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# San Diego Uptown News



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Glass Spells on the horizon



A cyclist rides along Fifth Avenue, where protected bikeways were recently installed.  
(Photo by Hutton Marshall)

## Bankers Hill residents sue city over Fifth Avenue bike lane

By Margie Palmer

Bankers Hill resident Leo Wilson has filed a lawsuit on behalf of the Bankers Hill / Park West Community Association (BHPW-CA) against the city of San Diego for a bike lane-extension project that removed one lane of traffic along Fifth Avenue.

As part of the city's "road diet" project, one lane of traffic on the three-lane stretch of Fifth Avenue between Laurel and Upas streets was restriped as a protected bikeway in late 2014. The project, which extended a Fifth Avenue bikeway installed earlier last year, was piggy-backed onto a water pipeline project along the same stretch of road. With similar pipeline projects planned for Fifth Avenue north of Upas, city staff said the protected bikeway could eventually extend as far north as Washington Street in Hillcrest.

Proponents of the project say it will not only create a dedicated bike lane, it will also help calm traffic.

The BHPWCA suit, however, alleges that the recent project was not subject to the appropriate environmental review; association co-chair Wilson believes that because the project reduced the corridor from three lanes to two, it should

be subject to an environmental review under the California Environmental Quality Act (CEQA).

Wilson, a former attorney, serves as chair of the Uptown Planners, a volunteer community board that advises the city on local land use and development issues. His 10-year tenure on the board — much of it served as chair of the organization — will end this spring when he reaches the board's term limit. Wilson also serves as president of the Metro Community Development Corporation, a nonprofit focused on urban development projects in Uptown neighborhoods.

"The city of San Diego has failed to comply with CEQA, in that it did not conduct any environmental review of the Lane Reduction Project, despite there being substantial evidence to support a fair argument that [the project] will have significant impacts on the environment," the lawsuit states.

The complaint goes on to allege the "strong possibility" that traffic will be diverted onto adjacent residential streets and creates a "foreseeable adverse traffic and public safety impact."

Wilson declined to speak with

see **Lawsuit**, page 7

## Food of the past made fresh

Back to Roots market opens in Bankers Hill

By Courtney Charbonneau

Each morning, a large pull-down door goes up welcoming each person who walks in to the large, open space. Bright colors spread out across wooden tabletops. The smell of fresh herbs and warm baked bread fills the air and offers a sense of ease.

Family, friends and strangers all come together striving for the same goals in a community-like atmosphere. The new artisan market Back to Roots in Bankers Hill is all this and more.



Back to Roots co-owner Alvaro Miranda Hernandez stands in the entrance of the new "farm-to-fork" market in Bankers Hill. (Photo by Hutton Marshall)

The meaningful journey began back when co-owner Curro Smid Ariza, or "Philip," and his brother Jan Christiaan grew up helping out on their grandfather's farm, El Campito Farm in Descanso. It originally only had apples and grapes. In 2010, the brothers started hand-harvesting vegetables.

The plan to create a farm-to-table market came after. Gustaf Anders Rooth, a master craftsman from Sweden and neighbor received a call from Back to Roots partner Alvaro Miranda Hernandez and urged a get-together. From there, Rooth showed Ariza the place that would soon be the market, right next door to Rooth's studio.

On Nov. 15, Back to Roots lit up and opened its doors for the first time. "It all happened so fast," said Ariza.

Loose tea, meat, cheese, baked goods, sauces and pastas — Back to Roots offers a broad array of edible goodness.

Hernandez's offering at the market comes from Iberico Taste. He provides the meats from acorn-fed animals in Spain, along with a variety of cheeses. One meat to try is the chorizo, which spiked an interesting conversation between Ariza and his wife while attempting to describe its original taste. It's a Spanish sausage "without the kick," they agreed.

"Let's just say it's delicious, but uniquely indescribable," Ariza laughed.

Some of the most popular products right now are the Iberico ham, bread and Bloomsdale spinach. The bread is from Prager Brothers Artisan Breads, handmade from heirloom grains. It's a go-to for Flor Franco, an award-winning executive chef and owner of Acqua Al 2 at Back to Roots. She creates and provides prepared meals for customers on the go. For example, on Thanksgiving, a family could come in

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San Diego Community News Network

## Normal Heights weighs in on new school facility

By Chris Pocock

A small group from the Normal Heights Community Planning Group (NHCPG) convened for the first time last week to discuss a prospective multi-purpose facility for Adams Elementary and Global Visions Academy.

The ad-hoc subcommittee hosted an open forum to discuss the proposed construction's effect on Normal Heights' already austere park space, which would reduce the playing area, a blacktop owned by Adams Elementary, by approximately 3,000 square feet. The joint-use field adjacent to the blacktop would not be reduced.

Attendees from the NHCPG and the Adams Avenue Business Association (AABA) denounced the removal of park space, citing the General Plan Standard, which states that Normal Heights has just less than 15 percent of the park

space it should have. Plans to create additional park space, including an off-leash dog zone in Ward Canyon Neighborhood Park, have taken longer than originally stipulated, giving rise to concerns that the loss in park space used for the multipurpose facility may never be recovered.

"The community uses that [blacktop] ... there's always a handful of people playing basketball on that space," said NHCPG Chair Caroline McKeown. "My kid learned how to ride his bike there. It's my opinion the community would be much more damaged losing the green space over the blacktop space, but we'd rather not lose anything."

Despite the impending loss in park space, McKeown was encouraged by the project, seeing it as much needed attention toward the underserved area.

Other issues facing the space brought up during the forum included the poor quality of

bungalows being used by Adams Elementary, inadequate parking for teachers and parents, and the joint-use "green space" adjacent to the school, which members of the NHCPG and the AABA said was being used illegally by the community as an off-leash dog park.

Many from the NHCPG and the AABA argued that most of the issues facing the space would be resolved if the city was more proactive with purchasing properties up for sale bordering the contentious area and repurposing the land for school and park use — a strategy used most recently in 2004 to create space for the Normal Heights Elementary school building and adjacent park space.

"It's partly a question of scope," said Alison Flynn, chair of the Business Planning and Development subcommittee of the AABA. "The school district is looking at it and asking 'what can we do in the next two to three years, the bond money [from

see **Adams**, page 19



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\$601,700 3568 Villa Terrace



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**SOLD** Multi-Unit Property • 1692 sq ft  
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\$555,000 1980 Boundary St



**SOLD** 2BR 1BA • 1107 sq ft  
\$629,000 3421 Quince St



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\$705,000 2254 Commonwealth Av



**SOLD** 3BR 2BA • 1075 sq ft  
\$550,000 920 Glendale Av



**SOLD** 3BR 2BA + Den • 1897 sq ft  
\$743,000 3727 29th St



**SOLD** 4BR 2.5BA • 2568 sq ft  
\$725,000 2821 Felton St



**SOLD** 3BR 2.5BA • 1335 sq ft  
\$600,000 2323 Montclair St



**SOLD** 2BR 1.25BA • 1028 sq ft  
\$530,000 2905 32nd St



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\$852,000 2124 Upas St



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**SOLD** 1BR 1BA • 448 sq ft  
\$328,000 2871 Capps St



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\$539,000 2620 Lincoln Av



**SOLD** Represented Buyer & Seller SHORT SALE - CONDO 2BR 2BA • 874 sq ft  
\$300,000 4036 Utah St



**SOLD** Represented Buyer 3BR 2BA • 1350 sq ft  
\$610,000 3689 32nd St



**SOLD** Represented Buyer ROLANDO 3BR 2BA • 1278 sq ft  
\$415,000 4975 Curry Dr



**SOLD** Represented Buyer 2BR 1BA • 624 sq ft  
\$356,000 4476 Oregon St



**SOLD** Represented Buyer 2BR 1BA • 1144 sq ft  
\$554,000 1203 30th St



**SOLD** Represented Buyer 2BR 2BA • 1065 sq ft  
\$596,300 4027 Jackdaw St



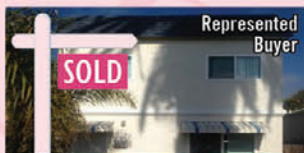
**SOLD** Represented Buyer 2BR 1BA • 886 sq ft  
\$470,000 3502 Nile St



**SOLD** Represented Buyer CONDO 2BR 2.5BA • 1322 sq ft  
\$331,000 4789 35th St



**SOLD** Represented Buyer SAN CARLOS 4BR 3BA • 2842 sq ft  
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**SOLD** Represented Buyer MIRA MESA - CONDO 3BR 2BA • 1010 sq ft  
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**SOLD** Represented Buyer ROLANDO 3BR 2BA • 1572 sq ft  
\$535,000 4321 Aragon Wy



**SOLD** Represented Buyer GRANTVILLE 3BR 1BA • 1068 sq ft  
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Unlike a typical farmers market, Back to Roots opens each day to sell vendors' goods. (Photos by Hutton Marshall)

FROM PAGE 1  
ROOTS

and walk out with a full dinner for eight to 10 people. After a few pending permits are approved, they'll add wine and ready-made sandwiches to the offering.

