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# San Diego Uptown News



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(above) Underbelly II in North Park; (right) Designer Paul Basile has left his mark on dozens of commercial properties throughout San Diego. (Courtesy of H2 Public Relations)

## A bouquet of orchids for designer Paul Basile

By Frank Sabatini Jr.

Veiled behind the whiz-bang chefs who often steal the show in some of San Diego's latest and greatest restaurants is the inconspicuous signature of Paul Basile, whose ego should be larger than the massive, swiveling entranceway he designed for the Big Front Door gourmet deli on Park Boulevard.

Remarkably, it isn't.  
Unpretentious and fiercely artis-

tic, Basile possesses a hefty portfolio of clients who have commissioned him to transform the plainest of spaces into one-of-a-kind motifs that serve as the stunning faces to other Uptown hotspots such as Bankers Hill Bar + Restaurant, Ironside Fish & Oyster, Polite Provisions, Soda & Swine, Underbelly, and most recently, Underbelly II in North Park.

Through it all, he's garnered five Orchid Awards and a Grand Orchid from the San Diego Architectural



Foundation. The latter was received for his plush den-like design of Craft & Commerce.

Basile, a Detroit transplant and former construction worker, began his career making furniture and selling it from a gallery in the Gaslamp District. His workplace, Basile Studio, is located in the East Village

see Underbelly, page 15

## 'Grandiose' new YMCA facility nears completion in City Heights

Hutton Marshall | Editor

Early next year, San Diego County's largest YMCA facility will open in one of the region's most underserved neighborhoods.

For the last 56 years, the Copley Family YMCA operated near the intersection of Landis and 40th streets. In late January, thanks to a massive, 3.7-acre land donation by Price Charities, a considerably more expansive facility will replace it a short distance away at the intersection of Fairmount Drive and El Cajon Boulevard. The Copley-Price Family YMCA clocks in at 53,000 square feet, nearly double the size of the Copley Family YMCA.

While Copley-Price's recreational facilities will be a big step up from the previous City Heights location, Y staff and community members are excited by something more significant than the opportunity to get a better workout. Several close to the project speak to the facility's potential to transform the community, offering services crucial to City Heights families.

Courtney Harness, who will oversee Copley-Price's programming and day-to-day operations

see YMCA, page 8

## Parking boom in North Park

2014 to mark first year in the black for parking garage

Jeremy Ogul | Contributing editor

North Park's parking garage is finally paying for itself.

Since it opened in late 2005, the frequently empty garage on North Park Way and 29th Street has struggled to sell enough parking each year to cover its expenses, requiring taxpayer subsidies to make up the difference.

Now, however, city number crunchers expect the structure to end the 2014 calendar year with a \$34,747 surplus instead of an initially anticipated \$18,049 deficit. In 2015, the garage is expected to generate a \$43,527 surplus beyond its \$272,066 in expenses.

"This is the first year we really are proposing positive cash flow," said Stephanie Shook, financial analyst for Civic San Diego, the

city-owned nonprofit organization that manages the garage.

This year's unexpected revenue upswing of more than \$50,000 is probably due to a surge in events at the North Park Theatre just across 29th Street, Shook said.

Local restaurateurs David Cohen, Bobby Jones and the Verant Group purchased the theater in 2013 and joined forces with Casbah owner Tim Mays to begin hosting live music there in June.

The calendar since then has featured major national and international touring artists, including Rodriguez, Lykke Li, John Waters, Lauryn Hill, Ziggy Marley, The Naked and Famous, Flying Lotus, Washed Out and The New Pornographers. Many of those shows sold out, meeting



Signage outside the North Park parking structure (Photo by Jeremy Ogul)

the theater's standing-room-only capacity of 1,100.

The theater's calendar for

see Parking, page 10

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\$349,000/\$895,000

3668 Alexia Pl



SOLD

2BR 1BA • 903 sq ft

\$555,000

3432 Grim Av



SOLD

3BR 2BA • 1604 sq ft

\$700,000

3236 Juniper St



SOLD

3BR 2BA • 1579 sq ft

\$795,000

3446 Arizona St



SOLD

3BR 2BA + Den • 1830 sq ft

\$798,800

2405 Bancroft St



SOLD

3BR 1BA • 1188 sq ft

\$605,000

3534 Felton St



SOLD

2BR 1BA • 878 sq ft

\$427,500

3126 Boundary St



SOLD

Multi-Unit Property • 1900 sq ft

\$570,000

3260 Monroe Av



SOLD

2BR 1BA • 800 sq ft

\$601,700

3568 Villa Terrace



SOLD

MIRA MESA

4BR 2BA • 1636 sq ft

\$507,000

11150 Tyrolean Wy



SOLD

3BR 2BA • 1393 sq ft

\$480,000

4432 38th St



SOLD

4BR 2BA • 1712 sq ft

\$560,000

3407 Vancouver Av



SOLD

Multi-Unit Property • 1692 sq ft

\$700,000

3322-24 Upas St



SOLD

3 Units on 1 Lot • 2020 sq ft

\$875,000

1835-37 Puterbaugh St



SOLD

Multi-Unit Property • 1763 sq ft

\$750,000

3573-3575 31st St



SOLD

FIXER UPPER

4BR 1.5BA • 1887 sq ft

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1411 Dale St



SOLD

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3689 32nd St



SOLD

3BR 2BA • 1075 sq ft

\$550,000

920 Glendale Av



SOLD

2 Units on 1 Lot • 1744 sq ft

\$610,000

1929 33rd St



SOLD

4BR 2.5BA • 2568 sq ft

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\$555,000

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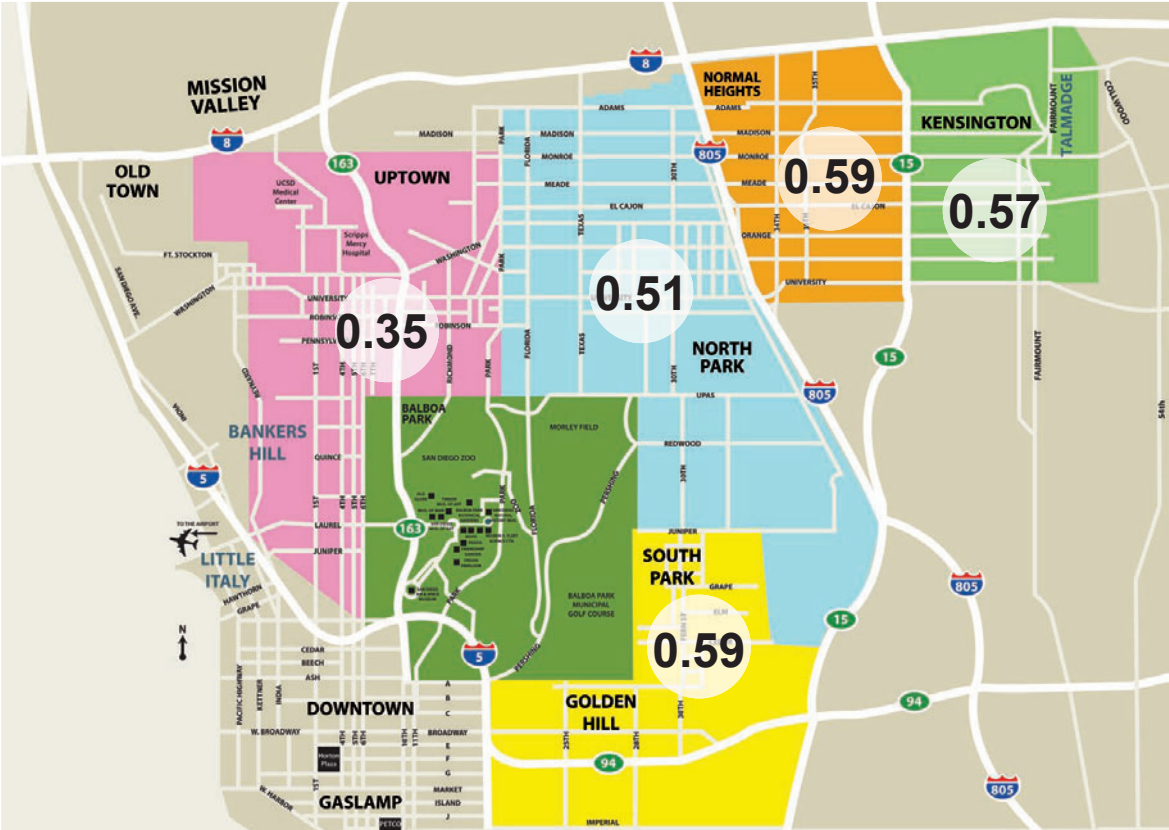
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# By the numbers: How diverse is your neighborhood?



The diversity index of local communities. Normal Heights and Greater Golden Hill have the highest ethnic diversity

Leonardo Castaneda  
inewssource

When Tau Baraka was growing up, southeastern San Diego was already a pretty diverse community. Baraka, now 47 and the owner of Imperial Barbershop in Encanto, said that back then the area was primarily white, African-American and Hispanic.

“But as the years start progressing, you start seeing a big change in that, especially with the Filipino population here,” Baraka said.

Now, neighborhoods in southeastern San Diego, including Encanto, Paradise Hills and Skyline, are home to sizable Filipino, Samoan, and West and East African populations. An inewssource analysis of 2010 census data found that Encanto is the most diverse community in San Diego.

Further north, communities such as Kensington and Normal Heights are more diverse than average. They rank, respectively, as the 17th and 14th most diverse neighborhoods in San Diego. That diversity starts to drop off in the more western neighborhoods in the city such as North Park and Uptown.

When many people hear the word diversity, they tend to think “minorities.” But the diversity index used here gives the term new perspective.

Think about it like this: What are the chances you’ll walk out of your house and run into someone of a different race and ethnicity? If the chances are high, your neighborhood is diverse.

For example, Normal Heights has a diversity index of 0.59. That means there’s a 59 percent chance that you’ll randomly run into someone of a different race and ethnicity.

A low score on the diversity index doesn’t necessarily mean a community is mostly white. San Ysidro has a diversity index of 0.30. It’s an overwhelmingly minority neighborhood with a 93 percent Hispanic population.

The increasing diversity in neighborhoods in east and south-

eastern San Diego doesn’t surprise John Weeks, director of the International Population Center at San Diego State. Historically, areas east of Downtown have had a mix of low rents and close proximity to jobs in the city’s center, Weeks said.

That combination of low rent and location made those neighborhoods attractive to new immigrants. Greater Golden Hill, for example, is still a relatively diverse community with an index of 0.54.

What follows, Weeks said, is what is known as the pioneer effect. That’s when a small group of immigrants moves into a city or neighborhood where no one of their race lives. These “pioneers” open shops and restaurants, selling goods and food from back home. That attracts more people from their home country to that same neighborhood.

“When you have an unusual concentration, then that provides the likely spot where people will live because the pioneer migrants are already there,” Weeks said. “It’s a little bit easier to get adjusted to life in the United States in an area where you know the people who are like you are already living.”

**The diversity index**

For this analysis, we looked at diversity as a balance of racial and ethnic groups, not just the presence of specific minorities. To achieve that, we used a diversity index developed by journalists at USA Today. The index provides a number between 0 and 1, with the higher numbers indicating greater diversity.

The index allows for more accurate comparisons of diversity across neighborhoods. However, the census data can sometimes underestimate the diversity in a neighborhood, SDSU’s Weeks said.

Take, for example, Iraqi immigrants in San Diego. Weeks said that although they represent a

see Diversity, page 18

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# North Park's Finest City Improv celebrates first birthday

By Dave Schwab

Everyone should take an improv class before they die.

Andrea Rodi of North Park and Jon Anthony both did, receiving instruction from Finest City Improv. The two claim their experience with the mid-city comic troupe has been life changing.

"It blew me away," Anthony said. "It was funny, alive. It took creativity and energy that I identified with."

"It really feels like home, going through all the levels to become an ensemble player," Rodi said. "It's a release, a way to deal with my life in an artistic fashion. This is who I am, today, on stage."

Both aspiring comedians came to the right place to learn.

Finest City Improv, San Diego's "headquarters" for improvisation, just marked its one-year anniversary at its



Members of North Park's Finest City Improv at a performance in early 2014 (Courtesy Finest City Improv)

theater attached to the historic Lafayette Hotel at 4250 Louisiana St.

The theater supports 80 improv teams, including seven teams comprised of Finest City Improv Ensemble members,

as well as hundreds of improv students from all over.

Improvisation, a form of comedy popularized in cities like Chicago, New York and Los Angeles, is gradually taking hold in San Diego, offering locals an unparalleled opportunity to laugh, learn and perform.

Improvisation differs from stand-up comedy in several significant respects. There are no prepared scripts or jokes. It's not an individual endeavor, but done in skits with pairs or groups. Improvisation is all about what its name suggests: ad libbing.

And thanks to Amy Lisewski, Finest City's founder and



artistic director, improv is alive and well in America's finest city. Not long ago, Lisewski was torn between remaining in San Diego, where there was little or no improvisation, or moving to Los Angeles, where there are several thriving venues like Second City.

"I was traveling back and forth to study and perform," she said. "I could move, or build it myself. So I went the crazy route and built it myself."

The comedienne spent eight months with a realtor searching spaces all around North Park. She finally settled on the Lafayette, after the longstanding hotel contacted her.

"They wanted to bring the hotel back to its glory days in the '40s and '50s when [the hotel] was a destination for all kinds of entertainment activi-

ties. So it was really a perfect fit for us," Lisewski said.

Lisewski spent about eight months overseeing gutting of offices and converting them into theater space. Now, Finest City is not only a performing venue, but an academy for improvisational training and instruction.

That's where Kat Brown comes in. She oversees the improve training of Finest City's ensemble troupe.

Any one can be humorous, said Brown. But, she pointed out, being funny with improvisation requires an entirely new skill set and an altogether different approach.

"You see so many people get up and they try to tell their own joke — and those never go over," said Brown, noting successful improvisationalists are "honest and in the moment, and really feel something with the person standing next to them."

"It's all about the connection and trust we have that, no matter what the other person says, I'm going to agree with it, and we're going to see where it goes," continued Brown. "And it goes to places we never would have imagined. And that's when people laugh."

Lisewski said there's a lot on Finest City's plate for 2015.

"We're launching the Finest City Improv touring company, a select group of 14 of our best ensemble members to entertain for things like corporations, holiday parties and workshops," she said. "And we have the second annual San Diego Improv festival here the third weekend in February with 87 teams from all over the country."

