-53), who represents the coverage area of Uptown News, easily defeated Republican challenger and retired Navy SEAL Command Master Chief Larry Wilske by more than a 10-point margin. Davis was first elected to represent the district in 2000.

The state-backed Proposition 1, which will authorize a \$7.5 billion bond for various water infrastructure projects, passed by an overwhelming margin. San Diego County Water Authority



Chris Cate will represent District 6 on the City Council (Courtesy “Chris Cate for City Council” Facebook page)

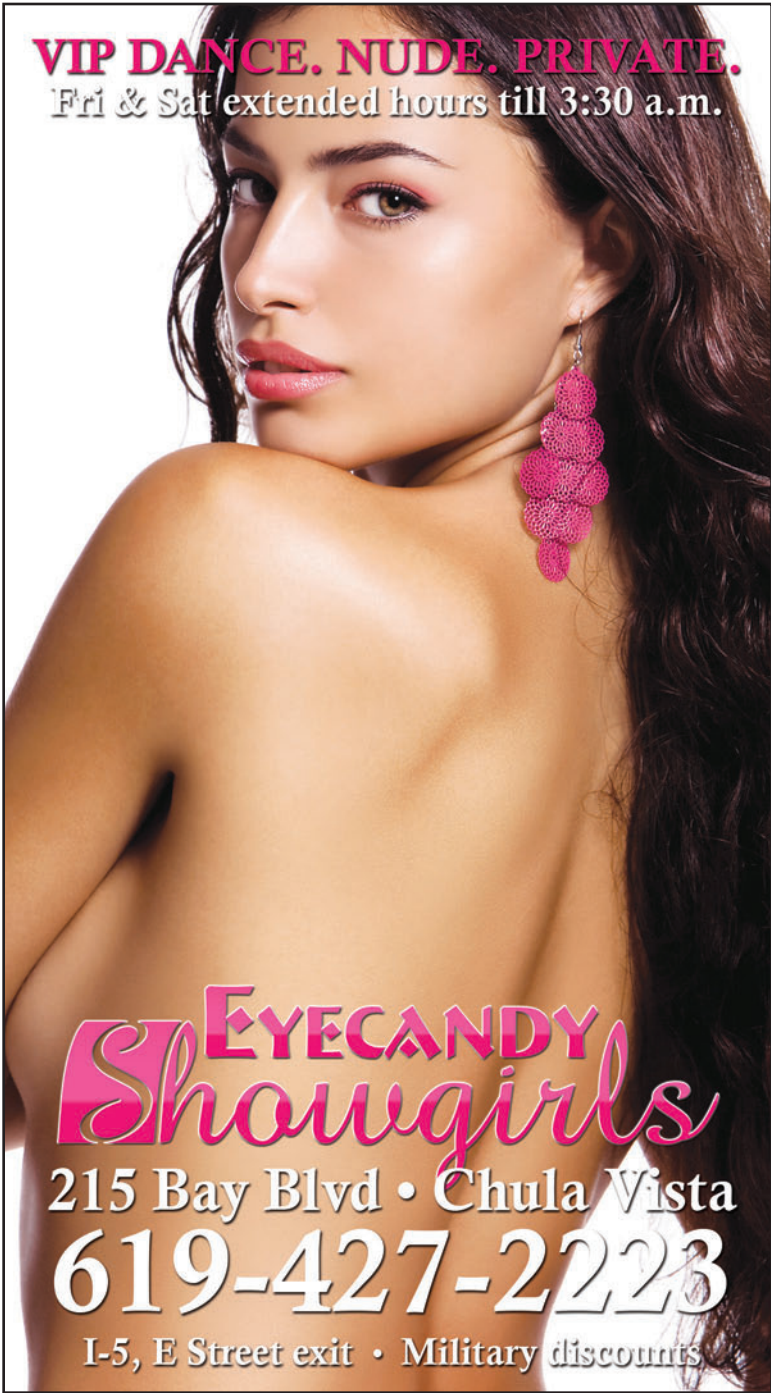
chair Mark Weston told KPBS that the bond contains \$70 million directly available to San Diego, with another \$3 billion that San Diego County plans to compete for.