The vendors who wish to sell out of Back to Roots, located at 3318 Fifth Ave., come in and out as they please. It's simple, according to Ariza. They contact him and figure out a good time to come in with their dollies to set up. One requirement is that the products are grown and created in a traditional manner. He said he enjoys giving everybody a chance to join in, and that keeping it local is what it's all about.

"Hence the name, Back to Roots," he said.

Ariza is a vendor himself, selling produce from his family's farm. Everything is seasonal and grown locally.

"We don't use sprays or anything," he said.

It's completely organic at Back to Roots. The carrot seeds, Ariza's favorite, come from France, which are Ariza's favorite. It's all fresh and according to him, the produce switches out every two days. When asked why that is, he said, "I'd rather give my customers produce that is real to its roots than give them something just because it lasts longer."

"A main priority is to make it how it used to be 100 years ago" for the customers, said Ariza. What makes Back to Roots stand out today is that it's open seven days a week. Ariza said he remembers working with other farmers markets in the past and buyers would ask where they could get their products other days of the week. This prompted Ariza to open his market every day of the week to meet the demand.

So far, Ariza said Thursday through Saturday are the market's busiest days. The bread goes fast, according to Ariza's wife, Sofia Arregui. Don't worry; she'll put it

on hold until the end of the day. She also plays a needed role in the market's operations by greeting customers, informing them about new products, as well as making sure the market is decorated with a little flair.

Ariza and Co. call this current stage in the market "phase one." In "phase two," Ariza plans to provide a place for customers to sit and enjoy some wine onsite. It all pairs with Rooth's newest line of art and first commercialized brand, "Barrelly Made It," featuring pieces made out of wine barrels that will be displayed in Back to Roots.

"The excitement of starting something new, meeting new people and overcoming challenges is the most fun about this job," Ariza said. "It's a pain when challenges are there, but when it's over, it's a great feeling."

—Contact Courtney Charbonneau at [courtneyncharbonneau@gmail.com](mailto:courtneyncharbonneau@gmail.com). ♦

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Artist's rendition of the LGBT-affirming senior housing complex coming to North Park at northwest corner of Texas Street and Howard Avenue. (Rendering by Joe Cordelle; architecture by Rodriguez + Associates Architects and Planners)

## Safe, welcoming and affordable

North Park housing project for LGBT seniors moves toward final green light

By Margie Palmer

The San Diego Planning Commission has approved the development of an LGBT-affirmative senior housing complex in North Park.

A public hearing was held on Dec. 18, where commission members gave the plan a unanimous nod and are recommending the City Council grant final approval next month.

The 76-home senior apartment building is set to be located on the northwest corner of Texas Street and Howard Avenue and will sit adjacent to a 118-home multifamily

building on the northeast corner.

The mixed-income development is the brainchild of nonprofit developers Community Housing Works (CHW), which has partnered with the San Diego LGBT Community Center to help bring the project to fruition.

CHW said the senior apartments were designed as an affirming and supportive environment for lesbian, gay, bisexual and transgender seniors. The Center said its staff will provide services welcoming to the entire senior community of residents.

Since its inception, the proposal has generated considerable neighborhood support and received official backing from the North Park Planning Committee (NPPC).

"Our committee overwhelmingly supported the proposed development," said NPPC Chair Vicki Granowitz. "We like that it brings well-designed new housing options to our community, and also provides for seniors on limited incomes."

The proposed design provides a large, open plaza at the northeast corner of Texas and Howard and significantly enhances the pedestrian experience along Texas Street. Building frontages on Howard Avenue and Arizona

Street were designed to have a residential feel that complemented the existing residential uses on the opposite side of the street.

CHW officials stated that based on a previous study released by The Center, they identified that San Diego's LGBT seniors were a particularly vulnerable demographic in need of affordable, welcoming living spaces.

The study also indicated that America's LGBT seniors were far more likely than their non-LGBT counterparts to not have a family-based support network, especially since the vast majority of LGBT seniors are more likely to be single and not have children.

Dr. Delores Jacobs, CEO of The Center, said they are very enthusiastic about the collaborative project.

"LGBT seniors have very few options for affirming and supportive housing — and for our low-income seniors, the situation is even more difficult," Jacobs said. "This development provides a significant step in the direction of making sure LGBT seniors in San Diego can live with dignity. The fact that it's a CHW development makes it even more exciting, as it gives us full confidence that it will be a safe, supportive, well-planned community that anyone would be proud to call home."

The development uses an affordable housing density bonus to help make the affordable development feasible.

Under that program, 23 of the senior apartments will be restricted to very low income households earning 50 percent or less of the county's median income.

CHW Vice President Dave Gatzke said the loss of redevelopment agency funding throughout California has made resources for

affordable housing very limited.

"I'm thrilled that this mixed-income approach allows us to bring both high-quality market rate development to North Park and offset the gap in funding we have in building affordable housing," he said.

CHW said their intent is to find additional funding sources and to break ground in 2016 with all 76 of the apartments to be affordable.

For more information about CHW, or to stay up to date on this project, visit [chworks.org](http://chworks.org) and find "north park chw" listed under real estate development and current projects.

—Margie Palmer is a San Diego-based freelance writer who has been racking up bylines in a myriad of news publications for the past 10 years. You can write to her at [margiep@alumni.pitt.edu](mailto:margiep@alumni.pitt.edu). ♦



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UptownBriefs



The California Tower in Balboa Park  
(Courtesy Museum of Man)

CALIFORNIA TOWER REOPENS

On Jan. 1, the California Tower at Balboa Park’s Museum of Man officially opened to the public for the first time since 1935.

Government officials and park leaders held a ribbon-cutting ceremony for the tower, which is part of the 100-year-old California Building — now home to the Museum of Man — which was originally constructed for the 1915 Panama-California Exposition. The tower opens just in time to kick off the centennial celebration of the historic exposition, which put San Diego on the map as an international port city made accessible through the construction of the Panama Canal.

According to the Museum of Man, the California Building has been mentioned more than any other building in the city in American architectural studies. It is included in the National Register of Historic Places as part of the California Quadrangle, while the tower is recorded in the Historic Buildings Survey in the Library of Congress.

Tickets to ascend the tower cost approximately \$20, and may be purchased at museumofman.org. Park staff recommends purchasing tickets in advance, as same-day tickets many often be unavailable. Further instructions are available Museum of Man’s website.

DIGITAL GYM SCREENS ‘THE INTERVIEW’

Following a hack on Sony’s digital infrastructure, cancellation of a major studio film release, a statement by President Barack Obama, a possible cyberbattle with North Korea and the inevitable media frenzy, the latest Judd Apatow film, “The Interview,” will go on. Among the couple hundred theaters screening the film in the U.S. is North Park’s very own Digital Gym.

Digital Gym is part of the non-profit Media Arts Center San Diego, which runs educational and arts initiatives for underserved children, as well as hosting the annual Latin Film Festival.

“The Interview” stars Seth Rogen and James Franco as they play two boneheaded journalists who find themselves in a plot to assassinate North Korea dictator Kim Jong Un. While the film has received poor reviews and criticisms for its inaccuracies, it has become a rallying point for proponents of free speech in the US following Sony’s short-lived decision to withhold the film’s release in all U.S. theaters.

“The Interview” was released on Christmas Day, Dec. 25, and will run at the Digital Gym until Jan. 9.

The Digital Gym is located at 2921 El Cajon Blvd. For tickets and showtimes, visit digitalgym.org.

SANDAG OFFERS \$15M IN GRANTS

SANDAG recently announced \$15 million in grants to fund local smart growth and active transportation projects.

Under its TransNet Growth Incentive Program and TransNet Active Transportation Grant Program, the intergovernmental planning agency will accept applications through March 20 for civic projects promoting smart growth, walking, biking and transit usage. Approximately \$12 million in smart growth funds and \$3 million for active transportation are available. The funding comes from the TransNet half-cent sales tax collected throughout the region.