Students like Anthony and Rodi said Finest City is undoubtedly working. They've developed a new-found appreciation for the art form.

"It's like seeing a masterpiece being painted right in front of you," said Anthony about improvisation when it's really going over. "When you're performing with your connection with the audience and the source inside of you, your creative response ... it's a euphoric feeling you can't describe."

For Rodi, improvisational comedy is very personal — and liberating.

"It's really expressive, and fun, and allows you to let loose," she said. "It's just a really good tool that's helped me in my jobs and friendships and understanding were people are coming from. For me it's a life hobby. I can't imagine myself without it."

—Contact Dave Schwab at dschwabie@journalist.com. ❖

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UptownBriefs

SHOP HILLCREST RETURNS

The Hillcrest Business Association (HBA) is encouraging everyone to support locally owned businesses and Shop Hillcrest this holiday season.

To sweeten the pot, the HBA is offering every shopper the chance to win a \$1,500 shopping spree, courtesy of dozens of Hillcrest businesses.

Check off everyone on your holiday shopping list and stop in for a bite to eat, all while giving back to your neighborhood and giving your neighborhood the op-



(Courtesy HBA)

portunity to give back to you.

All you have to do is Shop Hillcrest — each visit to a participating retail or dining location will reward your purchase through Dec. 24 with a raffle ticket. Go to five locations, make a purchase a four of them, receive four raffle tickets; go back the next day for more purchases and get more raffle tickets; each raffle ticket is a separate chance at winning.

After Dec. 24, all raffle tickets will be tossed into a hat and placed in the running for a basket filled with \$1,500 worth of gift cards and services. The winner will be announced Monday, Jan. 5, through social media.

There is something for everyone on your list in Fabulous Hillcrest. To date, participating businesses include Pure Barre, The Smoothbar, Empire House, Adam & Eve, Village Hat Shop, Green Fresh Floral's, Americana Clothing, Cody's Home + Gift, Obelisk Mercantile, Establish, Crest Café, Gioia's Room, Urban Optiks Optometry, Uptown Tavern, Detour Salon, Babette Schwartz, Luigi Vera, Urban Mo's, Baja Betty's, Gossip Grill, Hillcrest Brewing Company, Local Habit, Purity Apothecary, 100 Wines Kitchen, Artist and Craftsman Supply, The Wine Lover, Pretty Please, Mankind, Blue Stocking Books and Beauty By Dolly.

For more information and a complete list of up to date participating businesses, visit ShopHillcrestfortheHolidays.com.

SOUTH PARK HIGH SCHOOL ATHLETE TO PLAY IN SEMPER FIDELIS ALL-AMERICAN BOWL ON JAN. 4

When football fans tune in to watch the United States Marine Corps' fourth annual Semper Fidelis All-American Bowl on Jan. 4 at 6 p.m., they'll get to see one

of San Diego's own take the field. Frank Buncom IV, a safety at Saint Augustine High School in South Park, will play for the "West" team in the game at StubHub Center in Carson, California. Buncom, a senior at the Catholic high school, is the grandson of San Diego Chargers Hall of Fame linebacker Frank Buncom II, has a 4.0 GPA in school and plans to study neurology in college. Nearly 90 student players in all were chosen and will be honored with a week of activities "promoting leadership and positive life choices." For more information on the game visit [semperfidelisfootball.com](http://semperfidelisfootball.com).

HOME START TOY DRIVE DISTRIBUTES GIFTS TO MORE THAN 500 LOCAL CHILDREN

The 7th annual Home Start Holiday Toy Drive was held on Dec. 17, distributing over 1,300 toys to San Diego children in need. The distribution celebration in City Heights at Price Charities allowed for children and teens of Home Start families to select their own gifts from what had been collected.

Home Start is a North Park-based nonprofit that works with families year round to prevent and treat child abuse. Their county-wide programs provide services to children "living in poverty who require immediate, comprehensive solutions to ensure their safety and healthy development."

For more on the organization visit [home-start.org](http://home-start.org).

OLD TIGER RELEASES HOLIDAY SONG TO BENEFIT RONALD MCDONALD HOUSE CHARITIES

Normal Heights-based band Old Tiger has released a Christmas single to benefit the local chapter of Ronald McDonald House Charities (RMHCSD). The song, "The Best Part of Christmas," was self-recorded in part at singer Dustin Lothspeich's home in Normal Heights as a way to "give back during the holiday season." Local radio stations 91X and FM94.9 have played the tune recently to help spread the word. Visit [oldtiger.bandcamp.com](http://oldtiger.bandcamp.com) to hear the track and purchase it for \$1. 100 percent of the money raised from sales will go to RMHCSD.

RMHCSD provides a "home away from home" for families of children being treated for serious and life-threatening conditions at local hospitals.

To learn more about the organization visit [rmhcsd.org](http://rmhcsd.org).

BUDDHIST LAMA TO VISIT SAN DIEGO

A Buddhist lama from Eugene, Oregon, is bringing his Buddhist teachings to Hillcrest for a week long urban retreat in San Diego, from Dec. 28 to Jan. 4.

Venerable Archarya Lama Orgyen Zangpo, a practitioner in the Dzogchen Longchen Nyingthig lineage of Mahayana Buddhism, is known to be quite accessible and inspiring when sharing his teachings. He is authorized by His Eminence Dzogchen Khenpo Choga Rinpoche as a Dharma Teacher of The Buddha Path and has taught the fundamental principles of Buddhism in the United States and Asia. Rinpoche has trained thousands of students around the world and written more than 30 books.

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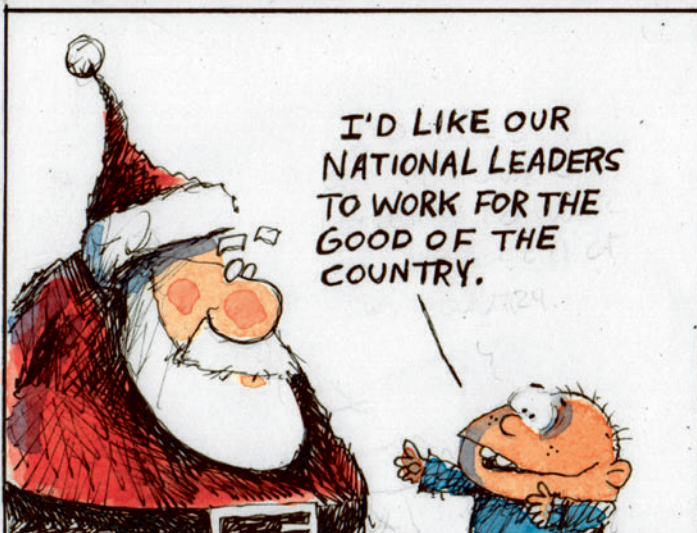
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## EDITORIAL

## Put Snoopy on your license plate

by Toni G. Atkins

Whether you're a dog lover, a "Peanuts" comic strip enthusiast, or a fan of California museums, there's a way to show it on your license plate.

On Oct. 5, 2013, Gov. Jerry Brown signed into law a bill that I wrote creating a special license plate, with proceeds from the plate going to the California Cultural and Historical Endowment (CCHE) to help museums make badly needed capital improvements.

These new California license plates feature Snoopy doing the "happy dance," an image donated by Jean Schulz, the widow of "Peanuts" creator Charles M. Schulz. The bottom of the plate reads "museums are for everyone."

Our museums are such an important part of our history and culture, and we have to keep them strong and in place for future generations. Since Snoopy is someone who once had a Van Gogh in his doghouse (until the fire) and later an Andrew Wyeth, museums seem like a natural

fit for him to lend his support.

The Department of Motor Vehicles will begin issuing plates once 7,500 are ordered. We currently have fewer than 2,700 to go. Once the plates are in production and people begin to see them on the road, we expect orders to increase exponentially.

The plates start at \$50 for a sequential license plate, but you can buy a personalized plate for \$98. There's even a gift certificate option when you go to Snoopyplate.com, which makes for a fun way to surprise a loved one.

When you buy a plate, the proceeds will supply a competitive grant program headed by the CCHE to benefit the state's museums. It's an entrepreneurial way to provide a new, sustainable source of funding for museums without drawing from the state's general fund. There are an estimated 1,400 California museums in both rural and urban areas, so your support can be felt close to home and across the state.

With next year marking the 65th anniversary of "Peanuts," and the 50th anniversary of "A Charlie Brown Christmas,"

we're making a major push for orders so the plates can begin being issued in 2015.

As we approach the holiday season, let's encourage even more California art lovers — and Snoopy lovers! — to join the cause by buying a Snoopy license plate to support the arts and sciences in our communities.

Mr. Schultz himself said, "What's the good of living if you don't try a few things?" So why not put a beagle on your license plate? You'll be the talk of the highway, and you'll help our state's great museums. If you'd like more information about the Snoopy license plates or the endowment, you can go to Snoopyplate.com.

—Toni Atkins proudly represents the people of coastal San Diego, from Imperial Beach, along the Mexican border, north to Solana Beach, and most of central San Diego. For more info about Toni, please visit [asmcd.org/speaker](http://asmcd.org/speaker), follow her on Twitter @toniatkins, or go to Facebook.com/SDToni. ❖

## Turn your New Year's resolutions into success stories

by Christian Wasinger

Every year, approximately 45 percent of Americans make New Year's resolutions. A staggering 25 percent don't make it past the first week, and only about 8 percent stay on course and achieve their resolutions.

One of the reasons New Year's resolutions go awry for so many of us is because, after years of failing to succeed, our subconscious mind has learned to associate negative feelings with New Year's resolutions, such as disappointment, failure, and anger.

Unless you change your approach in 2015, history will repeat itself. Here are 10 steps to shift the outcome and make the road to achieving your New Year's resolutions both smooth and swift.

## Give your New Year's resolutions a name change.

Words generate feelings. Some cause us to feel happy, others sad, and some leave us in a neutral state. For those who have not succeeded in the past, the words "New Year's resolutions" may awaken negative feelings. Consider replacing the words "New Year's resolutions" with "future accomplishments," or any other label that leaves you feeling more positive.

## State your goals as positives.

When setting your goals state them as positives. If I ask you not to think of an apple, your mind will immediately think of an apple and all your associations with them. Rather than stating "I no longer want to be broke," say "I manage my money well, and pay all my bills on time." Being in a posi-

tive mental and emotional state, you are far more likely to achieve your goals.

## Be specific.

Many people fail because their resolutions are too broad and not specific enough. If you want a taxi driver to drop you off at a specific destination you must be clear, otherwise you won't get there. The same goes for your goals. So long as you have a clear destination, you will eventually get there, even if there are detours and obstacles along the way.

## Make your goals measurable and give them a deadline.

Your goals and the progress you make must be measurable, so you know whether

see Resolutions, page 10

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FROM PAGE 5

BRIEFS

The teachings are designed to help students apply Buddhist principles to enhance their happier and experience less suffering in their everyday lives. The focus will be on how one discovers the true causes of happiness, which Buddhist wisdom says lie within us. Through learning, contemplation and meditation, participants will find ways to unlock their innate potential and relax dependence on relationships, careers, reputations and materialistic endeavors.

The retreat will take place in Hillcrest at a private home; the address will be provided upon registration. Suggested prices for the six days and five nights from Dec. 28 to Jan. 4 are as follows: advance, \$200 for adults (age 18-59 who register and pay by Dec. 21); \$250 for onsite registration; \$100 for senior citizens (age 60 and up); \$150 for anyone who has attended a previous retreat with an authorized Dzogchen Lineage teacher; \$100 for anyone who has completed a Dzogchen Lineage Internship; and \$30 per day drop-in rate (only available to those who have previously attended a DL).

Attendees will also be encouraged to offer “generosity” to the teachers. No previous Buddhist experience is necessary to attend. Those from all spiritual backgrounds are welcome and no one will be turned away due to lack of funds. Registration is limited.

For more information or to register, email [j.m.montgomery108@gmail.com](mailto:j.m.montgomery108@gmail.com).

ART SHOW AT LOCAL BRIDGE CLUB FEATURES OUTGOING PRESIDENT

Throughout December, the works of renowned impressionist Lois J. Weingart Simmons will be on display at the Redwood Bridge Club, located at 3111 Sixth Ave., in Balboa Park.

Weingart Simmons first launched her own studio gallery in the Gaslamp Quarter in 1979 but moved to Old Town about three years later. She closed that gallery upon her retirement five years ago, and around that time, she launched a monthly art exhibit at the Redwood Bridge Club. Two years later she was elected president of the club and turned management of the monthly exhibit over to Trish White.

Weingart Simmons conceptualized “imagism,” an art genre she said is made up of abstract colors but with an image clearly visible, in the 1980s. She will have several imagism pieces, along with many of her impressionism pieces, on display in at the bridge club. Her second book on imagism will be released in 2015.

For more information about Lois’ work, visit [artbysimmons.com](http://artbysimmons.com).

Normal Heights

TO FEATURE

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HEALTH SYSTEM



FROM PAGE 1  
YMCA

as its executive manager, said the opportunity to open such an immense YMCA in a historically underserved neighborhood like City Heights is a rare occurrence, one that presents a great opportunity for those involved.

"You don't find YMCAs like Copley-Price in the city," he said. "It's not quite a social experiment, but it's a commitment to social change."

Many of the social and family services will be geared toward family services and healthy living. A large demonstration kitchen will offer classes on healthy cooking and nutrition. Much of the floor plan is devoted to a childcare center, three pre-

school classrooms and a massive teen center.

"It's the biggest teen center that I've seen at any YMCA anywhere," Harrness said.

The teen center will include a lounge, a homework area and a computer lab, which is also open to other members. Membership is required to access the center, but the Y's Teen Incentive Program will allow adolescents to earn free membership through documented classwork improvement and community service.

Hoover High School is just a few blocks down the street, and both Harrness and Hoover Principal Joe Austin said the two entities plan to work together extensively. Copley-Price will open at 5 a.m., an hour earlier than originally planned, to accommodate the schedules of

teachers wishing to exercise before work.

Austin, who began as Hoover's principal in February after running a neighboring elementary school, said the new Y will be "a huge boon for the kids at Hoover."