California voters also approved Proposition 47, which will soften penalties for lower-level drug and property crimes, among other violations. Authored by former Police Chief Bill Lansdowne but opposed by other local law officials, including Lansdowne’s successor, Shelley Zimmerman, the nonpartisan

Legislative Analyst’s Office said the measure will save state and local criminal justice systems hundreds of millions annually. The Los Angeles Times reported that the measure will cut penalties for one in five of the state’s criminals.

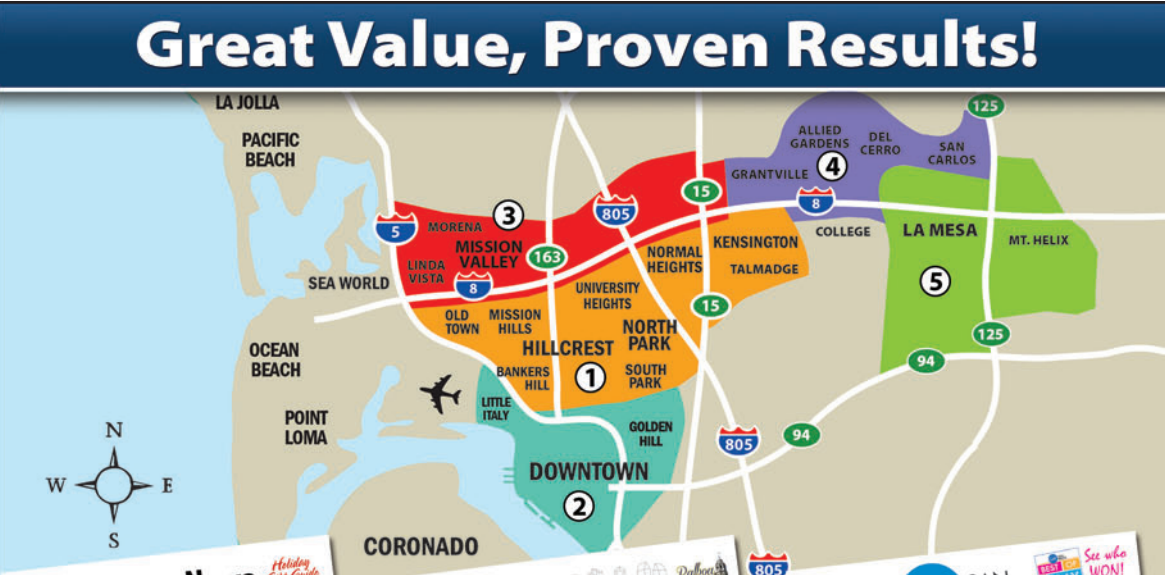
Nationally, Republicans won the necessary number of seats to gain a majority in the U.S. Senate and increased their majority in the House of Representatives. Conservatives now hold a majority in two out of the three federal branches of government. ♦

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Frank Lechner joins SDCNN

By SDCNN Staff

Frank Lechner has joined the advertising sales staff of San Diego Community News Network, where he will consult with advertisers on two SDCNN publications — San Diego Uptown News and Gay San Diego.

Lechner has a lifetime of experience in sales. For five years he worked in advertising sales at the San Diego Gay and Lesbian Times. After that paper folded, he helped launch LGBT Weekly, where he worked for two years before leaving to start Harvey Milk's American Diner.

"I love working with people," he said.

Lechner, who has lived in San Diego since 1972, also has a long history of community service. He served on the boards of The San Diego LGBT Community Center, the Greater San Diego Business Association (GSDBA) and the Live and Let Live Alano Club of San Diego. He currently serves on the board of Film-Out San Diego and San Diego County's Alcohol and Drug Advisory Board.

"We are thrilled to have Frank join our staff," said SDCNN Publisher David Mannis. "We value the depth of his experience with the local community, and we look forward to working with him to help our neighborhood businesses reach our readers."

Uptown News has a circulation of 23,000. Gay San Diego has a circulation of 15,000.

SDCNN's newspapers are a valuable niche for small businesses, Lechner said, because they are more in touch with neighborhood communities than bigger outlets such as U-T San Diego.

"Small businesses need that edge," he said.

Contact Frank Lechner at frank@sdenn.com or 619-961-1971. ♦

Michael Kimmel Psychotherapist



Author of
"Life Beyond Therapy"
in **Gay San Diego**

5100 Marlborough Drive
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619-955-3311

www.lifebeyondtherapy.com