Only projects or organizations within San Diego County and the cities in the region may apply directly for funding. Non-profits wishing to apply must do so in conjunction with a local municipality.

For more information, visit sandag.org/cycle3grants.

ESCAPED COBRA NOW ON DISPLAY AT SAN DIEGO ZOO

Some may recall the White Monocled Cobra that for a roamed free in Thousand Oaks for a few days last September before capture. Now, this rare, venomous snake has made her home in the San Diego Zoo’s Klauber-Shaw Reptile House.

“This morning was the first time the cobra was placed in her new home at the Reptile House,” said Rachael Walton, a keeper at San Diego Zoo in a statement released Dec. 23. “We expect it may take her a few weeks to get used to her new surroundings. Being a cobra, she likes to hide, so visitors to the Zoo may want to look closely under the rock ledge or in the planter bank in her enclosure to get a good glimpse of her.”

This breed of cobra is illegal to own in California, and its origins likely lie in Southeast Asia. The snake, estimated to be two years old, was moved to San Diego Zoo shortly after its capture, where it then spent a mandatory 90 days in quarantine.

‘SAN DIEGO’S HISTORIC PLACES’ TO FOCUS ON BALBOA PARK CENTENNIAL IN SEVENTH SEASON

One of the highest-rated local programs on KPBS-TV, “San Diego’s Historic Places,” will return for its seventh season in January with a special series in honor of the Balboa Park’s centennial celebration of the 1915 Panama-California Exposition.

This season of the show will feature several new episodes and segments devoted to the park and its history. Host Elsa Sevilla will explore how the park, once known as City Park, originated and utilize rare, historic photos and film to give viewers a look at the 1915 Panama-California Exposition.

see Briefs, page 9

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## EDITORIAL

## City should protect community parking district autonomy

By Hutton Marshall

Earlier this year, City Auditor Eduardo Luna, an independent analyst with the city of San Diego, audited the city's Community Parking District (CPD) program, a little known but very impactful part of San Diego's denser urban communities.

Parking districts, in a general sense, are parking-impacted areas identified by the city. The CPD program, initiated by the city in 1997, allows communities to form small nonprofit boards to spend a portion of meter revenue on projects to improve parking locally.

The audit detailed three main findings. While focusing on separate aspects of the program, each finding recommended increased accountability, transparency and reporting by the CPDs and the city staff administering the program. While government transparency and accountability are near-universal positives, new city legislation could stymie the innovative efforts of progressive parking districts like ours in Uptown. Before I explain why, I want to briefly cover the basic structure of the programs.

Technically, there are six different parking districts, but there are really only three in play (the ones with parking meters): Uptown, Downtown and Mid-City. The latter is split between two managing organizations, the University Heights Community Development Corporation and the El Cajon Business Improvement Association.

Downtown's parking district is overseen by Civic SD, a nonprofit working on myriad civic development projects in Downtown, City Heights and Encanto.

The Uptown Community Parking District (UCPD) is unique in that it operates solely to manage parking in its communities, which include Hillcrest, Bankers Hill, Mission Hills, and International Restaurant Row/Five Points.

The UCPD's board is made up of seats designated to each of the four communities it covers, with the number of seats per com-

munity proportional to the amount of meter revenue its corresponding area brings in. Because of this, Hillcrest gets seven of the board's 14 seats. The organization is led by Elizabeth Hannon, a former San Diego LGBT Pride executive, who became UCPD's chief executive officer in late 2013.

I spoke at length with Hannon about the audit, and while there were a few areas of concern and ambiguity she wants to inquire into, she's optimistic overall about the changes that might come from it, including several areas of improvement cited that encompass goals UCPD already had on their radar.

Like I said, it's hard to backbite an audit recommending accountability, transparency and basic financial reporting, but if extended too far, these controls could siphon the vibrancy from these programs.

Hannon said the possibility of too much bureaucratic oversight is "definitely an area of concern" for UCPD after reading the audit.

It's also worth mentioning the U-T San Diego report that publicized the \$178 million in parking revenue held by the community parking districts. While Civic SD staff told the U-T that much of their reserves were conserved resources to be used for a third parking garage Downtown, Hannon stated that much of the UCPD's bulky savings account is already allocated to projects that are waiting for approval by city staff. If Uptown's parking district is already struggling to allocate the millions on hand to find badly needed parking solutions in Hillcrest, adding more hoops to jump through certainly won't help.

A few of the more unique projects in 2014 — ones that might have been more difficult to bring to fruition with more stringent oversight — have been the Park Hillcrest App (which will become a lot more useful once it's synced with the incoming smart meters), various transit and bike infrastructure projects, and partnering with the California DMV to secure 178 additional spots on nights and weekends.

I'm not saying none of this would have happened had a more drawn-out approval

process been in place, but I suspect several projects — like those not previously tested on San Diego streets — would have taken considerably longer to approve. That, in turn, would have disincentivized parking districts from going out on a limb with more ambitious parking strategies.

The audit also revealed some meter revenue accounting previously unknown to the parking districts.

In each district, meter revenue is split between the city and the parking districts 55/45, respectively. But before dividing this sum, the city takes out the costs of administering the district and monitoring the parking meters.

The audit revealed that the city drew in \$33 million over the last four years. Of that, \$11 million went to administrative costs. Prior to this audit, Hannon couldn't speculate what this administrative sum might be. The fact that the CPD responsible for managing a large sum of meter revenue wasn't privy to how one-third of the city's meter revenue was spent goes to show the need for increased transparency.

While what Hillcrest really needs is a large parking garage — maybe one that can cover its own operating expenses like North Park's — and a greater commitment to active transportation, the many projects and studies implemented by the UCPD since its reforming have proven worthy and wise.

Minor modifications like fixing curb cuts and other safe, minor measures won't solve the problem. Parking in Hillcrest needs an overhaul, and the city shouldn't inhibit the UCPD's ability to do so.

So when would these proposed changes happen? The audit report went before the City Council Audit Committee, which forwarded it along to the Smart Growth & Land Use Committee. It's expected to go before Smart Growth in early February. Updates to come then. You can find the full auditor's report at [sandiego.gov/auditor](http://sandiego.gov/auditor).

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

## LETTERS

Thank you Uptown News and Joshua Bonnici for publishing the important information about leash laws etc. [See "To Leash or not to leash" in Vol. 6 Issue 26]. I am so tired of seeing people walking their dogs unleashed, and in dangerous situations like busy traffic etc. I have an old, diabetic, arthritic dog who is very mellow and loves people. She does

not however, like other dogs, and will bark fiercely at them when she is on the leash being walked. Off leash she is fine. I cross the street or walk around parked cars if there is another dog coming. It is more of a worry when there are unleashed dogs around. One time, a small, unleashed dog ran out into the road after us at night when we were crossing

over. It could have been run over. I've talked to some of these dog owners here and there and they just don't seem to care. Hopefully, Mr. Bonnici's answer to the question from John the dog walker will educate more people to be more mindful.

—Melanie Ross, via email ♦

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**OPINIONS/LETTERS:** San Diego Uptown News encourages letters to the editor and guest editorials. Please email submissions to [hutton@sdenn.com](mailto:hutton@sdenn.com) and include your phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

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FROM PAGE 1

LAWSUIT

San Diego Uptown News, saying his attorneys advised he not discuss the case at the present time.

BikeSD executive director Sam Ollinger and local business owner Ben Baltic disagree with the legal action and feel that the lane reduction will not only benefit cyclists, but the business community at large.

“[The plan] benefits everyone. It makes walking and driving safer because adding a bike buffer lane will create a traffic calming effect,” Ollinger said. “[The community groups] have known about plans to accommodate bicycling for a very long time and the blueprints have been vetted by the community. [Wilson] has been aware of this in multiple, different ways so for him to say he’s surprised about this is confusing, unless he just hates bicyclists for some bizarre reason.”

In August 2014, BikeSD created an online petition asking Wilson to resign from the Uptown Planners, citing his “fundamental inability to address the concerns of anyone except automobile drivers and their near constant demand for more public space to store their private vehicles.”

Baltic said other neighborhood associations, such as the Bankers Hill Community Group, have seen studies that show current and future traffic along Fifth Avenue can be handled with two lanes of cars.

“The idea that the lane reduction will flood the neighborhood and flood residential streets with cars is baloney,” he said. “What will likely happen is that existing traffic will go slower and that bicyclists will be accommodated; that’s what everyone wants.”

He also believes that getting rid of the “high-speed freeway” that links Hillcrest to Downtown may also be a boon to Bankers Hill shops and restaurants.