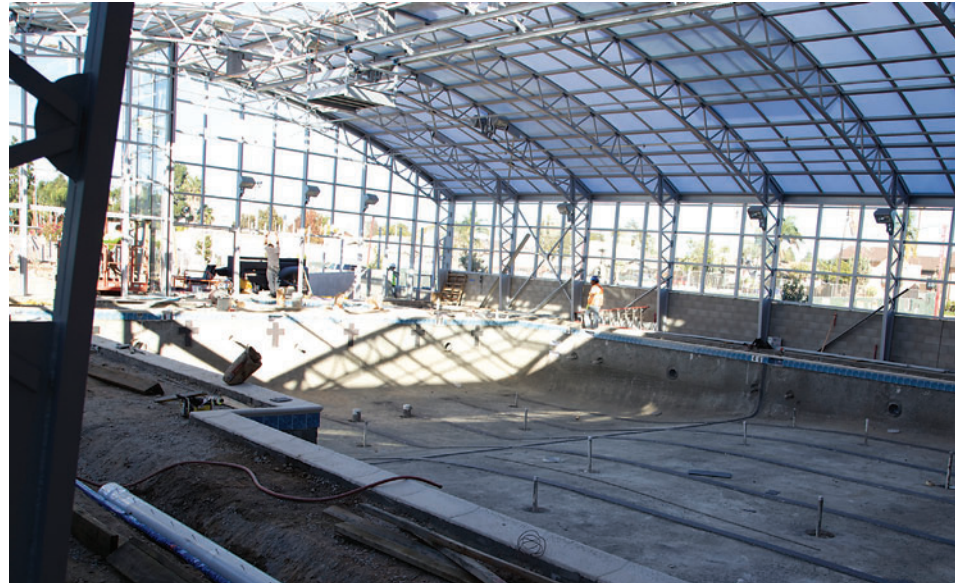
"Every day I drive past it and I just can't wait," Austin said. "It's going to transform this community. I really feel like it's going to be a centerpiece in City Heights."

"There's just nothing about it that I'm not in love with frankly," he added.

Copley-Price will lie on the cusp of City Heights, Kensington and Talmadge. For decades, El Cajon Boulevard has served as something of a boundary line between City Heights and the latter two neighborhoods, which are notably whiter and wealthier by comparison. With 74,000 residents occupying just four square miles, City Heights is the most densely populated community in San Diego. Plus, 36 different languages are spoken there, making it among the most ethnically diverse communities in San Diego as well.

Kensington and Talmadge, on the other hand, are 63 percent white, according to an analysis of 2000 census data by SANDAG. That's more than double the white percentage in City Heights.

Harrness, who recently moved



The semi-indoor swimming pool in Copley-Price (Photo by Bobby Klein)

to San Diego after working at a YMCA in Boston, said his previous facility was located on the border between two communities with a household income gap similar to City Heights and its northern neighbors. He said he's seen evidence that the YMCA has the power to bridge the two culturally disconnected communities.

"We always say 'when you get everyone in workout clothes ... it's really hard to tell who's who, and who has what, and who doesn't have what,'" Harrness said. "So in Boston, I saw people talking to each other in the Y that would never have run into each other outside of it. Their paths would never have crossed."

In 1994, Price Philanthropies began the City Heights Initiative. The comprehensive redevelopment project focuses on everything from education to housing to business development to health initiatives. Donating the

parcel of land for the new YMCA facility is just one of many large financial contributions made to improve the quality of life among City Heights residents.

"The new Y should accomplish several things to that end," wrote Price spokesperson Derryll Acosta in an email. "It will be a gathering place for residents of three communities (City Heights, Talmadge, Kensington). It improves the community's physical appearance. It expands child care, after-school tutoring, health education, recreation, etc. It also expands the job market."

The opening of Copley-Price will closely coincide with the closing of two neighboring YMCAs in Downtown and Mission Valley's Hazard Center. The YMCA of San Diego County, the regional, umbrella organization, is divided into smaller geographical clusters of facilities, so the ebb and flow of these facilities is deliberate.

Furthermore, members of the nearby Mission Valley YMCA will be able to use the Copley-Price YMCA — or any other YMCA for that matter — since Mission Valley memberships are priced at a regional level.

Copley-Price's mission to build up the community also factors in to its membership model. It will offer up to 50 percent off discounts for low-income residents, and it will set aside a large portion of funding — Harrness estimated around \$400,000 — to help families pay for membership fees. He said this stems from the YMCA's commitment to inclusion.

One key staff member at Copley-Price is still absent from the roster: its executive director. In addition to overseeing Copley-Price as a whole, the executive director is responsible for community outreach, fundraising and external relations, an incredibly important position for an entity already planting deep roots in the community. YMCA staff said they hope to hire an executive director in early 2015.

But with or without an executive director, Copley-Price will open its doors to the community shortly after the start of the new year. Harrness said he expects people will be taken aback on their first visit.

"The perfect word is 'grandiose,'" he said. "It's so over the top and that's exactly what we want to do. We want every single thing we do to be over the top — every single experience to be amazing. We want people to walk in the door and be blown away, then walk away thinking 'this is an amazing place. This is awesome.'"

—Contact Hutton Marshall at [hutton@sdcnn.com](mailto:hutton@sdcnn.com) ❖

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North Park Historical Society conducts docent-led walking tours all throughout historic North Park. (Courtesy NPHS)

# Walking the talk in North Park

By Katherine Hon

If you want to trace the story of San Diego to its roots, North Park is the outdoor classroom for you. But you have to get out of your car and walk. That is the only way to capture the architectural details of master builders, find long-forgotten street names stamped in the sidewalk, and observe the consequences of good restoration versus bad remodeling.

A brass plaque embedded in the sidewalk at 28th and Upas streets features the following quote from North Park’s premier historian, the late Donald Covington: “North Park is a vast open-air, living museum of historic houses and neighborhoods. Those neighborhoods have miraculously preserved not only the whole gamut of early 20th Century architectural styles, but also patterns of traditional ways of living and relating to neighbors and to the natural environment.”

Just like in a museum, exploration on your own is fine, but you learn more with a knowledgeable guide. The North Park Historical Society (NPHS) has been conducting docent-guided walking tours in the community since the all-volunteer nonprofit organization formed in 2008. Our goal is to instill a commitment to preservation within every tour participant. Organization members have researched and developed historic walking tours and serve as docents, sharing stories and historical pictures of the community’s unique commercial buildings and residential neighborhoods. Tours include the commercial core centered on 30th Street and University Avenue, the Burlingame Historic District south of Switzer Canyon, and the North Park Dryden Historic District on 28th Street and Pershing Avenue from Upas to Landis streets.

In addition, NPHS Vice President George Franck has developed tours focused on the streetcar suburbs around Hamilton Street and University Avenue, as well as the neighborhood centered on the Lynhurst Build-

ing at Upas and 30th streets. He is inspired by the residential neighborhoods that are preserved in nearly their original, early 20th century state, and the commercial districts that reflect the variety of four major periods of growth throughout the 20th century.

NPHS President Steve Hon developed a tour of the Morley Field Recreational Area that explains the origins of the municipal pool, tennis courts and softball fields, among other facilities. Tour attendees also learn the stories of accomplished, community-minded individuals like Bud Kearns, Maureen Connolly, Joe Schloss and John Morley, and why they have places in North Park’s backyard named after them. NPHS Board Member Michael Thornhill always adds interest when he leads tours dressed in his authentic streetcar motorman outfit.

NPHS regularly organizes public docent-led tours and offers private tours for groups of six or more. They recently broadened their outreach by partnering with other organizations to create joint tour experiences. In 2014, NPHS conducted tours in partnership with Save Our Heritage Organisation, North Park Main Street, the San Diego History Center, and the San Diego Community College Continuing Education Emeritus Program for senior adults. During this year alone, NPHS guided 400 people on more than 20 walking tours in five different historic areas of North Park. In the future, NPHS will continue to offer popular docent-led tours that highlight the historic character of North Park neighborhoods. They look forward to partnering with other organizations and adding new tours.

So get out of your car, walk with NPHS, and share their love for history, architecture, and the fascinating story of San Diego. Watch their website at NorthParkHistory.org for updates, or contact them at info@northparkhistory.org with any questions.

—Katherine Hon is the secretary of the North Park Historical Society. ❖

# Welcome to Mission Hills Heritage

By Barry Hager and Laura Largey

Mission Hills Heritage (MHH) is a community-based nonprofit organization formed in 2004 to protect the historic charm and character of Mission Hills. Ours is one of the oldest and most intact early-20th century neighborhoods in San Diego, with two existing historic districts and more planned. Mission Hills is a mature, built-out community, filled mostly with homes built in vintage architectural styles that cannot be replaced. The neighborhood is mostly single-family, with a few multi-family areas and some mixed-use and commercial areas that serve the local community. There is a growing public awareness within Mission Hills of the importance of preserving the community character and historic resources of the neighborhood.

MHH fulfills its mission through action and advocacy in local planning matters and by hosting annual educational events. We review and provide input to development projects affecting the community. MHH has also provided ongoing input to the Uptown Community Plan update and provided recommendations for local regulations affecting historic resources. We co-sponsored and provided instrumental support to enact and renew the Uptown Interim Height Ordinance, which provides temporary building height limits in commercial areas until the community plan update is complete. We have also supported efforts to form and expand Historic Districts in Mission Hills, working with committees of local residents.

On the educational side, we host three events each year that are open to the public: a lecture event in January, a Mission Hills walking tour in April, and our widely acclaimed Historic Home Tour each September. In 2015, the unified theme of our three events will be “the Prairie Style.” We will explore the history of this important American architectural style and its migration from the Midwest to the West Coast in the

early 1900s, and will highlight examples of Prairie Style homes in Mission Hills. The dates of our 2015 events are:

Lecture Series: “The Prairie Style: From the Midwest to Mission Hills” – Saturday, Jan. 17, 2015

Annual Walking Tour of Mission Hills – Saturday, April 18, 2015

Annual Historic Home Tour – Saturday, Sept. 26, 2015

Another ongoing program is our Oral Histories Project, where we interview and record the memories of long-term Mission Hills residents. Part of preserving the heritage of our community is preserving the stories of its past and present. This project creates a record of the everyday events that shaped our community and city. Preserving stories is essential to understanding our community and its traditions and will allow us to pass them on to future generations.

We also hold “Members Coffees” twice yearly as a social gathering for our members and to keep in touch with each other. MHH also holds an annual membership meeting each October, and a monthly board of directors meeting to conduct our business. While our voting membership is composed of Mission Hills residents, we also have associate members throughout San Diego. We publish a biannual newsletter for members, “The Inspiration,” and have an informative website with information about our events, current projects and the history of Mission Hills.

We invite you to join us to help support our mission, or just attend our events to learn more about the history and architecture of one the most historic communities in our city. For more information, visit our website at MissionHillsHeritage.org.

If you have questions or wish to contact us, please email us at info@MissionHillsHeritage.org. ❖

## BUSINESS SPOTLIGHT

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At the end of the day, Bill Jones is a valued team member because he cares about how the customer feels about his service. It’s all about the basics, which are top-notch service, results and practicing the golden rule of treating others as we would like to be treated.

## Michael Kimmel Psychotherapist



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FROM PAGE 1  
PARKING

2015 is shaping up to be at least as promising as 2014, Cohen said.

Two shows — an April 2 concert by TV On The Radio and a May 28 performance by Neutral Milk Hotel — have already sold out. Tickets are still available for other big-name shows, including Wale and Cold War Kids.

Those shows, which attract both North Park residents and visitors from beyond the neighborhood, help fill the 340 public parking spaces in the garage, where parking costs \$1 an hour or \$5 a day.

The shows also help boost sales in the neighborhood's numerous shops and eateries, including West Coast Tavern and True North Tavern, both owned by Cohen and the Verant Group.

The symbiotic relationship between the parking garage and the theater was originally envisioned by Bud Fischer, the developer who renovated the theater in the early 2000s and helped convince San Diego officials to enter a public-private partnership to build the garage with redevelopment money.

In addition to hourly and daily parking, monthly permits are available to North Park businesses and residents for \$20 to \$35 a month and to non-residents for \$55 a month. ACE Parking manages the garage's



The North Park parking garage was developed in concert with the renovation of the North Park Theatre in the early 2000s. (Photo by Jeremy Ogul)

day-to-day operations based on a flat-rate contract. Civic San Diego allocates any surplus in parking revenues to an account designated for repairs and upgrades to the garage.

Shook said ACE's outreach and marketing to local businesses and residents has also contributed to increased revenue at the garage.

Despite the garage's uncertain performance over the past nine years, business leaders agree that it has contributed

significantly to the transformation of a once-decaying North Park into one of the city's most vibrant and trendy neighborhoods.

"It's a huge asset to North Park, and I think that's really one of the drivers of what is attractive for business owners to come in and build their businesses around that parking garage," Cohen said.

Angela Landsberg, executive director of North Park Main Street, said the parking garage

also makes North Park an attractive destination for visitors from other neighborhoods who do not want to have to worry about finding parking when they go out for dinner or shopping.

"We have a joke with Hillcrest that they have parking garage envy," Landsberg said. "It's been bringing thousands and thousands of people to North Park."

—Contact Jeremy Ogul at [Jeremy@sdcnn.com](mailto:Jeremy@sdcnn.com). ❖

FROM PAGE 6  
RESOLUTIONS

or not you are getting closer to reaching them. Have a deadline, because goals without a deadline are only dreams.

**Be realistic, be flexible, and break down your big goals into smaller goals.**

Is it realistic to expect yourself to go to the gym every single day in 2015 if you haven't exercised once in 2014? Perhaps commit to exercising three times a week. If you miss a day, don't give up. Make up for it with an extra workout the next week.

If losing 100 pounds in 2015 feels overwhelming, focus on losing 2 pounds a week. You still end up with the same result, but the goal feels more manageable.

**Keep your goals in front of you daily.**

Place your goals where you will be reminded of them daily. Place a sticky note on the dashboard of your car, or put up a vision board in your office. Read them after waking up and before you go to sleep. Falling asleep with the visuals and feelings of having achieved your goals programs your subconscious mind to accomplish them.

**Take action and have faith.**

Setting "future accomplishments," and affirming them daily won't "attract" them magically into your life. The last six letters in the word attraction spell "action." To achieve them, you must map out a plan, and focus on one step at a time. When driving to L.A. from San Diego, you must first get to Carlsbad, then Irvine, and so on northward before reaching L.A. Take that very first step, and have faith that the next step will be revealed.