“Property and business owners can attest how bad the high speed of traffic has been for pedestrian activity in the neighborhood,” Baltic said. “If you look at Fourth and Fifth [avenues], the places where

the success is commercially is in the Gaslamp and Hillcrest, where traffic is stopped every block. I am dumbfounded as to why [Wilson] would want to keep three lanes of high speed traffic on Fifth Avenue. It’s bad for business, it’s bad for the neighborhood and I’m not supporting his initiative at all.”

On Dec. 29, Uptown News visited the stretch of Fifth Avenue at 9 a.m. and 5 p.m. During a brief period observing street traffic in the area, there was no discernible congestion or back up at stop signs, though the bike lanes were little used as well. It is also worth noting that Dec. 29 is a work holiday for many in San Diego, which may have diminished traffic.

Others have expressed concerns beyond pedestrian safety and community economics; they have pointed out that the BHPW-CA has not held a public meeting in months and question whether it is still a viable organization.

Wilson said the association is not defunct and held meetings through early 2014. Although the group has not met publicly since Feb. 20, “it continued to communicate [electronically] with its email list, which has about 300 individual email addresses,” Wilson stated through email.

Wilson did not respond to an emailed request for the names of other active members of the BHWCPA.

Although the fate of the proposed bicycle lanes remains uncertain, a city spokesperson said the lawsuit is narrow in scope.

“We do not anticipate that the lawsuit will have any impact on the bike lane as it currently exists,” said City Attorney spokesperson Gerry Braun, “or on any other city bike projects.”

*Editor Hutton Marshall contributed to this report.*

—Margie Palmer is a San Diego-based freelance writer who has been racking up bylines in a myriad of news publications for the past 10 years. You can write to her at [margiep@alumni.pitt.edu](mailto:margiep@alumni.pitt.edu). ♦

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# Fall Brewing opens wide on 30th Street



Fall Brewing Company's large microbrewery and tasting site recently opened on 30th Street near Adams Avenue. (Photo by Cody Thompson)

## Suds in the city

Cody Thompson



Last time we met, I made a point to mention how 30th Street has been deemed the "Nation's Best Beer Boulevard." With a world-class line up of locations not only offering, but producing some of the best craft beers in the nation, it's no surprise that locals as well as beer drinkers outside of San Diego see this stretch of road as a true powerhouse. Our Ultimate Warrior of the squared circle – of craft beer.

Okay, so maybe I'm the only one who made that specific comparison, but nonetheless I doubt many would disagree. With so many locations having their hand in the craft beer game, is there room for one more player? Craft beer fans have come in droves while voicing a resounding "yes" in regards to our latest player – Fall Brewing Company (4542 30th St.).

Fall Brewing Company is the pride and passion of brewmaster and owner Ray Astamendi. Before opening Fall Brewing, Astamendi, a well-seasoned brewmaster, had worked with Mission Brewery, Left Coast Brewing, Maui Brew-

ing and was the first and founding brewmaster of Saint Archer Brewing Company in Miramar. The future looks bright for Fall Brewing with Astamendi behind the operation. He will be the one making the calls on everything from the beer styles, the brewing itself to everything in between.

Fall Brewing, which resides in a building that once housed an auto repair shop, presents a beautiful tasting room loaded with San Diego-centric attitude and décor. With the hardwood L-shaped bar wrapping the main ordering and tasting area, to the "counter top" seating space that stretches

the length of the building that separates the main room from the wide open brewhouse, imbibers can sip their suds in a comfortable and classy way.

Adding that local touch are band posters from San Diego's past and present plastering their walls. Down the hallway and throughout the bar area, those making an appearance include Casbah anniversary posters, local greats Black Heart Procession, Three Mile Pilot, Hot Snakes and, of course, Rocket From The Crypt. Fall Brewing has lots of love for the RFTC crew, as they also serve up an English Brown Ale, "Speedo's Tiki Love God," that happens to be named after the band's singer and local music hero, Mr. John Reis.

The beers being offered at Fall Brewing range from classic IPAs, a team of stouts, (one being brewed with local coffee from Dark Horse Coffee Roasters), all the way to a team of California Commons and more.

I started my journey with their take on a classic IPA: Spirit of '77. Brewed with the "three Cs" in the hop world — Chinook, Cascade and Centennial — this 7.3 percent alcohol-by-volume beer boasts tons of juicy hop flavors with a fantastic crispness and slight bite. I was then told by local craft beer artist Rudy Pollorena Jr. of Craft Beerd that I must try two specific beers at Fall Brewing, and now after trying both, I pass along the same suggestion to you.

A Beer Named Sue, obviously named for the late and great Man in Black, Johnny Cash, is a

California Common that is said to be brewed with all Northern Brewer hops. It was a clean and crisp offering with low hop bitterness while still delivering amazing flavors. The next suggestion was to taste the aforementioned coffee stout, 2AM Bike Ride. A toasty 4.6 percent ABV stout loaded with coffee flavors and a mild vanilla sweetness on the back end.

Contributing even more to the San Diego vibe in the tasting room, which I personally love, are the two beers named for San Diego staples. One being Speedo's Tiki Love God, coming in nice, dry and toasty, and as Speedo himself said, "not too hoppy."

The other is the Loudspeaker Imperial Rye Session IPA named for the local 91X radio show, featuring a sticker of host Tim Pyles' face on the beer board. Loudspeaker, which clocks in at 6.2 percent ABV, is a fruity and incredibly drinkable IPA with a slight spice to it. One might say an "imperial session" couldn't be a straight IPA, but when something is this tasty you quickly forget technicalities.

Fall Brewing Company has opened to mass attention from the local beer world and after visiting for myself, the reasons are all too apparent. Delivering a great atmosphere with a local vibe, delicious and drinkable beers and friendly and helpful beer-tenders, it's no surprise that Fall Brewing is destined to be a fan favorite here on 30th Street. All praise to Ray Astamendi on his new venture, and cheers to a successful upcoming new year with great people and great San Diego craft beer.

—Contact Cody Thompson at [cody@threebzine.com](mailto:cody@threebzine.com). ♦

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FROM PAGE 5

**BRIEFS**

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Jan. 8: Early Balboa Park plans, early architect plans, Museum of Man design, Saint Frances Chapel

Jan. 15: Expo planning, Spreckels Organ Pavilion, early park landscaping, California Building tower tour

Jan. 22: Rare Expo black and white film, Foreign Arts Building, San Diego History Center ephemera, Expo historic artifacts

Jan. 29: Marston House and park, Kate Sessions, Cabrillo Bridge, Grant Hotel, streetcar

Feb. 5: Overview of Balboa Park, Seventh Avenue homes and park, Spreckels Theatre, MCRD, Navy

Feb. 12: Expo "Isthmus," architects, St. James Hotel, carousel

**CALIFORNIA EDD REPORT SHOWS LARGE GROWTH IN JOBS OVER PAST YEAR**

The latest data released in a monthly employment report by the California Employment Development Department (EDD) shows that the San Diego

region added 43,000 jobs from Nov. 2013 to Nov. 2014. This is the largest growth for the area in the past 20 months. Employment grew by 13,100 jobs in the past month alone, and unemployment remained at 5.8 percent – down 1.2 points from Nov. 2013.

San Diego Regional Economic Development Corporation (EDC) also released its "Manpower Monthly Report" with analysis of the California EDD's data. San Diego Regional EDC's report noted sectors that drove much of the growth from Nov. 13 – Nov. 2014 included ship and boat building (grew 13.6 percent); professional, scientific and technical services (grew 6.7 percent); healthcare (grew 4.9 percent); scientific research and development (grew 4.5 percent); and tourism (grew 3.9 percent).

"We figured San Diego's numbers would be great since

the U.S. reported very strong figures a few weeks ago, but we didn't expect local growth to be this outstanding," stated EDC research manager Mike Combs in a press release.

Visit San Diego Regional EDC's website at sandiegobusiness.org for their full report and visit labormarketinfo.edd.ca.gov for the California EDD's monthly release. ♦

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## UPTOWN FOOD BRIEFS

BY FRANK SABATINI JR.



The lively, subterranean **Kous Kous Moroccan Bistro** in Hillcrest has expanded into the adjoining space that housed Full Circle Fitness, which moved upstairs. "We now have the entire basement and gained an additional 1,250 square feet," says chef-owner **Moumen Nouri**, who appointed the new dining room with Casablanca-style décor and more lighting fixtures imported from his homeland. The bar and lounge in the original portion of the restaurant have also been expanded. Starting in early January, Nouri will introduce belly dancers and live DJs on Friday and Saturday nights. 3940 Fourth Ave., 619-295-5560.



(left) New lighting has been added to Kous Kous Moroccan Bistro; (right) the remodeled bar at Kous Kous (Courtesy Moumen Nouri)

Chef **Alberto Morreale** of **Fig Tree Café** in Hillcrest and Liberty Station has advanced into Mission Hills with his recently opened **Farmer's Bottega**, a "farm-to-fork" restaurant serving breakfast, lunch and dinner. Morreale launched the venture in the space formerly occupied by Olivetto Ristorante and brings to the table everything from sausage meatball hash and Mediterranean-style omelets to Portobello sandwiches and stuffed quail. 860 Washington St., 619-458-9929.

Founded more than 30 years ago in Pacific Beach, **Rubio's Fresh Mexican Grill** is re-branding to **Rubio's Coastal Grill**. Over the next several months, the company will redesign all of its Southern California locations, beginning with San Diego. New menu items are also in the works, such as mahi salads and a greater use of 100 percent sustainable Alaskan Pollack, slated to appear in tacos, burritos and bowls. The redesign process will bring an end to the tiki-style thatched roofs that canopy some of the tables while ushering in natural wood, art panels, pendant lighting and a new color scheme of cobalt and indigo.

A second location is on the horizon for Normal Heights' **Soda & Swine**, which will open another kitchen at an undisclosed spot in Liberty Station in March or April. Famous for its selection of gourmet meatballs, the Point Loma digs will feature a mini pie shop within the restaurant and an outdoor patio with fire features. For updates, visit sodaandswine.com



"Doughnate" to charity by eating pies at URBN Coal Fired Pizza. (Courtesy H2 Public Relations)

A charity drive with multiple beneficiaries titled, "Roll the Dough to Raise the Dough" runs Jan. 5 – 10 at all three **URBN Coal Fired Pizza** locations (North Park, El Cajon and Vista) as well as at **BA-SIC Kitchen + Bar** in the East Village. For every pizza purchased at any of the New Haven-style pizzerias, URBN Restaurants Inc. will donate \$1 to the North Park Main Street Association, the YMCA, Solutions for Change or St. Madeleine Sophie's Center – depending on where you dine. The effort corresponds to National Pizza Week.

—Frank Sabatini Jr. is the author of "Secret San Diego" (ECW Press), and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com. ♦

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Tagliatelle with beef ragu (Photo by Frank Sabatini Jr.)

Restaurant Review

Frank Sabatini Jr.



For this reviewer, 2014 was the year that restored my faith in local Italian restaurants, with Parma Cucina Italiana in Hillcrest ringing in as the finale.

First came the discoveries of Buona Forchetta and Piacere Mio Ristorante Italiano, two South Park jewels slinging authentic, regional dishes sans the American-style overloads of garlic and red sauce. Bottega Americano in the East Village followed; a place where pizzas, imported salumi and fresh seafood occupy various food stations within an Old World market atmosphere.

At the quaint and charming Parma, however, Chef “Celso” adheres strictly to his northern-Italian roots with meats and ragus that cook for hours in wine and herbs before being mounted onto polenta or pasta.

Because Parma is a landlocked city, seafood becomes a footnote in the form of a salmon appetizer served over arugula with citrus vinaigrette. After that, it’s all about beef and pork, plus chicken scaloppine and a few vegetarian dishes that include spinach-ricotta ravioli in pink tomato sauce.

The restaurant operates from a smallish space that formerly housed an Italian coffee shop and the failed Urban Eats. The design is warm and inviting, with a soft color scheme complimenting shiny hardwood floors and a corner banquette festooned in comfy pillows.

At nearly two years old and with an enthusiastic all-Italian

staff in place, it is doing a brisker business compared to its former tenants. In fact, if you don’t have reservations, even on a Sunday night, you risk being turned away.

Farro soup with pancetta appears regularly in the daily rotation. It’s thick, warming and wonderful and stocked with carrots, celery and onions. The final touch is a drizzle of smooth-tasting olive oil.

Sausage ragu served over tender polenta squares also helped thaw our bodies from the day’s cold weather. As an appetizer, the dish is substantial in size but easy to polish off given its fine textures and teasing measures of tomatoes and rosemary.

The menu spotlights various pasta dishes as traditional preludes to the main entrées. Among them is lasagna constructed with a

**Parma Cucina Italiana**  
**3850 Fifth Ave.**  
**(Hillcrest)**  
**619-543-0049**  
**Prices: Antipasti and salads, \$5 to \$15; second and main courses, \$11 to \$19**

concert of béchamel and red meat sauces, veal tortellini in white cream sauce and penne pasta in spicy tomato sauce.

Still mesmerized by the sausage ragu, we opted for the beef-pork ragu over tagliatelle egg noodles. This was the kind of pasta dish I could eat by the pot load and not feel bloated. The ribbon-y noodles were exceptionally lightweight, striking a pleasant balance to the Chianti-soaked ragu speckled with bits of braised tomatoes. It’s basically the slimmer sister of Bolognese.

A hot ticket to  
**Parma**



(clockwise from top) Roasted pork shoulder in white cream sauce with veggies; Sausage ragu over polenta; Farro soup (Photos by Frank Sabatini Jr.)

Brandy, white wine, cream, sage and parsley rose to the occasion in a delectable entrée of slow-roasted pork shoulder. Buried within the white sauce were earthy porcini mushrooms while perfectly cooked broccoli, carrots and potatoes draped faintly in butter and olive oil performed their magic from the sidelines.

My companion’s choice, brasa-to con polenta, brought a welcome return of the cornmeal cakes to the table, but topped this time with precision cuts of super-tender pot roast. The thick wine-laden sauce, formed primarily from the meat’s juices, clenched the dish with a beautiful, rustic essence that called for another complimentary basket of crusty bread with honey butter to further soak it up.

Where authentic Italian food is served, desserts are a guaranteed

pleasure bomb. Parma is no exception to the rule with its creamy ricotta cake sporting a mantle of dark chocolate or lemon custard pie speckled with pine nuts. Wash them down with a teeny cup of Italian-strength espresso and chances are good that you’ll start plotting your next visit here.

—Contact Frank Sabatini Jr. at [fsabatini@san.rr.com](mailto:fsabatini@san.rr.com)



Ricotta chocolate cake (Photo by Frank Sabatini Jr.)

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(l to r) Scenes from "Pageant" at Cygnet Theatre (Photo by Daren Scott), "Bright Star" at The Old Globe (Photo by Joan Marcus), "Hunchback of Notre Dame" at La Jolla Playhouse (Photo by Kevin Berne) and "Spring Awakening" at Cygnet Theatre. (Photo by Daren Scott)

## Where were **YOU** when the lights went up?

### Theater Review

Charlene Baldridge



You were sitting in a seat facing the stage, I hope, taking advantage of a San Diego production or even a Broadway tour.

Like any year, 2014 had its hits and its misses. Across the broad spectrum of entertainments, your intrepid critic and arts fan attended more than 150 events, including musicals, operas, symphonic or chamber music concerts, and straight theater; okay, some of it not so straight.

Venues ranged from the Dorothy Chandler Pavilion and Disney Concert Hall in Los Angeles, to Orange County's Segerstrom Arts Center, to San Diego County theaters large and small, near and far. Lots of people want my job, but please be assured it's a pain in the ass sometimes, especially when something you simply must see

plays in a folding-chairs venue.

This was a big year for musicals, some highly touted yet bland, others surprisingly rich. It was also a big year for off-pitch singing. Broadway/San Diego's "Once" was an intriguing and intimate musical mostly lost in the cavernous Civic Theatre.

Some of the biggest, and not necessarily the best, were as follows: La Jolla Playhouse's "Hunchback of Notre Dame," buoyed up and somewhat redeemed by the fine singing of the San Diego choral group, SACRA/PROFANA; The Old Globe's "Bright Star," in which an overwrought book was nearly saved by a rolling bluegrass band and one exceptionally talented heroine.

The outstanding musical production of the year was Lamb's Players Theatre's much-extended "Les Misérables," which

featured a magnificent company headed by Brandon Joel Maier as Jean Valjean. The other best was ion theatre company's "Passion," featuring an indelible performance by Sandy Campbell as Fosca. Cygnet Theatre also produced excellent productions of "Pageant" and "Spring Awakening."