**Keep at it, even if you don't succeed at first.**

There really is no failure. It may have taken you multiple attempts, but you achieved every past goal that was important to you, because you persevered. Those you did not attain either were not important enough to you, or were no longer important because your situation or desires changed.

When it appears you are experiencing failure, change and adjust some aspect of your approach. Everything will work out in the end. If it hasn't yet, then it's not the end.

**Be accountable.**

Have an accountability partner, or use smartphone apps and computer programs to help you stay on track. We are less likely to let others down than ourselves. Share your goal only with people who are supportive of you.

**Are you getting closer to your goal?**

Always ask yourself whether what you are doing is getting you closer or further away from accomplishing your goal. Don't waste time, money, or energy on anything that is not getting you closer to your final destination.

Finally, be patient with yourself and be realistic. Start by implementing one of the above steps at a time, until you have reached your goals.

—Christian Wasinger, CHT, is a bestselling author, neuro-linguistic programming trainer and clinical hypnotherapist with an office in Mission Valley. To learn more about him, visit [www.theNLPexpert.com](http://www.theNLPexpert.com). ❖

## Twelve days of San Diego Christmas

By Toni G. Atkins

The holidays are a great time to pause and count our blessings. One of the things I am grateful for is the opportunity to represent such a wonderful and dynamic place as San Diego. This holiday classic with a San Diego twist shows some of the reasons why!

On the first day of Christmas  
San Diego gave to me  
A shore bird in a palm tree.

On the second day of Christmas  
San Diego gave to me  
Two border crossings  
And a shore bird in a palm tree.

On the third day of Christmas  
San Diego gave to me  
Three giant pandas  
Two border crossings  
And a shore bird in a palm tree.

On the fourth day of Christmas  
San Diego gave to me  
Four local craft beers  
Three giant pandas  
Two border crossings  
And a shore bird in a palm tree.

On the fifth day of Christmas  
San Diego gave to me  
Five Navy SEALs!  
Four local craft beers  
Three giant pandas  
Two border crossings  
And a shore bird in a palm tree.

On the sixth day of Christmas  
San Diego gave to me  
Six startups hiring  
Five Navy SEALs!  
Four local craft beers  
Three giant pandas  
Two border crossings  
And a shore bird in a palm tree.

On the seventh day of Christmas

San Diego gave to me  
Seven surfers surfing  
Six startups hiring  
Five Navy SEALs!  
Four local craft beers  
Three giant pandas  
Two border crossings  
And a shore bird in a palm tree.

On the eighth day of Christmas  
San Diego gave to me  
Eight tourists spending  
Seven surfers surfing  
Six startups hiring  
Five Navy SEALs!  
Four local craft beers  
Three giant pandas  
Two border crossings  
And a shore bird in a palm tree.

On the ninth day of Christmas  
San Diego gave to me  
Nine Comic Con badges  
Eight tourists spending  
Seven surfers surfing  
Six startups hiring  
Five Navy SEALs!  
Four local craft beers  
Three giant pandas

Two border crossings  
And a shore bird in a palm tree.

On the 10th day of Christmas  
San Diego gave to me  
Ten trolley rides  
Nine Comic Con badges  
Eight tourists spending  
Seven surfers surfing  
Six startups hiring  
Five Navy SEALs!  
Four local craft beers  
Three giant pandas  
Two border crossings  
And a shore bird in a palm tree.

On the 11th day of Christmas  
San Diego gave to me  
Eleven Bolts a Charging  
Ten trolley rides  
Nine Comic Con badges  
Eight tourists spending  
Seven surfers surfing  
Six startups hiring  
Five Navy SEALs!  
Four local craft beers  
Three giant pandas  
Two border crossings  
And a shore bird in a palm tree.

On the 12th day of Christmas  
San Diego gave to me  
Twelve months of sunshine  
Eleven Bolts a Charging  
Ten trolley rides  
Nine Comic Con badges  
Eight tourists spending  
Seven surfers surfing  
Six startups hiring  
Five Navy SEALs!  
Four local craft beers  
Three giant pandas  
Two border crossings  
And a shore bird in a palm tree.

—Toni Atkins proudly represents the people of coastal San Diego, from Imperial Beach, along the Mexican border, north to Solana Beach, and most of central San Diego. For more info about Toni, please visit [asmdc.org/speaker](http://asmdc.org/speaker), follow her on Twitter @toniatkins, or go to [Facebook.com/SDToni](http://Facebook.com/SDToni). ❖

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# Cyclical spotlight: Johan Wangbichler

## The Spoken Word

Hutton Marshall



*Through a program with New Belgium Brewing and its annual Tour de Fat, I donated my car and pledged to live car-free for a year in exchange for a commuter bicycle. I'm using the experience to take a look at the state of bicycling in San Diego, and how it fits into the city's economy, culture and future growth.*

all a subtle way to normalize bicycling and work toward a less car-dependent society.

Wangbichler has an interesting relationship with the automobile, and while upon hearing him opine some might label him "anti-car," the truth is a bit more muddled, as is often the case.

Wangbichler owns five cars, along with a few motorcycles and a collection of vintage bikes. He was born in Detroit, Michigan, where his father worked in the auto industry —

he biked to work everyday — before the family relocated to Munich, Germany, where Wangbichler lived until moving back across the pond when he was 15.

In his Bavarian upbringing, Wangbichler tells of a radically different car culture than the one we've grown accustomed to in the U.S. — the idea of "driving to dinner" still strikes him as odd. Out of all his gripes, one seemingly innocuous feature found in even the most modest American automobile is to him the epitome of our car-heavy lifestyle: the cup holder.

"The same cars available in Germany are available in America, but they have to add cup holders to them, because [Americans] are spending so much time in their cars," he said.

Arriving in America on the cusp of his 16th birthday — when every teenager eagerly awaits their first car as a right of passage — he began questioning the roots of this car-happy culture at a young age. In his social study, he saw a car portrayed as a symbol of independence, as a key to taking someone wherever they want to go. But in his mind, the resulting traffic overload born out of everyone and their mother owning a car has led to something of a gasoline-powered prison.

"People sit in traffic to go to the jobs to pay for the house they're never at," said Wangbichler, with shades of Chuck Palahniuk's "Fight Club."

But times are changing, he proclaimed, and people are beginning to realize that transportation is possible with or without the beloved four-wheeled contraption.

(I would like to insert a brief interjection and just say that this whole conversation is making me feel fantastic about my decision to give up my car for a year.)

This changing tide, he said, has led him to promote bicycling as a mode of transportation, rather than purely a sport, as it's often perceived. He said bikers don't always look like spandex-wearing speed demons. They don't look like anything, in fact. They're just people, and saying otherwise can cause an

unhealthy, dehumanizing effect, leading to something of an "us vs. them" relationship.

"I hear, 'a person ran into a bicycle.' No, they ran into a *person*," Wangbichler said. "A bike doesn't define who I am, just like a car doesn't define who you are."

This led to the clever invention of the Tweed Ride, which he brought to San Diego seven years ago after a trip to London. On the surface, it appears to be a bunch of jolly hipsters taking a casual ride about town, but the Tweed Ride is really about normalizing the public's perception of what a cyclist looks like.

"I go to city council meetings and people call me 'the bicyclist,'" he said. "And I say okay,

you can call me the bicyclist, but don't expect me to call you *the motorist*."

"Everywhere you go, there are people who ride bicycles, you just might not know it," Wangbichler continued.

Wangbichler now serves on the San Diego County Bike Coalition board, and he was a founding member of BikeSD. While the Tweed Rides and his bike club have made him a well-known face, he said the less glamorous volunteer tasks, like sweeping up neglected bike lanes, are making San Diego an increasingly bike-friendly city.

"The city has limited funds, and I think if more people got involved with anything that affects their lives, there's no rea-

son for our city to be as broke as it is," Wangbichler said.

I wish I could include all of Wangbichler's opinions on bike culture in San Diego, but you don't have the time to read them all, nor I the ink. To hear about how he thinks we should close off a chunk of downtown Hillcrest to auto traffic, or how the airport would be better located elsewhere, or how John Spreckels got public transit right 90 years ago, or to simply ride around with him and his cohorts, find "Tuesday Night Social Ride," "Urban Bike and Social Club" or "San Diego Tweed" on Facebook.

—Contact Hutton Marshall at [hutton@sdenn.com](mailto:hutton@sdenn.com). ♦



Johan Wangbichler at the 2013 San Diego Tweed Ride  
(Photo by Jinna Thomas)

Every month, Johan Wangbichler, a gregarious German transplant, leads a pack of fellow bicyclists on a ride beyond our southern border through the streets of Tijuana.

Although he's called Bankers Hill home for the last 15 years, bicycling — not cycling, a sport Wangbichler doesn't partake in — has taken him all throughout the region.

In addition to the trips down south, the fast-talking architectural designer organizes several other regular rides around the city, including the Tuesday Dinner Ride — you can guess what that one entails — and the Urban Bike and Social Club, a recreational-turned-civic-minded group that meets monthly for day trips and various volunteer activities, like bike lane cleanups.

Plus, once a year, he runs the San Diego Tweed Ride, in which a horde of tweed-wearing bicyclists pedals around the city (in case it's not obvious yet, Wangbichler is a sociable guy).

This blend of community organizing and social planning, in addition to his service with several bicycle advocacy nonprofits, recently earned him the title of "Volunteer of the Year" from the San Diego County Bike Coalition.

Although many of Wangbichler's unpaid efforts appear social on the surface, he has a tenaciously progressive civic mind driving him. The Tweed Ride, the trips to Mexico — they're

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f i t p



# Belgian all the way

For those who are sick to death of in-your-face hoppy beers commonly produced in San Diego's reigning craft breweries, Brabant Bar & Café is your gateway to alternative suds.

The inventory allows for only Belgian imports or Belgian-style beers. In many cases, they're served traditionally in glasses designed by the actual breweries: a fluted vessel for St. Louis Framboise, for example, and a goblet-shaped one for Kasteel Ingelmunster's seasonal pumpkin ale.

In the case of the locally produced Thorn St. Brewery Abbey Wall that I

drank, it was served in a regular pint glass but carried the expected, fine characteristics of a Belgian dubbel: creamy and semi-sweet, malty and refreshingly non-bitter.

## Come On Get Happy! Dr. Ink

It isn't as though I mind drinking the hop bombs that dominate the taps in our local craft-beer establishments, but the tongue eventually becomes pickled when drinking too many of them.

This isn't to say that hops go entirely missing from Brabant's lineup. The Belgians use them too in beer making, just not as aggressively.



Mussels in dill cream sauce (Photo by Dr. Ink)

## Brabant Bar & Café

2310 30th St. (South Park)

**619-516-5100**

Happy hour: 3 to 6 p.m.,  
Monday through Friday

Adhering to that balance is Adelbert's Brewery out of Austin, Texas, which appears on the tap list with a deep, golden ale called The Traveler.

The staff was kind to let me sample the product along with a few others, leaving me to realize that I've invested too many hours lately into drinking the overtly bitter stuff.

Happy hour at Brabant means that all its draft beer and wines by the glass are \$1 off. Not a bad deal considering that nothing currently listed on the beer list exceeded \$8.50 at regular price. In addition, house cocktails



A Belgian IPA and meat croquettes  
(Photo by Dr. Ink)

that normally run for \$8.50 apiece dip down to \$7.

A few food items are discounted as well, such as meat croquettes infused with mustard seeds and fried sage priced at \$4 instead of \$8. Equally tantalizing and beer-friendly were the mussels served in a pond of white wine, garlic, shallots and dill cream sauce. The deal for those is even sweeter; they're normally \$16 but cost only \$6 during happy hour.

Located in the address that

## RATINGS

DRINKS: **★★★★**

A well-rounded selection of Belgian imports and domestic Belgian-style brews occupy more than a dozen taps. There's also a succinct list of house cocktails incorporating everything from absinthe and Pur Elderflower liqueur to Torres Orange Brandy and Tanqueray Gin

FOOD: **★★★★**

The meat croquettes and "traditional" mussels in dill cream sauce were outstanding.

VALUE: **★★★★**

You'll save up to \$2 on beer and cocktails, but up to \$8 on the traditional or whiskey-lamb mussels

SERVICE: **★★★★**

The staff is highly knowledgeable about Belgian beer and are quick to offer samples if you're undecided.

DURATION: **★★★★**

Deals are available for three hours, five days a week in addition to daily specials.

formerly housed Vagabond, they retained the solid, European feel of the place, enhancing it with coat-of-arms banners and wooden tables, some of which are embedded with chess boards. Playing is free. Just ask the bartender for that old tin box behind the bar that stores the antique chess pieces. And raise your glass to Belgium as you drink.

—Send happy hour recommendations to [hutton@sdcnn.com](mailto:hutton@sdcnn.com). He'll pass the message along. ✧

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(top to bottom) French onion mac 'n cheese; brie and steak mac 'n cheese; mac 'n cheese pizza (Photos by Frank Sabatini Jr.)

Dining Review

Frank Sabatini Jr.

An important change occurred recently at Bazinga Eatery since it opened in July as San Diego's first and only macaroni and cheese house.

A few months into the operation, owner Leila Oualha took some heat for under-cheesing the roux that serves as the vital base for a variety of enticing mac 'n cheese options dominating the menu. The criticism, she admits, was valid and it prompted her to enhance the sauce with stronger cheeses in bigger quantities.

The key, she says, was replacing mild cheddar with a sharper aged version, which joins forces with white cheddar and Fontina. Indeed, the revised recipe is spot-on tangy and creamy. And depending on what dish you order, the comfort meter goes up from there as other curds get added in.

This is Oualha's first restaurant venture, which materialized after immigrating to San Diego from Tunisia and earning her doctorate in business administration from California International Business University. While doing so, she helped a friend manage a local French bistro and became interested in the hospitality industry. She would later visit a mac 'n cheese restaurant in New York called S'Mac before deciding to replicate the concept here, in the space that formerly housed Sea Rocket Bistro.

An avid fan of the popular CBS show, "The Big Bang Theory," she derived the name of her eatery from its main character, Sheldon Cooper, who brought "bazinga" into the American vernacular as a fooled-ya expression he commonly uses after pranking his roommates.

"The word isn't related to food, but I think it's very catchy," says Oualha.

Bazinga features two dining rooms that are sparsely decorated, yet warm on the eyes. Seating options are plentiful, ranging from high tops and low tops to communal picnic tables and bar perches.