These were my favorite plays: Ayad Akhtar's "The Who & the What" at La Jolla Playhouse; "Time and the Conways" at The Old Globe; "All My Sons" at Intrepid Shakespeare; "Mandate Memories" at North Coast Repertory



Theatre; "Vanya and Sonia and Ma-sha and Spike" at The Old Globe; Herbert Siguenza's "El Henry" co-produced by La Jolla Playhouse and San Diego Rep at the outdoor Maker's Quarter; "The Pianist of Willesden Lane" at San Diego Rep; "The Clean House" at New Village Arts; "Honkey" at San Diego Rep; "Enron" at Moxie; and "Pericles, Prince of Tyre" acted by The Old Globe/USD MFA students.

Notable: San Diego Musical Theatre's production of "Next to Normal." Richard Baird is back with New Fortune Players, which produced a fine "Henry V" at ion theatre, starring himself and a mostly grand company. Sledgehammer also reappeared with a production of "Happy Days" at 10th Avenue Arts Center. Speaking of 10th Avenue, it was one of numerous venues for the second annual San Diego International

Fringe Festival, bigger and better this year.

Mercifully and by some kind of miracle, San Diego Opera survived its near closure, and the two recitals performed as fundraisers for the 50th anniversary season — which opens at the end of January with "La Bohème" — were exceptional, sung by soprano Ailyn Pérez and tenor Stephen Costello and by mezzo-soprano Stephanie Blythe, were SRO. All three singers have endeared themselves to San Diego Opera audiences through appearances in previous seasons.

Epic turkeys were "Orphan of Zhao" and "Ether Dome" both at La Jolla Playhouse.

See you next year at the theater!

—Charlene Baldridge has been writing about the arts since 1979. Follow her blog at [charlenebaldridge.com](http://charlenebaldridge.com). She can be reached at [charb81@gmail.com](mailto:charb81@gmail.com). ♦

A scene from "Enron" at Moxie Theatre (Photo by Daren Scott)

**"Ingenious! A snazzy double act!"**  
Charles Isherwood, *The New York Times*

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Jesse Oxfeld, *The New York Observer*

**"A charmingly frenetic all-stops-out musical comedy!"**  
Jason Clark, *Entertainment Weekly*

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Paul Gauguin, *Spirit of the Dead Watching* (detail), 1892. Oil on burlap mounted on canvas.  
Albright-Knox Art Gallery, Buffalo, NY. A. Conger Goodyear Collection, 1965. Photograph by Tom Loonan.



Wild Wild Wets freak out



(l to r) Wild Wild Wets members Taejon Romanik, Mike Turi and Marco Piro  
(Photo by Nicole Espina)

By Dustin Lothspeich

If you didn't know, psych is back.

While San Diego is no Haight Ashbury just yet, we've got quite the hotbed of psych rock/pop on our hands, with its own lifestyle renaissance to boot. To some, the psychedelic music movement may be nothing new — after all, it sprouted up from the anti-establishment counterculture and mainstream introduction of hallucinogenic drugs in the '60s. Originally intended to accompany or emulate the feeling of being on mind-altering substances, psychedelia hit the masses back then with The Beatles, The Byrds, The Jimi Hendrix Experience, Cream, Pink Floyd, The Grateful Dead and The Doors.

But it truly reached its peak between '66 and '69 when lesser-known groups like The Soft Machine, Love, and The 13th Floor Elevators started releasing acid rock masterpieces to a rabid cult following. It wasn't until the last decade or so though, that a younger generation picked up those old records, dusted them off, and emerged with a fresh new twist on those vintage vibes. The Growlers, Ty Segall and Tame Impala are currently some of the biggest artists in indie music today, all taking a cue from those older albums and updating their output with a modern touch.

Wild Wild Wets are no different. The San Diego six-piece (made up of Mike Turi on vocals/synths, guitarist Taejon Romanik, drummer Marco Piro, live visual artist John Kelley, artist Andrew McGranahan, and current one-named fill-in bassist Yegor) started up in 2012 and became known for their outlandishly trippy live shows. Three years later, they're now set to unleash their inner wild child on Jan. 16 at The Casbah with their very own masterpiece, the appropriately titled "14th Floor." Turi admitted that it's been a long, arduous process.

"['14th Floor'] has been finished for a while now. We, being a DIY operation, tried our best to find a label to help press it, but we had no concrete luck on some of the labels following through on vinyl. So now, it's just that time when we had to say 'fuck it' and go our own way with this release," Turi said. "The saving grace is that in this time since the record was finished, we

have lost a few original members and right now, with the forces aligned, it's nice to be putting out all of this out now in a time where our writing/recording is getting way better. We definitely knew what our sound was intended to be, but recently, it's what we're nailing."

**San Diego Freak Out**  
**The Casbah**  
2501 Kettner Blvd.  
Saturday, Jan. 16  
8:30 p.m., 21+  
\$8 in advance/\$10 day of

Featuring:  
**Wild Wild Wets**  
(Record release)  
**Burning Palms**  
**Max Pain and the Groovies**  
**Swift Beats**  
**Slow White**  
**Moonshine**  
**Sixties Guns**

The eight-track album is a throbbing, mesmerizing journey; a hazy, winding road through deep reverb canyons, washed out vocal riverbeds, hypnotic groove quakes, and pulsing waves of guitars and organs. Songs like "UK Drugs" and "Black Bridge" surge on head-bobbing beats and grinding guitar grit, "Floating" stomps along in a druggy daze, and the title track offers up a

deliriously melodic take on it all. The whole thing's a woozy affair — an oozing, sticky slab of acidic propulsion.

According to Turi, there's a lot going on.

"We don't try to reinvent psychedelic music," he said. "Our brand is just a product of our influences. There is an element of modern relevance that comes from a ton of influences that pairs really nicely with



the sounds of old we are akin to. Like, there is a nice '60s-influenced sound to our tracks tonally and what not, but there's also a post-punk/grungy/surf kind of vibe in there sometimes, or a chill dubby bass line that pulls things into our corner."

The recordings are also the clearest you'll ever hear the group. While they're fantastic in a live setting, you'll be hard pressed to single out more than a handful of words at a show — the rest nearly guaranteed to be obscured by copious amounts of distortion, reverb and echo while the band's expansive sonic wizardry swirls around them. Turi explains that while it's all part of the plan, it's also more fun than he's ever had.

"[Wild Wild Wets] has been my most sincere and fruitful attempt at gaining a voice for myself, and with all of my [effect] pedals, I just have the control and permission to do what I want," Turi said. "Twisting knobs, making my voice sound crazy whilst singing and dancing is my thing. We all love performing and the music we are creating. I guess I hate the crazy idea that some music folk have that we should be cooler by looking like we aren't having fun. Not only are we having fun, but we truly love doing it and I think that the crowd responds correctly from that. We open the doors for people to let loose and

see *Freak Out*, page 20

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		1				6		
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	6			1		7		8

### Uptown's Sudoku Puzzle

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

©2009 CNS/websudoku.com

Answer key, page 16

## Uptown Crossword

### Briefs

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
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CREATORS NEWS SERVICE

By Charles Preston

### ACROSS

1 Bangalore bigwig  
5 Intensity  
9 Wannabe prince  
13 NC college  
14 Tend  
15 Nimbus  
16 Papa biographer  
18 Lose it  
19 What Polonius said not to be  
20 Two-time NFL MVP  
22 Lamb in hiding?  
24 Crew  
25 Jazzy wheel  
28 Fa follower  
30 *You Bet Your Life* prop  
35 \_\_\_ about: approximately  
37 Auction action  
38 Show off  
39 This puzzle's theme  
42 Singer Sheena  
43 Incipient chicks  
44 Cleo's barge carrier  
45 Be a sport  
46 Dispatched  
48 Bottom line  
49 PA power

### DOWN

15 Ornamental knob  
16 *U Can't Touch This* rapper  
19 Rugged peaks  
23 Mississippi tributary  
24 *Broken Blossoms* director  
26 U or J follower  
27 Pretend  
28 Forum opener  
29 Pointed arch  
30 Waistcoat  
31 Bay in the stable  
32 Authentic  
33 Harbor position  
34 Doe or Bull  
35 *Dejection*: \_\_\_: Coleridge  
36 Say what?  
37 Wee  
38 Mr. T's group  
39 Sacher creation  
40 At warp speed  
41 Little 'un  
42 Outspoken  
43 Express shock  
44 *Prometheus* com-poser  
45 Snitch  
21 Quechuan  
23 Settled down  
25 Chorus offering  
26 Sadat  
27 Simp  
29 So long, Cisco  
31 Pakistan neighbor  
32 Urchin  
33 Ginger's predeces-sor  
34 Button for Petraglia  
36 Pop-singer Coolidge  
38 Banana's kin  
40 Pilot's alert  
41 Forum farewells  
47 Half a meal  
50 V x DXI  
51 Phoebe's cousin  
53 Put off  
54 Lorre film persona  
55 Engine sound  
56 Take on  
57 The best  
58 Mil. units  
60 Bandleader Puente  
61 Ms. Kett  
62 Cold-shoulder  
65 Hogwash

# 5over2

Five local shows over the next two weeks



By Dustin Lothspeich

**Buddy Banter, Future Crooks, Mini Death, Dictator at Soda Bar Saturday, Jan. 3 | 8:30 p.m. | \$5**

If you resolved to see more indie rock in the new year, this show will put you on the right track. Buddy Banter make a huge sound for just three guys — as well as some of the most infectious power fuzz rock melodies around. Future Crooks are no slouches either. Their recent album, “Future Crooks in Paradise,” is a punk pop powerhouse with old school emo leanings. This is the place to be after the NYE hangover subsides.