With oodles of noodles cloaked in different cheeses ahead of us, it seemed necessary to start our meal with salads. My companion raved over his medley of red beets, field greens and lemon-infused goat cheese while I whipped through a simple kale Caesar made memorable by an addicting dressing accented with stone-ground mustard. Oualha would do well if she bottled and sold the stuff.

From the "small bites" category, we ordered with initial skepticism the mac 'n cheese pizza, fearing that it might be too carb-heavy. But the 8-inch pie went down like a breeze.

The house-made crust resembled thin focaccia, and with a yeasty flavor to boot. It teamed naturally with classic mac 'n cheese spread

evenly over the top along with several slices of pepperoni offering bursts of spiciness. If you like mac 'n cheese with ham or chorizo, for instance, and topped with breadcrumbs, this is pretty much the same thing in rearranged form. The only ingredient I would add if trying this at home is a thin layer of stewed tomatoes to give it a tinge of acidity.

Other starters include mac 'n cheese balls, house-cut french fries and a "four cheese sampler," which is actually a quartet of noodles kissed separately by four different sauces (smoked Gouda, Irish cheddar, Gruyere and pepper jack). It's not an actual cheese plate as some might assume.

The entrée list features 10 mac 'n cheese choices, including a vegan version using Daiya cheese and one for vegetarians using herb ricotta, cheddar, Fontina and various veggies.



For us, the decision-making process became even tougher when considering a recipe mingling beer cheese sauce with bratwurst and red cabbage, or another combining lemongrass cheese sauce with Asiago, lump crab, leeks and white corn.

Choosing none of the above, we were delivered to mac 'n cheese heaven nonetheless. My companion's "brie and steak" was divinely rich and as comforting as coming out of a cold rain to a warm blanket. Juices oozing from the marinated steak on top formed something of a stroganoff sauce as they met with the hot, creamy brie. The dish was laced with cremini mushrooms and balsamic onions, resulting in a super-flavorful outcome that filtered down to the very last corkscrew noodle.

I ordered the "French onion" with hopes that it would taste like fondue. It very much did, thanks to the addition of Gruyere cheese



Bazinga Eatery

3382 30th St. (North Park)

619-255-8940

Prices: Salads and appetizers, \$5 to \$12; entrees, \$7 to \$16

in the recipe. Served in a cast iron skillet, the caramelized onions strewn throughout tasted right at home. And the cheese mixture maintained its sauciness after everything cooled down — a telling sign of a balanced roux.

Despite the gourmet twists that our mothers and school cafeterias never relied upon in their mac 'n cheese recipes, Oualha managed to send our taste buds down a nostalgic road that I oftentimes find bumpy in so many other restaurants that simply melt cheese onto pasta.

Like all of us, she's been a long-time fan of this American classic and understands the warm memories it evokes, adding that "Everyone loves it. And it turns us into little kids somehow."

—Contact Frank Sabatini Jr. at fsabatini@san.rr.com. ❖

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UPTOWN FOOD BRIEFS

BY FRANK SABATINI JR.



Napizza's signature square slices (Courtesy Napizza)

Roman-style pizzas are coming to Hillcrest as **Napizza** prepares to open a new location in the Uptown District in April. The family-owned pizzeria debuted

two years ago in Little Italy and specializes in rectangular pies served “al taglio” style, which means by the slice. The dough rises for 72 hours, resulting in

an airy crust that is neither thick nor thin. In addition to pizzas using a variety of house-made sauces and unusual toppings, the menu will also feature soups, salads, beer and wine as well as “a few entrée items that we’re keeping as a surprise,” said administrative staffer Basia London. 1014 University Ave., Suite B101, 619-696-0802.

In other pizza news ... **Berkeley Pizza** recently soft-opened in a North Park storefront that previously housed a linens and upholstery shop. Famous for its stuffed pizzas and signature mushroom-spinach pies accented with secret spices, this marks Berkeley’s third San Diego outlet, with another location in the Gaslamp District and a stand at the Little Italy Mercato Farmers Market on Saturdays. For now, the North Park shop sells slices only. 3932 30th St., 619-937-0808.

The popular **La Creperie** is celebrating its 10-year anniversary this month as one of the first vendors to join the Hillcrest Farmers Market, held from 9 a.m. to 2 p.m. every Sunday at Lincoln and Normal streets. The crepes, which are made to order from a tented cooking station, range from sweet to savory. Top sellers include the Jamaican,

filled with bananas, rum, chocolate and cream, and the Green Gobbler stuffed with chicken breast, avocado, tomatoes and cheese. La Creperie also operates a café in North Park at 3773 30th St., 619-795-0407.

such as Thai peanut butter and jelly, pear-cinnamon with ricotta and coconut with blackberry glaze. Also in the pipeline are additional donut holes that include lavender-sugar and spiced chai. 4504 30th St., 619-431-5000.



Donuts that beat to a different drum (Courtesy Nomad Donuts)

Since its late-November opening, **Nomad Donuts** in North Park has added a variety of new, rotating flavors that will continue evolving with unique ingredient combinations, said co-owner Cameron Corley. With up to 12 different varieties currently in the offering, look for newcomers

A fond adieu to **Social Experiment Bar + Kitchen** at 530 University Ave., which restaurateur Wade Hageman closed after originally opening it as Blue Ribbon Rustic Kitchen. Since re-branding the Hillcrest operation in July and introducing smaller plates and a revised cocktail list, the restaurant failed to generate the traction that Hageman hoped to net. He will continue, however, to operate Blue Ribbon Artisan Pizza and Craftsman New American Tavern, both located in Encinitas.

The Twelve Days of Christmas just got merrier with **Waypoint Public’s** “12 beers of Christmas,” which runs from Dec. 12 through 23. Each day, the restaurant will sell a different holiday beer from local and national breweries that are paired to a complimentary small plate crafted by Executive Chef Amanda Baumgarten. The series kicks off with Russian Imperial Stout by Port Brewing Company matched to duck and Gouda stuffed pretzels, and continues with Belgian-style Quadrupel Ale from



Seasonal hot apple cider at Waypoint Public (Courtesy H2 Public Relations)

The Bruery that is accompanied by a date and bleu cheese tart. And for the entire month, the menu features a holiday Yule log by Pastry Chef Jennifer Reinhart, who uses black cocoa and egg-nog cream in the recipe. There’s also hot apple cider infused with star anise, orange zest, cinnamon, and Chile de arbol. 3794 30th St., 619-255-8778.

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

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FROM PAGE 1  
**UNDERBELLY**

and employs 32 workers who assist in building every design element from scratch.

Basile defines his style as “warm industrial” and with a penchant for recreating the labor-intensive craftsman feel of the 1920s and ‘30s.

“Modern tools allow us to achieve that look,” he says, referring in part to the arduous detailing and tile work that went into fabricating Polite Provisions’ bygone soda-fountain élan, which earned him an Orchid this year.

“We were working with a really old building that was completely dilapidated. Nothing was square or level,” he says.

Hired by Consortium Holdings, which also owns Craft & Commerce, Ironside and Underbelly to name a few, the company gave Basile further license to unleash his magic on neighboring Soda & Swine as well.

With its original roof in disrepair, Basile removed it completely but kept the original beams and then left it at that. The result is an open-air dining space resembling a kicked-out farmhouse, though rigged with a discrete swimming pool tarp that is deployed when it rains.

“We knew it was going to be a meatball place, so we built a fireplace that looks like an old kiln in the woods,” he says.

In an age when reclaimed wood has become the trendy standard in restaurant design, Basile defends his use of the material and was perhaps one of the first local designers to begin flaunting it.

“We started doing this seven years ago, such as with Bankers Hill Bar + Restaurant, where we pulled

boards from the ceiling, split them in half and used them on the walls. We were really ‘reclaiming.’”

That project, too, fetched him an Orchid.

“But steel and glass is what we utilize the most,” he adds. “Wood is an accent.”

Such is the case at nearby Azuki



Underbelly II in North Park  
(Courtesy H2 Public Relations)

Sushi, for which Basile complemented its existing wood features with an entry system made of stainless steel and glass. For added artistic flair, he filled in the center of the door with azuki beans.

In transforming an old warehouse in Little Italy into Ironside, which features the markings of an old train depot, he also created flip-out doors containing 200 individual panes of glass, constructed all of the furniture and designed double-

swivel bar stools. At 5,500 square feet, he says it was his biggest and most expensive project to date.

Basile, however, seems to have upped his game with Underbelly II, which opened recently on the ground level of the retail-residential North Parker building.

Boasting a 1,000-square-foot patio that seamlessly blends into the structure’s big-windowed façade, the ramen-centric restaurant had Basile mathematically piecing together more than 500 individual pieces of cut plywood that he tacked onto the walls. Incorporated into the scheme is a LED light system spanning from floor to ceiling.

“It was quite a feat,” he says.

Brass was used for the outdoor order counter while “live edge” blue pine adds a sleek finish to the yakatori bar top. In addition, the flames from his fire features flutter in synchrony to music from an integrated sound system.

When asked if he expects an Orchid in 2015 for the project, or for Ironside, Basile turns modest. “I never expect the awards, but it would be wonderful.”

With projects always in the pipeline, such as designing a second location of Soda & Swine in Liberty Station (due to open in March), the tireless designer, sculptor and fabricator says he works non-stop.

“I love what I do. I’m super blessed.”

Surprisingly, he doesn’t design any furnishings for his Downtown home.

“I buy from other designers,” Basile said. “I’m around myself all day long so I like to go home to somebody else’s work.”

—Contact Frank Sabatini Jr. at fsabatini@san.rr.com. ✦

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# A final White Christmas at North Park Theatre

## Theater Review

Charlene Baldrige



San Diego Musical Theatre (SDMT) bids farewell to the North Park Theatre with its annual production of “Irving Berlin’s White Christmas,” playing through Dec. 21. Due to change in North Park Theatre ownership and operational goals, the 2015 season (“West Side Story,” “Singin’ in the Rain,” “La Cage Aux Folles,” and “Irving Berlin’s White Christmas”) will move to the Spreckels Theatre in Downtown San Diego.

Based on Paramount Pictures’ classic 1954 film “White Christmas” (itself loosely based on a 1942 film titled “Holiday Inn”), the stage musical takes place between 1944 and 1954, during and just following WWII. Originated in 2004 in San Francisco, the stage musical has a book by David Ives and Paul Blake. Its glory and raison d’être is the score, which features 17 Berlin tunes, including the title song, “Happy Holiday,” “Sisters,” “Count Your Blessings Instead of Sheep,” “Blue Skies,” “I Love a Piano,” “Love, You Didn’t Do Right by Me,” and “How Deep Is the Ocean.”

Produced by SDMT, “White Christmas” is directed by Todd

Nielsen and features a splendid onstage band conducted by Don Le Master. The company of 29 singers/dancers includes a quartet of band singers. Two of four leads repeat their roles: Jeffrey Scott Parsons as Phil, and Allison Spratt Pearce as Betty. Debuting as Bob and Judy are Todd DuBail and Tro Shaw. Shaw and Parsons are a good team. So are the returning Pearce and newcomer DuBail, both excellent vocally.

Bob and Phil were army buddies under the command of Gen. Henry Waverly (Ed Hollingsworth). After the war, they went straight to the top as a song and dance team. Bob is a kind of antisocial type and Phil an indefatigable



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2 p.m. Saturdays – Sundays

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(clockwise from top) Karla Franko and company; Todd DuBail and Jeffery Scott Parsons; Tro Shaw and Allison Spratt Pearce (Photos by Ken Jacques)

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ladies man. Hoping to change the status quo and bring a little love into Bob's life, Phil arranges for them to catch the act of singing sisters Betty and Judy. Phil already has an eye for Judy, and despite himself, Bob falls in love with Betty. Phil and Bob are headed for a holiday rehearsals in Florida, but unknown to Bob, Phil arranges for the two of them to follow the femmes to Vermont, where the sisters are set to entertain at a ski lodge owned by Gen. Waverly, who was a much better general than he is lodge owner. There is no snow but romance ensues, with complications of course.

Karla J. Franko endears herself as Waverly's hotel manager, Martha Watson. Ten-year old Claire Scheper once again portrays Martha's scene-stealing niece. The entire company arrives from Florida and a show is planned in Waverly's barn.

It's a feel-good show, replete with tunes, singers, lots of big tap numbers (Lisa Hopkins' choreography as restaged by Keenon Hooks), Janet Pitcher's fetching costumes, Matthew Novotny's lighting and un-credited sound design, which works well except when the stage curtain is closed. As always, Berlin's infectious score trumps everything, taking the cake, er, Christmas tree. Truly, “White Christmas” is just the thing to put the whole family in the holiday spirit.

—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](mailto:charb81@gmail.com).



# From 'Rookie' to MVP

## Album Review

Dustin Lothspeich



"I could never decide on my top two albums, but I can give you my two favorite Michaels: Jackson and Jordan."

It's fitting that Hideout's frontman and chief architect, Gabe Rodriguez, can't really give me a straight answer when I ask him about his favorite records of all time — mainly because, if his band's debut album, "Rookie," is any indication, it'd vary widely from moment to moment. But the shoutout to the respective Michaels aside, Rodriguez has some 'plaining to do: What's the big idea?

Not only did Hideout, which is comprised of longtime friends Rodriguez and Cory Stier (both members of indie pop band Cults), somehow find the time and energy to craft easily one of the best albums of 2014 — but no one really knew they even existed until about three months ago, when music blog behemoth Stereogum dropped their catchy-as-all-hell debut single, "Where You've Been." One minute, we were content just going about our day-to-day business. The next, there they were, fully formed like some indie rock version of Voltron.

But their debut couldn't have been more cobbled together: "Rookie" is ultimately the result of an unconventional writing/recording process between Rodriguez and Stier — who, when not working with Cults, spends his time as the talent buyer for Soda Bar, co-owner of Thrill Me Records (along with Rodriguez, and Angie Ollman), and drummer in beloved San Diego surf rock band Mrs. Magician. Over the course of several years, the two worked together in their spare time — albeit, on opposite sides of the country.

"I'll lay down a rough demo and then send it over to Cory," Rodriguez said. "Then we'll talk about rhythms and the foundation or meaning — either lyrically or musically. After that, it becomes a matter of when we can meet and actually play together. Because I'm in New York and he's in San Diego, there's usually a lot of phone conversations, home recording, and emailing."