**California X, Happy Diving, Causers at Hideout Monday, Jan. 12 | 9 p.m. | \$10**

With an upcoming album (“Nights in the Dark”) on the way, California X have made quite the name for themselves on the strength of their 2013 self-titled debut. Chock full of thick, luscious, fuzz-pop riffs a la Dinosaur Jr. and Superchunk, this Hadley, Massachusetts, quartet is on the way up — which most likely makes this intimate venue one of the smallest places you’ll ever be able to catch them at.



Gloom'sday (Photo by Matt Lingo)

**The New Kinetics, Schitzophonics, Gloom'sday, The Cardielles at The Casbah**

**Thursday, Jan. 15 | 8:30 p.m. | \$6**

This show at that infamous, grimy club on Kettner Boulevard will be a wham-bam-thank-you-ma'am vintage rock show. The New Kinetics, Schitzophonics and The Cardielles are all local authorities on '60s-inspired rock — while Gloom'sday, a noise/doom/pop duo, somehow coax some of the heaviest chest-rattling sounds out of a drum set and a guitar, serve up a slice of thick riff pie. Make no mistake: These bands will have you jumping around The Casbah like birthday party kids in a bouncy castle.

**San Diego Freak Out feat. Wild Wild Wets, Burning Palms, Max Pain and the Groovies, The Swift Beats, Slow White, Moonshine, Sixties Guns at The Casbah**

**Friday, Jan. 16 | 8:30 p.m. | \$8 advance/\$10 day of**

Calling all freaks! The San Diego Freak Out returns to The Casbah, which is curated by Mike Turi of Wild Wild Wets (who are coincidentally releasing their new album “14th Floor” at the show), and will be the fifth incarnation

of the appropriately titled show. It promises some of the most far-out, psych rock bands in the San Diego music scene — all who seem to play delightfully updated twists on the sounds of The Soft Machine, The 13th Floor Elevators, and The Velvet Underground. Trippy, man.



Glass Spells (Photo by Adrian Carmona/AC Photography)

**Glass Spells, Flaggs, Shady Francos, Tape Waves, Kooties at The Merrow Friday, Jan 16 | 7 p.m. | \$7**

Last year, Glass Spells dropped their excellent debut EP, “Desperate Love,” and breathed some exciting new life into the typically dreary electro/goth genre. The deliriously hard-edged disco punk trio has been making waves ever since, with both local radio stations and blogs praising the group as one of the top San Diego groups to watch in 2015. Here's your chance.

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

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Puzzle from page 14

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

**Briefs**  
Crossword from page 14

RAJA		HEAT		FROG					
ELON		SEETO		AURA					
AEHOT		CHNER		SNAP					
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# Why New Year's resolutions fail

## Fitness

Blake Beckcom



As New Year's resolutions arise as the year ends, many jump on the bandwagon of losing weight, getting fit and living a healthier lifestyle. While we all can benefit from making these types of positive lifestyle changes, most resolutions fizzle out, unfortunately, before they even have a chance to settle in. So, why does this popular annual pastime of making New Year's resolutions tend to result in failed attempts, false starts and lackluster efforts?

Well, actually, it's quite simple. Resolution season brings colder temperatures and limited daylight. Additionally, the start of the year is filled with busy life, work and family schedules. Perhaps most importantly, doing what you've always done is a lot easier than trying something new.

So what can you do to jump over these common resolution hurdles and finish strong in the quest for resolution success?

### Commit then action

The first step toward accomplishing your health and fitness resolutions is to back your goals with action. You can't wish your way to a healthier, stronger you. You have to make a real commitment that includes a support structure and lifestyle change focused on meeting your overall health and fitness goals.

One way to create a deeper level of health and fitness commitment is by working out with someone and not going it alone. Research indicates that the presence of others around you during a workout session and the effects of competition can have a positive influence on your exertion and fitness performance levels. A fitness buddy on the same path as you can become a "partner in the trenches" helping you to work harder and stay the course. A professional fitness trainer creates safe effective workouts geared to where you are fitness-wise, and self-accountability via an appointment system. Whether it is a fitness buddy or personal trainer, in either case, accountability is borne out of expectations. It is a lot easier to get yourself off the couch and out the door if you know someone is waiting to workout with you.

### Schedule self-accountability

Keep yourself accountable to health and fitness goals by scheduling your weekly workouts into your personal and professional calendars. If you view your workouts as a serious appointment and dedicate specific time to a physically fit lifestyle, you will be less likely

process that doesn't happen overnight. Instead of making rash decisions like cleaning out all of the food in your pantry or exercising seven days a week when you have rarely made it to the gym once a week, set yourself up for success by identifying incremental benchmarks



(Thinkstock)

to skip your workouts when life becomes busy. Many New Year's resolutions fail because people not only embark on the journey alone, but they also let other items on their life calendar take priority over their goals. Set yourself up for resolution success by wrapping your goals up with a strong support system that includes a weekly plan of action.

### Old is out; new is in

The same old workouts and lifestyle tendencies will yield the same old results. If you are seriously committed to reaching new levels of physical fitness, it is important to change up your approach by combining a can-do attitude with new workout routines focused on measurable strength and conditioning goals.

Fitness is an ongoing

(going to the gym three times a week, running a mile without stopping, bench pressing 100 pounds, etc.) that can help keep your overall fitness goals within reach and within perspective. This approach will keep you on the path to reaching new physical fitness levels throughout the year and provide you with the opportunity to celebrate your successes along the way.

By pushing aside old barriers and incorporating new lifestyle behaviors centered around commitment, accountability and positive attitudes, you are well on your way to investing in a healthier body and happier you for the new year.

—Blake Beckcom runs Fitness Together Mission Hills with his wife Gwen. Contact them at [fitness-together.com/missionhills](http://fitness-together.com/missionhills).

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## Calendar of Events

### FEATURED EVENTS

#### Blood drive and film screening Sunday, Jan. 4

The Digital Gym (2921 El Cajon Blvd., North Park) at the Media Arts Center San Diego (MACSD) has partnered with the Red Cross for this blood drive to benefit San Diego County residents in need. The event, in conjunction with the showing of the documentary "Remote Area Medical," is also hoping to spread awareness about the number of people in the U.S. without affordable health care. Remote Area Medical is an organization that holds three-day clinics where people can receive free medical, dental and vision care. With blood donation, participants are eligible for a special \$6 ticket price to see the film. The blood drive is from 10 a.m. - 4 p.m. Email [ian@mediartcenter.org](mailto:ian@mediartcenter.org) with your full name and "MACSD Blood Drive" in the subject line to sign up for the blood drive. The film shows on Jan. 3 at 4 p.m., Jan. 4 at 3 p.m., Jan. 6 at 7 p.m. and Jan. 7 at 7 p.m. Visit [digitalgym.org/remotearmedical](http://digitalgym.org/remotearmedical) for more information.

#### Centennial Beer Tasting Thursday, Jan. 8

This tasting is just one of many events that will take place this year to honor the 100-year anniversary of the Panama-California Exposition in Balboa Park. The San Diego Museum of Man (1350 El Prado, Balboa Park) will host the tasting from 6 - 8 p.m. to commemorate its own 100-year birthday. The event will feature beer tasting from craft breweries including Stone Brewing Co., Coronado Brewing, Mike Hess Brewing; food from local eateries including Carnitas' Snack Shack, Tarantino Gourmet Sausages, Grove Pastry Shop; and a 1915-themed costume photobooth inside the historic building. Event is 21 and up. Tickets are \$20 - 30 and can be purchased at [museumofman.org/centennial-tasting](http://museumofman.org/centennial-tasting).