A true 21st century partnership, the two put the musical magic from that long-distance friendship to use with an album that revels perplexingly in cohesiveness. Somehow, a project that spanned at least three years birthed a record that sounds convincingly complete. The duo saunter from art rock, with "Pet Sounds"-esque intricacy and shades of psych folk, to a more subdued version of glam rock (think Bowie's "The Rise and Fall of Ziggy Stardust and the Spiders From Mars") over the course of 38 minutes. Surely, there's some kind of dark sorcery at play here.

"I'll have to hand it to Gabe," Stier explained. "His writing style is very cohesive naturally — unlike a lot of songwriters I know, some of whom I've worked with. He's good at blocking out the noise of everyday life and staying true to himself."

That "Rookie" has the expansive feel of a band holed up in a

recording studio makes it all the more intriguing since, according to Rodriguez, "One of the difficulties of recording was making it sound like Cory and I were in the same room. In actuality, drums alone were recorded in three different locations."

Regardless of the reality of what actually transpired, when listening to the record, it's hard not to imagine Rodriguez and Stier as time-travelers camped out in Abbey Road Studios circa 1967, spending unending time behind ancient recording consoles, experimenting with whatever instruments happen to be laying around, and demanding horn-rimmed bespectacled sound engineers push big volume knobs into the red against their will. McCartney would casually drop in — they'd tell him to take a hike. In reality, of course, all that couldn't have been further from what went down.

"As the record progressed, I was traveling all over and I'm sure that contributed to the sound," Rodriguez said. "Walking around early in the morning in Roanne, searching for coffee and then going back and recording in a hotel room will definitely put me in a different headspace than I would be in a controlled studio setting. It wasn't my intention to have the environment affect the sound but due to circumstance, it was unavoidable and I'm happy with the result."

I think [that process] was, and is, very appealing," he continued. "I would write when inspired, not



(l to r) Hideout members Cory Stier and Gabe Rodriguez (Photo by Scarlett Connolly)

out of obligation. I didn't confine myself to one concept or process — it was kind of however I could get the idea down the fastest. The equipment itself also ranged a lot depending on what I could get my hands on at the time."

Indeed, the instrumentation varies from track to track — tambourines and acoustic guitars jangle about, organs wrestle with fuzzed-out electric guitar solo wrangling, and pianos hammer away dissonantly all while Rodriguez alternately serenades and aching wails under a blanket of thick slapback echo. It's a huge,

hazy mix of exquisite harmonies, head-nodding rhythms and truly infectious melodicism.

If the duo is nervous about pulling "Rookie" off in a live setting for their first-ever show at Soda Bar on Dec. 27, they're not letting on. It also doesn't hurt that they'll have some help in the form of Mrs. Magician guitarist Tommy Garcia on bass, and Conor Meads (who previously played with Stier in Pistolita) on guitar/keys to fill out the group's sound. Even so, Rodriguez didn't seem too concerned about recreating the album note for note.

"Initially, we are going to do our best to make it sound like the record," he said. "But I think bands should always improvise and not be rigid when performing. My favorite shows have spontaneity and aren't so concerned with replicating the recording."

Surely, it'll be interesting to see how it all unfolds and where, ultimately, Hideout will go afterward. If "Rookie" is just the beginning, the most likely answer is "up."

—Contact Dustin Lothspeich at [dustinlothspeich@gmail.com](mailto:dustinlothspeich@gmail.com). ✧

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	8		7				6	
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		6		2				1
	2				8		7	
			5		7			4

### Uptown's Sudoku Puzzle

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

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Answer key, page 20

## Uptown Crossword

### Odds On

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16				17						18			
19				20						21			
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48						49				50	51	52	
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1 Facial feature  
5 Rail  
9 Mother or son leader  
13 Airline  
14 Scrap  
15 Perry's creator  
16 Manager's philosophy  
19 Turf  
20 Picket  
21 Racketman Rod  
22 Reverse knit  
23 Boring tools  
25 Most recent  
28 An Osmond  
29 Pierre's friend  
30 Leveret's coat  
31 Half a drum?  
34 "... humble, there's \_\_\_\_"

38 Crooked letter  
39 Delivered  
40 ISU site  
41 Evert  
42 Provides provender  
44 Igneous rocks  
47 Too  
48 Ad \_\_\_\_ per aspera  
49 Algerian port
- 50 Sault \_\_\_\_ Marie  
53 Circus billing  
57 Leander's love  
58 Kefauver, of note  
59 Animal shelter  
60 Seabirds  
61 Trotsky or Uris  
62 Portal

**DOWN**

1 Word  
2 Potpourri  
3 Bar material?  
4 Golfer Ernie  
5 Boat with a crew  
6 Heraldic band  
7 Early auto  
8 Classified items  
9 PBS thoroughfare  
10 Treasure's companion  
11 Gantry  
12 Jury makeup?  
14 Fashionable  
17 Singular of opera  
18 Lily Maid of Astolat  
22 Rind  
23 Type of transit  
24 Composer Satie  
25 Country way  
26 Andy's pal
- 27 Tout's output  
28 Blokes  
30 Denim garments  
31 Volume  
32 Hebrew measure  
33 McGee's closet, e.g.  
35 Building stone  
36 Tumbrel  
37 Headwear  
41 Shiploads  
42 Elegance  
43 Family member  
44 Scrub in the tub  
45 Son of Jacob  
46 Opposite of stem  
47 Clean feathers  
49 Bismarck  
50 Go away!  
51 Oz canine  
52 Pitcher  
54 Lamprey  
55 Enzyme suffix  
56 Advanced deg.

Odds On

Answer key, page 20

# Avoidable common resistance-training mistakes

## Fitness

Sean Ryback



Many of us have been in the gym and looked over to the person to the right of us only to wonder, "What is that person doing?" Many common errors when resistance training increase the risk of injury, decrease strength and power, and critically diminish your results. Follow these basic tips next time you are at the gym to save your body and achieve the results you want.

### Where is your spotter?

Do you find yourself thinking, "I've got this" before performing a serious lift? While it is good to be confident in the weight room, it is dangerous to be overly confident. Failing to use a spotter is a surefire way to get injured. While you are hurt, you will be unable to train, thus you'll surrender all of your hard fought gains.

It is especially discouraging when an injury comes under circumstances that could have been avoided. A formula for success includes performing more reps, with better form, while being safe.

It is important to leave the ego at the door. It's not how much you lift, it's "how" you lift that makes the difference and when going beyond your norms, a spotter makes training safer by helping you keep proper form. They can assist with performing an additional rep or two at the end of your normal rep range which tells your body "it must change" to cope with the additional stress.

### Do not use momentum

When performing any type of lift, momentum is not your friend. You often see people swinging weight around when doing biceps curls, as an example. Heaving the weight up in any awkward swinging motion shows that you have too much weight to properly execute the lift safely. Again, ego, pride and the desire-to-impress may be the end culprits here. When momentum is involved, other body parts are getting into the action playing gravity to a disadvantage for their long-term results and safety.

### Full range of motion

While focusing on not using

momentum, we must also pay attention to utilizing a full range of motion for the specific exercise. Make sure you go all the way up and all the way down. No half reps! You are not doing yourself any favors by only doing half a rep. On the final reps, while using a spotter, performing half-reps is acceptable. These are the extra reps that you are getting as a bonus of using the proper weight, for the proper number of repetitions, with a spotter. You want the maximal eccentric phase (muscle stretch) and the maximal concentric phase (muscle contraction).

### Control the negative.

Let's use the bench press as an example. The first part, taking the weight down to your chest, is the negative part of this exercise, also known as the eccentric phase. It is important to control the weight on the way down and, while pushing it up, known as the concentric phase. In a biceps curl many people may be tempted to just let the weight pull their arm down after curling it up. Controlling the weight through the negative range of motion will yield much better gains. It is much safer, as gravity is being controlled verses allowing gravity to pop your elbow joint at maximal extension. Sometimes, it pays to be a little pessimistic and concentrate on the negative.

### Lifting with the neck

Many individuals develop a poor habit of engaging their neck when trying to lift, push, or pull. This is incorrect form and can cause injuries not only in the neck, but throughout the body. Focusing on relaxing the neck, stabilizing the core, and engaging the correct muscle for the exercise will help to accomplish your movement correctly. Generally speaking, if you approach your exercise with a "chin up" cervical posture and maintain that throughout the movement, you will be well served.

### Moving free-weights in set up

Free-weights such as dumbbells or barbells are great options for resistance training because they allow the body to use stabilizing muscles that some resistance machines tend to

lack. All too often, injuries occur when moving these free-weights around, picking them up and putting them down, or getting them in to the lift. The tendency is to forget your form if you are not focused. So remember to use the highest level of technique not only in your exercise, but when you are setting up your lifts.

### Setting your body position

Exercise equipment comes in all shapes, sizes and settings. This creates opportunities for incorrect setups of the machine itself, and resultant poor positioning of the body. If you do not know how to correctly utilize a machine, just reach out for support with a fitness professional. A common error seen at the gym is incorrect setting of the feet. From your head to your toes are you in the correct position? Set that core into contraction! Remember, your body will adapt to what you do in your workouts, so if it is the wrong movement or setting of the machine, you will have a negative outcome.

"Practice doesn't make perfect, it makes permanent."

### Over training

Rest day? Where's the "rest muscle" and how do I train it?

If you ever found yourself thinking something like this, you may be in trouble. Having proper rest (at least 24 hours) after training is an important step in muscle recovery and growth. Faster recovery means less pain and soreness. Exercise is the stimulus for change. Rest and nutrition are the keys to change. Many people fail to give themselves a day off from the gym. You do not need to train everyday. Just make sure that you earn that rest and recovery on the days you do train.

For every exercise, no matter if it is a single muscle group or full body workout, there are correct motions in which the body should follow in order to achieve the maximum results. This path that the body should follow will allow for maximum adaptation of the muscles over time, reduce the risk of injury, and allow for maximum power.

—Sean Ryback is a personal trainer at Fitness Together Mission Hills. ❖

FROM PAGE 3

## DIVERSITY

distinct ethnic group, they don't show up that way in census data that set diversity categories in the 19th century.

When the census asks those Iraqi immigrants to describe themselves, they likely mark themselves as not Hispanic and white, said Weeks. However, culturally and ethnically they are different from the European descendants most associated with non-Hispanic whites. That lack of nuance, Weeks said, can make it hard "to spot that type of diversity in the community."

Despite limitations of the data used to calculate the diversity index, it provides a unique way of looking at specific neighborhoods.

Baraka sees that diversity every day at his Encanto barbershop.

"You go outside these doors, you see the world walking past. You sit here long enough, you see the world coming in," he said.

### Less diversity at the coast

If the eastern part of San Diego is the most diverse, the coast is the most homogenous. And in

this case, homogenous does mean mostly white.

Point Loma, Ocean Beach and La Jolla are among the least diverse neighborhoods in the city. Ocean Beach, for example, is 80 percent white and has a diversity index of 0.24. That makes it the fifth least diverse community in San Diego.

Although separated from the coast by the Midway-Pacific Highway area, Uptown is also in the least-diverse quarter of San Diego neighborhoods. However, with a diversity index of 0.35 it's still more diverse than some of the neighboring communities to its immediate north and west.

Weeks said that cost of living drives the diversity makeup along the coast.

"The coast has become so expensive that in order to live there you've got to have a lot of money," Weeks said. "And at this moment in time, the majority of people that have a lot of money that can afford to live on the coast tend to be white non-Hispanics."

Weeks thinks that as incomes rise in the diverse eastern parts of San Diego, those residents will also move out to the coast. That could lead to a more balanced map of diversity in the region.

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Konna Cafe  
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McDonald's  
Meshuggah Shack  
Midtown Church of Science  
Mission Hills Liquor & Deli  
Mission Hills Library  
NuNu's  
Park Boulevard Pharmacy  
Peets Cafe  
Post Office  
Postal Annex (inside)  
Postal Place  
Pride Pharmacy  
Rich's  
San Diego Uptown News  
Scripps Mercy Hospital  
Shell Station  
Snooze  
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Starbucks  
Starbucks (Uptown Ctr.)  
The Center LGBT  
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The Merrow  
Trader Joe's  
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422 W. Washington St.  
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3800 Fourth Ave.  
3766 Fifth Ave.  
1010 University Ave.  
1421 University Ave.  
4070 Centre St.  
350 University Ave.  
3831 Park Blvd.  
4180 Park Blvd.  
120 W. Washington St.  
412 Washington St.  
640 University Ave.  
3702 Fifth Ave.  
3960 Normal St.  
110 W. Washington St.  
805 W. Washington St.  
734 University Ave.  
4019 Goldfinch St.  
1017 University Ave.  
3628 Fifth Ave.  
141 University Ave.  
3965 Fifth Ave.  
4033 Third Ave.  
3845 Front St.  
529 University Ave.  
120 University Ave.  
141 University Ave.  
451 University Ave.  
3361 Fourth Ave.  
1112 Fort Stockton Dr.  
220 Washington St.  
804 University Ave.  
3172 Fifth Ave.  
4021 Falcon St.  
3995 Fifth Ave.  
3940 Fourth Ave.  
1414 University Ave.  
4048 Goldfinch St.  
3858 Front St.  
1630 W. Lewis St.  
925 W. Washington St.  
3537 Fifth Ave.  
3904 Park Blvd.  
350 University Ave.  
3911 Cleveland St.  
1286 University Ave.  
1010 University Ave.  
1270 University Ave.  
1051 University Ave.  
3737 Fifth Ave.  
4077 Fifth Ave.  
302 Washington St.  
3940 Fifth Ave.  
4021 Goldfinch St.  
784 W. Washington St.  
3801 Fifth Ave.  
1240 University Ave.  
1080 University Ave.  
3909 Centre St.  
3610 Fifth Ave.  
1271 University Ave.  
1010 University Ave.  
301 W. Washington St.  
200 W. Arbor Dr.  
4168 Front St.  
3900 Fifth Ave.  
4157 Normal St.  
308 University Ave.  
610 Washington St.  
1483 University Ave.  
1200 Cleveland St.  
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Mission Cafe  
North Park Cafe  
North Park Family Health  
North Park Fitness  
North Park Library  
North Park Main St.  
Paesano Restaurant  
Para's Newstand  
Pecs Bar  
Pigment  
Pleasures & Treasures  
Posh Wash Coin Laundry  
Queen Bees  
Redding Bar & Grill  
Ritual Tavern  
S&D Property Management  
Santos Coffee  
Starbucks  
Tanline  
The Laundry Room  
The Old Mill Cafe  
Victoria House/North House  
Western Dental  
Williams San Diego Memorial  
Young Hickory

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4590 Park Blvd.  
2804 Adams Ave.  
1995 El Cajon Blvd.  
4697 Ohio St.  
2340 El Cajon Blvd.  
4075 30th St.  
2235 University Ave.  
4395 Cleveland Ave.  
4028 30th St.  
3829 30th St.  
2110 El Cajon Blvd.  
2200 University Ave.  
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3028 University Ave.  
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3795 31st St.  
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30th & University  
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The Big Kitchen  
The Grove  
The Whistle Stop Bar

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1521 30th St.  
2207 Fern St.  
2334 30th St.  
3023 Juniper St.  
3003 Grape St.  
3010 Juniper St.  
2236 Fern St.

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Lett's Chicago Pizza  
Pizzeria Luigi  
Turf Supper Club

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4141 Adams Ave.  
3817 Adams Ave.  
4055 Adams Ave.  
4079 Adams Ave.  
4130 Adams Ave.  
3393 Adams Ave.

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El Indio Mexican  
Gelato Vero Cafe  
Safron Chicken  
Shell Station

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3695 India St.  
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3737 India St.  
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4649 Hawley Blvd.  
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1815 Madison Ave.  
2930 Monroe Ave.  
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Sudoku  
Puzzle from page 18

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

Odds On  
Crossword from page 18

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

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# New Year's Eve: getting down in Uptown

As the holidays are fast approaching, some of us look forward to one festive night in particular — New Year's Eve. The night for sending out the old year with a bang and welcoming the new one with a headache offers many ways to celebrate. With that in mind, we've scoured our favorite neighborhoods for the best of all the ball-dropping fun. In Uptown you can choose to party like it's 1929, dine on gourmet, full-course dinners or settle into your favorite haunt and wait for a champagne toast.

A regular destination for events and staycations, the historical **Lafayette Hotel** (2223 El Cajon Blvd., North Park) is hosting "On With The Show" for New Year's Eve. This party is themed around the roaring '20s with three different areas to visit. "The City Within A City" will take over the main hotel building, greeting guests with carnival entertainment by Circus Mafia. The Mississippi Ballroom will become "The Cotton Club" for dancing and music. And the "Speak-easy" — if you can find it — will feature a four-course dinner and Prohibition-era cocktails along with some swanky lounge singers. (Reservations are required for dinner and start at 6 p.m.) The live music offerings for the event will run the gamut from rock 'n' roll-blues favorites Lady Dottie and the Diamonds to gypsy jazz artists Trio Gadjó to genre-bending DJ Man Cat. Tickets start at \$50 for general admission with various packages available for those interested in dinner or a hotel stay. We recommend doing it big: stay, play, eat and drink. The party's official hours are 7 p.m. – 2 a.m. Visit [lafayettehotelsd.com](http://lafayettehotelsd.com) for more info.

Another area hotel that celebrates days past, **The Cosmopolitan Hotel and Restaurant** (2660 Calhoun St., Old Town), also has a night of merriment planned. One of the oldest surviving buildings in San Diego has a party planned to include a welcome cocktail, a buffet dinner with dessert bar and, of course, a champagne toast at midnight. The event will also feature live music and drink specials. Tickets are \$30 per person. Visit [oldtowncosmopolitan.com](http://oldtowncosmopolitan.com). Note: the hotel has sold out of rooms but there are other accommodations in walking distance including the Best Western Plus Hacienda Hotel (4041 Harney St.).

For the second year, cocktail mainstay **Polite Provisions** (4696 30th St., Normal Heights) will host

their "Bourbon and Blues Ball." Now there's two "B"s we can get behind. The former will come in the form of a special holiday drink menu and the latter will be provided live by the Fred Heath Trio. Doors open at 8 p.m. and tickets include two drink vouchers good for beer, wine and cocktails plus a champagne toast a midnight. General admission starts at \$50 and does not include seating (there will be first-come first-serve seating on the patio and bar-top). Table reservations are available for an additional charge. Visit [bourbonandbluesball.bpt.me](http://bourbonandbluesball.bpt.me). For other area bars offering libation-laced NYE parties see our side bar.

One of our favorite North Park eateries will host an NYE dinner celebration plus a "hungover brunch" so the party doesn't have to end at midnight. **West Coast Tavern** (2895 University Ave.) will serve up dinner starting at 9 p.m. (reservations required) with all tables receiving a champagne toast and party favors. On New Year's Day, their brunch will start at 11 a.m. with specials on mimosa pitchers — which you'll need if you do NYE right. Visit [westcoasttavern.com](http://westcoasttavern.com). Many other Uptown restaurants will also have festive NYE dinners — see our side bar for a few highlights.

If you're looking for more than just a meal to ring in the new year, you're also in luck. **The North Park Theatre** (2891 University Ave.), conveniently located adjacent to West Coast Tavern, will host two great live acts. Nicki Bluhm and The Gramblers are no strangers to San Diego, playing here several times over the last few years. Nicki's timeless rock/soul/country vocals are met with groovy guitars — some courtesy of husband Tim — for a vintage style that conjures up memories of Linda Ronstadt, Stevie Nicks and even a little Janis Joplin. Tim Bluhm will pull double-duty, as he is also the front man for psychedelic-folk rockers The Mother Hips. Tickets for the show are \$37.50 plus fees. Visit [thenorthparktheatre.com](http://thenorthparktheatre.com). Of course, for music-lovers there are ample choices in addition to this stellar show. See our side bar for a few more selections in and around Uptown.

Whatever way you choose to celebrate, get a jump on 2015's resolution to not procrastinate and scoop up tickets and reservations before it's too late!

—Compiled by Jen Van Tieghem

## EATING YOUR WAY TO 2015

### Surf and turf dinner at The Patio on Goldfinch

Starting at 5 p.m. \$75 for prix fixe menu, \$99 with added wine pairing (regular menu available). 4020 Goldfinch St., Mission Hills. [thepatioongoldfinch.com](http://thepatioongoldfinch.com).

### Three-course dinner at Bleu Boheme

5 – 10 p.m. \$65 plus tax and gratuity. 4090 Adams Ave., Kensington. [bleuboheme.com](http://bleuboheme.com).

### Three-course dinner at Urban Solace

Reservations begin at 5:30 p.m. \$60 plus tax and gratuity includes champagne toast at midnight. 3823 30th St., North Park. [urbansolace.net](http://urbansolace.net).

## DRINKING AND DANCING YOUR WAY TO 2015

### Booty Bassment with DJ Dimitri, DJ Rob at Whistle Stop Bar

9 p.m. Free. 2236 Fern St., South Park. [whistlestopbar.com](http://whistlestopbar.com).

### DJ Junior, DJ Vaughn Avakian at Bar Pink

9 p.m. Free. 3829 30th St., North Park. [barpink.com](http://barpink.com).

### Hollywood Nights with DJ Junior at The Air Conditioned Lounge

9 p.m. \$35 includes choice of shooter from select menu, drink specials and champagne toast at minute with party favors. 4673 30th St., Normal Heights. [airconditionedlounge.com/NYE2015](http://airconditionedlounge.com/NYE2015).

### Joy, Wild Honey, Plant Tribe at Til-Two Club

9 p.m. \$8. 4746 El Cajon Blvd., City Heights. [tiltwoclub.com](http://tiltwoclub.com).

### Plastik Deer, The Slashes, The Kooties at Tin Can Alehouse

9 p.m. \$8. 1863 Fifth Ave., Bankers Hill. [thetincanl.wordpress.com](http://thetincanl.wordpress.com).

### Mrs. Magician, Heavy Hawaii, Teenage Burritos at Soda Bar

8:30 p.m. \$12 in advance, \$15 at the door includes party favors and champagne toast. 3615 El Cajon Blvd., Normal Heights. [sodabarmusic.com](http://sodabarmusic.com).

### Robert Dove with Ed Kornhauser at Turf Supper Club

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### One-year anniversary party with dinner and music at Croce's Park West

Early Dinner: 5 – 6 p.m., Dinner: 6 – 8:30 p.m., Late Night Dinner: 9 p.m. – close. \$50 – \$95 for three-course meal and entertainment by Irving Flores and Gilbert Castellanos and The Park West Ensemble. 2760 Fifth Ave., #100, Bankers Hill. [crocesparkwest.com](http://crocesparkwest.com).

### New Year's Eve Comedy Spectacular at National Comedy Theatre

8:30 p.m. \$79 for buffet dinner, comedy show and champagne toast at midnight. 3717 India St., Mission Hills. [nationalcomedy.com](http://nationalcomedy.com).

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# Cultivating attention

## Diversionsary Theatre gets a new ‘boss’

By David Dixon

Upon viewing Matt Morrow’s resume on his website, mattmorrow.com, it is very clear that he is a multitasking artist. Morrow has directed many shows and taught numerous theatre classes in New York City and Pittsburgh, Pennsylvania.

Just as importantly, Morrow has had a broad range of experience in artistic leadership and management. He was the associate artistic director of City Theatre Company in Pittsburgh and the literary and development

director of Amas Musical Theatre in New York City.

A new chapter of Morrow’s career recently began when he was named the executive artistic director of Diversionsary Theatre in San Diego in October.

Growing up in Central Florida, Morrow realized he had a passion for drama at a young age.

“Theater kind of saved my life there,” he said. “As an adolescent, I had very little direction ... but I had this impulse towards theater. I went to a community theater production and saw the musical, ‘Tom Sawyer,’ and fell in love with



Matt Morrow (Photo by Sue Ellen Fitzsimmons)

the whole experience.”

He is a high school graduate of Lois Cowles Harrison School for the Arts and received his Bachelor of Fine Arts in drama at Carnegie Mellon University. Since then, he’s had an extensive career focusing behind the scenes in the world of theatre. “I worked for practically every major off-Broadway theater company in various capacities,” he said. “I assisted-directed, directed, worked as the company manager for ‘Forbidden Broadway’ ... I did pretty much everything you can do, besides be on the stage.”

Earlier this year, he applied to be the leader of Diversionsary.

“It was a really organic process coming to know the Diversionsary, the board of directors and the staff,” he said.

One of the main reasons that Morrow is excited for the future of the company, is because the board will be promoting world premieres of up-and-coming playwrights.

“Our focus will be developing and producing new plays and musicals,” Morrow said. “Immersive and site-specific theatrical experiences. That’s one movement happening in the theater that’s really exciting to me.”

A potentially difficult task for any executive artistic director might be attracting theatergoers to see original pieces.

“It’s always a challenge to develop and cultivate audiences to support new work, because it’s supporting the unknown,” he said. “I think that’s going to be somewhat of a [risk], but I look forward to surmounting that challenge.”

Although the thrust might be on original stagings, there will still be revivals of plays focused on the LGBT community in Diversionsary’s future.

“There’s definitely space to revisit existing, popular works from the cannon with a new spin, take and perspective,” he said. “I’m not necessarily interested in doing a straightforward revival of a piece. That’s not to say I won’t ever do that, because I think there’s room for it all.”

Morrow has high hopes for the continuing growth of the theater.

“I do think Diversionsary should become known as a nationally recognized home that develops and produces exciting LGBT works,” he said. “I want us to be

known for being a very fertile ground where LGBT writers from around the world can come and work. Where they can come and find a creative home.”

When asked about increasing attendance at the Diversionsary, he replied by saying “by doing more of the same.”

When it comes to increasing attendance at Diversionsary, Morrow thinks the group should keep on doing what they are doing.

“I feel the staff has a wonderful attitude with the patrons,” he said. “The attitude is once you know us, you’re gonna come back. It’s just getting them in the door the first time. Once people experience our work, I think they fall in love. We produce quality work in a very loving atmosphere, which I believe is contagious.”

Morrow had even more to add about why he thinks people should give the Diversionsary a try.

“Because it’s good and because it’s exciting,” he said. “That sort of sums up where we are with Diversionsary right now. I can promise a great time that they will carry with them for the rest of the week, if not month, if not year.”

Currently being staged at Diversionsary through Dec. 21 is “Tru,” the 1989 play based on Truman Capote’s words and works.

For more about Diversionsary, visit [diversionsarytheatre.org](http://diversionsarytheatre.org).

—A fan of film and theatre from a very young age, David Dixon has written reviews and features for various print and on-line publications and is currently a student at San Diego State. You can reach him at [david-dixon0202@gmail.com](mailto:david-dixon0202@gmail.com). ❖

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# New Museum of Man exhibit is hit and myth

By Alex Owens

From now until the end of 2015, the Museum of Man in Balboa Park is being taken over by monsters.

Or should we say "Monsters!," a new exhibit focusing on the strange mythological creatures that have inspired stories for centuries.

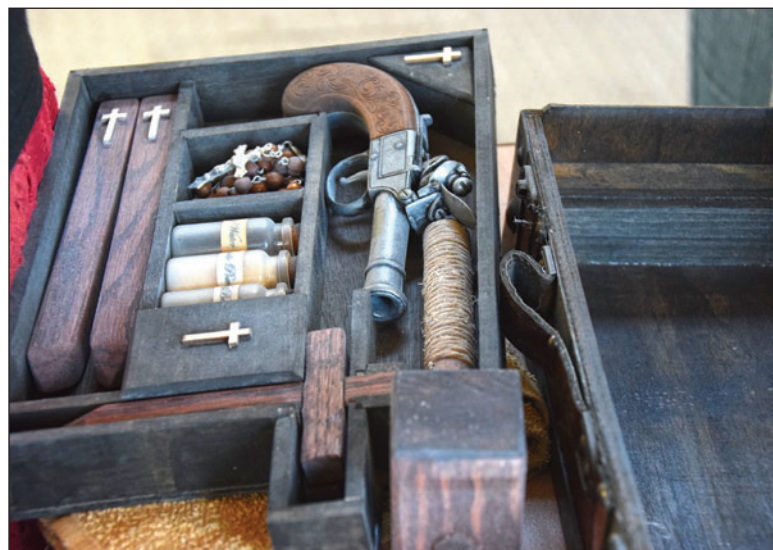
The family-friendly exhibit explores how imaginary animals like dragons, vampires and sasquatches have taken on lives of their own thanks to the human imagination.

ers are more from folk culture, and where the myths originated.

"Some creatures have a definite origin," Lacy said. "Others are harder to source." There is a controversy where dragons started. Many cultures have similar stories about them.

"It's possible someone may have seen dinosaur bones and put a story to it to explain them," she said. "The myth is a way of understanding the unknown."