#### Second Saturday with Let's Go Clandestino! Saturday, Jan. 10

Let's Go Clandestino, a local company that offers craft beer and culinary tours of Baja, has collaborated with Hamiltons Tavern (1521 30th St.) for this event. The South Park bar will feature three Baja breweries: Insurgente, Wendlandt and Agua Mala. Each brewery will have a wide variety of several special beers on draft, plus Insurgente will have dueling casks, one of an IPA with mango and Serrano peppers and another of a Xocoveza Milk

Stout. Food items for pairing will be available for purchase, including spicy shrimp tacos, pork chili Colorado stew, Mexican wedding cookies and more. Visit [hamiltonstavern.com](http://hamiltonstavern.com) for more information.

#### 'Sons of the Prophet' Thursday, Jan. 15

Previews for this play, making its San Diego premiere at Cygnet Theatre (4040 Twigg St., Old Town), start tonight with a performance at 7:30 p.m. The comedy-drama is directed by Rob Lufty and was written by Stephen Karam. The play revolves around two brothers after their father's unexpected death. The brothers are forced to fend for themselves and care for their aging uncle. "Sons of the Prophet" was a finalist for the 2012 Pulitzer Prize for Drama. Previews continue through Jan. 23 and the play runs through Feb. 15. Preview tickets start at \$24. Visit [cygnettheatre.com](http://cygnettheatre.com) for more information and to purchase tickets.

### RECURRING EVENTS

#### Mondays:

**Singing Storytime:** 1:30 p.m., learn what's going on inside your baby's mind, strengthen your bond and sing songs together at Mission Hills Library, 925 Washington St., Mission Hills, free. [Library92103.org](http://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. [Lestat.com](http://Lestat.com).

#### Tuesdays:

**Curbside Bites:** 5 - 8:30 p.m., gathering of gourmet food trucks at 3030 Grape St., South Park. [Curbsidebites.com](http://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](http://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](http://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](http://Rebeccascoffeehouse.com).

#### Wednesdays:

**Wang's 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](http://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](http://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](http://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](http://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](http://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](http://Thecentersd.org).

**North Park Farmers Market:** 3 - 7 p.m., in the parking lot behind CVS at 32nd St. and University Ave., North Park, free. [Northparkfarmersmarket.com](http://Northparkfarmersmarket.com).

**Kornflower's Open Mic:** Sign-ups 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](http://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](http://Pilgrimageyoga.com).

#### Fridays:

**Preschool Storytime:** 10:30 a.m., at Mission Hills Library, 925 Washington St., Mission Hills, free. [Library92103.org](http://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](http://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](http://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](http://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](http://Sdmarketmanager.com).

**Children's Craft Time:** 10:30 a.m., at Mission Hills Library, 925 Washington St., Mission Hills, free. [Library92103.org](http://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](http://Sdys.org).

**Comedy Heights:** 8 - 10 p.m., local comedians take the stage next to Twigg's Coffeehouse at 4590 Park Blvd., University Heights, free. [Comedyheights.com](http://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](http://Hillcrestfarmersmarket.com).

—Email calendar items to [Hutton@sdenn.com](mailto:Hutton@sdenn.com). ♦

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COMMUNITY ORGANIZATION MEETINGS

**Bankers Hill Parking Committee**  
5 – 6:30 p.m. on the first Monday of the month  
Merrill Gardens, 2567 Second Ave.

**Old Town Community Parking District**  
10 a.m. on the first Tuesday  
The Hacienda Hotel, 4041 Harney St.

**Hillcrest Business Association Beautification Committee**  
2 p.m. on the first Tuesday  
1419 University Ave. Suite D.

**North Park Main Street Design Committee**  
5:30 – 7:30 p.m. on the first Tuesday  
North Park Main Street Office, 3076 University Ave.

**Uptown Planners**  
6 p.m. on the first Tuesday  
Joyce Beers Community Center, 3900 Vermont St.

**Normal Heights Community Planning Group**  
6 p.m. on first Tuesday  
Normal Heights Community Center, 4649 Hawley Blvd.

**Mission Hills Business Improvement District**  
3:30 p.m. on the first Wednesday  
Ascent Conference Center, 902 Fort Stockton Dr.

**University Heights Community Development Corporation**  
6:30 p.m. on the first Wednesday  
4452 Park Blvd. Suite 104

**University Heights Community Parking District**  
6:30 p.m. on the first Wednesday  
4452 Park Blvd. Suite 104

**University Heights Community Association**  
6:30 p.m. on the first Thursday  
Alice Bimey Elementary School auditorium, 4345 Campus Ave.

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

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

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

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

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

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

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

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

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

**Mission Hills Town Council Trustees Meeting**  
6 p.m. on the second Thursday  
Francis Parker Lower School, 4201 Randolph St.

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

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

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

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

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

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

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

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

**North Park Community Association**  
6 p.m. on the fourth Wednesday  
Lafayette Hotel, 2223 El Cajon Blvd.

**North Park Action Team**  
5:30 p.m. on the fourth Thursday  
North Park Adult Activity Center, 2719 Howard Ave.

**Mission Hills Heritage**  
7 p.m. on the fourth Thursday  
Call 619-497-1193 or email info@MissionHillsHeritage.org for meeting location.

Email [hutton@sdenn.com](mailto:hutton@sdenn.com) for inclusion of your organization or committee meeting. ♦



The Adams Elementary blacktop. The Normal Heights community recently weighed in on a school expansion onto this space. (Photo by Hutton Marshall)

FROM PAGE 1  
ADAMS

Propositions S and Z] needs to be spent, what improvements can we make in that time?" whereas the community has a longer perspective ... the school will still need more space in 10, 15, 20 years."

According to members of the NHCPG and AABA, more long-term solutions to the space have largely fallen on deaf ears. San Diego School Board member Kevin Beiser and other city officials have been mostly absent in discussions regarding the issues facing Adams Elementary and the park space, said members at the meeting, though feasibility

studies have been performed by the city for the construction of the multipurpose facility.

Beiser and other school board members did not respond to requests to comment on the proposed project by press time.

"We have expanded this site three times over the years when we had a district that was willing to work with us," said Gary Weber, a retired city planner and a member of NHCPG. "Now [city and school board officials] are trying to cram more stuff on a small site instead of expanding a fourth time to get the land that they need for their operations."

—Contact Chris Pocock at [crrpocock@gmail.com](mailto:crrpocock@gmail.com). ♦

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FROM PAGE 13  
FREAKOUT

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that's our vibe."

Aside from fronting Wild Wild Wets, running a solo project named Emerald Rats, and spinning wax as DJ Mikey, Turi is also the primary organizer of the San Diego Freak Out — a dedicated psych rock festival he throws whenever the planets align. Jan. 16 will mark its fifth incarnation since 2013.

"[The San Diego Freak Out] was my little creature stirring in my head for a while, and when I discussed it with the band and some friends, I could tell I was heading in a good direction with it," Turi explained. "It is our attempt to make our shows more of an 'experience' as well as having us curate the bands we want the people to know about... It has been building a small community together so far and I think that is great."

"Our little city here needs a bit more community, not just bands that do well and then say 'adios.' Hopefully, this will grow into an all day, all ages, all weekend, all fun festival — but for now, we are setting up the building blocks and getting the word out."

The lineup for this particular Freak Out will be a litany of like-minded friends, peers and comrades: Burning Palms (from Tucson, Arizona), Max Pain and the Groovies (from Salt Lake City, Utah) and Slow White (Los



Wild Wild Wets will release their new album, "14th Floor," at San Diego Freak Out on Jan. 16. (Courtesy Wild Wild Wets)

Angeles) along with locals Swift Beats, Moonshine, and Sixties Guns. It'll be a cornucopia of everything you'll need to let your freak flag fly: tons of music, tripped-out visual art, DJs, positive vibes, friendly faces and "sometimes a grip of pizza."

With the upcoming release of "14th Floor," you'd think the band would be planning on spending the next year or two supporting it. But Turi says they've already got more on the way.

"Our next record should be finished recording soon... The next one tackles a few more elements of music that our listeners haven't heard from us yet. We are very excited to debut a few of them at the Freak Out."

Which is excellent news for their fans. Psych is back in a big way, folks — and if Wild Wild Wets have anything to say about it, it's here to stay.

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