It is also a way of processing horrific experiences.



(Above) Vampire hunting kit (Courtesy Museum of Man) (Below) Leshy, a Slavic forest humanoid, who can transform himself into plants and creatures (Courtesy Museum of Man)

The creatures might be figments of fertile imaginations, but Karen Lacy — the Museum's collections manager, who created the exhibit along with museum volunteer Melanie Dallas — said monsters have an important place in human development.

"The human mind seeks to understand things," Lacy said. "Mythology is a way of understanding the unknown."

For instance, people lose things for no apparent reason. Well, there are creatures that steal things."

People enter the exhibit through the mouth of a tentacled monster. Then they learn about various strange creatures, some famous while others



Godzilla, for example, who is featured in the exhibit, was created in Japan in the 1950s as a metaphor for the atomic bombs dropped on Hiroshima and Nagasaki by the United States in 1945.

The exhibit takes advantage of many statues and sculptures from museum archives depicting the mythological creatures, along with items loaned from other museums.

Lacy pointed out that sharing through families and cultures was also a key part of how creatures like the vampire were able to spread around the world.

The first stories about the bloodsuckers appeared in Mesopotamia more than 3,000 years before the birth of Christ, but

word spread all over the world.

"Different groups of people would trade goods, but they also traded stories and beliefs," Lacy said. "Cross-cultural connections get made, but it also shows something about the way humans think."

It's possible that some of the creatures described as "mythological" in the exhibit, like Bigfoot and the Loch Ness Monster, may one day turn out to be real.

That's not explored in the Monsters! exhibit, but Lacy said science should be open to understanding a culture's myths as a way of getting information.

"Just because the science doesn't support something doesn't mean it's not of value," she said. "When you're hearing a story from someone, you have to listen to what they're saying, and you might have to put it in context with what is already known."

Working on the exhibit was a lot of fun for Lacy and the rest of the staff at the Museum of Man.

"I loved learning about all the myths," she said. "Every day, you'd uncover something new."

Though she doesn't want to play favorites, Lacy admitted that she renewed her love of mermaids.

"I didn't know that mermaids are supposed to have a shell necklace," she said. "If you take the necklace, the mermaid has to do what you want, but if they got it back, they'd cause a tsunami."

Monsters! is currently open and runs throughout 2015 at the Museum of Man, located at 1350 El Prado in Balboa Park. For more information on Monsters!, visit [museumofman.org/monsters](http://museumofman.org/monsters).

—Alex Owens is a San Diego-based freelance writer. He can be reached at [alexowenssd@gmail.com](mailto:alexowenssd@gmail.com).



Godzilla (Courtesy Museum of Man)

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# 'Taste 'n' Tinis'

## returns to Hillcrest

### Hits and misses

By Vince Meehan

The Hillcrest Business Association held its annual "Taste 'N' Tinis" holiday event Dec. 11, which served to promote local holiday shopping as well as showcase various menu items from Hillcrest restaurants. Eager foodies roamed Hillcrest and stopped at participating businesses, where they were treated to food items, holiday-themed martinis, or in some cases, both. The tasting seemed well attended, and this year, the hours were extended due to the success of last year's event.

**Hits:** **Luna Grill** served two portions of grilled lamb, one portion of grilled chicken, along with a Mediterranean couscous salad. **Buffalo Public House** served "coxinha," essentially a cross between a meatball and a hush puppy. This Brazilian dish featured seasoned beef mixed with onions and peppers, accompanied by a spicy garlic sauce. Extra points were earned by allowing the guests to sit in the dining area, as well as offering coupons for a free hamburger. **D Bar** not only served a pumpkin spice flavored ice cream, but also gave guests a voucher for a free glass of wine. **Flashbacks** clothing served a delicious and delightfully strong chocolate martini, while **The Village Hat Shop** took the cake with its high-octane peppermint martini. **Local Habit** served its exotic homemade kombucha, a fermented drink that has become popular in the hipster community. **Fiesta Cantina** won big in pairing a spicy pizza with a tart margarita.

**Misses:** **Salt N Cleaver** was no longer participating in the event by 7 p.m., a full three hours before the event's official ending.

**Breaking even:** **East Coast Pizza** ran out of samples early, but redeemed themselves by handing out vouchers for a free slice upon a return visit. ❖



(Clockwise from top) The Luna Grill pulled out the stops for the "Taste 'N' Tinis" event. D Bar's Kelsey Pharr scoops up some pumpkin spice ice cream. Nora Gomes, co-owner of Buffalo Public House shows off her coxinhas. (Photos by Vince Meehan)

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# To leash or not to leash?

## Ask the Attorney

Josh Bonnici



*"Can I really get in trouble if my dog's off a leash? My dog is usually pretty well-behaved, but other dog owners sometimes give me dirty looks when I don't leash him."*  
—John the dog walker

Great question, John. As a dog owner myself, I see and experience this far too often in San Diego: people peacefully walking their dogs, obeying the San Diego City leash laws and along comes an unleashed dog frantically approaching with the owner running behind yelling, "Don't worry (s) he's friendly!"

That may be true, but what many dog owners don't think about is 1) just because your unleashed dog is "friendly," that my leashed dog is going to be as receptive when being rampantly charged at, and 2) that you know how your unleashed dog is going to react in every situation.

So what are the consequences of violating the leash law? What are a dog owner's rights when an unleashed dog bites a leashed dog or a leashed dog bites an unleashed dog?

To start, a quick disclaimer: While my tone is causal and jokes may be corny, none of my

suggestions should be taken as legal advice, nor does it create any attorney-client relationship. However, I will point out some local codes and ordinances for you to weigh your options in order to understand your rights and obligations when it comes to you and man's best friend.

In San Diego, a dog that is brought into a public or private area where dogs are permitted must be restrained by a handheld leash no longer than eight feet in length (San Diego County Code Sec. 63.0102(b)(2)). Further, even if your dog is leashed, you must have the ability to control your dog at all times. The fine for violating the leash law can range from \$250 for first time offenders to \$430 and even \$810 for second and third time offenders.

An owner who violates the leash law and whose unleashed dog subsequently attacks a leashed dog is likely to face civil liability for the amount of harm done to the dog, and possibly even misdemeanor criminal liability for violating the leash law and public protection from dogs law (SDCC 62.669). Additionally, the owner could be liable even when the presence of the dog off the leash was unintentional.

This imposes what the law calls strict liability on the dog owner for any harm their dog causes to another person including that per-

son's property, which includes other dogs (Cal. Penal Code §

491). An owner who is obeying the leash law and whose dog subsequently attacks an unleashed dog who was the initial aggressor is less likely to face liability unless the leashed dog had a propensity for violence, or despite having your dog on a leash, you were still unable to control him/her.

All that being said, there are places in San Diego where a dog is allowed (and encouraged to be) off leash. My Jack Russell Terrier and I have visited a handful of the several dog parks provided and maintained by the city, which offer a great venue for your four-legged friend to romp and play to their heart's content. A complete list of the parks with hours and addresses can be found on the city's website at [sandiego.gov/park-and-recreation/parks/dogs/leashfree.shtml](http://sandiego.gov/park-and-recreation/parks/dogs/leashfree.shtml).

While there may be no leash law at these locations, there are other regulations you should be aware of. These include sanitation (picking up after your dog, SDDC Sec. 62.670), the number of dogs you can bring (most parks limit owners to three dogs at a time, with Fiesta Island's dog park allowing double that), and reporting requirements if your dog bites a person.

If in the unfortunate event your dog does bite someone, you can be held liable for their medical bills and possibly more. Politely

exchange contact information with the other person and tell them to get medical attention if the bite is serious. If you have homeowners or renters insurance on your home, your dog may be added to the policy, in which case you will need to report the incident to your insurance carrier. Additional regulations regarding dog bites can be found at SDCC Sec. 62.669.1.

Bottom line: Obey the leash laws or patronize the numerous local dog parks in San Diego where your dogs can run free. All of these potentially tragic encounters can be avoided by keeping your pet on a leash in designated areas. No pet owner wants to see their cherished pet injured, so do your part; your dog and fellow dog owners will thank you.

—Joshua Bonnici is the managing attorney at Bonnici Law Group, APC, a downtown civil litigation firm. He spends his time representing local families and individuals, as well as riding his bike or walking his dog around his Hillcrest, which he calls home. Feel free to reach out with specific questions. 619-259-5199 or [sddisabilityattorney.com](mailto:sddisabilityattorney.com).

## Business Spotlight

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Mike crafts the menus at Circa with a noticeably retro vibe that works well with the relaxed environment in the dining room to create a nostalgic, comfortable, homey feeling.

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Food For Live Grooves  
Friday – Sunday, Dec. 19 – 21

From 5 – 9 p.m. each night this weekend, The Hideout (3519 El Cajon Blvd., Normal Heights) will collect nonperishable food items for Mama's Kitchen. In exchange for donations, attendees will receive tickets for \$1 off drinks to be used all night. Friday's lineup includes Hip Hop Roots (cover: \$5), Saturday will feature

Erik Canzona and The Narrows, Gloomspan and Second Cousins (cover: \$5) and Sunday will be a literary event followed by karaoke (no cover). Visit thehideout.com for more information on the venue and lineups and soundsinsandiego.com for more on the food drive.



A Belgian Christmas  
Saturday, Dec. 20

Brabant Bar and Café (2310 30th St., South Park) is bringing the festive cheer of Belgium closer to home. The spot has been decorated from top to bottom and they'll be serving up drinks and eats to match the cheery atmosphere. Belgian Christmas brews to be served include St. Bernardus Christmas, Scaldis Noel and Temecula's very own Monkish Magnificat, plus several others. If you happen to order the Gouden Carolus Noel on draft you will also get a pair of Mere Noel glasses to take home. To pair with the libations, Brabant will serve up holiday-inspired dishes as well: goose with lingonberry

sauce, winter bratwurst, Cognou — aka Belgian Baby Jesus Bread, and Christmas cookies. And if all that holiday spirit isn't enough to get the Grinch out of you, there will be caroling each hour with lyric sheets passed around so all can participate. The party starts at 5 p.m. with no cover and all ages are welcome and encouraged to dress in festive attire. Visit brabantcafe.com for more information.

The Soundrange presents The Shop 'n' Roll Christmas Round Up  
Sunday, Dec. 21

This event gives attendees the chance to get some holiday shopping done in a very cool way with unique products for sale and an early evening lineup of music. From 3 – 8 p.m. vendors will be on hand at The Casbah (2501 Kettner Blvd., Little Italy) with everything from artwork to vinyl to handcrafted jewelry and pottery to health and beauty products and more. Plus there will be special giveaways by Sector 9 Skateboards. DJ sets will be followed by live performances by Neighbors to the North, Shake Before Us and Subsurfer. A BBQ station will be set up with items for purchase if you come hungry. Entry is \$6. Visit casbahmusic.com for more information.

Winter Solstice Celebration  
Sunday, Dec. 21



The festivity for the shortest day and longest night of the year (for us in the Western Hemisphere) will be held from 5 – 7 p.m. at Eye of Buddha (4247 Park Blvd., University Heights). The free meetup invites attendees to "share in the gift of light with song, reflection and grace." Refreshments will be served during social time following the celebration. Visit eyeofbuddha.com or find the event on meetup.com to RSVP.

Let's Spend the Night Together  
Wednesday, Dec. 24

After 20 years of "Exile on Kettner," The Casbah (2501 Kettner Blvd., Little Italy) has something different to present this year for Christmas Eve orphans (or those trying to escape the family). The free show features Pony Death Ride in the Atari Lounge, The Little Richards and Schitzophones doing a Stone Soul Christmas Revue. But the main event will be Lauren Scheff's All-Star Rolling Stones Tribute. Scheff's super group brings together a veritable who's who of San Diego music, including Jeremiah Zimmerman (The Silent Comedy), Timothy Joseph (Palace Ballroom), Stevie Harris, Jake Najor, Rebecca Jade, Danielle LoPresti and many more. If you can make it down for this inaugural bash you won't be disappointed. Did we mention it's free?

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., Mis-

see Calendar, page 27

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FROM PAGE 26

CALENDAR

sion 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. Universalspiritcenter.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.  
**Storytelling:** 7 – 8:45 p.m. the first Wednesday of each month featuring members of Storytellers of San Diego at Rebecca's Coffee House, 3015 Juniper St., South Park, donations



welcome. Ages 12 and up. storytellersofsandiego.org.  
**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. Northparkfarmermarket.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.

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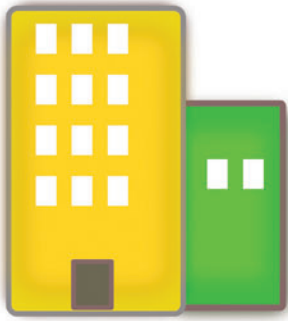
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## To determine if subletting is for you, ask

By Alan Pentico

Subletting can often be a win-win situation for the landlord and a tenant, whether it be because you are looking to move but have yet to finish out the length of your lease, or even if you simply need help paying rent.

The proper process for subletting can be made very easy by doing one simple thing: asking. Never be afraid to ask if subletting is an option available and be sure you also understand the rules.



Most lease agreements or rental contracts will specifically state whether subletting is allowed. If it is not explicitly prohibited in the terms of the lease, then you can legally assume it is permitted. However, you are always encouraged to ask and get everything in writing.

There are two forms of subletting: assignment and sublease.

An assignment is when you essentially transfer your remainder of the lease to the subtenant. The new tenant will pay the landlord directly and communicate with that person about any important issues. While this may take you out as the middle-man between the landlord and the new tenant, it is vital that you realize that if the subtenant does not pay rent, then you are liable for the full amount. Because you are still at risk, the San Diego County Apartment Association recommends getting a sublease agreement or contract between a tenant and a subtenant in writing.

As opposed to assignment, choosing to sublease means you will play a more active role in the process. This form of straight subletting means that you will collect rent checks and forward them to the landlord. The new tenant will not be in communication with the landlord, so you will also need to assist in home repair issues if they arise. Again, it is recommended that you also get an agreement or contract in writing from this person, and even collect a deposit in case damages to the property ensue, considering that you are still responsible for the unit.

If you decide subletting is a good option for you, have a conversation with your landlord and make sure they are involved in the process; that way, it becomes a win-win, and you can move on to the next home and chapter in your life, knowing that all is well and secure with your sublease.

—Alan Pentico is Executive Director of the San Diego County Apartment Association. ❖